

Rebecca K Keefer (Née Medina)

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EDUCATION

University of Colorado, Aurora CO	Doctor of Physical Therapy	2011
Pepperdine University, Malibu CA	BS in Sports Medicine	2007

LICENSURE

Physical Therapy License: Colorado 0011290

CERTIFICATIONS

Cardiovascular and pulmonary clinical specialist	2017
Advanced cardiac life support	2016
APTA Level 1 certified clinical instructor	2013

EMPLOYMENT/POSITIONS HELD

2023 – Present	Adjoint Senior Instructor, University of Colorado Denver, Anschutz Medical Campus, Doctor of Physical Therpay Program, Aurora, CO
2018 – Present	Physical Therapist III, University of Colorado Hospital, Anschutz Medical Campus, Aurora, CO
2015 - 2018	Senior Physical Therapist, University of Colorado Hospital, Anschutz Medical Campus, Aurora, CO
2011 - 2023	Associated Faculty, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
2011 – 2015	Per diem Physical Therapist, University of Colorado Hospital, Anschutz Medical Campus, Aurora, CO
2011 – 2015	Staff Physical Therapist, Platte Valley Medical Center, Brighton, CO

PEER REVIEWED SCIENTIFIC AND PROFESSIONAL PRESENTATIONS

Keefer R, Trutmann S, Barnes A. Implementing the Lung Transplant Frailty Scale in Pre-Transplant Evaluations: A Quality Improvement Initiative. CO APTA Conference. Golden, CO. October 2025. (Poster)

Barnes, A. Keefe R. Persistent Hypotension Following Orthotopic Heart Transplant and Impact on Acute Care Physical Therapy and Mobility: A Case Report. UCHealth Rehabilitation Spring Symposium. Aurora, CO. May 2025 (Poster)

Sawyer E. Keefe R. Nordon-Craft A. Empowering Tomorrow's Therapists and Today's CIs: Harnessing Acute Care Competencies for Patient Care Excellence. Combined Sections Meeting. Houston, TX. Feb 2025 (Educational Session Speaker)

Delos Santos, A. Keefe R. Malone D. Acute Care for Chronic Pain: Applying Orthopedic Low Back Pain Guidelines to the Realities and Complexities of a Hospitalized Patient. CO APTA Fall Conference. Breckenridge, CO. Sept 2024 (Poster)

Downey M. Keefe R. Malone D. Physical Therapy for a Woman with Complex Medical Conditions: How Class III Obesity, Low Baseline AM-PAC score, and Pain Fear Avoidance Impacted Plan of Care. CO APTA Fall Conference. Breckenridge, CO. Sept 2024 (Poster)

Huestis J, Delvecchio M, Keefe R. Empowering Rehabilitation: Acute Physical Therapy Management of Ischemic Stroke Through Forced Use Therapy. Combined Sections Meeting. Boston, MA. Feb 2024 (Poster)

Keefe R., Logan J, Malone D, Palmer J. DPT Student Preparedness for Acute Care Clinical Experience Following ICU Simulation Experience. Combined Sections Meeting. Boston, MA. Feb 2024 (Poster)

Keefe R., White C, Downey R. Outcomes Following the Implementation of a Rehabilitation Clinical Pathway Following Lung Transplantation. Combined Sections Meeting. Boston, MA. Feb 2024 (Poster)

Keefe R. White C, Downey R. Outcomes Following the Implementation of a Rehabilitation Focused Clinical Pathway Following Lung Transplant. Rocky Mountain Evidence Based Practice Symposium. Denver, CO. November 2023. (Platform)

Logan, J, Laxton L, Keefe R. Creation and Implementation of a Multi Modal Interdisciplinary ICU Competency. Combined Sections Meeting. San Diego, CA. Feb 2022 (Platform)

Logan, J, Laxton L, Keefe R. Creation and Implementation of a Multi Modal Interdisciplinary ICU Competency. 11th Annual Johns Hopkins Critical Care Rehabilitation Virtual Conference. Nov 2022 (Virtual Poster)

Medina R., Kehoe K, Quirk J, Crow M, Post M, Malone D. Relationship between self-reported and performance-based measures of functional capacity in lung transplant candidates. Combined Sections Meeting. Denver, CO. Feb 2020 (Poster)

Medina R., Kehoe K, Quirk J, Crow M, Post M. Assessment of frailty and low functional capacity in lung transplant candidates: a quality improvement program. Combined Sections Meeting. Denver, CO. Feb 2020 (Platform)

Medina R., Post M. Frailty and lung transplantation. University of Colorado Health Annual Rehabilitation Symposium. Aurora, CO. Sept 2019 (Speaker)

Medina R, Elliott J, Bunes M, Kyle B, Quirk J. Reversing Frailty: Identification and Intervention in Kidney Transplant Candidates. University of Colorado Health Annual Rehabilitation Symposium. Aurora, CO. April 2018 (poster)

Medina R, Harper L, Downey R, Ridgeway K. Physical Therapists in Critical Care: Moving Beyond Early Mobilization to Encompass a Broader Scope. Combined Sections Meeting. New Orleans, LA. Feb 2018 (Educational session Speaker)

Medina R, Harper L, Downey R. Mobilization of Mechanically Ventilated Patients During a Nine Month Medical ICU Quality Improvement Program. University of Colorado Health Annual Rehabilitation Symposium. Aurora, CO. 2017 (poster)

Medina, R. ICU Physical and Occupational Therapy Quality Improvement project in Small Community Hospital: Feasibility and Outcomes. University of Colorado Health Annual Rehabilitation Symposium. Aurora, CO. April 2016 (poster)

CURRENT/ACTIVE RESEARCH ACTIVITIES

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| 2025 - Present | Peer reviewer for Journal of Acute Care Physical Therapy |
| 2024 – Present | “Utilizing the Acute Care Core Competencies to Enhance Your Clinical Teaching”, Co-author, IRB approved – in data collection |
| 2023 – Present | “Improving Patient Mobility: Outcomes of a Rehabilitation and Mobility-Focused Clinical Pathway for Lung Transplant Recipients”, First author, IRB approved- manuscript submitted Aug 2025 to Journal of Acute Care Physical Therapy, current tentatively accepted pending minor revisions as of 12/25 |
| 2023 - Present | “The Efficacy of a one-time ICU based simulation as determined by Core Competencies for Entry-level Practice in Acute Care Physical Therapy: DPT student and clinical instructor perceptions”, First author, IRB approved-in data collection |
| 2016- 2018 | PRIMROSE: Effect of randomization to neuromuscular blockage on physical functional impairment and recovery in ARDS.
Multi-center prospective cohort study assessed effect of NMB on the early development of neuromyopathy; on muscle function and strength at hospital discharge; and on physical recovery and healthcare utilization at 6 and 12 months after the development of severe ARDS. <ul style="list-style-type: none">Acted as in hospital outcomes assessor–Medical ICU, University of Colorado Hospital |
| 2016-2018 | ROSE: Re-evaluation of Early Systemic Neuromuscular Blockade. Multi-center, prospective, 2-arm, unblinded, randomized clinical trial assessed the efficacy and safety of early neuromuscular blockade in reducing mortality and morbidity in patients with moderate-severe ARDS in comparison to a control group with no routine early |

neuromuscular blockade

- Acted as in hospital outcomes assessor–Medical ICU, University of Colorado Hospital

MEMBERSHIP IN SCIENTIFIC/PROFESSIONAL ORGANIZATIONS

2021-present	APTA Education Section Member
2020-present	APTA Clinical Education Special Interest Group
2018-present	APTA Acute Care Section
2016-present	APTA Cardiovascular and Pulmonary Section
2012-present	Colorado Acute Care Special Interest Group (CARESIG) <i>Chair of CARESIG- 2025</i>
2012-2013	APTA Orthopedic Section
2008 – present	Colorado Chapter American Physical Therapy Association <i>Nominating committee member – 2018-2021</i>
2008 - present	American Physical Therapy Association (APTA)

COMMUNITY SERVICE

2023	UCHEALTH LVAD Support Group – Guest Speaker
2022	Regis Student Acute Care SIG – Acute Care Specialist Panel Speaker
2009	9 News Health Fair- Body in Balance Screenings

SERVICES TO THE UNIVERSITY ON COMMITTEES/COUNCILS

2025 – Present	ACAPT CE Commission Workgroup – Academic Approaches to Inpatient Practice Preparation
2025 – Present	Student Acute Care SIG, Faculty Advisor
2024 – Present	Absence Committee, Member
2023 – 2025	Recruitment and Admissions Committee, Member
2023 – 2025	Outside course coordinator, faculty coordinator

2023 – Present Clinical education update courses, faculty coordinator

HONORS AND AWARDS

2026 CU Anschutz Alumni Hero Award
2025 CU Alumni Achievement Award
2025 CU Anschutz Alumni Hero Award
2024 CU Anschutz Alumni Hero Award
2020 Clinical Instructor of the Year – CU Physical Therapy Program

CONTINUING EDUCATION ATTENDED

2025 Colorado APTA Fall Conference, Golden, CO
2025 “Evidence Based Practice for Clinicians: Utilizing AI”. Aurora, CO
2025 Pain Neuroscience Education Course, Aurora, CO
2024 “Calm and Curious: The Art of Motivational Interviewing”, Aurora, CO
2024 University of Colorado Health Annual Rehabilitation Symposium, Aurora, CO
2024 Combined Sections Meeting, American Physical Therapy Association, Boston, MA
2023 35th Annual Rocky Mountain Evidence Based Practice Symposium, Virtual
2023 Combined Sections Meeting, American Physical Therapy Association, San Diego, CA
2022 Eleventh Annual Johns Hopkins Critical Care Rehabilitation Conference, Virtual
2022 Cardiac Conditions: Pathophysiology, Diagnostic Tests and

- Procedures, and Treatment, Virtual
- 2022 Cardiopulmonary Patient Care: Rehabilitation Assessment and Intervention, Virtual
- 2022 Ventilator Induced Diaphragm Dysfunction and the Diaphragm's Role in Cardiopulmonary Recovery, Virtual
- 2022 University of Colorado Health Annual Rehabilitation Symposium, Aurora, CO
- 2022 DEI Cultural Competence and You: How Diversity and Inclusion Lead to a Better Clinical Environment, APTA Virtual
- 2022 CCIP Booster Modules 1-4, APTA Virtual
Using Objectives to Focus Student Learning
Using Feedback in Clinical Education
Developing Student Professional Behaviors
Managing the Exceptional Student
- 2021 University of Colorado Health Annual Rehabilitation Symposium, Aurora, CO
- 2020 Advanced Clinical Practice in Cardiopulmonary Physical Therapy: Are you practicing best practice, Pre-conference course, Combined Sections Meeting, Denver, CO
- 2020 Combined Sections Meeting, American Physical Therapy Association, Denver, CO
- 2019 University of Colorado Health Annual Rehabilitation Symposium, Aurora, CO
- 2018 Seventh Annual Johns Hopkins Critical Care Rehabilitation Conference, Baltimore, MD
- 2018 University of Colorado Health Annual Rehabilitation Symposium, Aurora, CO
- 2018 Combined Sections Meeting, American Physical Therapy Association, New Orleans, LA
- 2017 University of Colorado Health Annual Rehabilitation Symposium, Aurora, CO
- 2016 Rehabilitation Management of Patients with Cardiovascular and Pulmonary Disorders: A focus on Acute Care
- 2016 University of Colorado Health Annual Rehabilitation Symposium, Aurora, CO

- 2016 Mechanical Ventilation: Review and Demonstration, Virtual
- 2015 Management of Acutely Ill Patients: An Evidence Based Approach from a Cardiopulmonary Perspective. An Intensive Lab. Los Angeles, CA
- 2015 University of Colorado Health Annual Rehabilitation Symposium, Aurora, CO
- 2015 8th International Meeting of Physical Medicine & Rehabilitation in the Critically Ill
- 2015 How ECG Rhythms Impact A Patient's Activity Tolerance, Virtual
- 2014 Vestibular Rehabilitation: Evaluation and Management. Aurora, CO
- 2014 Treating the Cardiac Patient: Reaching Full Potential Safely, Virtual
- 2012 Management of the Complex Acute Care Patient. Loveland, CO
- 2012 APTA Level 1 Clinical Instructor Credentialing Course. Aurora, CO

CURRENT TEACHING RESPONSIBILITIES

University of Colorado Doctor of Physical Therapy Program

Spring Semester

DPTR 5301: Medical Conditions I; Adjoint Senior Instructor; Course Co-Coordinator

DPTR 6303: Medical Conditions III; Adjoint Senior Instructor

DPTR 6932: Clinical Education II; Adjoint Senior Instructor

Summer Semester

DPTR 7212: Acute Care Elective: Adjoint Senior Instructor; Course Coordinator

DPTR 7651: Clinical Reasoning Capstone; Adjoint Senior Instructor

DPTR 6931: Clinical Education I; Adjoint Senior Instructor

Fall Semester

DPTR 5901: Collaborative Clinical Learning Experience I (CCLE I); Adjoint Senior Instructor; Course Coordinator

DPTR 6302: Medical Conditions II; Adjoint Senior Instructor

DPTR 6404: Musculoskeletal Conditions IV; Adjoint Senior Instructor

DPTR 7933: Clinical Education III; Adjoint Senior Instructor

Other Notable Teaching Accomplishments

2024 PM&R Resident Didactic Lecture – ABCDEF Bundle and ICU Rehabilitation; Invited Lecturer; Aurora CO

2019 Acute Care SIG - Physical therapy practice and mechanical ventilation: It's AdVENTageous!; Invited Lecturer; Aurora CO.

CONTINUING EDUCATION WORKSHOPS CONDUCTED/ORGANIZED

Sawyer E, Kefer R, Nordon-Craft A. Utilizing the Acute Care Core Competencies to Enhance Your Clinical Teaching. 4 hour UCHHealth System Wide Continuing Education Course. Virtual. September 2025. (Organizer and speaker)

Kefer R, Downey R. Rehabilitation in the ICU and Application of the ABCDEF Bundle. 4 hour Continuing Education Course. CO APTA CARE SIG. Lonetree, CO. September 2025. (Organizer and speaker)

Sawyer E, Kefer R, Nordon-Craft A. Utilizing the Acute Care Core Competencies to Enhance Your Clinical Teaching. 4 Hour CU DPT Update Course. November 2024. (Organizer and speaker)

Kefer R, Palmer J, Carmel S, Herringer C. Cultivating Excellence in Physical Therapy Clinical Education for Current and Aspiring SCCEs. 3 Hour Continuing Education Course. Virtual. October 2024. (Organizer and speaker)

Kefer R, Logan J, Bilyeu C. Integrated Clinical Education I: Clinical Instructor Training. 2 Hour Continuing Education Course. Aurora, CO. August 2024. (Organizer and speaker)

Kefer R. Rehabilitation in the ICU and the Application of the ABCDEF Bundle. Full Day Continuing Education Course. Salida Regional Medical Center. Salida, CO. October 2022. (Invited Speaker)