

**Eric Joseph Folmar, PT, DPT**  
**Board-Certified Specialist in Orthopedic Physical Therapy**  
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### **Education**

**Northeastern University**, Boston, Massachusetts September 2022 - Present  
*Candidate for Doctor of Philosophy, Human Movement & Rehabilitation Sciences*

**Northeastern University**, Boston, Massachusetts June 2012 - June 2014  
*Doctor of Physical Therapy*

**Quinnipiac University**, Hamden, CT June 1999 - January, 2001  
*Master of Physical Therapy*

**Quinnipiac College**, Hamden, CT September 1995 - May 1999  
*Bachelor of Health Sciences*

### **Licensure**

#15610 Massachusetts Board of Allied Health Professions

### **Employment**

#### **Department of Physical Therapy, Movement, and Rehabilitative Sciences (PTMRS)**

**Northeastern University** - Boston, MA

- *Associate Department Chair / Associate Clinical Professor* May 2019 - Present  
*Director, Faculty Development Residency*
  - Management of all PTMRS programs (DPT; PhD Human Movement & Rehabilitation Sciences; MS Human Movement & Rehabilitation Sciences; Transitional DPT; Minor in Human Movement) including support to the team of full-time faculty, adjunct faculty, teaching assistants, and staff.
  - Implement and maintain optimization of all PTMRS Department operations to improve department efficiency and sustainability.
  - Lead re-imagination and implementation of curriculum transition from 2020-2025.
  - Establish and execute Department/School/College strategic planning efforts including: vision for provision of anatomy education across worldwide network; strategic investment initiatives; optimization of university-wide classroom functionality; strategic investment in technology to optimize teaching and learning in clinical and human cadaver lab space; network campus development
  - Developed and launched collaborative Faculty Development Residency / EdD program to assist with producing highly trained faculty with academic doctorate.

- Improve recruitment and retention through the development of Pre-college Health Science Program to expose high school students to anatomy, research, and other aspects of health science/physical therapy education in communities that may not have resources available.

- *Assistant Clinical Professor* May 2015 – May 2019
- *Director, Transitional DPT Program* May 2015 – May 2019
- *Adjunct Faculty* January 2011 – December 2014

**Folmar Physical Therapy & Performance - Westwood, MA**

- *Owner/Physical Therapist* September 2020 - present
  - Maintain small private practice treating 10-15 hours per week.

**Mass Sport & Spine Physical Therapy - Walpole & Westwood, MA**

- *Senior Physical Therapist/Resource Clinician* June 2015 - March 2021
  - Management of primarily orthopedic caseload
  - Additional responsibilities included development of ancillary programs; practice growth and expansion in professional / collegiate training centers; mentorship of clinicians across company.
  - Clinical instructor and mentor to clinicians across the company to develop practitioners with strong clinical decision making and professional skillsets.

**Zimmet Healthcare Services Group, LLC – Manalapan Township, NJ**

- *Consultant* October 2016 - December 2022
  - Completed billing audits for various outpatient and skilled nursing facilities.

**Orthopedic Care Physicians Network, LLC – Easton, MA**

- *Director of Rehabilitation* September 2003 - June 2015
  - Supervised and developed staff of 18-20 employees in outpatient orthopedic setting including PT's, OT's, rehab aides, and administrative staff.
  - Responsible for staffing, budget analysis, purchasing and program development.
  - Coordinated building and clinical space construction along with additional clinic expansion build outs and renovations from design through completion.
  - Established satellite hand therapy clinic to complement surgical services in that area.
  - Lead development of electronic medical record system.
  - Coordinated the development and launch of practice website.
  - Coordinator of Clinical Education.
  - Established mentorship program with Stonehill College Biology Program for Pre-med, Pre-PT, and Pre-PA programs.
  - Established a physical therapy observation program as part of the orthopedic rotations for the Tufts Physician Assistant Program.
  - Clinical care: general orthopedics, sports medicine, and post-operative patient care

## **Summit Professional Education**

- *Seminar Instructor* May 2010 – May 2015
  - Developed 1- and 2-day courses presented nationally.
    - *Treatment of the Foot & Ankle: A Biomechanical Approach*
    - *Therapeutic Exercise Prescription: From the Core Down and the Ground Up*
    - *Therapeutic Taping, Exercise, and Manual Techniques – Treatment Strategies for the Lower Extremity*
    - *Clinical Kinesiology and Corrective Taping Techniques: Effective Strategies for Managing Lower & Upper Extremity Pathology and Dysfunction*

## **New England Physical Therapy Plus, Inc. – Raynham, MA**

- *Staff Physical Therapist* July 2002 - September 2003
  - Physical therapist in outpatient private practice setting

## **Spaulding Rehabilitation Hospital – Boston, MA**

February 2001 – January 2008

- *Senior Physical Therapist (Full Time & Per Diem)*
  - Multi-trauma and musculoskeletal acute rehabilitation programs
  - Patient care; supervision of rehab aides/students
  - Developed and coordinated ortho/trauma, ortho/spine, ortho/hand rounds, and ortho/oncology rounds at Massachusetts General Hospital
  - Coordinated hospital-wide ortho rounds, serial casting and traction implementation, and assisted in the development of treatment pathways for multiple orthopedic diagnoses.

## **Mount Auburn Hospital – Cambridge, MA**

March 2003 – February 2004

- *Per Diem Physical Therapist – General acute care*

## **Physical Therapy Consultant**

- Murphy Academy of Irish Dance 2021 - present
- Smith- Houlihan Irish Dance Academy 2016 - present
- Dirt Dawgs Baseball Academy 2013 - present
- Greenway Academy of Irish Dance 2004 - 2015

## **Professional Leadership**

### **American Physical Therapy Association (National)**

- **APTA House of Delegates**
  - *Massachusetts Delegate* June 2019 - present
  - *Massachusetts Chief Delegate* January 2023 - present
- **APTA Committee Service**
  - *APTA National Audit Committee* January 2023 - present
  - *Academy of Orthopedic PT - Foot & Ankle Special Interest Group*
    - *Nominating Committee (Chair 2019)* 2017 – 2019
- **Additional Service**
  - *APTA National Student Conclave – Resume Reviewer* October 2019
  - *APTA Academy of Orthopaedic PT Student Mentor* January 2019 - July 2019

## American Physical Therapy Association Massachusetts (APTA Massachusetts)

### ▪ APTA Massachusetts Board of Directors

- *President* June 2019 – December 2023
  - Expanded board functional capacity, including redefining Chief District Rep roles & SIG priorities.
  - Fostered growth of new leaders within the Board, including the development of the Early Professional SIG and the development of the Early Professional Mentorship Program.
  - Creation of Diversity, Equity and Inclusion Standing Committee.
  - Developed high-level and strategic relationships with payers including BCBSMA, Tufts, Harvard Pilgrim & GIC; Successful reversal of payment fee schedule reductions and subsequent increases despite implementation of MPPR. Ongoing discussions pertaining to payment pilot programs, administrative burden reduction and the impact of payment of providers and patients.
  - Created and nurtured strategic professional relationships with the Athletic Trainers of MA (ATOM), Massachusetts Association of Occupational Therapists (MAOT), Massachusetts Speech-Language Hearing Association (MSHA), & Massachusetts Chiropractic Society (MassChiro)
  - Alignment with the Massachusetts Telemedicine(tMed) Coalition, a multidisciplinary coalition including healthcare provider, consumer, and technology organizations focused on efforts including telemedicine policy and payment parity.
  - Successful implementation of CEU's after 20-year regulatory effort in MA
  - Realignment of SIGs within the Chapter to meet contemporary practice needs and allow for expansion of non-dues revenue generation capacity.
  - Transitioned Chapter to a 3-year Strategic Plan process to allow for more visionary planning, improved program development and assessment
  - Led Chapter through COVID-19 Pandemic including extensive membership communication and provision of resources for members across all practice settings.
  - Facilitated growth of APTA Massachusetts Annual Conference to highest attendance and sponsorships levels; Pivoted to remote multistate conference during pandemic.
  - Redefined Chapter appraisal process for paid entities including lobbyists and executive management, as well as clarifying strategic objectives and streamlining scope of services.
  - Development of 4-chapter collaborative (MA, RI, NH, CT) in effort to streamline workload, optimize member communications and share resources to reduce redundancy.
  - Strategic expansion of Public Policy Committee to include development of subcommittees, involvement of district reps, and BOD in policy efforts.
- *President Elect* January 2019 - June 2019
  - Assumed role of President 6 months early
- *Central District Chief Representative* January 2016 – December 2019
  - Led District of 13 PT, 1 PTA Representatives

- **APTA Massachusetts Committee Service**
  - *Public Policy Committee* January 2023 – present
  - *Finance Committee* January 2023 – present
  - *Bylaws Revision Task Force* January 2023 – present
  - *Education Committee – Annual Conference* September 2016 – present
  - *APTAMA NEXT Planning Committee* January 2017- June 2017

**Community Leadership**

**Haley Cremer Foundation**

- *Founding Member, Board of Trustees* November 2014 – present
  - Established Foundation in 2014 with mission of providing financial assistance to aspiring physical therapists, medical research organizations, and programs dedicated to heal, grow and strengthen families facing profound challenges due to serious illness, trauma or death.
  - Foundation has raised and donated over \$350,000 to a variety of causes including bereavement centers, cancer research, and scholarships to aspiring physical therapy students pursuing their career goals.
  - Awarded more than \$20,000 in scholarship money and supported over 400 students to attend state and national APTA conferences.

- **Westwood Little League Head Coach** 2016 - 2019
- **Westwood Youth Lacrosse Assistant Coach** 2016 - 2017
- **New England Gold Wrestling Club Assistant Coach** 2016 - 2019

**University Leadership**

**Northeastern University:**

- Faculty Senator, Elected 2022 - present
- Classroom Vision Committee 2020 - present

**Bouvé College/School of Clinical & Rehabilitation Sciences (SoCRS):**

- SoCRS Executive Committee 2022 - present
- Center for Health Sciences, Charlotte, NC - Government Relations 2021-2022
- Bouvé Commencement Planning Committee 2020 - present
- SoCRS Strategic Investment Taskforce 2021 - present
- Non-Tenure Track Research Task Force (Chair) 2018

**Northeastern University Department of Physical Therapy:**

- Continuing Education Committee 2015-2020, 2022-present
- DPT Graduate Admissions Committee 2019 - present
- PTMRS Administrative Council 2019 - present
- PTMRS Clin Ed Search Committee 2021 - 2022
- Awards Committee, (Chair 2017-2019) 2015 - present
- Academic Standing Committee 2015 - 2017

**College of Professional Studies:**

- Dean’s Medal Award Committee 2015 - 2019

### **Honors and Awards:**

- Bouve Distinguished Graduate Educator Award March 2023
- Best Student Research Award Winner *Northeastern University RISE* Goff J, **Folmar EJ**, Elkins JA, Galvin S. The Effectiveness of a Group Gross Motor Intervention on Preschoolers with Autism Spectrum Disorder April 2016
- APTA MA 2015 Outstanding Achievement in Clinical Practice Award November 2015

### **Invited Presentations/Talks**

- Springfield College DPT and STCC PTA Program Collaboration, Invited Panelist, Springfield College, Springfield, MA. March 2023
  - Advocacy & Leadership in the Profession. University of Massachusetts Lowell DPT Program. Lowell, MA. December 2022
  - Advocacy & Leadership in the Profession. Simmons University. Boston, MA. September 2022
  - Advocacy & Leadership in the Profession. Boston University. Boston, MA. November 2022
  - Panelist and Mentor. House of Dukelegates. Duke University. Durham, NC. June 2020-2022
  - Springfield College DPT and STCC PTA Program Collaboration, Invited Panelist, Springfield College, Springfield, MA. March 2022.
  - Advocacy & Leadership in the Profession. Boston University. Boston, MA. March 2022
  - Panelist: Duke DPT Advocacy & Leadership Elective. Durham, NC. May, 2020-2023
  - Advocacy & Leadership in the Profession. University of Massachusetts Lowell DPT Program. Lowell, MA. December 2021
  - Imaging and the Future of the Physical Therapy Profession. Rhode Island Annual Conference. Providence, RI. November, 2021
  - Advocacy & Leadership in the Profession. Northeastern DPT Program. Boston, MA. November 2021
  - Advocacy & Leadership in the Profession. Simmons DPT Program. Boston, MA. November 2021
  - Panelist. Leadership in the time of COVID. Northeast Regional Conference. APTA Massachusetts. Boston, November 2020.
  - Advocacy & Leadership in the Profession. University of Massachusetts Lowell DPT Program. Lowell, MA. December 2020
  - Advocacy & Leadership in the Profession. Simmons University DPT Program. Boston, MA. October 2020
  - Panelist: Advocacy and Leadership Panel. Springfield Technical Community College. Springfield, MA. October 2020.
  - Advocacy & Leadership in the Profession. Bay State Community College PTA Program. Taunton, MA. June 2020
- Panelist. Clinical Practice Symposium. Does strengthening the foot matter? American Orthopaedic Foot & Ankle Society Annual Meeting. Boston 2018

### **Peer Reviewed Publications:**

- Yen, SC, Qian S, **Folmar EJ**, Hasson CJ, Chou CA: Recurrence quantification analysis of ankle kinematics during gait in individuals with chronic ankle instability. *Frontiers in Sports and Active Living* 2022 May. <https://doi.org/10.3389/fspor.2022.893745>

- Qian S, Yen SC, **Folmar EJ**, Chou CA. Self-Expressive Subspace Learning to Recognize Motion Dynamics for Chronic Ankle Instability. *IEEE Transactions on Healthcare Systems Engineering*, 2019 (In Press Nov 2019 – Featured Article)
- Yen SC, **Folmar EJ**, Friend KA, Wang YC, Chui KK. Effects of kinesiotaping and athletic taping on ankle kinematics during walking in individuals with chronic ankle instability: A pilot study. *Gait & posture*. 2018;66:118-123.
- Dumas HM, Fragala-Pinkham MA, Rosen EL, **Folmar EJ**. Physical Therapy Dosing: Frequency and Type of Intervention in Pediatric Postacute Hospital Care. *Pediatric Physical Therapy*. 2017;29(1):47-53.
- Hunt C, Paez A, **Folmar EJ**. The Impact of Attentional Focus on the Treatment of Musculoskeletal and Movement Disorders. *International Journal of Sports Physical Therapy*. 2017;12(6):901-907.4.

### **Non-Peer Reviewed Publications**

- **Folmar, EJ**. Telemedicine and Connectivity: Expanding Equitable Healthcare. *WickedLocal.com*. July 28, 2021

### **Text Chapters**

- **Folmar EJ**, Gans M. Rehabilitation of Peroneal Tendon Injuries. In: Sobel M. *Peroneal Tendon Injuries*. Springer Nature Switzerland AG (2020)
- Anderson RB, Sobel M, **Folmar EJ**, Gans M. *Peroneal Tendon Injury in the Elite Athlete*. In: Sobel M. *Peroneal Tendon Injuries*. Springer Nature Switzerland AG (2020)
- **Folmar EJ**, Jennings H, Lusardi MM. 9 Principles of Lower Extremity Orthoses. In: Chui CC, Jorge M, Yen SC, Lusardi MM. *Orthotics and Prosthetics in Rehabilitation*. 4<sup>th</sup> ed. St. Louis, MO: Elsevier 2019. (Chapter revision in process, 2023)

### **Peer Reviewed Scientific and Professional Presentations:**

- **Folmar EJ**, Dirado I. Out of the classroom and into the studio. Considerations for management of the dance athlete. *American Physical Therapy Association Massachusetts Fall Conference*, October 2018.
- **Folmar EJ**, Lindsay-Brisbin L. Taping Strategies for the Management of Patellofemoral Pain Syndrome. *American Physical Therapy Association Massachusetts Fall Conference*, October 2017.

### **Peer Reviewed Scientific and Professional Poster Presentations:**

- Yen SC, **Folmar EJ**, Friend KA, Wang YC, Chui KK. Effects of kinesiotaping and athletic taping on ankle kinematics during walking in individuals with chronic ankle instability: A pilot study. *American Physical Therapy Association of Massachusetts Fall Conference*, October 2018
- **Folmar EJ**, Yen SC, Thomas A. A Comparison of Kinesiology and Athletic Taping on Ankle Range of Motion. *American Orthopaedic Foot & Ankle Society Annual Meeting*. July 2018.
- Cesario C, Hubbard J, Knisely S, Marella L, **Folmar EJ** Assessing the Reliability of Hudl Technique Software with SPORTSMETRICS™ Valgus Digitizer Software in the Identification of "High Risk" Female Soccer Players. Poster. *Boston Children's Hospital Female Athlete Conference*. Wellesley, MA. June 2017

- **Folmar EJ**, Thomas A, Yen S. A comparison of kinesiology tape to athletic taping on ankle and knee kinematics. *American Physical Therapy Association of Massachusetts Fall Conference*. October 2016.
- Goff J, **Folmar EJ**, Elkins JA, Galvin S. The Effectiveness of a Group Gross Motor Intervention on Preschoolers with Autism Spectrum Disorder. *American Physical Therapy Association of Massachusetts Fall Conference*. October 2016.

### **Non-Peer Reviewed Presentations:**

- **Folmar, EJ**. Anatomy & Biokinesiology of the Shoulder; Evidence Based Management of Orthopedic Shoulder Dysfunction – Gross Anatomy Implications for the Rehabilitation Professional. (Invited Speaker) Boston, MA. April 2023
- **Folmar, EJ**. Bay State Physical Therapy Continuing Education Conference: Taping Strategies for the Upper and Lower Extremity. (Invited Speaker) Boston, MA. August, 2019
- **Folmar EJ**. 2017. Rehab Considerations for Lateral Ankle Reconstruction. *Mass General Sports Medicine Conference*. Boston, June 2017
- **Folmar EJ**, Kinesiotaping for the Upper Extremity, *Blackstone Valley Physical Therapy*, May 2017
- **Folmar EJ**, Kinesiotaping strategies for common lower extremity conditions. *American Physical Therapy Association of Massachusetts Central District Annual Meeting*, Worcester, MA October 2016.
- **Folmar EJ**, Thomas A, Yen, S. A comparison of kinesiology tape to athletic taping on ankle and knee kinematics – *Northeastern University RISE 2016*
- Goff J, **Folmar EJ**, Elkins JA, Galvin S. The Effectiveness of a Group Gross Motor Intervention on Preschoolers with Autism Spectrum Disorder – *Northeastern University RISE 2016* \*\* Best student research award winner
- **Folmar EJ**. Rehab Considerations for the Throwing Athlete (Invited Speaker & Conference Director). *Current Concepts in the Surgical and Rehab Management of the Young Athlete Conference*. Boston, MA. October 2015
- **Folmar EJ**. Selected Taping Techniques for Shoulder Dysfunction (Invited Speaker). *American Physical Therapy Association of Massachusetts Shoulder Special Interest Group*. Boston, MA. August 2015
- **Folmar EJ**. Selected Taping Techniques for Lower Extremity Dysfunction *Bay State Physical Therapy Continuing Education Conference. Lower Extremity Biomechanics Forum*. (Invited Speaker) 2014
- **Folmar, EJ**. Selected Taping Techniques for Shoulder Dysfunction. *The Shoulder Complex: Evidence Based Practice and Gross Anatomy Implications for the Physical Therapist*. (Invited Speaker) Boston, MA. June 2013
- **Folmar, EJ**. Selected Taping Techniques for the Spine. *Bay State Physical Therapy Continuing Education Conference: Spine Rehabilitation Symposium*. (Invited Speaker) Boston, MA. March 2013
- **Folmar EJ**. Selected Taping Techniques for Lower Extremity Dysfunction. *Bay State Physical Therapy Continuing Education Conference. Lower Extremity Rehabilitation Symposium*. (Invited Speaker) Boston, MA. September 2012



### **Recent Continuing Education Attended/Coordinated:**

- Kinesiology of the shoulder region: from reach to weight-bearing. Neumann, D. Marquette University (Online) (April 2023)
- APTA Combined Sections Meeting & Component Leadership Meetings, San Diego, CA (February, 2023)
- APTMA Annual Conference, 6 hours, Norwood, MA (November, 2022)
- Antiracism and DEIB for Clinicians, The Inclusive Clinician, 10 hours, Virtual (November, 2022).
- Education Leadership Conference, Milwaukee, WI (October, 2022)
- APTA Combined Sections Meeting & Component Leadership Meetings, San Antonio, TX (February, 2022)
- APTA Massachusetts Northeast Regional Conference, 6 hours, Virtual - (November, 2021)
- Education Leadership Conference, Atlanta, GA (October, 2021)
- APTA Combined Sections Meeting & Component Leadership Meetings, Virtual (February, 2021)
- APTA Massachusetts Northeast Regional Conference, 6 hours, Norwood, MA (November, 2020)
- Education Leadership Conference, Virtual (October, 2020)
- Prince George's County Memorial Library System (PGCMLS) Anti-Racism Lecture, Ibram X. Kendi. Online, July 2020
- Anti-Racism & Allyship for Rehab and Movement Professionals, Dr. JPop. Online, June 2020
- APTA Combined Sections Meeting & Component Leadership Meetings, Denver, CO (February, 2020)

### **Professional Affiliations**

- American Physical Therapy Association (APTA): 2003 – Present
- APTA Academy of Education Member: 2018 - Present
- APTA Academy of Orthopaedic PT Member: 2004 – Present
  - APTA Foot and Ankle Special Interest Group 2012-Present
  - APTA Performing Arts Special Interest Group: 2017 - Present
- APTA American Academy of Sports PT Member: 2004 – Present
- APTA Academy of Pediatric PT Member: 2015 – Present
- APTA Health Policy and Administration/Leadership & Innovation Member: 2013 – 2021
- APTA Massachusetts (APTA MA): 2003 – Present
- APTA MA Shoulder/Orthopedic SIG: 2011 – Present
- APTA MA Manual Therapy SIG: 2011 – Present

### **Additional Certifications**

- CPR Certification for Healthcare Professional
- Certified Sportsmetrics™ ACL injury prevention
- Certified Kinesiotaping Practitioner™ (CKTP)
- Certified Graston Technique™
- Certified Functional Movement Screen™
- Certified Dry Needling Practitioner (Structure & Function)