



## **EDUCATION**

University of Southern California	Doctor of Philosophy in Biokinesiology	2016 – 2021
Saint Louis University	Doctorate in Physical Therapy	2014 – 2016
Saint Louis University	Bachelors in Exercise Science	2010 – 2014

## **LICENSURE**

Colorado License No. PTL.0017807

## **EMPLOYMENT AND POSITIONS HELD**

Rocky Mountain Regional VA Medical Center, Research Services Aurora, CO	Research Health Science Specialist	2024 – Present
Physical Therapy Program University of Colorado Anschutz Aurora, CO	Assistant Professor	2024 – Present

## **SCHOLARLY AGENDA**

My scholarly agenda focuses on identifying older adults and Veterans at risk of falls and dymobility to support appropriate and preventative care that reduces falls and promotes independence.

## **PEER REVIEWED PUBLICATIONS**

1. Hartz, S., Garbin, A., McGuire, C., Steagall, J., McCauliff, J., & Nearing, K. A. (2025). Establishing First Age-Friendly Health System Tele-Palliative Care Clinic–Facilitators, Challenges, Lessons Learned to Improve Care for Rural, Older Veterans. *INQUIRY: The Journal of Health Care Organization, Provision, and Financing*, 62, 00469580251352727.
2. Bayer, T. A., DeVone, F., Singh, M., Leeder, C., Garbin, A., Halladay, C., ... & Rudolph, J. L. (2025). Change in Distressed Behavior in Dementia During the COVID-19 Pandemic in Veterans Affairs Community Living Centers. *Journal of the American Medical Directors Association*, 26(9), 105752.
3. Benz, M. B., Rudolph, J. L., DeVone, F., Bayer, T. A., Garbin, A., Singh, M., ... & Browne, J. (2025). Depressive Symptoms Before and During the COVID-19 Pandemic in Veteran Nursing Home Residents. *International Journal of Geriatric Psychiatry*, 40(6), e70108.
4. Mangione, K. K., Ni, W., Wolff, E., Garbin, A. J., You, X., Stevens-Lapsley, J., & Craik, R. L. (2025). Does Exhaustion Affect Functional Improvement in Older Adults Receiving Home-Based Rehabilitation?. *Home Health Care Management & Practice*, 10848223251334738.

5. Rauzi, M. R., Abbate, L. M., Churchill, L., Garbin, A. J., Forster, J. E., Christiansen, C. L., & Stevens-Lapsley, J. E. (2025). Multicomponent telerehabilitation program for veterans with multimorbidity: A randomized controlled feasibility study. *PM&R*, 17(5), 548-562.
6. Tran, M. K., Garbin, A. J., Nordon-Craft, A., Will, R., Forster, J. E., Stevens-Lapsley, J., & Mangione, K. K. (2025). Impact of Home Health Treatment Elements on Older Adult Physical Function Recovery: Secondary Analysis of Two Randomized Controlled Trials. *Home Health Care Management & Practice*, 10848223251326881.
7. Garbin, A. J., Falvey, J. R., Cumber, E., Derlein, D., Currier, D., Nordon-Craft, A., ... & Stevens-Lapsley, J. E. (2024). Progressive multicomponent intervention for older adults in home health settings following hospitalization: randomized clinical trial. *Physical Therapy*, 104(12), pzae169.
8. Garbin, A. J., Tran, M. K., Graber, J., Derlein, D., Currier, D., Altic, R., ... & Stevens-Lapsley, J. E. (2024). Improving function in older adults with hospital-associated deconditioning: lessons learned comparing a randomized controlled trial to real world practice. *Physical Therapy*, 104(12), pzae173.
9. Singh, M., DeVone, F., Bayer, T., Abul, Y., Garbin, A., Leeder, C., ... & Rudolph, J. L. (2024). Wandering Behavior and SARS-CoV-2 Infection in Veterans Affairs Community Living Center Residents. *Journal of the American Medical Directors Association*, 25(8), 105101.
10. Garbin, A. J., DeVone, F., Bayer, T. A., Stevens-Lapsley, J., Abul, Y., Singh, M., ... & Rudolph, J. L. (2024). Changes in Physical Function and Physical Therapy Use in Older Veterans Not Infected by CoVID-19 Residing in Community Living Centers during the CoVID-19 Pandemic. *Journal of the American Medical Directors Association*, 25(9), 105120.
11. Garbin, A. J., & Fisher, B. E. (2023). Examining the role of physical function on future fall likelihood in older adults with a fear of falling, with and without activity restriction. *Journal of Aging and Health*, 08982643231170308.
12. Garbin, A. J., Stevens-Lapsley, J. E., Gritz, R. M., Tucker, C. A., & Bade, M. J. (2023). Long-Term Career Earnings in Academia Might Offset the Opportunity Cost of Full-Time PhD and Postdoctoral Education for Physical Therapists Who Hold a Doctor of Physical Therapy Degree. *Physical Therapy*, 103(4), pzad015.
13. Hooyman, A., Garbin, A., Fisher, B. E., Kutch, J. J., & Winstein, C. J. (2022). Paired associative stimulation applied to the cortex can increase resting-state functional connectivity: A proof of principle study. *Neuroscience Letters*, 784, 136753.
14. Garbin, A., Díaz, J., Bui, V., Morrison, J., Fisher, B. E., Palacios, C., ... & Petzinger, G. (2022). Promoting Physical Activity in a Spanish-Speaking Latina Population of Low Socioeconomic Status With Chronic Neurological Disorders: Proof-of-Concept Study. *JMIR Formative Research*, 6(4), e34312.
15. Garbin, A. J., & Fisher, B. E. (2022). The interplay between fear of falling, balance performance, and future falls: data from the National Health and Aging Trends Study. *Journal of Geriatric Physical Therapy*.
16. Ringman, J. M., Qiao, Y., Garbin, A., Fisher, B. E., Fogel, B., Watari Knoell, K., ... & Rexach, J. E. (2020). Emotional detachment, gait ataxia, and cerebellar dysconnectivity associated with compound heterozygous mutations in the SPG7 gene. *Neurocase*, 26(5), 299-304.
17. Hooyman, A., Garbin, A., & Fisher, B. (2019). Paired associative stimulation rewired: A novel paradigm to modulate resting-state intracortical connectivity. *Journal of Motor Learning and Development*, 8(1), 174-193.

## **PEER REVIEWED PROFESSIONAL PRESENTATIONS**

1. Walker J, Garbin A, Johnson T, Kessler E, Wilson M, Lum H, Stevens-Lapsley J, Erlandson K. Gait speed assessment in routine HIV clinical practice. Abstract presented at: International Workshop on HIV and Aging; Washington, DC; October, 2025
2. Implementing Routine Gait Speed Assessments in Geriatric Primary Care: A Transdisciplinary Approach. Garbin, A., Stevens-Lapsley, J., Allison, C., Johnson, T., Lum, H. Colorado Pragmatic Research in Health Conference; Aurora, CO; June 2025

3. Stevens-Lapsley, J., Hinrichs-Kinney, L., Pontiff, M., Garbin, A., O'Malley, S. Closing the Research to Clinical Practice Gap: Using Implementation Science to Empower Clinicians and Researchers. 2025 Combined Sections Meeting. Houston, TX.
4. Garbin, A. Fall Risk Factor Screening and Management Using Virtual Platforms, Prevalence, and Perceptions. Gerontological Society of America Annual Meeting; Seattle, WA; October 2024.
5. Strategies and Outcomes of Gait Speed Implementation in a Geriatric Primary Care Clinic. Garbin, A., Johnson, T., Allison, C., Lum, H. Gerontological Society of America Annual Meeting; Seattle, WA; October 2024
6. Dairaghi, L., Johnson, T., Mahi, M., Shanbhag, P., Allison, C., Garbin, A., Stevens-Lapsley, J., Lum, H., Measuring Gait Speed in Geriatrics: Patient Perspectives and Motivation for Change. American Geriatrics Society Annual Scientific Meeting; April 2024
7. Dairaghi, L., Johnson, T., Bogdewiecz, T., Allison, C., Garbin, A., Stevens-Lapsley, J., Lum, H., Rapid Qualitative Analysis of Medical Assistants after Successful Implementation of Gait Speed Measurement in Rooming Procedures. American Geriatrics Society Annual Scientific Meeting; April 2024
8. Bade, M.J., Stevens-Lapsley, J.E., Tucker, C., Garbin, A.J., The Value of Post-Professional Residency, Fellowship, and PhD Training. Session delivered at multiple American Physical Therapy Association Combined Sections Meetings; Boston, MA; February 2024. Anaheim, CA; February 2026.
9. Tran M.K., Garbin A.J., Goodhart B., Grupenhoff E., Downey K., Gonzalez-Plazola J., Nordon-Craft A., Derlein D., Forster J.E., Mangione K.K., Stevens-Lapsley J. Frailty Relationship with Usual Gait Speed Following Hospitalization with Home Health Care. Platform Presentation at American Physical Therapy Association Combined Sections Meeting; Boston, MA; February 2024.
10. Tran M.K., Garbin A.J., Graber J., Derlein D., Currier D., Altic R., Will R., Cumbler E., Forster J., Mangione K.K., Stevens-Lapsley J. Improving Function of Older Adults with Hospital-Associated Deconditioning: Comparison to Real World Practice. Platform Presentation at American Physical Therapy Association Combined Sections Meeting; Boston, MA; February 2024.
11. Johnson T, Garbin A, Allison C, Dahal C, Hill J, Stevens-Lapsley J, Jones B, Lum H. Implementing an automated gait speed measure in a geriatric clinic and the impact on clinic workflow. American Geriatrics Society 2023 Annual Scientific Meeting, May 2023. Selected for an oral paper session.
12. Singh, M., Bayer, T., Garbin, A., Leeder, C., Living with the COVID-19 Pandemic: Effect on VA CLC residents. Post-Acute and Long-Term Care Medicine (PALTC); March 2023.
13. Garbin, A. J., Derlein, D., Currier, D., Falvey, J. R., Forster, J. E., Stutzbach, J., ... & Stevens-Lapsley, J. E., Improving Function in Older Veterans with Hospital-Associated Deconditioning: A Randomized Controlled Trial. American Physical Therapy Combined Sections Meeting (CSM); February 2023. Selected for a platform presentation
14. Garbin AJ, Fisher BE, Identifying Sources of Fall Risk in Older Adults with a Fear of Falling. American Physical Therapy Combined Sections Meeting (CSM). February 2022
15. Abdulmasih J, Chung M, Garbin AJ, Fisher BE,. American Physical Therapy Combined Sections Meeting (CSM); February 2021
16. Dakan M, Munk M, Garbin AJ, Fisher BE, Ringman J, Neuroanatomical and neurophysiological correlates of cognition in Autosomal Dominant Alzheimer's Disease related mutations. American Physical Therapy Combined Sections Meeting (CSM); February 2021
17. Garbin AJ, Yassa SN, Fisher BE, Determining Brain-Behavior Changes Secondary to an Internal Focus during Standing: A Preliminary Study, American Physical Therapy Combined Sections Meeting (CSM); Denver, CO; February 2020
18. Axelrod J, Garbin AJ, Chung Y-C, Yassa SN, Ridgel AL, Fisher BE, Effects of cycling cadence variability on motor function and cortical inhibition in Parkinson's disease, American Physical Therapy Combined Sections Meeting (CSM); Denver, CO; February 2020
19. Ridgel AL, Garbin AJ, Chung Y-C, Axelrod J, Yassa SN, Fisher BE, Effects of cycling cadence variability on motor function and cortical inhibition in Parkinson's disease, Society for Neuroscience (SfN); Chicago, IL; November 2019

20. Garbin AJ, Kuo Y, Sweeney MD, Fisher BE, Ringman JM, Neurophysiologic Correlates of PSEN1 mutation-related spastic Paraparesis, Alzheimer's Association International Conference (AIC); Los Angeles, CA; July 2019
21. Hooyman AM, Garbin AJ, Fisher BE, Kutch, JJ, Winstein, CJ, Can Paired Associative Stimulation be used to Modulate Resting-State Intracortical Connectivity? American Society of Neurorehabilitation (ASNR) Annual Meeting; San Diego, CA; November 2018
22. Garbin AJ, Hooyman AM, Kutch JJ, Fisher BE, Combining non-invasive brain technologies to detect and stimulate brain activity, Society for Neuroscience (SfN) Annual Meeting; San Diego, CA; November 2018.

## **INVITED PRESENTATIONS**

### **National**

1. Singh, M., Bayer, T., Garbin, A., Leeder, C., Living with the COVID-19 Pandemic: Effect on VA CLC residents. Long Term Services and Supports Research Network; May 2023.
2. Singh, M., Bayer, T., Garbin, A., Leeder, C., Living with the COVID-19 Pandemic: Effect on VA CLC residents. The Geriatric & Extended Care Data & Analysis Center (GECDAC) Seminar; March 2023.

### **Local**

1. Stevens-Lapsley, J., Garbin, A.J., Walking Speed: A Practical Tool for Safer, Smarter Care. VA Eastern Colorado Health Care System HRO Safety Forum; February 2026
2. Garbin, A. J., The Need for Speed: What Walking Speed Can Tell Us About Health. CU Anschutz Geriatrics Symposium; October 2025
3. Garbin, A.J., Identifying and reducing fall risk. Geriatric Scholars Program: Conference on Physical Function and the Quality Improvement course, Rocky Mountain Regional VAMC; April 2024.
4. Garbin, A.J., Identifying and reducing fall risk. Senior Planet from AARP; March 2024.
5. Garbin, A.J., Reducing dysmobility and fall risk in older Veterans. Eastern Colorado Research & Development Committee; March 2024.
6. Garbin, A.J., A model for triaging high fall risk patients seen in primary care settings based on assessment of risk factors, Older Veteran Engagement Group; February 2023
7. Garbin, A.J., Stevens-Lapsley, J.E., Implementation of a walking speed initiative ACCORDS Dissemination and Implementation Works in Progress; August 2021
8. Garbin, A.J., Stevens-Lapsley, J.E., Implementation of a walking speed initiative; Older Veteran Engagement Group, August 2021
9. Garbin, A.J., Yassa S.N., Fisher B.E., Determining Brain-Behavior Changes Secondary to an Internal Focus during Standing, Research Day at University of Southern California; Los Angeles, CA, 2019
10. Garbin, A.J., Kutch J.J., Fisher B.E., Combining non-invasive brain technologies to detect and stimulate brain activity. Research Day at University of Southern California; Los Angeles, CA, 2018.
11. Garbin, A.J., Naismith R.T., Wagner J.M., Postural sway, clinical disability, and self-perceived limitations in balance and walking in persons with multiple sclerosis. Senior Symposium at Saint Louis University; Saint Louis, 2014.

## **GRANT ACTIVITY**

### **Active**

Alexander Garbin (PI), Jennifer Stevens-Lapsley (Mentor)

Role: PI

\$1,208,562

*Development of a Fall Risk Identification and Management Model for Older Veterans*

This project aims to refine and assess the feasibility of a multifactorial fall prevention model for older

Veterans seen within VHA primary care.  
Award period: 10/01/24-09/30/29  
Awarded by: VA RR&D Career Development-2 Award

### Completed

Alexander Garbin (PI), Jennifer Stevens-Lapsley (Mentor)  
Role: PI  
\$29,417

*Understanding fall risk identification and management within VA primary care: a mixed methods study*  
This project aims to estimate the prevalence of falls, fall risk, and fall risk factors in older Veterans seen within GeriPACT clinics as well as Veterans' and providers' perceptions of falls and fall risk management.

Award period: 10/01/23-09/30/24

Awarded by: VA Boston Healthcare System (Rehabilitation Promoting Prevention and Improved Resilience REAP Pilot Research Award)

Hillary Lum (PI); Jennifer Stevens-Lapsley (Co-PI)

Role: Co-I  
\$21,497.60

*Gait speed screening initiative: To identify older adults with lower functional status at risk of falls*  
This quality improvement project aims to implement regularly gait speed measurements at the UCHealth Seniors Clinic to identify patients in need of rehabilitation to reduce the risk of falls and/or hospitalizations.

Award period: 08/01/22-01/31/24

Awarded by: Institute for Healthcare Quality, Safety, and Efficacy Clinical Effectiveness and Patient Safety Program.

Alexander J. Garbin (PI); Jennifer Stevens-Lapsley (Mentor); Kathryn Nearing (Mentor); Lauren Abbate (Mentor).

Role: PI  
\$50,801/year

*Gait Speed Screening Initiative: To Identify Veterans at Risk of Losing Independence.*  
The project within this training grant aims to implement routine assessment of gait speed measurement to improve early recognition of functional decline and facilitate early and appropriate interventions to enhance Veterans' quality of life and health status.

Award Period 07/1/21-06/30/24.

Awarded by: Department of Veterans Affairs Office of Academic Affiliations (VA Fellowship in Advanced Geriatrics)

## **RESEARCH ACTIVITY**

### Current

Alexander J. Garbin, PT, DPT, PhD; Jennifer Stevens-Lapsley, PT, PhD, FAPTA  
Development of a VA-specific fall risk identification and management model to reduce falls in older Veterans

Alexander J. Garbin, PT, DPT, PhD; Jennifer Stevens-Lapsley, PT, PhD, FAPTA; Hillary Lum, MD, PhD

Gait speed screening initiative: To identify older adults with lower functional status at risk of falls

Alexander J. Garbin, PT, DPT, PhD; Jennifer Stevens-Lapsley, PT, PhD, FAPTA  
Gait speed screening initiative to identify older veterans at risk of losing independence

## **Completed**

Alexander J. Garbin, PT, DPT, PhD; James L. Rudolph, MD  
Examining impact of the COVID-19 pandemic on physical function and physical therapy utilization of Veteran's residing in Community Living Centers

Alexander J. Garbin, PT, DPT, PhD; Jennifer Stevens-Lapsley, PT, PhD, FAPTA; Michael Bade, PT, DPT, PhD, OCS, FAAOMPT; Mark Gritz, PhD; Carole Tucker, PT, PhD  
Examination of the opportunity cost and impact on long-term career earning potential for physical therapists pursuing a PhD

Alexander J. Garbin, PT, DPT, PhD; Beth E. Fisher, PT, PhD, FAPTA  
Identifying sources of fall risk in older adults with a fear of falling

## **Mentored Grants**

Carson, N., Garbin, A., (Junior Mentor), Bade M (Primary Mentor). University of Colorado Integrative Physiology of Aging Training Grant (T32AG000279). 12/01/2024-11/30/2026

Keleman, A., Garbin, A. (Secondary Mentor), Stevens-Lapsley J. (Primary Mentor), Veterans Affairs (VA) Advanced Geriatrics Fellowship. 8/1/2024-7/31/2026; Advanced research fellowship designed to support the postdoctoral training of the fellow and an associated research project that is relevant to veterans

## **CONTINUING EDUCATION WORKSHOPS CONDUCTED**

Garbin, A., Graber, J., Pontiff, M.E. The Intersection of EBP and AI. Continuing Education Course Delivered to CU Rehabilitation Providers. Delivered October 25, 2025. Role: Co-Presenter and Developer.

Hinrichs-Kinney, L., Garbin, A., O'Malley, S., Pontiff, ME., Stevens-Lapsley, J.E. Title: Closing the Research to Clinical Practice Gap: Using Implementation Science to Empower Clinicians and Researchers. APTA Combined Sections Meeting: Instructional Course; February 2025. (2 CEUs). Role: Co-presenter and co-developer.

## **MENTORING**

### **Research mentor to PhD students**

1. Nina Carson (2024 – Present) | Dissertation Committee and T32 Junior Mentor
2. Frannie Westlake (2024 – Present) | Dissertation Committee

### **Research mentor to Post-doctoral Trainees**

1. Audrey Keleman (2024 – Present) | Advanced Fellowship Secondary Mentor

## **MEMBERSHIP IN SCIENTIFIC/PROFESSIONAL ORGANIZATIONS**

American Physical Therapy Association Member (Research, Geriatrics)  
2013 – Present

## **SERVICES/COMMITTEES/COUNCILS/COMMISSIONS**

Colorado Fall Prevention Coalition  
Executive Committee Co-Lead  
2025 – Present

CU DPT Thread Coordinator  
2025 – Present

Multidisciplinary Center on Aging Executive Committee  
2024 – Present

CU DPT Assessment Committee  
2024 – Present

VA Eastern Colorado Health Care System  
Rocky Mountain Geriatrics Conference Planning Committee  
2024

VA Eastern Colorado Health Care System  
Age-Friendly Committee  
Coordinator  
2021 – 2024

University of Colorado Anschutz  
Post-acute care Committee  
2021 – 2023

University of Southern California Biokinesiology Student Council  
Neuro Representative  
2017 – 2018

## **HONORS AND AWARDS**

The Order of Arête  
University of Southern California  
2021

Balance and Falls Best Poster in Basic or Applied Research  
Academy of Neurologic Physical Therapy, Combined Sections Meeting  
2020

First Place – Biokinesiology PhD Students, Annual Research Day  
University of Southern California Herman Ostrow School of Dentistry  
2019

Award for Most Outstanding Poster, Jacquelin Perry Research Day  
University of Southern California Division of Biokinesiology  
2019

Certificate of Excellence in Research, Program of Physical Therapy  
Saint Louis University  
2016

Home Health Foundation Award  
Visiting Nurse Foundation  
2014

Magna Cum Laude  
Saint Louis University

2014

Dean's List  
Saint Louis University  
2011-14

## **COURSE DEVELOPMENT**

GeriCare EveryWhere  
University of Colorado Anschutz, 2024 – Present

Geriatric Scholars Program: Conference on Physical Function and the Quality Improvement course,  
Rocky Mountain Regional VAMC, 2022 – 2023