# Karla A. Bell, PT, DPT, OCS

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## *Education:*

University of Massachusetts-Lowell

*Transitional DPT (May 2004)*

University of Massachusetts-Lowell

*Masters of Physical Therapy (December 1997)*

University of Pittsburgh

*Bachelor of Science (June 1993)*

*Major: Biology/Chemistry*

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## *Licensure Information/Registration Number:*

Licensed by the State of Delaware (June 2008)

#J1-0002353

## *Certifications & Memberships & Advisory Positions:*

* Orthopedic Certified Specialist – American Board of Physical Therapy Specialists

(2009)

* Member of the American Physical Therapy Association (APTA) (1996 to present)

Orthopaedic Section

* American Red Cross Emergency First Responder (Exp. August 2011)
* American Red Cross CPR/AED Professional Rescuer/HC Provider

(Exp. Feb.2011)

* Certified Clinical Instructor – APTA (2005)
* Member of the *Specialization Academy of Content Experts - Orthopedics*

*(SACE) (2010-2012)*

* Residency review subcommittee for APTA (2009-present)

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## *Career Experience:*

* Associate Director of Orthopaedic PT (May 2008 to Present)

*University of Delaware Physical Therapy Department, Newark, DE*

* Director, Orthopaedic Physical Therapy Clinical Residency Program

(May 2008 to Present)

*University of Delaware Physical Therapy Department, Newark, DE*

* Faculty Member, Sports, Orthopedic and Geriatric Physical Therapy Residency Programs (June 2008 to Present)

*University of Delaware Physical Therapy Department, Newark, DE*

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* Assistant Professor, University of Delaware Physical Therapy Department

(December 2009-Present)

* Center Coordinator for Clinical Education (CCCE) (July 2008 to Present)

*University of Delaware Physical Therapy Department, Newark, DE*

* Senior Physical Therapist (July 2006-April 2008)

*Comprehensive Physical Therapy, Manchester, CT*

* Adjunct Faculty – Physical Therapy Transitional Doctorate Program (Summer/Fall 2006) *University of Massachusetts-Lowell, Lowell, MA.*
* Clinical Faculty – University of Connecticut Physical Therapy (Sept. 2004-June 2006)

*University of Connecticut, Storrs, CT.*

* Physical Therapist Consultant/Review Consultant/Medical Case Manager (June 2001-August 2004)

*CNA Insurance Company, Quincy, MA and Rocky Hill, CT.*

* Physical Therapy Aquatic Department Clinical Supervisor (June 2000-April 2001)

*Whittier Rehabilitation Hospital-Outpatient, Westborough, MA.*

* Level II Staff Therapist (Jan. 2000-June 2000)

*Whittier Rehabilitation Hospital-Outpatient, Westborough, MA.*

* Level II Staff Therapist/CCCE (Jan. 1999-Jan. 2000)

*Whittier Rehabilitation Hospital-Inpatient, Westborough, MA*

* Level I Staff Therapist (Jan. 1998-Jan. 1999)

*Whittier Rehabilitation Hospital-Inpatient, Westborough, MA*

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Teaching Experience:

* Course Instructor – Clinical Management in Physical Therapy (Spring 2009-2010)

*University of Delaware – DPT Program*

* Teaching Assistant – Musculoskeletal Evaluation (Summer 2009)
* Course Instructor – Clinical Reasoning in Physical Therapy (Summer and Fall 2006)

*University of Massachusetts-Lowell tDPT program*

* Lecturer – Principles of Neurological Physical Therapy (Fall 2005)

*University of Connecticut*

* Lecturer – Special Topics in PT (Spring 2005/2006)

*University of Connecticut*

* Lecturer – Orthopaedic Lecture – Basic Eval Techniques (Spring 2005/2006)

*University of Connecticut*

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Accepted Professional Presentations:

* Bell K A, Sions J M, Manal T, Flug J G*, “Reducing Chronic Shoulder Pain in a Throwing Athlete - The Role of the Thoracic Spine”.* APTA Annual Conference 2009.
* Bell KA, Manal T, Fass J*, “Neuromuscular electrical stimulation for quadriceps recovery after TKA without an isokinetic dynamometer”*. CSM 2010.

Community Committees/Presentations:

* *Physical Therapy As A Profession (Fall 08, 09),* HESC class, University of Delaware, DE
* *Wellness Program and Community Resources* (Fall 2007), Manchester, CT MS Support Group
* *Fall Prevention and Balance Safety for Seniors* (Spring 2006), Ashland, CT Senior Center
* Member, HealthCare Practitioner Resource Committee for the Elderly (2005-2006), Willimantic, CT
* *PT Informative Series for Insurance Case Managers* (monthly 2002-2003), CNA Insurance Company, Quincy, MA and Rocky Hill, CT

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Continuing Education:

* Evidence-Based Examination and Management of Neck Pain, March 2009.
* Geriatric Orthopedics, Treating the Spine, Pelvis, and Hip, 2007.
* Bottom Block – A Fresh Look at Controlling the Foot and Lower Kinetic

Chain, 2007.

* Muscle Energy Techniques for the Cervical Spine, July 2006.
* Geriatric Neurology, May 2006.
* Radiology for Physical Therapists, May 2006.
* McKenzie Treatment- A Functional Integration of treating the Spine, 2006
* An “Integrated” Approach to Evaluate and Treat the Lumbar Spine, 2005.
* CI Credentialing course offered by APTA (2005)
* The Mulligan Concept, Mobilizations with Movement, NAGS, SNAGs, 2004
* Bone Growth Stimulators, 2004
* Clinical Interpretation of Diagnostic Testing, 2004
* Medical Treatment of DeQuervain’s, 2003
* Chronic Pain Medical Management, 2003
* JAS splinting, 2003
* On-line Medical and Disability Management Course, 2003
* Attended 2-day seminar (15 CEUs) – The Work Injury Practice, 2002
* Arranged/Hosted CEU In-service: Physiometrics FCE, 2002
* Created/Presented In-service: CNA/RSKCo PT Program, 2002
* ATRI - Aquatic Therapy Symposium, 2000
* ATRI – Specialty Conference (pediatric aquatic therapy/Ai Chi), 2000
* Sitting Solutions Conference, 1999
* Wetter is Better: Aquatic Therapy Conference, 1998
* Annual Stroke Conference, 1998
* Treating the Hemiplegic Upper Extremity, 1998

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