

CURRICULUM VITAE

Susan A. Appling, PT, DPT, PhD
Board-Certified Specialist, Orthopaedic Physical Therapy
2572 Bryden Road
Bexley, OH 43209-2134
Home: (614)456-7106
Mobile: (901)218-5574

Education:

University of Tennessee Health Science Center, Memphis, TN; 2007 – 2008

- D.P.T. Physical Therapy. December 2008

University of Memphis, Memphis, Tennessee; 1988-1992, 1997 - 2006

- Ph.D. Educational Psychology and Research.

Dissertation: "Influences on Self-Efficacy in Critical Inquiry and the Diagnostic Process for Physical Therapist Students." May 6, 2006

- M.S. Health, Physical Education, and Recreation, Concentration in Fitness & Wellness. Thesis: "The Association of Jump Performance with Quadriceps Muscle Function and Body Composition in Women," August 9, 1992

University of Central Arkansas, Conway, Arkansas; 1985-1986,

- B.S. Physical Therapy, May 16, 1987

Christian Brothers University, Memphis, Tennessee; 1982-1985,

- B.S. Natural Science, Magna Cum Laude, December 23, 1985

Licensure:

Physical Therapist, Ohio, PT015259, May 5, 2015; Active

Physical Therapist, Tennessee, PT 1608 (formerly 1771), May 12, 1987; Active

Physical Therapist, Arkansas - PT 765, March 17, 1987; Inactive 2000; Reactivated 2006;
Inactive 2011

Certifications:

Board Certified Clinical Specialist in Orthopaedic Physical Therapy,

American Board of Physical Therapy Specialties, 1993;

Recertified 2003; Recertified 2011 with certification through 2023

Certified Manual Therapist, University of St. Augustine, 1996

FMS Certified Exercise Professional, Functional Movement Systems, 2011

Trigger Point Dry Needling Certification, Myopain Seminars, 2014

Employment and Positions Held:

The Ohio State University; Columbus, OH

- Associate Professor, Clinical, Division of Physical Therapy, School of Health and Sciences. August, 2017 – Present
Responsibilities include: advisor of third-year students for DPT terminal case studies; teaching in the musculoskeletal, health policy, and professional issues courses; course-coordinator for the advanced orthopedics course; co-instructor differential diagnosis course; instructor for graduate leadership and management in health sciences course; previously

acting assistant director for the Southside Student Therapy Clinic; serving on committees and participating at the department and school levels.

- Lecturer, Division of Physical Therapy, School of Health and Rehabilitation Sciences. August, 2016 – July, 2017
Responsibilities include teaching in the musculoskeletal, health policy, and professional issues courses; course-coordinator for the advanced orthopedics course; student advising; serving on committees and participating at the department and school levels.
- Guest Lecturer, Division of Physical Therapy, School of Health and Rehabilitation Sciences. 2014 - 2015. Course: PT8060 Health Care in America and Its Impact On Physical Therapy Past, Present, and Future. Course Director: Tonya Apke, PT, DPT, OCS. Lectured on the ACA and Implications for Physical Therapy; Helped develop and facilitate Oxford-style debate for third-year DPT students.

The University of Tennessee Health Science Center; Memphis, Tennessee

- Associate Professor, Adjunct, Department of Physical Therapy, College of Health Professions. July, 2014 – Present
Taught Health & Wellness (PT614, 3 credit hours) course and serve in consulting role with the department on interprofessional education and use of standardized and simulated patients in program and orthopedic residency program.
- Associate Professor, Department of Physical Therapy, College of Allied Health Sciences. July, 2002 – June, 2014
Primarily responsible for teaching courses in orthopedics, manual therapy, physical evaluation procedures, and health & wellness. Faculty practice both on-campus and at hospital-based outpatient orthopedic clinic.
- Clinical Coordinator, Orthopedic Physical Therapy Residency Program, (ABPTRFE Accredited) Department of Physical Therapy, College of Allied Health Sciences. July, 2013 – June, 2014
- Assistant Professor, Department of Physical Therapy, College of Allied Health Sciences. July, 1996 – June, 2002. Tenured in June, 1998
Primarily responsible for teaching courses in orthopedics, manual therapy, physical evaluation procedures, and health & wellness. Faculty practice both on-campus and at hospital-based outpatient orthopedic clinic.
- Graduate Faculty, Department of Physical Therapy, College of Allied Health Sciences. Course development and joint teaching effort for “Wellness and Exercise” and “Theoretical Bases for Orthopedic Physical Therapy” courses. 1993 - 2005
- Instructor, Department of Physical Therapy, College of Allied Health Sciences. January, 1992 - June, 1996

University Therapists - Memphis, Tennessee

Consultant, August, 1999 – July, 2014

Saint Francis Hospital - Memphis, Tennessee

Contract Physical Therapist, January 1992 to August 2010

Saint Francis Hospital - Memphis, Tennessee

Senior Physical Therapist in Orthopaedic and Sports Physical Therapy

June, 1989 - December, 1991

Staff Physical Therapist - January, 1987 - June, 1989

Clinical Instructor - 1987 - 1991 for physical therapy students of The University of

Tennessee, Memphis, University of South Alabama, Georgia State University, and
University of Central Arkansas

Peer Reviewed Publications:

- Simons A, McHugh K, **Appling S**, Harris SL, Burgoon JM. Instructional approaches: Anatomy education of physical therapists. *Anat Sci Edu*. 2020; Nov 30. doi: 10.1002/ase.2037. Epub ahead of print. PMID: 33253489.
- Head PL, Kasser R, **Appling S**, Cappaert T, Zucker-Levin A. Anterior cruciate ligament reconstruction and dynamic stability at time of release for return to sport. *Phys Ther Sport*. 2019;38:80-86.
- Borstad AL, Deubler D, **Appling S**, Spangler L, Kloos A. (2018). "Professional Values are Implicit in Written Reflections by DPT Students in a Short-Term International Service Learning Course." *J Allied Health*. 2018;47(3):183-189.
- Appling SA**, Kasser RJ. *Current Concepts of Orthopaedic Clinical Practice: The Foot & Ankle*. Home Study Course Monograph. Orthopaedic Section, APTA, Inc. December, 2001.
- Warren L, **Appling S**, Oladehin A, and Griffin J. Effect of Soft Lumbar Support Belt on Abdominal Oblique Muscle Activity in Nonimpaired Adults During Squat Lifting. *Journal of Orthopaedic and Sports Physical Therapy*. 2001;31(6):316-323.
- Appling SA**. Body Image Development in Female Adolescents: Considerations for Physical Therapists. *Journal of the Section on Women's Health*. 1998;22(4):9-12.

Book Chapters:

- Appling SA**, Holtgreffe K. Prevention, Health, and Wellness. In: Kisner C, Colby LA, Borstad J, eds. *Therapeutic Exercise: Foundations and Techniques*. 7th ed. Philadelphia, PA: FA Davis; 2018.
- Appling SA**. Prevention, Health, and Wellness. In: Kisner C, Colby LA, Borstad J, eds. *Therapeutic Exercise: Foundations and Techniques*. 8th ed. Philadelphia, PA: FA Davis; 2022.

Peer Reviewed Scientific and Professional Presentations:

- Appling SA**, Chesbro SB, Herr RA, Kapasi Z, Kontney L, Reese NB. Our Second Century: Leveraging the Education Leadership Partnership for the Future of Physical Therapy Education. APTA Combined Sections Meeting. February 14, 2021.
- Appling SA**, Applebaum DL, Meacham CR, Larsen DS, Timmerberg JF, Jensen GM, Chesbro SB. Envisioning the Future of PT Education: Building Our Strategic Path Forward in the Second Century. Education Leadership Conference. October 17, 2020.

- Simons A, McHugh K, **Appling S**, Harris SL, Burgoon JM. A relational investigation: board-certified physical therapists and their knowledge of anatomy. Poster Presentation. APTA Combined Sections Meeting, Denver, CO; February 14, 2020.
- Simons A, McHugh K, **Appling S**, Harris SL, Burgoon JM. Instructional approaches: gross anatomy instruction and outcomes of knowledge. Poster Presentation. APTA Combined Sections Meeting, Denver, CO; February 14, 2020.
- Head PL, Kasser R, **Appling S**, Cappaert T, Singhal K, Zucker-Levin A. Influence of jump-landing direction on dynamic postural stability following anterior cruciate ligament reconstruction. American Academy of Sports Physical Therapy Team Concept Conference; December 6, 2019, Las Vegas, NV.
- Zwolski C, Gorman I, **Appling S**, Quatman-Yates C, Ciolek C, Meyer D, Schmitt L. “The Human Movement Experience: Time for an Upgrade.” Health Policy and Administration – The Catalyst Webinar, June 27, 2019.
- Briggs MS, **Appling SA**, Tadak P, Apke TL, DeWitt J, Quatman-Yates C. “Developing Leadership in Physical Therapists: Impact of Participation in a Leadership Program on Self-Perception of Leadership.” Platform presentation at the Leadership Initiative Academic Conference, Fisher College of Business, The Ohio State University. April 11, 2019, Columbus, OH
- Head PL, Kasser R, **Appling S**, Cappaert T, Singhal K, Zucker-Levin A. Anterior cruciate ligament reconstruction and dynamic stability at time of release for return to sport. Gait and Clinical Movement Analysis Society Annual Conference; March 2019; Frisco, TX.
- Chesbro S, Chen H, O’Sullivan P, **Appling A**, Jensen G, Nordstrom T. “Competency-Based Education: Exploring Opportunities for our Future.” Invited presentation (2 hrs). APTA Combined Sections Meeting. January 25, 2019, Washington DC.
- Zwolski C, **Appling S**, Ciolek C, Gorman I, Quatman-Yates C, Schmitt L, Meyer D, Isard R.
- “The Human Movement Experience: Time for an Upgrade.” Invited presentation (2 hrs). APTA Combined Sections Meeting. January 26, 2019, Washington DC.
- Appling SA**. “APTA: Opportunities and Challenges Approaching Our Centennial.” Pennsylvania Physical Therapy Association. October 26, 2019.
- Appling SA**, Rose JM, Dyess B, Elosiebo S, Folk A, Laverty C, McConnell R, White B, Yeager MG. “The Functional Movement Screen as a Predictor of Injury in NCAA Division III Collegiate Athletes.” Control ID: 1843540. Poster presentation at APTA NEXT Conference and Exposition, June 13, 2014, Charlotte, NC
- Appling SA**, Rose JM, Colasso R, Escajadillo R, Jeanfreau A, Long C, Vogan N, Yoon M. “The Functional Movement Screen as a Predictor of Injury in Division I and II Collegiate Baseball Athletes.” Control ID: 1520090. Poster presentation at APTA, Annual Conference June 28, 2013, Salt Lake City, Utah
- Rose JM, **Appling SA**, Azar F, Azzam MG, Throckmorton TQ. “The Functional Movement Screen as a Predictor of Injury in Professional Basketball Players.” Control ID: 1520904. Poster presentation at APTA, Annual Conference June 28, 2013, Salt Lake City, UT
- Appling SA**, Rose JM, Barber C, Cox D, Foxx C, Hollis K, Mitchell P, Schroeder T. “The relationship between Functional Movement Screen (FMS™) scores and the

- likelihood of injury in basketball, softball, and soccer high school athletes.”
Control ID: 1234216. Poster presentation, APTA Annual Conference, Tampa, FL, June 8, 2012
- Rose JM, **Appling SA**, Akes B, Brumfield K, Diggs W, King K, McGill K, Osment MB. Can Injury in Division III Collegiate Football Be Predicted by a Preseason Functional Movement Screen? Control ID: 1234218. Poster presentation. APTA Annual Conference, Tampa, FL, June 8, 2012.
- Rose J, **Appling S**, Bond A, Curry A, May B, Palazola C, Penner V, Vinson C. “Can Injury in High School Football be Predicted by a Preseason Functional Movement Screen?” Poster Presentation. APTA Combined Sections Meeting, Chicago, IL February 9, 2012.
- Appling SA**, Rose J, Cannon C, Jones R, McCallister L, Reynolds J, Shelton J. “Relationship of the PreParticipation Exam and the Functional Movement Screen of the Upper Extremity in Identifying Factors that Influence Participation in Sport.” Poster Presentation. APTA Annual Conference and Exposition, Boston, MA. June 17, 2010.
- Craig O’Neil, Jason Richardson, **Susan Appling**. “Clinical Prediction Rules: Clinical Application for Orthopaedic Physical Therapists.” Tennessee Physical Therapy Association. Knoxville, TN, October 16-17, 2009.
- Appling SA**, Davison L, Dillon S, Hooser MA, Stevens K, Wiggins G. “The Effects of Using Prophylactic Ankle Braces on Dynamic Stability in High School Lacrosse Players.” Poster Presentation. APTA Annual Conference and Exposition, Baltimore, MD. June 12, 2009.
- Appling SA**, Chalona A, Edwards CP, Green T, Jones C, LaVigne W. “The Effect of a Progressive Core Stability Exercise Program on Lumbar Stability and Abdominal Strength.” Poster Presentation. APTA Combined Sections Meeting. Las Vegas, NV. February 12, 2009.
- Appling SA**, Bradford B, Mills M, Moffett J, Winchester J. “Assessment of Self-Efficacy in Doctor of Physical Therapy Students Using the Critical Inquiry and Diagnostic Self-Efficacy Survey – A Pilot Study.” Likens CAC, Poster Presentation. APTA Annual Conference and Exposition, San Antonio, TX. June 2008.
- Appling SA**, Chalona A, Edwards CP, Green T, Jones C, LaVigne W. “The Effect of a Progressive Core Stability Exercise Program on Lumbar Stability and Abdominal Strength.” Poster Presentation. TPTA Fall Meeting. Chattanooga, TN. October 2007. Awarded 2008 Sigma Xi Award from UTHSC.
- Appling SA**, Likens CC. “Influences on Self-Efficacy in Critical Inquiry and the Diagnostic Process for Physical Therapist Students.” Platform Presentation. APTA Annual Conference and Exposition, Orlando, FL. June 2006.
- Appling SA**, Likens CC. “Influences on Self-Efficacy in Critical Inquiry and the Diagnostic Process for Physical Therapist Students.” Platform Presentation. APTA Combined Sections Meeting, San Diego, CA. February 2006.
- Appling SA**. “The Foot & Ankle: Physical Therapy Evaluation and Management.” Arkansas Physical Therapy Association, Little Rock, AR, April 24-25, 2004 (9 contact hours)
- Appling SA**, Stephens A, Keen H, Knox P, Northcutt C. “Correlation Between Oswestry

Disability Index Scores and Percent Impairment Determined by Dual Incliniometry Measurements of Lumbar Spinal Range of Motion for Adults with Chronic Low Back Pain,” Poster Presentation. APTA Annual Conference, Washington, D.C., June 2003.

- Appling SA.** “A Model of Influences on Students’ Self-rating of Change in Problem Solving and Critical Thinking Abilities After Four Years of College.” Mid-South Educational Research Association Annual Meeting, Little Rock, AR, November 15, 2001.
- Stephen McDavitt, MS, PT; Stanley Paris, PhD, PT, FNZMTA; Dave Johnson, PhD, PT; Antony Delitto, PhD, PT, FAPTA; **Susan Appling, MS, PT, OCS.** “Manual Therapy: Curriculum Issues for First-Professional Faculty.” Education and Orthopaedic Sections. APTA Combined Sections Meeting, San Antonio, TX, February 16, 2001.
- Appling, SA.** “Impairment Associated with Inflammation: Tarsal Tunnel Syndrome,” and “Evaluation of the Foot and Ankle: Focus on Orthotics.” 8th Annual Mid-American Sports Medicine Symposium, Institute of Preventative Sports Medicine, Ypsilanti, MI, April 13-15, 2000.
- Appling SA.** “Plantar Fasciitis Case Study” and “Footwear and Foot Orthoses: Conservative Management of Foot and Ankle Disorders”(panel). Foot & Ankle Special Interest Group, Orthopaedic Section, APTA, Inc. New Orleans, LA, February 4, 2000.
- Thomas McPoil, PhD, PT, ATC; Joseph Shrader, PT, CPed; Jim Birke, PhD, PT; Michael Mueller, PhD, PT; Gary Hunt, MS, PT, OCS; **Susan Appling, MS, PT, OCS.** “Foot & Ankle Dysfunction: A Case Study Approach.” Orthopaedic Section Pre-Conference Course, APTA Combined Sections Meeting, New Orleans, LA, February 1-2, 2000.
- Joseph Shrader, PT, CPed; Michael Mueller, PhD, PT; Gary Hunt, MS, PT, OCS; Jim Birke, PhD, PT; Thomas McPoil, PhD, PT, ATC; and **Susan Appling, MS, PT, OCS.** “Foot & Ankle Dysfunction: A Case Study Approach.” Physical Therapy Section, Rehabilitation Medicine Department National Institutes of Health and the Orthopaedic Section, APTA, Inc. Bethesda, MD, November 6-8, 1998.
- Appling SA.** “Current Concepts: A Review of Advanced Orthopaedic Clinical Practice. The Foot and Ankle.” Orthopaedic Section, APTA, Inc., Orlando, FL, November 3-4, 1996
- Appling SA.** “The Foot & Ankle.” Review for Advanced Orthopaedic Competencies, Orthopaedic Section, APTA, Inc., Minneapolis, MN, November 11, 1994
- Appling SA.** "The Association of Jump Performance with Quadriceps Muscle Function and Body Composition in Women." Poster Presentation, American Physical Therapy Association Annual Conference, Cincinnati, OH, June 12-16, 1993
- Bandy WD, **Appling SA,** Burton LM, Fox TL, Greathouse PA, and Phillips LD. "Strength Changes Due to Balance Activities Using Ankle Disk Training." Poster Presentation, American Physical Therapy Association Annual Conference, San Antonio, TX, June, 1987

Abstracts:

Rose J, **Appling S,** Bond A, Curry A, May B, Palazola C, Penner V, Vinson C. Can Injury

in High School Football be Predicted by a Preseason Functional Movement Screen? Poster Presentation. APTA Combined Sections Meeting, Chicago, IL February 9, 2012. [CSM abstract]. *Journal of Orthopaedic and Sports Physical Therapy* 2012;42(1):A118-A119. <https://doi.org/10.2519/jospt.2012.42.1.A114>

Appling SA, Chalona A, Edwards P, Green T, Jones C, LaVigne W. Effect of a progressive core stabilization exercise program on lumbar stability and abdominal strength [CSM abstract]. *Journal of Orthopaedic and Sports Physical Therapy* 2009;39(1):A83-A84

Appling SA, Fann CM, Ferguson DM, Connell LF, Kent TA, Tinkle CE. Intrarater and interrater reliability of the dual inclinometer method of lumbar spine range of motion assessment in nonimpaired adults. *Journal of Orthopaedic and Sports Physical Therapy* 2003;33: A-28. (abstract)

WD Bandy, **Appling SA**. Ankle strength changes due to balance coordination training using ankle disk. *Physical Therapy* 1987;67(5):753.

Non-Peer Reviewed Publications:

Appling SA. “Happy Birthday!” *Orthopaedic Physical Therapy Practice*. 2004;16(1):3.

Appling SA. “What Color Are You?” *Orthopaedic Physical Therapy Practice*. 2003;15(4):3.

Appling SA. “The Power of One—Collectively.” *Orthopaedic Physical Therapy Practice*. 2003;15(3):5.

Appling SA. “Who Let the Dogs Out?” *Orthopaedic Physical Therapy Practice*. 2003;15(2):5.

Appling SA. “Promotion of Physical Therapy—Legislative Advocacy, Part II.” *Orthopaedic Physical Therapy Practice*. 2003;15(1):5.

Appling SA. “Advocacy.” *Orthopaedic Physical Therapy Practice*. 2002;14(4):6.

Appling SA. “Editor’s Message.” *Orthopaedic Physical Therapy Practice*. 2002;14(3):5.

Appling SA. “Shuffle-ball-change, shuffle-ball-change, shuffle-ball-change, step, step.” *Orthopaedic Physical Therapy Practice*. 2002;14(2):6.

Appling SA. We want you. We want you. We want you as a new recruit! *Orthopaedic Physical Therapy Practice*. 2002;14(1):5, 12.

Appling SA. From Shock to Fear to Patriotism and Healing. *Orthopaedic Physical Therapy Practice*. 2001;13(4):5, 11.

Appling SA. California Dreamin’. *Orthopaedic Physical Therapy Practice*. 2001;13(3):5.

Appling SA. Occupational Health Physical Therapy. *Orthopaedic Physical Therapy Practice*. 2001;13(2):5.

Appling SA. Treating Plantar Fasciitis. *OrthoKinetic Review*. 2001; April: 38-41.

Appling SA. Blooms and Buds and Such. *Orthopaedic Physical Therapy Practice*. 2001;13(1):5.

Appling SA. To Everything, Turn, Turn, Turn. *Orthopaedic Physical Therapy Practice*. 2000;12(4):5.

Appling SA. A Vision Emerged at a Pit Stop in Indy. *Orthopaedic Physical Therapy Practice*. 2000;12(3):5.

Appling SA. Niche Practices: Alternative Opportunities. *Orthopaedic Physical Therapy Practice*. 2000;12(2):5.

Appling SA. CSM 2000 New Orleans. *Orthopaedic Physical Therapy Practice*. 2000;12(1):5.

- Appling SA.** Times Flies When You're Having Fun. *Orthopaedic Physical Therapy Practice.* 1999;11(4):5.
- Appling SA.** Challenges and Opportunities. *Orthopaedic Physical Therapy Practice.* 1999;11(3):5.
- Appling SA.** Time to Wake Up and Smell the Coffee. *Orthopaedic Physical Therapy Practice.* 1999;11(2):5.
- Appling SA.** A Quarter of a Century. *Orthopaedic Physical Therapy Practice.* 1999;11(1):3.
- Appling SA.** Reflection, Risk, and Legacy. *Orthopaedic Physical Therapy Practice.* 1998;10(4):3-4.
- Appling SA.** On the Move. *Orthopaedic Physical Therapy Practice.* 1998;10(3):3.
- Appling SA.** Rebirth and Renewal. *Orthopaedic Physical Therapy Practice.* 1998;10(2):5.
- Appling SA.** "Are You Where You Thought You'd Be? *Volunteer Voice*, Tennessee Physical Therapy Association, 1997;18(5):1.

Invited Presentations

- Appling SA.** "APTA Centennial Update." American Physical Therapy Association Combined Sections Component Leadership Meeting. January 31, 2021.
- Appling SA.** "APTA Fit for the Future: 100 Years of Training." Annual Physical Therapy Forum Keynote Speaker. The University of Tennessee Chattanooga and Chattanooga State Community College. Chattanooga, TN. January 21, 2021.
- Appling SA.** APTA Founder's Day Livestream Event. Interview on APTA's Centennial. American Physical Therapy Association. January 15, 2021.
- Appling SA.** "APTA: Rising to the Challenge." Texas Physical Therapy Association. October 31, 2020.
- Appling SA.** "APTA: Rising to the Challenge." Academy of Neurologic Physical Therapy. October 30, 2020.
- Appling SA.** "APTA: Rising to the Challenge." Iowa Physical Therapy Association Board of Directors. October 22, 2020.
- Appling SA, Reece NB.** Hot Topics: Education Leadership Partnership Update. Education Leadership Conference. October 16, 2020.
- Appling SA.** "APTA Centennial." American Physical Therapy Association Combined Sections Component Leadership Meeting. Denver, CO. February 12, 2020.
- Appling SA.** "APTA: Opportunities and Challenges Approaching Our Centennial." Pennsylvania Physical Therapy Association. October 26, 2019.
- Appling SA, Reece NB, Engelhard C.** Hot Topics: Education Leadership Partnership Update. Education Leadership Conference. October 18, 2019.
- Appling SA.** "APTA: Opportunities and Challenges Approaching Our Centennial." American Physical Therapy Association, Colorado Chapter. Denver, CO. October 11, 2019.
- Jones N, **Appling S**, Medoza N, Moss K. "Launching Your First Year." New Faculty Orientation. The Ohio State University, August 15, 2019.
- Zwolksi C, Gorman I, **Appling S**, Quatman-Yates C, Ciolek C, Meyer D, Schmitt L. "The Human Movement Experience: Time for an Upgrade." Health Policy and Administration – The Catalyst Webinar, June 27, 2019.
- Moore J, Frolich M, **Appling SA.** "Centennial and Future of Meetings." American Physical

Therapy Association NEXT Conference, Component Leadership Meeting, Chicago, IL, June 9, 2019.

- Appling SA.** APTA: Building a Community. Oklahoma Physical Therapy Association Annual Conference Membership Meeting. Tulsa, OK. April 6, 2019.
- Jankowski J, Osburn M, Trachman B, **Appling SA.** Legislative Advocacy Panel. Oklahoma Physical Therapy Association Annual Conference. Tulsa, OK. April 5, 2019.
- Appling SA.** “Momentum to our Centennial (and beyond)!” American Physical Therapy Association, Colorado Chapter, Membership Meeting. Vail, CO. October 27, 2018.
- Appling SA.** “Momentum to our Centennial (and beyond)!” American Physical Therapy Association of New Jersey, Membership Meeting. Newark, NJ. October 6, 2018.
- Appling SA,** Birkhold M, Meshelemiah MF, Cox M. “Launching Your First Year.” New Faculty Orientation panel discussion. The Ohio State University. Columbus, OH, August 15, 2018.
- Dunn S, **Appling SA.** “A Bold Move Preview: The APTA Centennial.” American Physical Therapy Association All-Staff Meeting, Alexandria, VA, June 7, 2018.
- Appling SA.** On Transformation. Keynote Address, Doctor of Physical Therapy White Coat Ceremony. The University of Tennessee Health Science Center, Memphis, TN, April 27, 2018.
- Appling SA.** “APTA: Pursuing the Transformative Vision.” Oklahoma Physical Therapy Association Board of Directors. April 5, 2018.
- Frolich M, King J, Hyland M, **Appling SA,** Dunn S. “Shared Momentum: Looking to the Future.” American Physical Therapy Association Combined Sections Leadership Meeting, New Orleans, LA. February 21, 2018
- Appling SA.** “APTA: Living the Vision of Transformation.” Missouri Physical Therapy Association. St. Louis, MO. April 8, 2017
- Appling SA.** “APTA Component Update.” Ohio Physical Therapy Association Annual Meeting. Columbus, OH. March 25, 2017
- Appling SA.** “#ChoosePT and the APTA Employer Initiative.” Virginia Physical Therapy Association Leadership Retreat. Charlottesville, VA. March 18, 2017
- Frolich M, **Appling SA,** Whitney S. “Our Future Identity: A House of Brands or a Branded House?” American Physical Therapy Association Combined Sections Leadership Meeting, San Antonio, TX. February 15, 2017
- Appling SA.** “Ethics in Physical Therapy Practice.” (2.0 contact hours); Tennessee Physical Therapy Association. Memphis, TN, April 13, 2013
- Appling SA.** “Jurisprudence – The Legal Basis of Physical Therapy Practice.” (2.0 contact hours); Tennessee Physical Therapy Association. Memphis, TN, September 8, 2012
- Appling SA.** “Jurisprudence – The Legal Basis of Physical Therapy Practice.” (2.0 contact hours); Tennessee Physical Therapy Association. Memphis, TN, December 3, 2011
- Appling SA.** “Jurisprudence – The Legal Basis of Physical Therapy Practice.” (2.0 contact hours); Tennessee Physical Therapy Association. Memphis, TN, December 4, 2010
- Appling SA.** “Jurisprudence – The Legal Basis of Physical Therapy Practice.” (2.0 contact hours); Tennessee Physical Therapy Association. Memphis, TN, November 21, 2009
- Appling SA.** “Jurisprudence – The Legal Basis of Physical Therapy Practice.” (2.0 contact hours); Tennessee Physical Therapy Association. Memphis, TN, October 12, 2008
- Tim Lyons, Chuck Martin, **Susan Appling,** Judy Hickes, Steve Tollefson. “Treasurer’s Forum: Association Management—Contract or Employ?” CSM Boston, MA,

February 8, 2008

- Tim Lyons, Chuck Martin, Nancy Reese, **Susan Appling**. "Treasurer's Forum: Component Investments" CSM Boston, MA, February 16, 2007
- Guy Simoneau, PT, PhD, ATC, **Susan Appling, MS, PT, OCS**, Mary Ann Wilmarth, PT, DPT, MS, OCS. "Calling All Authors: Evidence for Effectiveness." Orthopaedic Section, APTA Combined Sections Meeting, Nashville, TN. February 5, 2004.
- Guy Simoneau, PT, PhD, ATC, **Susan Appling, MS, PT, OCS**, Mary Ann Wilmarth, PT, DPT, MS, OCS. "Potential Authors Forum." Orthopaedic Section, APTA Combined Sections Meeting, Tampa, FL, February 13, 2003.
- Appling, SA**. "Fruits of Labor: Tennessee's Practice Act Change." APTA Component Presidents' Meeting. San Antonio, TX, February 15, 2001.
- Appling, SA**. "Foot & Ankle Evaluation and Use of Orthoses in Treatment." St. Francis Hospital, Memphis, TN, July 27, 1999
- Appling, SA**. "Foot & Ankle Disorders of the Orthopaedic/Sports PT Client." Tennessee Physical Therapy Association. Knoxville, TN, May 2, 1998
- Appling, SA**. "How to Prepare for the OCS Exam." Review for Advanced Orthopaedic Competencies, Orthopaedic Section, APTA, Inc., Williamsburg, VA, July 21, 1994
- Appling, SA**. "Spinal Stabilization Principles and Use of the Swiss Ball in the Treatment of Spinal Dysfunction." Baptist Memorial Hospital-East, Memphis, TN, August- Sept., 1993
- Appling, SA**. "Spinal Stabilization and Gym Ball Activities for Spinal Dysfunction." West District Tennessee Physical Therapy Association Meeting, March 9, 1993
- Appling, SA**. "Dynamic Lumbar Spinal Stabilization." One-day Course, Kingsport, TN, November 23, 1991
- Appling, SA**. "Spinal Stabilization and Muscle Energy Techniques." Tennessee Physical Therapy Association Fall Meeting, Memphis, TN, October, 1991
- Appling, SA**. "Spinal Stabilization Program in the Treatment of Low Back Dysfunction." Saint Francis Hospital, Memphis, TN, January-February, 1991
- Appling, SA**. "Biomechanics of the Foot and Ankle." Saint Francis Hospital, Memphis, TN, June-July, 1988
- Appling, SA**. "Strength Changes Due to Balance Activities Using Ankle Disk Training." Platform Presentation, Arkansas Physical Therapy Association Meeting, Little Rock, AR, July, 1987

Funded/In Review Grant Activity:

- Briggs MS (co-PI), **Appling SA (co-PI)**, Apke T, DeWitt J, Tadak P, Quatman-Yates K. Impact of participation in a structured leadership program on self-perception of leadership. Fisher College of Business' Leadership Initiative, The Ohio State University. Leadership Research Grant (\$3980). October, 2018. Matching Grant, School of Health and Rehabilitation Sciences (\$3600), December 2018.
- Rose JM, Kasser RK, DiAngelo D, **Appling SA**, Smith H. Inter-operator reliability of Glenohumeral joint mobilization force and translation comparing experienced therapists and novice students. Tennessee Physical Therapy Association Experienced Investigator Seed Grant (\$1000), April, 2013.

Appling SA (primary investigator), Rose J (primary investigator), Akes B, Brumfield K, Colasso R, Diggs W, Escajadillo R, Jeanfreau A, King K, Long C, McGill K, Osment MB, Vogan N, Yoon M. "The Relationship Between Functional Movement Screen (FMS™) Scores and Likelihood of Injury in Collegiate Athletes." Tennessee Physical Therapy Association Seed Grant (\$1000), April, 2010.

Current/Active Research Activity:

Borstad A, **Appling SA**, Spangler L, Kloos A. Excellence and integrity are echoed in physical therapy student reflections from international service learning: A study using natural language processing for reflection analytics. Submitted to *JOPTE*, August, 2020.

Appling SA, Apke T. Investigation of 2:1 model in clinical education; leadership in physical therapy. Ongoing research in data collection phase of 3 year project.

Briggs MS (co-PI), **Appling SA (co-PI)**, Apke T, DeWitt J, Tadak P, Quatman-Yates K. Impact of participation in a structured leadership program on self-perception of leadership. Ongoing research in data collection phase

Membership in Scientific/Professional Organizations:

- American Physical Therapy Association, 1985 – Present
 - Director, Board of Directors, 2015 – 2021
 - Board Committees
 - Executive Committee, 2019-2020
 - Elected 5th member
 - Scientific and Practice Affairs Advisory Committee, 2019-2021
 - Board Appointed Work Groups
 - CEO Review Board Work Group, 2019-2020
 - Appointments Board Work Group, 2015–2018
 - Chair, 2016-2018
 - Physical Therapy* Journal Board Workgroup, Chair, 2016
 - Transform the Profession Board Work Group, 2015-2018
 - Board Appointed Task Forces
 - APTA Centennial Steering Committee, Chair, 2017-2021
 - Education Leadership Partnership, 2016-2021
 - Chair, 2019-2020
 - Student Debt Task Force, Co-Chair, 2019-2020
 - Education Research Agenda Subgroup and Strategy Meeting attendee, 2017
 - Essential Resources Strategy Group Planning Committee and Sub-group
 - Lead, 2019-2020
 - Academic-Clinical Partnerships Planning Group and Strategy Meeting - 2020
 - Culminating Strategy Process Planning Committee – 2020-2021
 - Liaison Assignments
 - American Board of Physical Therapy Residency and Fellowship Education, 2019-2021
 - American Council of Academic Physical Therapy, 2017 - 2020
 - PT-PAC (Physical Therapy Political Action Committee), 2017 – 2019

Foundation for Physical Therapy, 2015-2017

American Board of Physical Therapy Specialties, 2015-2017

Chapters: Iowa, Pennsylvania, West Virginia 2019-2020; Colorado, Kansas
2018-2020, Oklahoma, New Jersey, 2017 – 2019, Missouri, North
Dakota, Vermont, Virginia, 2015-2017

Sections: Academy of Neurologic Physical Therapy, 2019-2020; American
Academy of Sports Physical Therapy, 2017 – 2019, Academy of
Orthopaedic Physical Therapy, 2015-2017

Councils: Council of Section Presidents, 2016-2018

CEO Search Work Group, 2013

Task Force on Governance Review, 2010 – 2012; Chapters Sub-group, 2011 - 2012
Finance and Audit Committee, 2003 – 2009

Task Force on House of Delegates Governance, 2005 – 2006

House of Delegates: Moderator, Candidate Interviews – 2002, 2005

House Officers Focus Group, 2002 – 2003

House of Delegates: Moderator, Pre-House Discussion Groups - 2001

- American Physical Therapy Properties, Board of Directors, 2015-2021
- APTA Centennial Center, LLC, Board of Directors, 2019 - 2020
- Physical Therapy Fund, Board of Directors, 2015-2021
- Ohio Physical Therapy Association, 2014 – present
- Tennessee Physical Therapy Association, 1987 - present
 - Active member 1987 – 2014
 - Corresponding member, 2014 - present
 - Delegate APTA House of Delegates, At-large 2008-2014, West District, 1996-1999
 - Board of Directors, 1996-1998; 2000-2007; 2007-2009
 - Chief Delegate, 2000-2007
 - Legislative Committee, 2002 - 2009
 - Nominating Committee, Chair 1996-1998 and 2007-2009
 - West District: Program Committee, 1995, 1996, 1999; Publications Committee
Chair, 1994 -1997; Nominating Committee, 1995-1996;
Secretary, 1988-1990
- Academy of Orthopaedic Physical Therapy (formerly Orthopaedic Section), American
Physical Therapy Association, 1987 – Present
 - Search Committee, *Orthopaedic Physical Therapy Practice* and Independent Study
Course Editors, 2018
 - Awards Committee, 2004 - 2011
 - Editor, *Orthopaedic Physical Therapy Practice*, 1998 - 2004
 - Foot & Ankle Special Interest Group
Nominating Committee Chair, 2008-2011
 - Education & Program Committee, 1995 - 1998
 - Moderator, Combined Sections Meeting
- Journal of Orthopaedic and Sports Physical Therapy
 - Board of Directors, 2009 - 2015
 - Vice-President, 2015
 - Finance Committee, 2012 - 2015
 - JOSPT Board President Search Committee, 2013

JOSPT Editor-in-Chief Search Committee, 2014-2015

- Physical Therapy Political Action Committee
Board of Trustees, 2009 – 2012
Ambassador, 2013-2015
- Foundation for Physical Therapy
Finance and Audit Committee, 2005 – 2009 (Chair, 2007-2008)
- Tennessee Board of Occupational and Physical Therapy Examiners
Physical Therapy Committee Task Force on Continuing Competency, 2001–2002
- American Board of Physical Therapy Specialties
Specialization Academy of Content Experts and Item Writer, 1996–1999
- Federation of State Boards of Physical Therapy
Participant, Test for Spoken English Passing Score Study, 1995;
Item Writer and Review Committee, 1996
- APTA Academy of Education (formerly Education Section), APTA,
1994 – Present
- American Academy of Sports Physical Therapy (formerly Sports Physical Therapy Section),
APTA, 2018 - present
- Health Policy and Administration – The Catalyst, APTA, 2004 – 2005, 2010-present
- Academy of Neurologic Physical Therapy, 2019 – present
- Section on Women’s Health, APTA, 1998 – 2003
- American Academy of Orthopaedic Manual Physical Therapists, Associate, 1993 - 2001
- American College of Sports Medicine, 1995 - 1998
- Kappa Delta Pi International Honor Society in Education, 1992 - 1997
- Alpha Eta Society, National Scholarship Society in Allied Health, elected 1995
- Mid-South Educational Research Association, 2001 – 2002

Consultative and Advisory Positions Held:

- Christian Brothers University Biology Department Advisory Council, 1998 - 2014
- Expert Witness, 2009 - 2015

Community Service:

St. Alban’s Episcopal Church

Altar Guild, 2016 – present

Strategic Planning Committee 2021-2022

Calvary Place Childcare Center

Board of Directors, 2007 – 2013; Initiated Annual Fund development campaign for new playground; Received NAEYC Accreditation; Hired new executive director

Chair 2009-2012

Chair-elect 2008

Calvary Episcopal Church

Adult Christian Education Committee, 2001 – 2010; Chair, 2006 – 2010

Altar Guild, 2001 – 2014

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

The Ohio State University College of Medicine, Division of Physical Therapy:

Service and Outreach Committee, Chair, 2021 - 2022
Admission Committee, 2016 – Present
Curriculum Committee, 2017 – 2020
DPT Case Study Advisor, 2016 – Present
Leader in PT Committee, 2017

The Ohio State University College of Medicine, School of Health and Rehabilitation Sciences:
Curriculum Committee, 2018 – present

The Ohio State University College of Medicine,
Fall Education Symposium Planning Committee, 2019

The Ohio State University College of Medicine, Department of Biomedical Education and Anatomy, Division of Anatomy:
PhD Candidacy Committee Member, Ashley Smith, PT, DPT, C/NDT, 2018

The University of Tennessee Health Science Center:
Reeves Distinguished Visiting Professorship Committee, 2001 - 2012
Clinical Care Strategic Planning Committee, 2006
Faculty Senate, 2000-2006
Parking Committee, 2001 – 2006
Educational Policy Committee, 2000 - 2003
Faculty Senate, Ex-officio member, 1996

College of Allied Health Sciences:
Convocation Committee
Ad-hoc Committee, Student Dismissal Appeal, April, 1997
Allied Health Faculty Organization, President 1996
Vice-President/President-Elect, 1995
United Way Campaign Chair, 1996
Faculty Retreat Planning Committee, 1996
Continuing Education Advisory Committee, 1994 - 2005
College Council, 1996

Department of Physical Therapy:
Department Chair Search Committee, 2010
Faculty Search Committee, 2006, 1999
Progress and Promotions Committee, 1992 - 2014
Curriculum Committee, 1992 - 2014
Member of graduate student Thesis Committee, 1995-96; 1997-98; 2000-2001, 2002- 2007
Practicum Mentor, Graduate Program in Physical Therapy, 1996

Honors and Awards:

“Faculty Service Award.” School of Health and Rehabilitation Sciences, College of Medicine, The Ohio State University, 2020.
“Presidential Award for Excellence in Physical Therapy.” Tennessee Physical Therapy Association, 2015.
“Lucy Blair Service Award.” American Physical Therapy Association, 2014.
“APTA’s NEXT Conference 2014 Abstract Special Recognition.” **Appling SA**, Rose JM, Dyess B, Elosiebo S, Folk A, Lavery C, McConnell R, White B,

Yeager MG. "The Functional Movement Screen as a Predictor of Injury in NCAA Division III Collegiate Athletes." Control ID: 1843540. Poster presentation, June 13, 2014, Charlotte, NC.

"Carol Likens Award." Highest service award of the Tennessee Physical Therapy Association, 2011.

"Distinguished Alumnus Award," University of Central Arkansas, Department of Physical Therapy, October 2006.

"Abstract Recognition of Excellence," American Physical Therapy Association. "Influences on Self-Efficacy in Critical Inquiry and the Diagnostic Process for Physical Therapist Students." **Appling SA**, Likens CC. Platform Presentation. APTA Annual Conference and Exposition, Orlando, FL. June 2006.

"Outstanding Service Award," Tennessee Physical Therapy Association, 2004.

"Excellence in Teaching Award," Student Government Association Executive Council, University of Tennessee Health Science Center, 2001.

"Excellence in Teaching Award," Student Government Association Executive Council, University of Tennessee Health Science Center, 1999.