

Heather Jennings PT, DPT

Pronouns: She/Her/Hers

Board-Certified Specialist in Neurologic Physical Therapy

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Education:

Northeastern University, Boston, Massachusetts

Anticipated May 2025

Candidate for Master of Public Health

Simmons University, Boston, Massachusetts

May 2009-August 2011

Doctor of Physical Therapy, Magna Cum Laude

Minor: Psychology, Biology

Simmons University, Boston, Massachusetts

September 2005-May 2009

Bachelors of Health Sciences, Magna Cum Laude

Licensure:

19858 Massachusetts Board of Allied Health Professions, expires March 2023

Employment:

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

Physical Therapy Supervisor - Full Time

January 2022-present

Lead a dynamic team of physical therapists in collaboration with physical medicine and rehabilitation department, spanning five greater Boston campuses to serve veterans of New England.

- Department resource on best practice and implementation of standardization of practice
- Oversee establishment of department mission, vision, and strategic planning as part of a department overhaul to address cultural issues to improve team function.
- Daily support to rehabilitation professionals in primarily the outpatient setting with cross coverage to support inpatient providers

Program Coordinator, VA Boston Neurologic 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.

SCI/D Lead Specialist Physical Therapist- Full Time

August 2019-January 2022

Neurological specialist designated as the lead physical therapist for Spinal Cord Injury Center responsible for coordinating therapy and support staff, collaborating with the interdisciplinary team, overseeing patient

outcomes, driving quality improvement within the Center, and providing specialized care for inpatient veterans with SCI/D.

- 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.

Specialist Physical Therapist -Full Time

September 2016-January 2022

Neurological specialist within the Physical Medicine and Rehabilitation Service with rotating 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.

Restorative Therapies, Baltimore, MD

Home FES Cycle Installer, Advanced Certified User- Independent Contractor

August 2018-present

- Complete on-site cycle build, assessment of response to functional electrical stimulation and set 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 CVA, motor learning, neuroplasticity and gait to PT students in neurological DPT course.
- 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 and maximize function for patients at a level 1 trauma center in the primary stroke center, neurological critical care unit, and neurosurgical unit.

Professional Service:

American Physical Therapy Association- Board of Directors

June 2019-present

APTA - Director

June 2019-June 2022

- Elected by peers to serve as 5th member of the Executive Committee for 2022.
- 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.
- Assist in selection of APTA Board of Directors first Public Member and ongoing development of consistent processes for future selection and evaluation of the Public Member.

- Lead in development of the Board Ambassador program to improve 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 Committee to ensure strategic budgeting and financial stability.
- Ensure appropriate risk management and operational controls as Chair of Audit Committee.
- Develop intentional and inspirational leaders for the future of the profession through service as Liaison to the Student Assembly Board of Directors.

National Consortium of Clinical Educators- Northeastern University Clinical Partner

October 2021-present

- Contribute clinical voice to shared decision making, votes, and work of the National Consortium of Clinical Educators (NCCE).

Simmons University - Dean’s Advisory Council

October 2019-October 2022

- Advise the College of Natural and Behavioral Health Studies on implementation of plans to grow the University’s STEM program.
- Contribute to development of College’s Mission and Vision to focus strategic efforts of the University.
- Provide input on strategies to increase Diversity, Equity and Inclusion among the University and it’s community.

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

January 2019-January 2022

- 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 generalist 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 maximize engagement of students, new professionals, mid-career professionals and seasoned professionals.
- Strategically develop a high-functioning Board through clear processes and hire of independent consultant to complete individual skills assessments and board direction.
- Lead board in development of “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 automated marketing and email, 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 and Chapters to improve professional initiatives.

APTA Massachusetts - President-Elect

January 2016-December 2017

APTA Component Leadership Focus Group

December 2018

APTA Massachusetts - Delegate to the House of Delegates

January 2017-present

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

Invited Presentations/Talks:

- Speaker. *Learning to say no; a TEDstyle talk*. APTA CSM February 2022.
- Guest Panelist. *Leadership and service*. Mercer College PT Professional Management and Administration Symposium. July 2021.
- Guest Speaker. *APTA leadership journey*. Northwestern University. July 2021.
- Panelist. *Quality improvement in health care*. Duke University PT 735 Professional Issues. April 2021.
- Speaker. *Learning to say no; a TEDstyle talk*. PT Pintcast. April 2021.
- Keynote. *Do you have the opportunity to do what you do best?* New England Regional Physical Therapy Student Conclave. April 2021.
- Moderator-break out groups. *Resilience, Grit and Optimism webinar*. ACAPT. January 2021.
- Panelist. *Virtual National Advocacy Dinner*. APTA Student Assembly. May 2020.
- Speaker. *Leadership Involvement and State Hot Topics*. APTA Maryland/DC Student Conclave. Baltimore, MD. November 2018.
- Panelist. *Town hall meeting*. APTA Connecticut Annual Conference. Waterbury, CT. November 2018.
- Keynote Speaker. *White Coat Ceremony*. Massachusetts College of Pharmacy and Health Sciences. Worcester, MA. October 2018.
- Ignite Speaker. *One Shot*. APTA National Student Conclave. Providence, RI October 2018.
- Speaker. *Professional Advocacy*. Bay State Community College, Taunton, MA May 2018.
- Speaker. *Building Relationships; What is Advocacy?* APTA MA National Student Advocacy Dinner. Worcester, MA. March 2018.
- Moderator. *Interstate Collaboration*. APTA Component Leadership Meeting. June 2017.
- Keynote Speaker. *White Coat Ceremony*. Massachusetts College of Pharmacy and Health Sciences. Worcester, MA. October 2017.
- Moderator. *#ChoosePT: The Challenges and Opportunities Facing the Opioid Crisis*. APTA MA Annual Conference. Norwood, MA. October 2017.
- Speaker. *Professional Association Membership in the US*. Northeastern University: Annual Swiss Conference July 2016.
- Panelist. *The Human Movement System*. APTA MA Annual Conference. Norwood, MA October 2016.

Peer Reviewed Scientific and Professional Presentations:

- 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.
- 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.
- **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.
- **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:

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

Book Chapters:

- Folmar EJ, **Jennings H**, Lusardi MM. 9 Principles of Lower Extremity Orthoses. In: Yen SC, Lusardi MM. *Orthotics and Prosthetics in Rehabilitation*. Elsevier (2019 – in review)
- **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 – in review)

Honors and Awards:

- New England Consortium of Clinical Instructors, Clinical Instructor of the Year, 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. Certified through June 2024
- Yale School of Executive Management, Women's Leadership Program, completed January 2021
- BLS certified, expires January 2021
- Lifeguard certified, expires December 2021
- Indego certified user, since 2020
- RT300 Functional Electrical Stimulation cycle certified user since 2013, advanced user since 2018
- APTA Lamp Leadership 101 & 201, since 2018
- APTA Certified in Aquatic Physical Therapy Clinical Competency, since 2017
- Re-Walk certified user, since 2014
- Ekso certified user, since 2014
- APTA Credentialed Clinical Instructor, since 2012

Professional Affiliations and Conferences:

- American Physical Therapy Association, member 2008-present
 - Academy of Neurologic Physical Therapy, member 2011-present
 - Federal Physical Therapy Section, member 2018-present
 - Academy of Education, member 2019-present
- American Public Health Association, member 2021-present
- Boston Young Health Care Professionals, member 2021-present
- Boston Young Healthcare Professionals Annual Conference, *Seeing the Unseen: Uncovering America's Healthcare Struggles* Nov 5, 2021
- APTA Education Leadership Conference 2020, 2021
- APTA Combined Sections Meeting, 2011, 2013, 2014, 2016-2021
- APTA Massachusetts Annual Conference, 2010, 2011, 2013, 2015-2021
- APTA House of Delegates, Delegate 2017-2021
- APTA Annual/NEXT Conference 2010, 2012, 2016-2020
- APTA National Student Conclave, 2010, 2018-2020

- APTA Massachusetts leadership retreat, 2014-2019
- APTA New Presidents Orientation 2016
- APTA Policy and Payment Forum 2016-2018
- APTA Pre-Conference Course: Rancho Observational Gait Analysis: Maximizing Outcomes for Individuals with -Neurological Impairment 2016
- APTA 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

Additional Courses:

- New England Consortium of Clinical Instructors: Competency Based Education (8 contact hours)
- IHP Clinical Teachers Workshop: How to use questions to teach June 2019 (1.5 contact hours)
- Boston University, Difficult Conversations, May 2019 (3 contact hours)
- Manual Therapy for low back pain October 2018 (8 contact hours)
- LAMP leadership institute 201: Catalyst for Leading Others February 2018 (16 contact hours)
- LAMP leadership institute 101: Catalyst for leading within January 2017 (16 contact hours)
- Defined Skilled Maintenance Therapy and Minimizing Denials 11/14/17 (2 contact hours)
- Advanced Functional Electrical Stimulation Course, restorative therapies 8/2/18-8/4/18 (24 contact hours)
- APTA MA Shoulder SIG Meeting: Effects of thoracic spine on shoulder mechanics 2/24/16
- APTA MA Neurology SIG Meeting: CSM Highlights 2/2016
- APTA NEXT Conference 2017; June 2016 (20 contact hours)
- APTA NEXT Conference 2016; June 2016 (20 contact hours)
- Successful Mentorship for Residency and Fellowship Education; 3/2/16
- NCS Breakfast: What the World Needs Now Is Practice Leaders
- Early mobility: how to get your patient's up faster. Webinar 2/26/15
- Aquatic Therapy and Rehab Institute Conference: Adult Neurological Applications Certification 03/12-3/15/15
- Outcome measurement selection in individuals with spinal cord injury: application of the SCI EDGE (5/15/15) webinar
- The role of the physical therapist in the management of patients at risk for wounds. Pressure Ulcers: prevention and treatment. APTA learning center. Annual conference 2009. Completed 8/11/15
- APTA MA Shoulder SIG Kinesiotaping for shoulder pain and dysfunction 8/19/15
- APTA Parkinson's disease module 1 completed 10/17/13
- Differential diagnosis and treatment of typical and atypical BPPV 10/19/14
- Upper and lower limb FES as a means to improve health and function in individuals with SCI or CVA webinar 1/9/14
- Fundamentals of measurement in rehabilitation for older adults webinar 1/22/14
- Navigating the regulatory environment ensuring compliance while promoting professional integrity 5/5/14
- Webinar- Creative Aquatics Program to Improve Balance and Mobility: 5/30/13

Health and Wellness:

Elite Dance Center, Foxborough, MA

Children's Ballet Instructor, Adult Fitness Instructor

September 2010-March 2020

Piloxing, LLC, Burbank, CA

Piloxing Barre New England Region Master Trainer

December 2015-August 2017