



Cynthia Johnson Armstrong, PT, DPT, CHT, CLT
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Doctor of Physical Therapy Program, University of Colorado, Anschutz Medical Campus

Education

University of Colorado Denver, Denver, CO	Transitional Doctor of Physical Therapy	2009
University of Colorado at Denver, Denver, CO	MBA in Health Administration Incomplete	2002
University of Southern California, Los Angeles, CA	Master of Physical Therapy	1988
University of Denver, Denver, CO	BA Psychology	1983

Licensure Information/Registration Number

Colorado #PTL.0002991

Certifications

Certified Hand Therapist, Hand Therapy Certification Commission, Certificate # 9711000027
Credentialed Clinical Instructor Trainer, American Physical Therapy Association
Advanced Credentialed Clinical Instructor, American Physical Therapy Association
Credentialed Ergonomic Assessment Specialist, The Back School
Certified Lymphedema Therapist, Klose Training

Employment and Positions Held

2019 – Present	Senior Therapist, UC Health, Aurora, CO
2019 - Present	Associate Faculty, Physical Therapy Program, University of Colorado, Anschutz Medical Campus, Aurora, CO
2016 – Present	Affiliate Faculty, Regis University Rueckert-Hartman College for Health Professions, Denver, CO
2015 – 2019	Associate Director, Colorado AHEC (Area Higher Education Center), Anschutz Medical Campus, Aurora, CO
2008 - 2019	Contract Therapist, University of Colorado Medicine, University of Colorado Hospital, Aurora, CO
2008 – 2019	Core Faculty/Senior Instructor, Physical Therapy Program, University of Colorado, Anschutz Medical Campus, Aurora, CO
2006 - 2008	Independent Contract Therapist, Denver, CO

- 2004 - 2008 Adjunct Faculty/Clinical Instructor, Physical Therapy Program, University of Colorado, Anschutz Medical Campus, Aurora, CO
- 2004 - 2006 Hand Therapist, Westside Hand Therapy, Wheat Ridge, CO
- 2003 - 2004 Independent Contract Therapist, Denver, CO
- 2001 - 2003 Director of Clinical Development, Rehabilitation and Performance Medicine Specialists, Denver, CO
- 1999 - 2001 Executive Director, Rehabilitation and Performance Medicine Specialists Denver, CO
- 1997 - 1999 Director of Therapy, Rehabilitation and Performance Medicine Specialists, Denver, CO
- 1993 - 1997 Staff Physical Therapist/Center Coordinator of Clinical Education Colorado Athletic Conditioning Clinic, Aurora, CO
- 1991 - 1993 Center Coordinator of Clinical Education, Sports Conditioning and Orthopedic Rehabilitation, Central Clinic, Denver, CO
- 1990 - 1992 Director of Physical Therapy, Sports Conditioning and Orthopedic Rehabilitation, Downtown Clinic, Denver, CO
- 1988 - 1990 Staff Physical Therapist, Sports Conditioning and Orthopedic Rehabilitation Central Clinic, Denver, CO

Peer Reviewed Publications

Johnson Armstrong C. Chapter 31: Hand rehabilitation. In Mitra R, (ed): Principles of Rehabilitation Medicine. New York, NY: McGraw-Hill; 2019.

Kisner C, Colby L, Johnson Armstrong C. Chapter 19: The wrist and hand. In Kisner C, Colby L, Borstad J (eds): Therapeutic Exercise, ed 7. Philadelphia, PA: F.A. Davis Company; 2017.

Kisner C, Colby L, Johnson Armstrong C. Chapter 18: The elbow. In Kisner C, Colby L, Borstad J (eds): Therapeutic Exercise, ed 7. Philadelphia, PA: F.A. Davis Company; 2017.

Kisner C, Johnson Armstrong C. Chapter 13: Peripheral nerve disorders and management. In Kisner C, Colby L, Borstad J (eds): Therapeutic Exercise, ed 7. Philadelphia, PA: F.A. Davis Company; 2017.

Erickson M, Faeth J, Gaston B, Wood J, Yoder E, Caldwell C, Johnson Armstrong C. Hand therapy content for entry-level physical therapist education: A consensus-based study. *J Phys Ther Ed* 2017; 31:79-89.

Lucado A, Heard H, Lateral and medial elbow epicondylitis: Differential diagnosis and treatment guidelines [content editor]. Western Schools. SC Publishing 2015.

Shahidi B, Johnson CL, Curran-Everett D, Maluf KS, Reliability and group differences in quantitative cervicothoracic measures among individuals with and without chronic neck pain. *BMC Musculoskeletal Disorders* 2012; 13:215.

Peer Reviewed Scientific and Professional Presentations

Johnson Armstrong, C. PT role in pain management. Colorado Consortium for Prescription Drug Abuse Prevention Annual Meeting. Aurora, CO; October 2018

Johnson Armstrong, C. Facilitating success in the clinical environment: A Curricular based approach. [poster presentation]. Education Scholarship & Innovation Symposium, University of Colorado Anschutz Medical Campus, Aurora, CO; February 2018.

Erickson ML, Johnson Armstrong C, Caldwell C. Hand therapy content for entry-level physical therapist education programs: A survey study. [platform presentation]. Combined Sections Meeting, APTA, San Antonio, TX; February 2017.

Johnson Armstrong C. Impacting Health of Rural & Underserved Populations through Interprofessional Education at the National Western Stock Show. [educational session] National AHEC Conference, Washington, DC; July 2016.

Miller K, Johnson Armstrong C, Dudley J. Successful non-operative management of suspected SLAP lesion in a recreational CrossFit athlete [poster presentation]. Combined Sections Meeting, APTA. Indianapolis, IN; February 2015.

Johnson Armstrong C. Tips and tricks for diagnosing and managing common elbow disorders. [educational session]. Combined Sections Meeting, APTA. Las Vegas, NV; February 2014, American Society of Hand Therapists. Boston, MA; September 2014.

Cahall C, Johnson C. Utilizing a unique compensatory mechanism in a patient with chronic axillary nerve damage following rotator cuff repair [poster presentation]. Combined Sections Meeting, APTA. Las Vegas, NV; February 2014.

Shahidi B, Johnson C, Maluf K. Reliability and discriminant validity of cervicothoracic impairment measures in individuals with and without chronic neck pain [poster presentation]. Combined Sections Meeting, APTA. Chicago, IL; February 2012.

Completed

Armstrong CJ (Co-PI), Dusenbery PB (Co-PI) Discover Health/ Descubre La Salud: A Colorado Community Engagement Project. NIH 5R25OD016482-05: 05/06/2014 – 04/30/2019, NCE: 4/30/2020. Equated to 20% FTE

Completed Support

Maluf K (PI). Trapezius muscle activity in occupational myalgia. July 2010 – December 2014. Role: research assistant. NIH funded grant. (\$5 Mil)

Research Activity

Article Reviewer, Physical Therapy Journal

Article Reviewer, Physiotherapy Research International

Teaching Scholars Program, University of Colorado School of Medicine, September 2016 - 2018.

Participant: Hand Therapy Think Tank (HT3): Consensus meeting on distal radius fractures, Ithaca, NY; August 2010.

Maluf K (PI). Detection and treatment of stress-evoked muscle activity in occupational myalgia. September 2007-2014. Role: research assistant.

Continuing Education Workshops Conducted/Organized

Co-instructor for Credentialed Clinical Instructor Program: American Physical Therapy Association. Denver, CO; March 2013, Pueblo, CO; April 2013, Aurora, CO; April 2014, Aurora, CO; September 2014, Denver, CO; April 2015, Aurora, CO; November 2015, Denver, CO; March 2016, Cheyenne, WY; August 2016, Denver, CO; September 2016, Denver, CO; March 2017, Aurora, CO; September 2017, Denver, CO; May 2018, Aurora, CO; September 2018, Denver, CO; May 2019, Aurora, CO, November 2019, Denver, CO

Organized and coordinated preconference courses and educational programming for APTA Combined Sections Meeting for the Hand Rehabilitation Section, Las Vegas, NV 2009, San Diego, CA 2010, New Orleans, LA 2011, Chicago, IL 2012

Organized and coordinated: 2011 UE Anatomy in Hi-Def. Conducted with Nancey Bookstein, PT, EdD and Mike Pascoe, PhD. One-day course. Denver Hand SIG collaborating with CU Physical Therapy Program. Aurora, CO; May 2011

Membership in Scientific/Professional Organizations

American Physical therapy Association (APTA) 1986 – Present,

- APTA Director, 2017 – present
- Hand Rehabilitation Section dba The Academy of Hand & Upper Extremity Physical Therapy, APTA, Inc. 1995-present, President, 2011 - 2017, Section Delegate, 2011 - 2017, Vice President/Program Chair, 2008-2011
- Academy of PT Education, APTA, Inc. 2016 – Present
- Academy of Oncologic Physical Therapy 2018 - Present
- Colorado Chapter, 1988-present
- Committee to Approve the Minutes, House of Delegates 2016
- Combined Sections Meeting workgroup 2011 - 2012

Hand Therapy Certification Commission, Exam Review Committee Member 2012 – present, Member CHT Growth Task force

American Society of Hand Therapists (ASHT) 1998 - present, Disciplinary Action Committee, 2010 - present, Code of Ethics Task Force 2012, Committee Chair, 2007 - 2008

Denver Hand Special Interest Group, 1993 - 2018, Coordinator 2011 - 2013

Rocky Mountain Hand Surgery Society, 2000-2016, Honorary Executive Board Member 2011 - 2015

Clinical Educators Forum 1993 – Present, Chair, 1993 -1996, Vice Chair, 1992 - 1993

Consultative and Advisory Positions Held

Member, Provider Education Workgroup and Public Awareness Workgroup, Colorado Consortium for Prescription Drug Abuse Prevention, 2015 - 2019

Affiliate Faculty Regis University Physical Therapy Program, Musculoskeletal Management III Wrist/Hand, 2004 – 2010; 2017 - Present

Advisory Board Member State of Colorado Department of Labor and Employment Division of Workers' Compensation to update the Shoulder Injury and Thoracic Outlet Syndrome Medical Treatment Guidelines, 2008

Community Service

Member Episcopal Church Women (ECW) Church of the Holy Redeemer 2014 - Present
President 2016 - 2019

Member Altar Guild Church of the Holy Redeemer 2014 - Present

Clinical Faculty supervisor and volunteer for Medical Screening at the National Western Stock Show 2011 - 2015

Participant in Medical and Educational Mission with Amiguitos Community Development Project, Vera Cruz, Mexico, June 2012, December 2013, January 2014, July 2016

9 Health Fair screenings Denver, CO, 1994, 2007, 2008, 2009, 2010, 2011, 2013, 2014, 2015, 2017

Appointed member: Saint Joseph Episcopal Church Vestry January 2013 - 2014

Director of Brown Bag Lunch Program, Saint Joseph Episcopal Church, providing meals to the homeless through the Volunteers of America 2008 - 2014

Secretary of Yacht Club II Homeowners Association, Westminster, CO, 2005 – 2010

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

University of Colorado Anschutz

Member, Provider Education Workgroup, Colorado Consortium for Prescription Drug Abuse

Prevention. Colorado AHEC, University of Colorado, Anschutz Medical Campus, Aurora, CO
2015 - 2019

Coordinator, National Western Stock Show Health Screenings. Colorado AHEC, University of
Colorado Anschutz Medical Campus, Aurora, CO 2016, 2017, 2018, 2019

Member, Anschutz Inclusivity Alliance, University of Colorado Anschutz Medical Campus, Aurora,
CO

Coordinator, Engaging Communities in Education and Research (ECER) rural health conference.
Colorado AHEC, University of Colorado, Anschutz Medical Campus, Breckenridge, CO

Physical Therapy Program

Member, Diversity, Equity & Inclusion Committee, Physical Therapy Program, University of
Colorado Anschutz Medical Campus, Aurora, CO 2018 – Present

Member, Graduation Committee, Physical Therapy Program, University of Colorado, Anschutz
Medical Campus, Aurora, CO 2017 - Present

Member, RAC/RAM Committee, Physical Therapy Program, University of Colorado, Anschutz
Medical Campus, Aurora, CO 2009 - Present

Clinical Education Advisor, Physical Therapy Program, University of Colorado, Anschutz Medical
Campus, Aurora, CO 2008 - Present

Coordinated PT programming for annual rural health conference, Vail, CO, 2011-2016

Honors and Awards

Outstanding Service Award, Academy of Hand & Upper Extremity Physical Therapy, APTA 2017

Outstanding Section, President: Hand Rehabilitation Section, APTA 2015

Outstanding Committee Member, American Society of Hand Therapists, 2008

Continuing Education Attended (last 5 years)

Lymphedema Therapy Certification, Boulder, CO. Jodi Winicourt, PT, CMT, CLT-LANA March 2018
(UE); Guenter Klose, CLT, LANA December 2018 (LE, Head/Neck).

Breast Cancer Rehabilitation, Jodi Winicourt, PT, CMT, CLT-LANA, Aurora, CO, October 2018.

Klose Lymphedema Conference. Aurora, CO, May 2017, 2019

Transforming your clinical practice: Integrating cognitive behavioral and motivational interviewing

skills into physical therapy. Kristin R. Archer, PhD, DPT. Aurora, CO, April 2017.

Upper Extremity Edema Management for Ortho and Neuro Patients. Vicki Ralph, MPPA, OTR/L, CLT-LANA. Aurora, CO December 2016

Mulligan concept: Upper Quarter spinal and peripheral manual therapy treatment techniques of Brian R. Mulligan. Boulder, CO April 2016

ASHT 38th Annual Meeting, American Society of Hand Therapists, Denver, CO October 2015

Tradition meets Tomorrow: How our Past Informs our Future. American Society of Hand Therapists Annual Meeting, Boston, MA September 2014

CEAS I: Ergonomics Certification Workshop. The Back School, Denver CO, August 2014