

Heather Jennings PT, DPT
Board-Certified Clinical Specialist in Neurologic Physical Therapy
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Education:

Northeastern University, Boston, Massachusetts
Anticipated completion May 2025
Master of Public Health degree candidate

Simmons University, Boston, Massachusetts
May 2009-August 2011
Doctor of Physical Therapy, Magna Cum Laude

Simmons University, Boston, Massachusetts
September 2005-May 2009
Bachelor of Health Sciences, Magna Cum Laude
Minor: Psychology, Biology

Licensure:

19858 Massachusetts Board of Allied Health Professions, expires March 2023

Employment:

Department of Veterans Affairs Boston Healthcare System, West Roxbury, MA

Physical Therapist -Full Time

January 2013-present

SCI/D Specialist Physical Therapist -Full Time

August 2019-present

Primarily neurological specialist within the spinal cord injury or disorder center responsible for coordinating therapy and support staff, collaborating with the interdisciplinary team, overseeing patient outcomes, driving quality improvement and providing specialized care for veterans with SCI/D primarily in the inpatient setting.

- Mentor VA Boston clinicians, residents and students in clinical decision-making for patients with neurologic conditions with advanced expertise in gait, bracing, and rehabilitation technology.
- Examine facilitators and barriers to use of life-long exercise equipment prescribed to persons with SCI/D through quality improvement projects.
- Coordinate training and patient use of exoskeleton devices for locomotor training post spinal cord injury, stroke and traumatic brain injury.

Program Coordinator, VA Boston Neurologic PT Residency Program

October 2016-present

Development, program coordination and mentoring of Neurological Physical Therapy Residency program accredited by the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE).

- Oversee mentorship team to ensure curriculum elements are met to prepare resident for advanced practice.
- Mentor residents in advanced practice and professional skills that produce high value, quality care for veterans with neurologic conditions.
- Serve as primary resource to mentors and resident for clinical, professional and communication skill development.

Specialist Physical Therapist -Full Time

September 2016-present

Neurological specialist within the Physical Medicine and Rehabilitation Service with primary duty of evaluating complex patients in spinal cord injury center, acute rehabilitation and acute care setting to identify need for physical therapy services and implement a patient-centered plan of care.

- Designed and developed aquatic physical therapy program with support of knowledge from APTA Certificate in Aquatic Physical Therapy Clinical Competency.
- Supported launch of emergency department physical therapy services through staff selection and mentorship, structural development and identification of outcomes to track success of integration into the ED team.
- Ongoing involvement in inter-professional work group for creating a culture of mobility within hospital setting.

Restorative Therapies, Baltimore, MD

Home FES cycle installer, Advanced certified user -Independent contractor

August 2018-present

- Complete in-home cycle build, assess response to functional electrical stimulation (FES) and establish appropriate home use program to promote life-long health and wellness for persons with neurologic conditions in the New England area.

Simmons University, Physical Therapy Department, Boston, MA

Adjunct Faculty, Fundamentals of neurologic physical therapy

January 2015-May 2018

- Lecture and lab coursework for evaluation and treatment of cerebrovascular accidents, motor learning, neuroplasticity, and gait to DPT students.
- Lead small group in bi-weekly case study discussions and research of medical and PT diagnosis and interventions.

Rhode Island Hospital, Providence, RI

Staff Physical Therapist -Full time

September 2011-January 2013

Per Diem Physical Therapist -Per Diem

January 2013-October 2013

Evaluate patients within the Primary Stroke Center, neurological critical care, neurologic and neurosurgical units of a level I trauma center providing physical therapist services to promote maximal return to independence.

Professional Leadership:

American Physical Therapy Association- Board of Directors

APTA - Director

June 2019-present

- Develop Board Membership Dues Policy in collaboration with Board workgroup, including gathering information from peer organizations to broaden the group perspective and move the team past difficult decisions.
- Lead in development of the Board Ambassador program to further build Component-APTA collaboration and communication by facilitating generative discussion, gathering input and data from stakeholders, and identifying outcomes to measure impact and success.
- Oversee the Association's budget alongside APTA Treasurer on the Finance and Audit Committee to ensure strategic budgeting and financial stability.
- Develop intentional and inspirational leaders for the future of the profession through service as liaison to the Student Assembly Board of Directors.

Simmons University –Dean’s Advisory Council

October 2019-present

- Advise the College of Natural and Behavioral Health Studies on implementation of plans to grow the University’s Science Technology Engineering and Math (STEM) program.
- Contribute to planning for the growth of the online degree programs to better need the needs of the adult learner.
- Provide input on strategies to increase diversity, equity and inclusion among the University and its community.

Massachusetts College of Pharmacy and Health Studies – Physical Therapy Clinical Education Advisory Board

January 2019-present

- Advise Doctorate of Physical Therapy program on implementation methods to meet the Commission on Accreditation of Physical Therapy Education standards.
- Provide support to determining focus of curriculum to ensure well-rounded clinicians who are prepared to enter professional practice and pass the licensure exam.

American Physical Therapy Association Massachusetts - Board of Directors

January 2013-June 2019

APTA Massachusetts - President

January 2017-June 2019

- Build an inclusive community by maximizing engagement of students, new professionals, mid-career, and seasoned professionals.
- Strategically develop a high-functioning Board through clear processes and hire of independent consultant to complete individual skills assessments and establish an aligned board direction.
- Lead board in development of a “Why” statement and highly focused strategic plan.
- Operationalize Chapter standing committees to produce high quality output and self-sufficiency.
- Expand Chapter advocacy capacity by hiring firm to represent payment policy needs for physical therapy in Massachusetts.
- Negotiate contract discounts for website re-design, Hubspot inbound marketing, sales and service software, and hotel space for events/conferences.
- Coordinate business of Chapter educational, legislative, and practice initiatives.
- Inspire leadership and professional growth among chairpersons and board of directors through one-to-one mentoring.
- Collaborate with national APTA and other component Sections, Academies and Chapters to improve professional initiatives.

APTA Massachusetts - President-Elect

January 2016-December 2017

APTA Massachusetts - Delegate to the House of Delegates

January 2017-June 2019

APTA Massachusetts - MA Annual Conference Committee Project Manager

January 2015-June 2019

APTA Massachusetts - BOD, South Metro Chief Assembly Representative

January 2013-December 2015

APTA Academy of Acute Care Physical Therapy - Finance Committee

October 2012-June 2019

Health and Wellness:

Elite Dance Center, Foxborough, MA

Children’s Ballet Instructor, Adult Fitness Instructor

September 2010-March 2020

- Provide task-specific training and apply principles of motor learning to instruction in classical ballet technique to students age 4-18 to progress skills in performance and competition.
- Support building habits in mental health and resilience and body positive image.
- Promote adult health and wellness through instructing group fitness classes, including mentorship of other staff.

Piloxing, LLC, Burbank, CA

Piloxing Barre New England Region Master Trainer

December 2015-August 2017

- Train and certify group fitness instructors throughout New England area in principles of exercise, Pilates and boxing.

Invited Presentations/Talks:

1. Panelist. *Quality improvement panel*. Duke University PT 735 - Professional Practice. Virtual. April 2021.
2. Speaker. *Learning to say no; a TEDstyle talk*. PT Pintcast. Virtual. April 2021.
3. Keynote. *Do you have the opportunity to do what you do best?* New England Regional Physical Therapy Student Conclave. Virtual. April 2021.
4. Break out group moderator. *Resilience, Grit and Optimism webinar*. ACAPT. Virtual. January 2021.
5. Panelist. *Virtual National Advocacy Dinner*. APTA Student Assembly. Virtual. May 2020.
6. Speaker. *Professional Advocacy*. Bay State Community College. Boston, MA. February 2020.
7. Welcome speaker. *APTA National Student Conclave*. Albuquerque, NM. November 2019.
8. Mentor. *Resume writing and interview skill workshop*. Albuquerque, NM. November 2019.
9. Speaker. *Professional Advocacy*. Bay State Community College. Taunton, MA. June 2019.
10. Speaker. *Leadership Involvement and State Hot Topics*. APTA Maryland/DC Student Conclave. Baltimore, MD. November 2018.
11. Panelist. *Town hall meeting*. APTA Connecticut Annual Conference. Norwalk, CT. November 2018.
12. Keynote Speaker. *White Coat Ceremony*. Massachusetts College of Pharmacy and Health Sciences. Worcester, MA. October 2018.
13. Ignite Speaker. *One Shot*. APTA National Student Conclave. Providence, RI. October 2018.
14. Speaker. *Professional Advocacy*. Bay State Community College. Boston, MA. May 2018.
15. Speaker. *Building Relationships; What is Advocacy?* APTA Massachusetts National Student Advocacy Dinner. Worcester, MA. March 2018.
16. Moderator. *Interstate Collaboration*. APTA Component Leadership Meeting. Boston, MA. June 2017.
17. Keynote Speaker. *White Coat Ceremony*. Massachusetts College of Pharmacy and Health Sciences. Worcester, MA. October 2017.
18. Moderator. *#ChoosePT: The Challenges and Opportunities Facing the Opioid Crisis*. APTA Massachusetts Annual Conference. Norwood, MA. October 2017.
19. Speaker. *Professional Association Membership in the US*. Northeastern University: Annual Swiss Conference. Boston, MA. July 2016.
20. Panelist. *The Human Movement System*. APTA Massachusetts Annual Conference. Norwood, MA. October 2016.

Peer Reviewed Scientific and Professional Presentations:

1. Edwards A, Sarfaty B, Embry A, **Jennings H**, Dessells D, Becker E, Corcoran J. Lamp leadership “TED style” talks – Shared lessons on leading within and leading others. *APTA CSM*. Orlando, FL. February 2021. Accepted. Postponed with resubmission for February 2022.
2. Chevan J, Heath A, **Jennings H**. Core principles for physical therapy education during the US opioid emergency *APTA Education and Leadership Conference*. Jacksonville, FL. October 2018.
3. **Jennings H**, Gans M, Harvey J, Mailloux M, Hyland M. Millennial and Gen X leaders share their stories, *APTA National Student Conclave*. Providence RI. October 2018.
4. **Jennings H**, Morris L. Collaborative rehabilitation model for patient-centered care and life-long wellness. *Paralyzed Veterans of America Summit*. Orlando, FL. September 2016.

Non-Peer Reviewed Presentations:

1. **Jennings H**, McEleney B, Roy J, Mossi E. Neurorecovery in Rehabilitation for patients with SCI/D. *VA SCI Symposium*. Boston, MA. October 2017.
2. **Jennings H**, Allen J. Technology in Gait Training. *VA SCI Symposium*. Boston, MA. October 2015.
3. Calilung A, Allen J, **Jennings H**. Proper body mechanics with patient care. *VA Boston Nursing Grand Rounds* Boston, MA. November 2013.

Book Chapters:

1. Folmar EJ, **Jennings H**, Lusardi MM. 9 Principles of Lower Extremity Orthoses. In: Yes SC, Lusardi MM. *Orthotics and Prosthetics in Rehabilitation*. Elsevier (2019)
2. **Jennings H**, Morris L, Betz K. 4 Exercise. In: Hammond M. *Yes, You Can!: A Guide to Self-care for Persons with Spinal Cord Injury. Paralyzed Veterans of America (2019)*

Honors and Awards:

- New England Consortium of Clinical Instructors, Clinical Instructor of the Year, November 2019.
- VA Boston, PM&R Employee of the Month, November 2018.
- APTA Emerging Leader Award, August 2016.
- VA Boston, PM&R Employee of the Month, March 2014.

Certifications:

- Board-Certified Clinical Specialist in Neurological Physical Therapy (NCS), ABPTS. Through June 2024.
- Yale School of Executive Management, Women's Leadership Program, completed January 2021.
- BLS certified, expires January 2023.
- Lifeguard certified, expires December 2021.
- Indego Therapy Exoskeleton certified user, since 2020.
- APTA Lamp Leadership 101 & 201, since 2018.
- APTA Certified in Aquatic Physical Therapy Clinical Competency, since 2017.
- RT300 Functional Electrical Stimulation cycle certified user since 2013, advanced user since 2018.
- Re-Walk certified user, since 2014.
- Ekso Bionics certified user, since 2014.
- APTA Credentialed Clinical Instructor, since 2012.

Professional Affiliations and Conferences:

- American Physical Therapy Association, 2008-present
 - Academy of Neurologic Physical Therapy, 2011-present
 - Federal Physical Therapy Section, 2018-present
 - Academy of Education, 2019-present
- American Public Health Association, 2021-present
- APTA Component Leadership Focus Group, December 2018.
- APTA Massachusetts leadership retreat, 2014-2019
- APTA new presidents' orientation 2016
- APTA policy and payment forum 2016-2018
- APTA CSM pre-conference course: rancho observational gait analysis: maximizing outcomes for individuals with neurological impairment 2016
- APTA CSM pre-conference course: expanding neurological expertise: Advancing clinical practice in acute stroke rehabilitation 2014
- Aquatic Therapy and Rehab Institute Conference: Adult neurological applications certification 2016

- APTA Combined Sections Meeting, 2011, 2013, 2014, 2016-2021
- APTA Massachusetts Annual Conference, 2010, 2011, 2013, 2015-2020
- APTA House of Delegates, Delegate 2017-2020
- APTA Annual/NEXT conference 2010, 2012, 2016-2020
- APTA National Student Conclave, 2010, 2018-2020

Additional Courses:

- Advanced functional electrical stimulation course, Restorative Therapies. August 2018 (16 contact hours)
- New England Consortium of Clinical Instructors: competency-based education. November 2019 (8 contact hours)
- How to use questions to teach, Massachusetts General Institute of Health Professions Clinical Teachers Workshop. June 2019 (1.5 contact hours)
- Difficult conversations, Boston University Clinical Instructor Workshop. May 2019 (3 contact hours)
- Manual therapy for low back pain. October 2018 (8 contact hours)
- Advanced functional electrical stimulation course, Restorative Therapies. August 2018 (24 contact hours)
- LAMP leadership institute 201: Catalyst for leading others. February 2018 (16 contact hours)
- Defined skilled maintenance therapy and minimizing denials. November 2017 (2 contact hours)
- LAMP leadership institute 101: Catalyst for leading within. January 2017 (16 contact hours)
- APTA Massachusetts Shoulder SIG meeting: Effects of thoracic spine on shoulder mechanics. February 2016
- APTA Massachusetts Neurology SIG meeting: CSM highlights. February 2016
- APTA NEXT Conference 2017. June 2016 (20 contact hours)
- APTA NEXT Conference 2016, June 2016 (20 contact hours)
- APTA Successful mentorship for residency and fellowship education. March 2016
- NCS Breakfast: What the world needs now is practice leaders. February 2016
- Early mobility: How to get your patient's up faster. February 2015
- Outcome measurement selection in individuals with spinal cord injury: application of the SCI EDGE. May 2015
- The role of the physical therapist in the management of patients at risk for wounds. Pressure ulcers: prevention and treatment. APTA learning center. August 2015.
- APTA MA Shoulder SIG Kinesiotaping for shoulder pain and dysfunction. August 2015.
- Differential diagnosis and treatment of typical and atypical BPPV. October 2014.
- Upper and lower limb FES as a means to improve health and function in individuals with SCI or CVA. January 2014.
- Fundamentals of measurement in rehabilitation for older adults. January 2014.
- Navigating the regulatory environment ensuring compliance while promoting professional integrity. May 2014.
- APTA Parkinson's disease module 1. October 2013.
- Creative Aquatics Program to Improve Balance and Mobility. May 2013.
- Annual Lifespan Rehabilitation Conference. March 2012.