

**Phyllis O. Rowland, PT, PhD, PCS, C/NDT**  
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### ***Professional Objectives and Profile***

To plan and coordinate academic and clinical learning opportunities for professional students to facilitate their development as autonomous practitioners; to enhance knowledge and practice of evidence-based interventions; and to facilitate mastery of basic clinical skills and competencies supporting diverse client populations for students in a professional physical therapy university program. Qualifications, skills, and experience supporting these endeavors include:

- Administrative, supervisory, and consultative expertise with professional and student physical and occupational therapists in educational and clinical settings
- Implementation of community-based clinical physical therapy research in diverse settings utilizing portable technology and devices adapted from laboratory instrumentation
- Innovative, comprehensive education and program planning for staff and professional student clinical affiliations targeted to meet specific learning objectives related to evidence-based methods and interventions

### ***Education***

**Rocky Mountain University of Health Professions Provo, UT**  
Doctor of Philosophy Program (PhD) in Pediatric Science - 2016

**University of Illinois at Chicago Chicago, IL**  
Master of Science (MS) in Physical Therapy - 2005

**University of Wisconsin – Madison Madison, WI**  
Bachelor of Science (BS) and Certificate in Physical Therapy - 1976

**Michigan State University East Lansing, MI**  
Bachelor of Science (BS) in Psychology - 1974

### ***Licensure and Board Certification***

- State of Illinois (1977-2020) PT License – 070-002574
- Board Certified Clinical Specialist in Pediatric Physical Therapy  
ABPTS, 1994; ABPTS Re-certification, 2004, 2014

### ***Teaching***

#### **Professional Education**

**Northern Illinois University, DeKalb, IL.** Adjunct Faculty Position, Fall 2006, 2007. Responsible for teaching pediatric content related to assessment and intervention for AHPT 555, a required course for entry level MS students

**University of Illinois at Chicago, Chicago, IL.** Guest Lecturer, Fall 2004 – 2015. Taught annual three-hour lecture entitled, “Providing Physical Therapy Services in Educational Settings”

### ***Research***

**Rocky Mountain University of Health Professions, Provo, UT.** “Relationship between Balance and Motor Skills in Young Children with Developmental Coordination Disorder,” 2014 – 2016. A prospective, cross-sectional design describing and comparing two groups of children on balance measures and motor skills (n = 88) with a second phase assessing the association between balance measures and motor skills (n = 120) in the two groups.

**University of Illinois at Chicago, Chicago, IL.** “The Effectiveness of a Long Sitting Program on Hamstring Stretching in Young Children with Spastic Diplegia,” 2005. A single-subject design

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compared the effectiveness of prolonged passive stretch with repetitive (static) stretch in increasing hamstring extensibility in four children with spastic diplegia representing Levels 1 – IV of the Gross Motor Classification System.

### ***Research Grants***

- American Physical Therapy Association – Pediatric Section Research Grant, 2001.
- Rocky Mountain Pediatric Research Foundation Grant, 2013.

### ***Honors and Awards***

- Thesis Award for Outstanding Research related to Pediatric Physical Therapy, Section on Pediatrics - American Physical Therapy Association (2006)
- Bachelor of Science degree with high honors (U.W.-Madison, 1976)
- Member Phi Kappa Phi Honorary (1974, 2001)

### ***Employment***

#### **Northwestern Illinois Association (NIA), St. Charles, IL. Assistant Coordinator Therapy Department (2014-present)**

- Manage and lead Continuing Education and Training programs through organizational planning and implementation of training sessions and meetings for ongoing professional students, staff and site program development within the 10-county region.
- Provide specific trainings include tests and measures administration and interpretation, determining outcome measures, goal writing, evidence-based practice, and interventions for students across diverse settings, ages, and disabilities.
- Provide and integrate ongoing support to member districts who directly employ school-based therapists through consultation and collaboration in systems development, resource management, and staff development. Complete performance evaluations and provide technical assistance support for therapists.
- Provide oversight of services including staff development projects and workload management. Ongoing direction and leadership to committees developing policy and guidelines on topics in school-based therapy intervention.
- Scientific Site Coordinator for Oklahoma University of Health Sciences Institute of Education Services Grant for the School Outcome Measure Research Project. Conduct ongoing reliability training for therapists participating in the study and recruited school districts as partners in the data collection process for this nationwide study.

#### **Easter Seals DuPage and the Fox Valley Region, Elgin, IL. Physical Therapist (2014-present)**

- Implementing evaluations and direct intervention for infants, toddlers and school-age children referred for outpatient physical therapy services in a clinic.
- Expansion of Early Intervention Services into a underrepresented county implementing a community-based intervention site and model.
- Credentialed State of Illinois Early Intervention direct evaluator/service provider.

#### **Northwestern Illinois Association (NIA), St. Charles, IL. Co-Coordinator Therapy Department (2006-2014)**

- Managed approximately 100 physical and occupational therapists employed by the regional special education cooperative. Administrative functions included personnel selection and retention decisions, staff and material resource allocation, and continuous support to member districts to meet staff and student needs.

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- Coordinated occupational and physical therapy student program and reviewed university contractual agreements and requirements.
- Managed all department functions including staff development and performance evaluation procedures, workload distribution, equipment acquisition, district program development and recruitment for member school districts within a 10-county area of northwest Illinois.
- Proposed, developed and implemented an off-site Orthopedic Consultation Clinic with a pediatric orthopedist from a large teaching hospital to meet the needs of 130 children annually in low-income and rural settings who lack resources to utilize downtown medical centers.

### **NIA Geneva, IL. Program Supervisor Therapy Division (1983-2006)**

- Provided technical assistance supervision and resource support to 20+ staff physical therapists.
- Created and planned in-service trainings, staff orientation, and department initiatives with administrative and staff agreement
- Led program development based on collaborative district and agency agendas
- Served as Site Clinical Coordinator for PT Student Program (1983-1997)

### **NIA Geneva, IL. Staff Physical Therapist and Physical Therapy Student Program Clinical Coordinator (1977-83)**

- Physical therapy student program clinical coordinator and instructor
- Created and developed the NIA Manual of Clinical Guidelines for Physical and Occupational Therapy Students

### **Other Staff PT positions (1977-91, full and part time)**

- Aurora Easter Seals, Easter Seals of DuPage and the Fox Valley Region
- Central Wisconsin Center for the Developmentally Disabled, Madison, WI

### ***Professional Society Memberships and Service***

- American Physical Therapy Association
  - Member, Academy Pediatric Physical Therapy 1980 - present
    - Illinois State Representative, 2000-2007
    - Site Coordinator for Pediatric Advanced Clinical Practice Course, Oak Brook Hills Resort, Oak Brook, IL, November 2009
    - Working Committee Member for the development of Clinical Practice Guidelines for Children with Developmental Coordination Disorder, September 2015 to June 2016
  - Illinois Chapter
    - Member, Subcommittee on Peer Review, 1978-1979
    - Member, Task Force on Educational Guidelines 1985
- Northern Illinois OT and PT Coordinator's Consortium
  - Illinois State Guidelines for Practice in Educational Settings, 2001 and 2003 and 2016
  - Task Force Participant and Section Author, 2001, 2003 and 2018-19
- Neurodevelopmental Treatment Association, Member (1980-present)
  - Certified Neurodevelopmental Treatment (2011 – present)
- Manuscript Reviewer for *Physiotherapy Theory and Practice* (2016 – present)
- Manuscript Reviewer for *Journal of Pediatric Rehabilitation Medicine* (2019 – present)

### ***Publications and Presentations***

- Rowland, P.O. and Kolobe, H. The effectiveness of long sitting on hamstring stretching in young children with spastic diplegia. *Pediatric Physical Therapy*, 18 (1): 103-104. 2006
- Rowland, P.O. and Kolobe, H. The effectiveness of long sitting on hamstring muscle stretching in young children with spastic diplegia. Poster Presentation Combined Sections Meeting of the APTA, San Diego, CA February 2006.
- Cahill, S.M. and Rowland P.O. School-based Evaluations for Occupational and Physical Therapists. DuPage County-wide Institute Day, Naperville, IL, February 27, 2014.
- Rowland P.O. Evidenced-based Practice for Occupational and Physical Therapists in the School Setting. Elgin School District U-46 Institute Day, Elgin, IL, March 3, 2015.
- Rowland P.O. When, How, and Why Does My Child Receive OT and PT in the School Setting? School District 300 Parent University, Algonquin, IL, September 15, 2017.
- Rowland P.O. The Role of the Physical Therapist in the Implementation of RtI/MTSS in the Educational Setting. Illinois State Board of Education Guidelines for School-Based Therapy, March 2017 (Under review).

### ***Continuing Education***

- Developmental Feeding and Treatment** (48 hours)  
Suzanne Evans Morris, University of Wisconsin – Madison, Madison, WI, 1978
- Basic Neurodevelopmental Treatment Course** (240 hours)  
Sandie Benzies-Levine, University of Illinois, Chicago, IL, 1980
- NDT Baby Treatment Course** (120 hours)  
Gay Girolami, DuPage Easter Seal Center, Villa Park, IL, 1984
- Physical Therapy Practice Management** (36 hours)  
Carl Robinson, PhD, Northwestern University, Chicago, IL, 1985
- Mobilization Applied to the Neurologically Involved Client** (30 hours)  
Sandra Brooks, The Therapy Center, St. Charles, IL, 1987
- Lower Extremity Developmental Biomechanics** (24 hours)  
Beverly Cusick, M.S., PT, Northwestern Illinois Association, Rockford, IL, 1991
- Lower Extremity Casting and Splinting** (24 hours),  
Beverly Cusick, M.S., PT, Northwestern Illinois Association, Rockford, IL, 1993
- Nursing Child Assessment Satellite Training (NCAST)** (40 hours)  
Thubi Kolobe, PT, PhD, University of Illinois at Chicago, Chicago, IL 2002
- Rib Cage: Focus on the Rib Cage for Improvement in Respiration, Phonation, Postural Control, and Movement (22 hours)** Rona Alexander, PhD, CCC-SLP, Arlington Pediatric Therapy Management Services, Ltd., 2014
- Measuring Outcomes of Pediatric Physical Therapy (30 hours)** Robert Palisano, PT, ScD, FAPTA, American Physical Therapy Association, 2014
- Postural Control Course: Ensuring Excellence (15 hours)** Gay L. Girolami PT, PhD, C/NDT, Easter Seals of DuPage and the Fox Valley Region, Villa Park, IL, 2015
- General Movement Assessment** (16 hours), Mijna Hadders-Algra, MD, PhD  
Rocky Mountain University of Health Professions, Provo, UT, June 2017
- Infant Motor Profile** (16 hours), Mijna Hadders-Algra, MD, PhD  
Rocky Mountain University of Health Professions, Provo, UT, June 2017
- Credentialed Clinical Instructor Program** (16 hours), APTA Level 1 CCIP Course, Concordia University Mequon, WI, November 2019.