Lauren Kinney, PT, DPT, PhD, OCS
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Doctor of Physical Therapy Program, University of Colorado, Anschutz Medical Campus
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Education

University of Colorado, Denver, CO *Anschutz Medical Campus*	PhD in Rehabilitation Science *Mentor: Dr. Jennifer Stevens-Lapsley*	2023
Temple University, Philadelphia, PA	Orthopaedic Residency	2013
Northwestern University, Chicago, IL	Doctor of Physical Therapy	2008
Miami University, Oxford, OH	B.S. Exercise Science B.S. Athletic Training	2006

Licensure Information/Registration Number
Colorado License #PTL00010302

Certifications

Academy of Research Mentoring Educators Mentor Training	2025
Selective Functional Movement Systems Level I-II Functional Movement Systems	2017
Board Certified Clinical Specialist in Orthopedic Physical Therapy (OCS) American Board of Physical Therapy Specialties (ABPTS)	2013
Functional Trigger Point Dry Needling Kinetacore	2012
Certified Clinical Instructor American Physical Therapy Association	2010
Collaborative IRB Training Initiative	2006

Employment and Positions Held

2026 – Present	Associate Director of Education and Evaluation, Eastern Colorado VA Geriatric Research Education and Clinical Center, Aurora, CO
2025 – Present	Physical Therapist, Eastern Colorado VA Geriatric Research Education and Clinical Center, Aurora, CO
2023 – Present	Assistant Professor, Department of Physical Medicine and Rehabilitation

University of Colorado, Anschutz Medical Campus, Aurora, CO

2022 – 2025 Advanced Geriatrics Postdoctoral Research Fellow
VA Geriatric Research, Education, and Clinical Center (GRECC)
University of Colorado, Anschutz Medical Campus, Aurora, CO

2016 – 2019 Senior Instructor, Department of Physical Medicine and Rehabilitation
University of Colorado, Anschutz Medical Campus, Aurora, CO

2013 – 2019 Outpatient Orthopaedic Physical Therapist
Cascade Sports Injury Prevention and Physical Therapy, Lakewood, CO

2014 – 2016 Clinical Faculty, Department of Physical Medicine and Rehabilitation
University of Colorado, Anschutz Medical Campus, Aurora, CO

2013 – 2014 Contract Outpatient Orthopaedic Physical Therapist
Wardenburg Student Health Center, University of Colorado, Boulder, CO

2010 – 2013 Outpatient Orthopaedic Physical Therapist
Cherry Creek Wellness Center, Denver, CO

2009 – 2010 Inpatient/Outpatient Rehabilitation Physical Therapist
Northern Colorado Rehabilitation Hospital, Loveland, CO

Scholarly Agenda

Advancing educational, improvement, and implementation sciences to develop effective methods for facilitating physical therapist acquisition and use of available information resources for evidence-based practice, optimizing quality of care and reducing unwarranted practice variation.

Peer Reviewed Publications

1. Hinrichs-Kinney LA, Pontiff M, Butera KA, Beisheim-Ryan EH, Magnusson DM, Stevens-Lapsley JE. From Theory to Practice: A Mixed-Method Evaluation of a Program to Implement High Intensity-Rehabilitation in Skilled Nursing Facilities. *Phys Ther*. Published online January 23, 2026. doi:10.1093/ptj/pzag008

2. Pisegna, J.; Hinrichs-Kinney, L.; Pontiff, M.; Beisheim-Ryan, E.; Butera, K.A.; Stevens-Lapsley, J. Occupational Therapy Practitioner Experiences Applying High-Intensity Rehabilitation: A Qualitative Analysis. *Phys. Occup. Ther. Geriatr.* **2025**, 1–16, https://doi.org/10.1080/02703181.2025.2518960.

3. Christensen JC, Judd DL, Forster JE, O'Malley S, Hinrichs-Kinney L, Hogan CA, Dayton MR, Christiansen CL, Stevens-Lapsley JE. Comparing Direct Anterior Approach Versus Posterolateral Approach in Total Hip Arthroplasty on Physical Function Recovery: A Prospective Cohort Study. J Orthop Res. 2025 Oct 7. doi: 10.1002/jor.70065. Epub ahead of print. PMID: 41054816.

4. Hinrichs-Kinney LA, Beisheim-Ryan EH, Butera KA, Braaten M, Holtrop JS, Stevens-

Lapsley JE. Systematic development of an implementation strategy to promote high-intensity rehabilitation uptake in skilled nursing facilities. PM R. 2025 May 19. doi: 10.1002/pmrj.13389. Epub ahead of print. PMID: 40387256.

5. Hinrichs-Kinney, L.A., Derlein, D., Pontiff, M.E. *et al.* Using the implementation research logic model to examine high-intensity resistance rehabilitation implementation in skilled nursing facilities: a mixed methods multi-site case study. *Implement Sci Commun* **6**, 62 (2025). https://doi.org/10.1186/s43058-025-00747-4

6. Graber J, Hinrichs-Kinney LA, Churchill L, Matlock DD, Kittelson A, Lutz A, Bade M, Stevens-Lapsley J. Implementation of a "People-Like-Me" Tool for Personalized Rehabilitation After Total Knee Arthroplasty: A Mixed Methods Pilot Study. J Eval Clin Pract. 2025 Feb;31(1):e70028. doi: 10.1111/jep.70028. PMID: 39987567.

7. Hoffman, R.M., Hinrichs-Kinney, L., Forster, J.E., Dayton, M.D., Dennis, D., Judd, D.L., Christiansen, C.L., Stevens-Lapsley, J.E. Special Topics Issue: Improvements in Physical Capacity After Total Hip Arthroplasty May Not Indicate Reductions in Real-World Sedentary Activity. *Accepted for publication in the Journal of Geriatric Physical Therapy.*

8. Beisheim-Ryan, E; Hinrichs-Kinney, LA.; Butera,K; Derlein,D; Pontiff,M; Pisegna, J; Altic,R; Malone, D; Stevens-Lapsley, JE. “No Matter the Age or Medical Complexity, People Benefit From That Intensity of Exercise”: A Mixed-Methods Study Describing Rehabilitation Provider Perceptions of High-Intensity Resistance Training Among Veterans Receiving Post-Acute Care. Journal of Geriatric Physical Therapy ():10.1519/JPT.0000000000000443, January 27, 2025. | DOI: 10.1519/JPT.0000000000000443

9. Stevens-Lapsley J, Hinrichs-Kinney L, Pontiff M, Tran M, Westlake F, REMOTE MONITORING IN MULTISITE CLINICAL TRIALS: USING VIRTUAL TECHNOLOGY FOR RELIABILITY AND FIDELITY, *Innovation in Aging*, Volume 8, Issue Supplement_1, December 2024, Pages 219–220, https://doi.org/10.1093/geroni/igae098.0710

10. Hinrichs-Kinney LA, Pisegna J, Pontiff ME, Beisheim-Ryan EH, Altic R, Coats H, Stevens-Lapsley JE. Mixed-Method Evaluation to Understand Clinician Perspectives of a Program to Implement High-Intensity Resistance Rehabilitation Into Skilled Nursing Facilities. Arch Phys Med Rehabil. 2024 Sep 26:S0003-9993(24)01257-7. doi: 10.1016/j.apmr.2024.09.006. Epub ahead of print. PMID: 39341442.

11. Hinrichs-Kinney LA, Gustavson AM, Pontiff M, Stevens-Lapsley JE. On "Is Clinical Research as Helpful to Clinicians as it Could Be?" Turolla a, Guccione AA, Tedeschi R, Pillastrini P. Phys Ther. 2023;103(8):pzad060. https://doi.org/10.1093/ptj/pzad060. *Phys Ther*. Published online April 9, 2024. doi:10.1093/ptj/pzae059

12. Judd DL, Cheuy V., Peters A., Graber J., Hinrichs-Kinney L., Forster JE, Christiansen CL, Stevens-Lapsley JE. Incorporating Functional Strength Integration Techniques during Total Hip Arthroplasty Rehabilitation: A Randomized Controlled Trial. Phys Ther. Published online December 15, 2023. doi:10.1093/ptj/pzad168

13. Gustavson A, Hinrichs LA, Seidler K, Malone D, Glasgow R, Stevens-Lapsley J. Pragmatic study evaluating effectiveness of high-intensity resistance principles in Skilled Nursing Facility rehabilitation practice. *Physiother Theory Pract.* Under review.

14. Beisheim-Ryan EH, Butera KA, Hinrichs LA, et al. Advancing Rehabilitation Paradigms for Older Adults in Skilled Nursing Facilities: An Effectiveness-Implementation Hybrid Type 1 Clinical Trial Protocol [published online ahead of print, 2023 May 31]. *Phys Ther*. 2023;pzad053. doi:10.1093/ptj/pzad053

15. Hinrichs LA, Seidler KJ, Morrison K, Coats H. "We're not broken. We're human." A qualitative meta-synthesis of health-care providers' experiences participating in well-being programs [published online ahead of print, 2022 Jul 24]. *Physiother Theory Pract*. 2022;1-26. doi:10.1080/09593985.2022.2103052

16. Hinrichs LA, Judd DL, Hernandez M, Rapport MJ. Peer Review of Teaching to Promote a Culture of Excellence: A Scoping Review. Journal of Physical Therapy Education. May 27, 2022. doi:10.1097/JTE.0000000000000242

17. Christensen JC, Capin JJ, Hinrichs LA, Aljehan, M, Stevens-Lapsley JE, Zeni JA. Gait Mechanics are Influenced by Quadriceps Strength, Age, and Sex After Total Knee Arthroplasty. J Orthop Res. 2020; 1– 10 https://doi.org/10.1002/jor.24878

18. Mintken PE, McDevitt AW, Michener LA, Boyles RE, Beardslee AR, Burns SA, Babert MD, Hinrichs LA, Cleland J. Examination of the Validity of a Clinical Prediction Rule to Identify Patients with Shoulder Pain Likely to Benefit from Cervicothroacic Manipulation. J Ortho Sports Phys Ther. 2017; 47:525-260.

19. Mintken PE, McDevitt AW, Cleland H, Boyles RE, Beardslee AR, Burns SA, Haberl MS, Hinrichs LA, Michener LA. Cervicothoracic Manual Therapy Plus Exercise vs Exercise Alone in the Management of Individuals with Shoulder Pain: A Multi- Center Randomized Controlled Trial. J Ortho Sports Phys Ther. 2016; 46:617-28.

Contributions to Professional Publications

1. Murphy, J. A Weekly Workout to Protect Your Knees. *New York Times.* September 30, 2025.

Peer Reviewed Scientific and Professional Presentations

1. Hinrichs-Kinney, L., Pontiff, M., Busboom, M., Castellini, B., & Stevens-Lapsley, J. (2026, May 21). *Multi-Phase Mixed-Methods Development and Evaluation of a Leadership Toolkit for Rehabilitation Implementation* [Poster presentation]. COPRH Con 2026, University of Colorado Anschutz, Aurora, CO, United States.

2. Tran, M., Hinrichs-Kinney, L., Pontiff, M., Ritger, C., Lockhart, S., Mercer, K., Weeks, C., Houck, C., Holtrop, J., & Stevens-Lapsley, J. (2026, May 21). *Clinician-perceived patient determinants shaping high intensity rehabilitation delivery and recovery in skilled nursing facilities* [Poster presentation]. COPRH Con 2026, University of Colorado Anschutz, Aurora, CO, United States.

3. Hinrichs-Kinney L, Pontiff M, Staton E, Butera K, Beisheim-Ryan E, Magnusson D, Stevens-Lapsley J. *High Intensity Rehabilitation in Skilled Nursing Facilities: From Theory to Practice* Poster presented at: The Gerontologic Society of America; November 2025;

Boston, MA.

4. Hinrichs-Kinney, L. Stevens-Lapsley, J. Pontiff, M. Garbin, A. O'Malley S. Closing the Research to Practice Gap: Using Implementation Science to Empower Clinicians and Researchers. Educational session presented at: Combined Sections Meeting, Houtson, TX. February 13 2025.

5. Hoffman, R.M., Hinrichs-Kinney, L., Forster, J.E., Dayton, M.D., Dennis, D., Judd, D.L., Christiansen, C.L., Stevens-Lapsley, J.E. Improvements in Physical Capacity May Not Indicate Reductions in Real-World Sedentary Activity: A Longitudinal Post-Total Hip Arthroplasty Study. [oral presentation] 7th International Conference on Ambulatory Monitoring of Physical Activity and Movement. Rennes, France. June 20th, 2024.

6. Hinrichs-Kinney L, Pisegna J, Beisheim-Ryan E, Pontiff P, Tran M, Derlein D, Sidelinker J, Diedrich D, Stevens-Lapsley J. Standardizing the Use of Outcome Measures in a Skilled Nursing Facility System: An Implementation Study. Poster session presented at: Combined Sections Meeting, Boston, MA, February 15-17 2024.

7. Hinrichs-Kinney L, Pontiff M, Pisegna J, Derlein A, Altic R, Weeks C, Goodhart B, Stevens-Lapsley J. A Mixed-Method Implementation Study in Post-Acute Care: Use of the Implementation Research Logic Model. Combined Sections Meeting, Boston, MA, February 15-17 2024.

8. Pontiff M, Hinrichs-Kinney L, Pisegna J, Beisheim-Ryan E, Derlein D, Case V, Satchidanand A, Altic R, Stevens-Lapsley J. Mixed-methods comparison of an instructor-led and learner-directed high-intensity rehabilitation program in skilled nursing facilities. Combined Sections Meeting, Boston, MA, February 15-17 2024.

9. Gustavson A. Hinrichs-Kinney L. Stevens-Lapsley J. *Understanding Determinants of Practice Change in Skilled Nursing Facility Rehabilitation: Adapting to and Sustaining Value with Post-acute Reform*. American Health Care Association (AHCA) and National Center for Assisted Living (NCAL) Convention. October 1, 2023. Denver, CO.

10. Hinrichs L, Pisegna J, Beisheim-Ryan E, Pontiff M, Derlein D, Holtrop J, Sidelinker J, Diedrich D, Stevens-Lapsley J. Are functional outcomes measuring patient change? A protocol for ensuring outcomes reliability in pragmatic trials. Poster session presented at: Colorado Pragmatic Research in Health Conference. Aurora, CO. June 5-6, 2023.

11. Pontiff M, Pisegna J, Beisheim-Ryan E, Hinrichs L, Derlein D, Malone D, Holtrop J, Forester J, Diedrich D, Stevens-Lapsley J. Shifting Paradigms in Medically Complex Rehabilitation: An Effectiveness-Implementation Trial Protocol in Skilled Nursing Facilities. Poster session presented at: Colorado Pragmatic Research in Health Conference. Aurora, CO. June 5-6, 2023.

12. Pisegna J, Hinrichs L, Beisheim-Ryan E, Butera K, Derlein D, Magnusson D, Stevens-Lapsley J. High-intensity rehabilitation training priorities of occupational therapy practitioners working with older veterans with medical complexity in rural post-acute care settings. Poster session presented at: University of Colorado sponsored Partnerships for Veteran & Military Health Conference; 2023 Apr 21-23; Aurora, CO.

13. Beisheim-Ryan EH, Hinrichs LA, Butera KA, Derlein DL, Malone DJ, Stevens-Lapsley JE. "Clinician-reported feasibility, acceptability, and adoption of high-intensity rehabilitation in skilled nursing facilities." American Physical Therapy Association's Combined Sections Meeting. San Diego, CA. February 23-25, 2023.

14. Hinrichs LA, Beisheim-Ryan EH, Butera KA, Derlein DL, Malone DJ, Nearing KA, Stevens-Lapsley JE. "Blending learning and implementation science to create, evaluate, and optimize continuing education in rehabilitation." American Physical Therapy Association's Combined Sections Meeting. San Diego, CA. February 23-25, 2023.

15. Beisheim-Ryan E, Hinrichs LA, Butera K, Derlein D, Malone D, Holtrop J, Forster J, Diedrich D, Stevens-Lapsley J. Improving functional outcomes in skilled nursing facilities nationwide: a hybrid I effectiveness-implementation pragmatic clinical trial approach [poster presentation] MR3 Network Science Retreat. Virtual: 2022.

16. Hinrichs L, Rodriguez J, Nordon-Craft A, Manago M, McDevitt A, Judd D. Blocked scheduling in Physical Therapist education as a curricular adjustment in response to COVID-19 [poster presentation] Academy of Medical Educators Education & Innovation Week. Virtual: 2022.

17. Hinrichs L, Judd D, Rapport MJ. Leading a Call to Action: Peer Review of Teaching in Faculty Development. [platform presentation] American Physical Therapy Association Combined Sections Meeting. San Antonio, TX: 2022.

18. Hinrichs L, Capin J, Judd D, Forster J, Samuelson M, McCandless M, Peters A, Christiansen C, Stevens-Lapsley J. Daily step count is not associated with gait symmetry in individuals with end-stage hip osteoarthritis [poster presentation] American Physical Therapy Association Combined Sections Meeting. San Antonio, TX: 2022. *Nominated top 10 poster for Academy of Orthopaedic Physical Therapy*

19. Hinrichs L, Rodriguez J, Nordon-Craft A, Manago M, McDevitt A, Judd D. Blocked scheduling in Physical Therapist education as a curricular adjustment in response to COVID-19 [poster presentation] American Physical Therapy Association Combined Sections Meeting. San Antonio, TX: 2022.

20. Hinrichs L, Judd D, Hernandez M, Rapport MJ. Peer Review of Teaching to Promote a Culture of Excellence: A Scoping Review. [platform presentation] Education Leadership Conference. Atlanta, GA: 2021

21. Hinrichs L, Seidler K, Morrison K, Coats H. "It was a useful tool while it was present": Need for Systems-level Support of Workplace Well-being Interventions to Promote Psychological Health of Healthcare Providers. [poster presentation] Public Health in the Rockies. Keystone, CO: 2021. *Awarded first place award in the poster session.*

22. Hoffman R, Davis-Wilson H, Hinrichs L, Judd D, Stevens-Lapsley J, Christiansen C. Turning Spatiotemporal Metrics and Strategies with End-stage Hip Osteoarthritis. Submitted to Rocky Mountain American Society of Biomechanics. February 2021.

23. Hinrichs L, Christensen J, Capin J, Aljehani M, Zeni J, Stevens-Lapsley J. Gait Mechanics are Influence by Quadriceps Strength, Age and Sex after Total Knee Arthroplasty. [poster

presentation] American Physical Therapy Association Combined Sections Meeting. Virtual: 2021.

24. Mintken P, McDevitt A, Michener L, Boyles R, Burns S, Beardslee A, Haberl M, Hinrichs L, Cleland J. Validation of a Clinical Prediction Rule to Identify Patients with Shoulder Pain Likely to Benefit from Cervicothroacic Manipulation. A Randomized Clinical Trial. American Academy of Orthopaedic Manual Physical Therapy, platform presentation, October 2016. St. Louis, MO.

Professional Presentations

1. Hinrichs-Kinney L, Gisbert R, Keleman A. Brain Health at Home. Healing the Divide presentation and panel discussion at University of Colorado Anschutz. November 15, 2025.

2. Hinrichs-Kinney, L. Stevens-Lapsley, J. Pontiff, M. Garbin, A. O'Malley S. Closing the Research to Practice Gap: Using Implementation Science to Empower Clinicians and Researchers. Educational session presented at: California APTA, Virtual. November 12, 2025.

3. Gustavson AM and Hinrichs-Kinney L. Challenging patients and getting results in home health: applying high-intensity resistance training. Home Care & Hospice Association of New Jersey. Virtual. March 12, 2024.

4. Hinrichs-Kinney L. Optimizing Care for Rural Veterans: Progressive Rehabilitation. ORH Rural Community Call. January 17th, 2024. (30 minutes)

5. Hinrichs L. Improving Physical Rehabilitation for Rural Veterans with Complex Care Needs. 6th Annual Rehabilitation Science PhD Research Retreat. 2021 (1 hour)

6. Hinrichs L. Health Care Providers' Perceptions of a Workplace Well-Being Interventions: A Qualitative Meta-Synthesis. Research in Practice Presentations. University of Colorado Anschutz Medical Campus: 2020. (1 hour)

7. Hinrichs L. Scalability of Online Training Modules: Using the Community of Inquiry Framework to Guide Improvement in Learning Outcomes. Research in Practice Presentations. University of Colorado Anschutz Medical Campus: 2019. (1 hour)

8. James D, Hinrichs L. Clinical Decision Making in the Cervicothoracic and Shoulder Regions. University of Colorado Anschutz Medical Campus: 2017. (full day course)

9. James D, Hinrichs L. Physical Therapy of the Spine: Clinical Practice Guidelines and Beyond. UC Health Memorial Hospital Outpatient Colorado Springs, CO: 2016. (weekend course)

10. Dudley J, Hinrichs L, James D. CrossFit and Olympic Lifting: Understanding PT Evaluation, Treatment, Technique and Return to Sport" Complete Athlete Continuing Education. Denver, CO: 2015 & 2016 (weekend courses)

11. Hinrichs L. "Injury Prevention: Move often and Move Well". Heritage College Personal

Training Program. Denver, CO. 2012. (full day course)

Currently Funded Grand Awards and Research Activity

Lauren Hinrichs-Kinney (Implementation and Mixed Methods Consultant); Stevens-Lapsley (PI)
Implementation of Neuromuscular Electrical Stimulation after Total Knee Arthroplasty. NIH R01AG084683. 8/15/2024-7/31/2029 ($5,075,957). The goal of this implementation hybrid type I study is to evaluate the effectiveness of neuromuscular electrical stimulation after total knee arthroplasty in real-world settings.

Lauren Hinrichs-Kinney (Qualitative Methods Consultant); Stevens-Lapsley (PI)
Improving Rehabilitation for Veterans After Total Knee Arthroplasty Using Individualized Recovery Trajectories. VA RR&D I01RX003770; 4/1/2022-3/31/2026 ($1,198,128). This study will examine the impact of a new clinical decision support tool for rehabilitation after total knee arthroplasty.

Lauren Hinrichs-Kinney (Implementation and Mixed Methods Consultant); Stevens-Lapsley (PI)
Advancing Rehabilitation Paradigms for Older Adults in Skilled Nursing Facilities. NIH R01 AG072693; 7/1/2021-6/30/2026. ($2,488,060). The goal of this work is to implement and evaluate a high intensity resistance rehabilitation paradigm in skilled nursing facilities using a cluster randomized trial.

Completed Grant & Funded Activity

Lauren Hinrichs-Kinney (Project Lead); Stevens-Lapsley JE (PI).
Optimizing resilience for rural VA rehabilitation clinicians. PROJFY-008928; 10/1/2024-9/30/2025; ($103,910). This project aims to provide rehabilitation clinicians serving rural Veterans with critical self-care skills surrounding psychological resilience to address work-related stress and burnout.

Lauren Hinrichs-Kinney (Education and Evaluation Specialist); Stevens-Lapsley JE (PI).
VA Geriatric Scholars Rehabilitation Training Program; 10/1/2024-9/30/2025 ($82,984). The goal of this program is to develop a practicum experience for rehabilitation professionals to integrate skills for implementing high intensity rehabilitation interventions for Veterans.

Lauren A. Hinrichs (PI/Advanced Geriatrics Postdoctoral Fellow)
$50,801 (annual salary support)
Implementing Evidence-Based Rehabilitation in Post-Acute Care for Veterans
Department of Veterans Affairs fellowship offering post-specialty education in the development of leadership in health care issues of the elderly.
9/26/2022-8/12/2024; Eastern Colorado GECC/VA Advanced Geriatric Fellowship

Lauren A. Hinrichs (Project Coordinator); Stevens-Lapsley JE (PI).
$99,895
Optimizing resilience for rural VA rehabilitation clinicians
This project aims to provide rehabilitation clinicians serving rural Veterans with critical self-care skill surrounding psychological resilience to address work-related stress and burnout.
10/1/22-9/30/23; VA Office of Rural Health, Veterans Rural Health Resource Center.

Lauren A. Hinrichs (Education Specialist); Stevens-Lapsley JE (PI).
$115,087

Improving physical rehabilitation for rural Veterans with complex care needs.
This project aims to extend prior work in training clinicians to provide high-intensity physical rehabilitation to rural Veterans using streamlined training components that are resource-efficient, scalable, and can improve nationwide reach.
10/1/22-9/30/23; VA Office of Rural Health, Veterans Rural Health Resource Center.

Lauren A. Hinrichs (Project Coordinator); Stevens-Lapsley JE (PI).
$255,969
Improving physical rehabilitation for rural Veterans with complex care needs.
The goal of this project is to increase clinician access to education and training in evidence-based, high intensity physical rehabilitation to improve the quality of care provided to rural Veterans at risk for functional decline.
10/1/21-9/30/22; VA Office of Rural Health, Veterans Rural Health Resource Center.

Lauren A. Hinrichs (PI).
$7,500
Optimizing Rehabilitation in Skilled Nursing Facilities.
The aim of this investigation is to determine the impact of an educational intervention on the implementation of an evidence-based rehabilitation approach in skilled nursing facilities while understanding the barriers and facilitators to its implementation.
09/01/2021 – 08/31/2022 Foundation for Physical Therapy Research's Promotion of Doctoral Studies (PODS) I Scholarship.

Lauren A. Hinrichs (PI).
$4,000
The relationship between physical activity and gait mechanics in individuals with end-stage hip osteoarthritis (OA) and total hip arthroplasty (THA).
The aim of this investigation is to determine the relationships between gait quantity and quality metrics to inform and optimize future rehabilitation targets.
09/01/2020 – 09/01/2021; American College of Rheumatology Preceptorship Award.

Membership in Scientific/Professional Organizations

Member, American College of Rheumatology, 2020 – Present

Member, American Academy of Orthopedic Manual Physical Therapy, 2011 – Present

Member, American Physical Therapy Association, Orthopedic Section Member, Education Section Member, Sports Section Member, 2006 – Present

Community Service

9Health Fair, *mentoring in a free, student-led health screening event, 2015 - present*

Health Volunteer Oversees, Nicaragua Physical Therapy Outreach, *served as lead instructor for the course Upper Extremity Exercise Progression, 2016*

Local CrossFit Competition Medical Assistant, *assisted with medical services provided at local CrossFit competitions, 2013-2019*

Injury Prevention Screens, *provided injury screening and education events to local running*

stores and CrossFit gyms 2013-2019

Team Challenge Running Club, *running coach providing warm up tips and injury prevention consultation to Team Challenge Running Club members, 2013-2017*

University of Colorado Marquette Challenge, *teaching assistant 2014-2015*

Services to the University/College/School on Committees/Councils/Commissions

University of Colorado Denver

Writer – Education Recent News, Physical Medicine & Rehabilitation website; 2021 – present

Physical Therapy Program

Member – Awards and Scholarship Committee, 2019 – present

Profession

Reviewer – Physiotherapy Theory and Practice, 2018 – Present

Reviewer – Journal of Manual & Manipulative Therapy, 2019

Reviewer – Chiropractic and Manual Therapies, 2018

Co-Chair – Nominating Committee of the Colorado Chapter of the APTA, 2016 – present

Treasure – Sports Special Interest Group of the Colorado Chapter of the APTA, 2016 – present

Honors and Awards

PM&R Professionalism Award. 2025

President's Excellence in Teaching Awards. Physical Therapy Program. 2025

Travel Award, C. Werner and Kitty Hirs Research Awards for Ph.D. Student Travel to National Meetings. 2022 & 2023

Travel Award, Academy of Physical Therapy Research Biomechanics SIG Student and Post-Doc Travel Award Recipient. 2022

Top 10 Academy of Orthopaedic Physical Therapy poster, American Physical Therapy Association Combined Sections Meeting. 2022

First Place Poster Award, Public Health in the Rockies. 2021

Continuing Education Attended (last 5 years)

2026 Combined Sections Meeting, APTA, Anaheim, CA

2025 CIMER *Entering Mentoring* Training, presented by the Academy of Research Mentoring Educators (ARME). Tuesday, October 28th, 2025

2025 Combined Sections Meeting, APTA, Houston, TX

2024 Combined Sections Meeting, APTA, Boston, MA

2023 Combined Sections Meeting, APTA, San Diego, CA
Education Sessions Attended
- Develop a Community of Education Researchers
- Where Does the EBP Rubber Meet the Clinical Road? Driving Best Practice
- Cerasoli Lecture 2021: It Takes a Village to Raise a Profession
- Implementation Mapping to Decrease the Research to Practice Gap
- Competency Based Education in Physical Therapy 201: Domains of Competence

2022 Combined Sections Meeting, APTA, San Antonio, TX
Education Sessions Attended
- Designing Meaningful Course Assessments for Physical Therapy Education
- The 4-Element Movement System Model To Guide Physical Therapy Education, Practice, and Research
- 2022 Polly Cerasoli Lecture: Physical Therapy Education through the Lens of the Master Adaptive Learner

2021 Education Leadership Conference, APTA, Atlanta, GA
Education Sessions Attended
- Developing Effective Leaders through Physical Therapist Education: Engaging Habits of the Head and Heart
- Transforming Society through Competency-Based Physical Therapist Education: Moving from Theory to Practice
- Enhance your simulation skills: Learning to debrief with the advocacy-inquiry model

2021 Public Health in the Rockies Conference. Keystone, CO

2021 CoHSTAR Health Services Research. Virtual.

2021 Colorado Pragmatic Research in Health Conference. Virtual

2021 Green Tree Mind – Resiliency Project. Virtual.

2021 Combined Sections Meeting, APTA, Virtual
- Qualitative data analysis in physical therapy research: Parts 1 and 2
- 2021 Polly Cerasoli Lecture Award: Educating for Professionalism: The science of caring, the art of healing
- Rehabilitation clinical trials: the latest guidance for authors and reviewers

2020 Academy Health Conference on the Science of Dissemination and Implementation in Health. Virtual

2020 Education Leadership Conference, APTA, Virtual
Education Sessions Attended
- Bringing a population health perspective to physical therapy education
- Integrating Population Health, Disease Prevention and Health Promotion Competencies within Physical Therapist Professional Education Programs
- Clinical Reasoning Consortium: Innovations in the Facilitation and Assessment of Clinical Reasoning

2020 National Institutes of Health Rehabilitation Research 2020. Virtual.

2020 Colorado APTA Annual Symposium. Virtual

2020 Center on Health Services Training and Research. Implementation Science Institute: Advancing Rehabilitation. Virtual.

2020 Combined Sections Meeting, APTA, Denver, CO

Education Sessions Attended

- Adventures in the Evidence Pyramid: Incorporating Rigorous Qualitative Methodologies to Enhance Clinical Research, Part 1 and 2
- EBP 2020, Part 1: Current Implementation Strategies for Therapists
- A Clinical Reasoning Blueprint: Linking Learning Theories to Curricular Innovations

2019 Education Leadership Conference, APTA, Bellevue, WA

Education Sessions Attended

- Let's Start at the Very Beginning: A Step-By-Step Process for Creating a Hybrid Course
- Using Clinical Reasoning Research to Inform Practice: Knowledge Translation
- Navigating Blended Instruction Using the Community of Inquiry Framework As a Compass

2019 Colorado APTA Annual Symposium. Denver, CO

2018 Education Leadership Conference, APTA, Jacksonville, FL

Education Sessions Attended

- Dynamic Debriefing: Maximizing the Impact of Innovative Simulation Activities
- Emotional Exhaustion, Depersonalization, and Feelings of Decreased Personal Accomplishment Oh My: What Message Are We Sending To Our Students?
- We Were Flippers When Flipping Wasn't Cool: Flipping Your Curriculum Through the Use of a Hybrid (Blended) Delivery Model

2018 Colorado APTA Annual Symposium. Vail, CO.

2018 International Spine & Pain Institute (ISPI) webinar "Biopsychosocial Manual Therapy", Virtual

2018 Combined Sections Meeting, APTA, New Orleans, LA

Education Sessions Attended

- Beyond FITT-ness: Changing How We Teach Therapeutic Exercise in a DPT Curriculum
- Assessment to inform DPT Program Outcomes: Accreditation to Program Excellence

2017 Selective Functional Movement Systems Level II, Denver, CO

2017 Education Leadership Conference, ATPA, Columbus, OH

Education Sessions Attended

- Mental Health and the DPT Student: Retention Strategies for Successful Outcomes
- The Four Horsemen of the Apocalypse: The Critical Challenges and Opportunities in Physical Therapy Education and Research

2017 Colorado APTA annual symposium Utilization and Ordering of Imaging for the Physical Therapist in Colorado, Denver, CO

2016 American Academy of Orthopedic Manual Physical Therapy Annual Conference, St

Louis, MO

Education Sessions Attended

- Evidence Based Therapeutic Exercise for Cervical Spine Disorders Part 1 and 2
- Using recent research findings to improve clinical care of people with low back pain
- Spinal Manipulation: Future Practice based on Evidence and Clinical Decision Making for Safety and Patient Comfort (Part 1 and 2)

Current Teaching Responsibilities in the Residential Entry-level Physical Therapy Program (in sequence, by quarter or semester)

Spring Semester

DPTR 5401: Musculoskeletal Conditions I, Lab Instructor, Lecturer
DPTR 7112: Applied Exercise Science, Course Coordinator

Summer Semester

DPTR 5203: Musculoskeletal Conditions II, Lab Instructor, Lecturer
DPTR 7212: Advanced Joint Manipulation, Lab Instructor
DPTR 7213: NPTE Preparation Course, Course Coordinator

Fall Semester

DPTR 6403: Musculoskeletal Conditions III, Lab Instructor
DPTR 6404: Musculoskeletal Conditions IV, Course Coordinator

Extended Teaching Experiences

2021-present Veterans Affairs Geriatric Scholars Program
University of Colorado, RESTORE Research Team
Design, execute, evaluate 2-day course for physical therapists seeking professional development in geriatric patient care.

2019 – present High-Intensity Rehabilitation Online Course.
University of Colorado, RESTORE Research Team
Co-led instructional design and lead ongoing learner facilitation through an online, continuing professional competency course for rehabilitation providers.

2018 - present Center for Advancing Professional Excellence (CAPE)
University of Colorado, Physical Therapy Program
Reviewer and faculty mentor for Physical Therapy Students

2020 Applied Exercise Science Online Course
University of Colorado, Physical Therapy Program
Led instructional design and conversion of face-to-face to online course