

**Rebecca Downey, PT, DPT, CCS**  
**Assistant Professor**  
**Castle Rock, CO 80109**  
**818-429-3125**  
[rdowneydpt@gmail.com](mailto:rdowneydpt@gmail.com)

Education

Doctor of Physical Therapy  
Regis University  
Physical Therapy  
May, 2009

Bachelor of Science  
Gonzaga University  
Exercise Science  
May, 2006

Licensure and Certifications

Colorado Physical Therapist License #10474  
Board Certified Cardiopulmonary and Vascular Specialist  
APTA Credentialed Clinical Instructor (Basic)  
Basic Life Support (BLS)

Employment History

Faculty  
Assistant Professor  
Regis University, School of Physical Therapy  
Denver, CO  
Jan 2021- present

Senior Physical Therapist  
University of Colorado Hospital  
Aurora, CO  
April 2013- present

Staff Physical Therapist  
Brookside Rehabilitation  
Castle Rock, CO  
December 2022- January 2024

Adjunct Faculty  
South College, School of Physical Therapy  
Knoxville, TN  
March 2020- December 2021

Adjunct Faculty  
Regis University, School of Physical Therapy  
Denver, CO  
September 2019- December 2020

Adjunct Faculty  
University of Colorado, School of Physical Therapy  
Aurora, CO  
May 2012- October 2017

Instructor  
JFK Partners  
Aurora, CO  
October 2011- April 2013

Lend Fellow  
JFK Partners  
Aurora, CO  
September 2009- October 2011

#### Current Teaching Responsibilities

##### Fall Semester:

DPT 708: Management Application of Physiology I (2021-2023), Lab Instructor  
DPT 708: Management Application of Physiology I (2024-present), Course Coordinator

##### Spring Semester:

DPT 732: Management Application of Physiology II (2021-present), Instructor, Course Coordinator  
DPT 738: Management Application of Physiology III (2021-present), Instructor  
DPT 796: Capstone (2021- present), Advisor

##### Summer Semester:

DPT 772: Professional Issues (2021- 2024), Instructor  
DPT 739: Exercise Application (2021- present), Instructor, Lab Instructor

##### Clinical Education:

DPT 750, 751, 752, and 753 (2021- present), Clinical Education Advisor

#### Peer Reviewed Publications

Choice E, **Downey R**, Clark M, Short T. Return-from-injury care teams and decision making in the national collegiate athletic association. *Trends Sport Sci*. Accepted 2/25/24.

Byrnes E, Clark M, **Downey R**, and Choice E. Match load, positions, formations, and injury susceptibility in collegiate men's soccer. *NSCA Coach* 11.3, 2024.

Choice E, Hooker K, **Downey R**, Haugh G. A return to performance framework for strength and conditioning coaches to effectively complete the rehabilitation continuum after ACLR. *Strength Cond J*. Published online April 12, 2024. doi:10.1519/SSC.0000000000000844

Choice E, Rinsem V, **Downey R**. A nutrition education service learning program: development, implementation, and impact on participants. *Health Educ J*. 2023;83(3):255-268. doi:10.1177/00178969241234484

Choice E, **Downey R**. Return to performance protocols and criteria specific to aerobic capacity for aerobic athletes who sustain lower extremity injuries: a narrative review. *Strength Cond J*. 2023;46(2):214-223. doi:10.1519/SSC.0000000000000079

**Downey R**. Rapport MJ. Motor activity in children with autism: A review of the current literature. *Ped Phys Ther*. 2012; 24; 2-20.

**Downey R**. Rapport MJ. Commentary on task analyses identify coat-donning delays in preschoolers in special education. *Ped Phys Ther*. 2011; 23; 69.

#### Peer Reviewed Scientific and Professional Presentations

Rich A, **Downey R**, and Hofmann M.

Student confidence in acute care practice; Translating knowledge from the simulation laboratory to clinical practice.

Poster Presentation. APTA 2025 Combined Sections Meeting (CSM). Houston TX  
February 14, 2025

**Downey R**, Choice E.

Taking interprofessional learning competencies into the NCAA  
Workplace.

Platform Presentation. 6th Annual Heartland Innovations in Interprofessional Education (HIPE) Conference. Online.

July 11, 2024

Keefer R, **Downey R**, White C.

Outcomes following the implementation of a rehabilitation clinical pathway following lung transplantation.

Poster Presentation. 2023 Rocky Mountain Interprofessional Research & Evidence-Based Practice Symposium. Greenwood Village CO.

November 3, 2023

Rich A, **Downey R**, Hofmann M.

Can repeated inpatient simulation laboratory experiences affect Doctor of Physical Therapy Student Readiness to Practice?

Platform Presentation. Educational Leadership Conference (ELC). Philadelphia PA.  
October 13, 2023

Choice E, **Downey R**, Thomas S. Interprofessional communication and practice for return to sport/performance: How to incorporate the principles of interprofessional education and practice into this specialty area of healthcare.

5<sup>th</sup> Annual Heartland Interprofessional Education (HIPE) Conference. Online.  
July 27, 2023

Carmel S, Davis A, **Downey R**, Eigsti H, LaPorta L.

Unintended consequences of COVID-19 contact reduction: The hypothesized impact of social grouping on student outcomes and clinical performance.

Poster Presentation. Education Leadership Conference, Milwaukee WI  
October 28, 2022

Rich A, **Downey R**, Calderon B, Beck C.

Successes and pitfalls: Faculty reflections on an interprofessional simulation laboratory Experience.

Poster Presentation. Education Leadership Conference, Milwaukee WI  
October 28, 2022

**Downey R**, Logan J, Oeffling A, Sullivan E.

Supporting clinical education in the acute care setting

APTA Combined Sections Meeting, Education Session, New Orleans LA  
January 24, 2019

Ridgeway K, Medina R, Harper L, **Downey R**.

Physical Therapists in critical care: Moving beyond early mobilization to encompass a broader scope

APTA Combined Sections Meeting, Education Session  
February 22, 2018

**Downey R**.

Behavior management strategies for pediatric physical therapists

CO APTA Spring Meeting, Education Session  
2012

**Downey R**, Hogan M, Hunt S. et al.

The effects of postural perturbation training in children with Cerebral Palsy

APTA Combined Sections Meeting, Poster  
2010

#### Non-peer Reviewed Professional Presentations

Carmel S, **Downey R**. Professional Growth and Development for the Clinical Instructor.

University of Colorado, Regis University, and Colorado Mesa University Virtual Clinical Educator Event.

October 24, 2024.

Choice E, **Downey R.** Aerobic Capacity Testing for Return to Performance: A Missing Piece. 2<sup>nd</sup> Annual Regis University RHCHP Spring Research Symposium. Regis University, Denver, CO 3/17/23.

**Downey R.** and Bilyeu C.

How, What, and Why: Using Questions to Facilitate Reflection and Clinical Reasoning  
APTA Colorado Clinical Education Special Interest Group, Education Session  
Jan 15, 2020

Downey R., Logan J., Oeffling O., Sullivan E.

Supporting the Development of Clinical Instructors: From Novice to Expert  
University of Colorado Hospital Fall Forum, Poster  
September 24, 2019

Downey R., Medina R., Harper L.

Mobilization of Mechanically Ventilated Patients During a Nine Month Medical ICU Quality Improvement Program  
University of Colorado Spring Symposium, Poster  
April 20, 2017

#### Current/Active Research Activity

Keefer R, **Downey R.**, White C, Foster K, Miller C, Malone D. Outcomes following implementation of a rehabilitation and mobility-focused clinical pathway for lung transplant recipients.

Carmel S, **Downey R.**, La Porta L, Yahya K. Student success in clinical education: A decision-making framework. Submitted 6/27/25.

Thomas S, **Downey R.**, Star K, Choice E, Breitbach A. Perceptions of shared decision-making and interprofessional education at National Collegiate Athletic Association Institutions. Submitted 6/20/25.

Yaya K, Carmel S, **Downey R.**, LaPorta L, et al. Support for the novice clinical instructor.

#### Membership in Scientific/Professional Organizations

APTA (Chapter: Colorado, Sections: Acute Care, Cardiopulmonary, Education)  
2006- Present

#### Service to the University/College/School on Committees/Councils

School of Physical Therapy

Awards Committee, Member

January 2021 to September 2021

August 2024 to August 2025

Awards Committee, Chair

September 2021 to August 2024

Pro Bono Clinic Work Group  
August 2021 to present

Rueckert-Hartman School for Health Professionals  
Service Learning Committee, Member  
August 2021 to August 2024

Mission Committee, Member  
August 2022 to August 2024

Mission Committee, Co-chair  
August 2024 to August 2025

Regis University  
HSI work group  
February 2022 to February 2024

Alpha Sigma Nu Chapter Committee, Member  
August 2024 to present

#### Service to the Profession

APTA Colorado  
Mentorship program- mentor  
September 2021 to present

Colorado Chapter Awards Committee, Co-Chair  
January 2023 to present

FBSPT Item writer  
Fall 2023, 2024, and 2025 terms

Physiopedia, Learning Community with Ukrainian Rehabilitation Professionals  
August 2023 to December 2023

#### Honors and Awards

Alpha Sigma Nu  
Regis University, School of Physical Therapy  
2009