Rebekah Griffith PT, DPT

Vision

Remain challenged as a leader in the physical therapy profession through maximizing knowledge, professional growth, clinical skill, and expanding practice by participating in innovative patient care, community & professional service, student development, and professional mentorship.

Education

- Fellow in Training 2021-
  Regis University Fellowship in Orthopaedic Manual Physical Therapy
- University of Colorado 2008
  Doctor of Physical Therapy
- University of Colorado 2005
  Bachelor of Arts – Kinesiology & Applied Physiology
  Graduated W*ith Distinction* & *Dean's List*
  Phi Beta Kappa

Certifications

- Therapeutic Dry Needling 2022
- HERT 2021
- ABPTS Neurologic Clinical Specialist 2013
- Master Spanish Clinician (UCHealth) 2013
- APTA Credentialed Clinical Instructor 2011
- BLS CPR Certification Current

Licensure

- Colorado Licensure #10057

Work Experience

- Tufts University School of Medicine 2023-
  Adjunct Faculty

- The ED DPT 2022-
  Founder
  Consulting & education services.

- Rebekah Griffith Physical Therapy, LLC 2013-
  Owner, Physical Therapist
  Provide care to patients with a variety of diagnoses in their homes, on a concierge service basis

- University of Colorado Hospital 2010-
  Physical Therapist Specialist
  Provide care to patients with a variety of diagnoses in an inpatient emergency, ICU,

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acute, acute rehabilitation, and outpatient variety setting
Clinical & administrative project development

- University of Colorado School of Medicine- Physical Therapy Program
  Appointed Clinical Instructor 2010-
  Serve as faculty assistant for Neuromuscular Conditions, Medical Conditions, and Capstone courses. Guest lecturer for Acute Care Elective

- Craig Hospital 2008-12
  Physical Therapist
  Provide care to patients with TBI & SCI in an acute rehabilitation setting

- Physiotherapy Associates 2008-11
  Physical Therapist
  Provide care to patients in an outpatient orthopedic setting

Project Development

- University of Colorado Health

  Supertrack ED PT Primary Provider Pilot 2021
  Embedded PTs as primary providers in the Supertrack zone of the Emergency Department.

  Staff Professional Development Project 2021
  Created planning tool, training, mentoring completed.

  Billing Efficacy Initiative 2020
  Created department education to ensure best billing practices.

  Spanish Speaking Clinician Initiative 2019-20
  Streamlined best practices for utilization of Master Spanish Clinicians.

  Emergency Physical Therapy Resident Elective 2019
  Creation of a Resident Physician Elective in physical therapy in the ED

  Emergency Department Physical Therapy Program 2016
  Developed and staffed a pilot program integrating PT into ED team

  Wellness with Baby 2016-18
  Created a quarterly seminar providing free wellness-based teaching for expectant mothers with an interdisciplinary team
  Ancillary speaking engagements in the community and to educate physicians within the hospital

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CU/UCH Clinical Collaboration Committee 2016-19
Program to pair clinical and academic expertise within the CU PT Program and UCH clinical faculty to create continuing education opportunities for staff and community

Mentoring Program 2016
Creation, rollout, management of program

Rehab Review Newsletter 2016-
Inpatient content coordinator & contributing writer

PT Day of Service 2017-
Annual coordinated service project serving the community of Aurora in conjunction with UCHealth Rehabilitation departments.

Lone Tree Health Center
Creation of a staff boot camp to improve morale and wellness. 2014
Streamlining and integration of standardized orientation process.

- APTA Colorado
  Development of Leadership Scholar Program 2021
  Creation of a leadership pipeline program to foster development of new professional leaders in Colorado.

  Founding Member of DEI Committee 2021
  Recruited Chairs and assisted with creation of DEI committee.

  House of Delegates Townhall 2021
  Creation of annual event to connect Delegates with members.

Professional Affiliations/Service

- Member, American Academy of Orthopaedic Manual Therapy (AAOMPT) 2021-
- Member, American Physical Therapy Association (APTA) 2005-
  - Section on Neurology
  - Section on Acute Care
    - Member of ED Focus Group (Board Member)
  - Colorado APTA President Elect 2023-24
  - Western States Caucus Chair 2021-22
  - Chief Delegate 2020-23
  - Colorado Delegate at Large 2014-15, 2017-20
  - Education Coordinator CAReSIG 2013-15
  - Secretary CAReSIG 2011-13

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Established an Acute/Rehab Care SIG in CO	2011
Chair, CO PT-PAC	2009-12
Co-Chair Fundraising Committee	2009
Governmental Affairs Officer, CO Student Special Interest Group	2007-08
Class APTA Representative	2007-08
• COPD Pathways Task Force	2017-18
• Emergency Department Falls Committee	2017-18
• Elementary Room Mom Extraordinaire	2016-20
• New graduate/intern mentor	2016-
• Clinical Preceptor, DAWN Clinic for the Uninsured	2014-20

Awards

• AAOMPT Innovation Award	2023
• APTA Colorado Centennial Scholar	2020
• APTA Colorado Bob Doctor Service Award	2020
• APTA National Emerging Leadership Award	2016
• Pauline Cerasoli Academic & Clinical Excellence Award	2008

Publications

Sommers S, Tolle H, Barbour A, Greig A, Hoppe J, Griffith R, Magdaleno M, Skaggs MD. Academic emergency medicine: Official Journal of the Society for Academic Emergency Medicine. 2023; 30(S1):159.

Griffith R. Top of Scope: The Emergency Department Physical Therapist Practice Handbook. Self-published. Amazon. 2023.

Peer Reviewed Professional Presentations

Griffith R, Esmonde H, Johnstone-Sipe K. Spin Doctors: Best Practice Dizziness Care in the ED. APTA CSM. Boston, MA. 2024.

Griffith R, Magdaleno M, Segraves R. Keep It Simple: Management of the Complex Patient in the ED. APTA CSM. Boston, MA 2024.

Griffith R. Professional Development Planning. Oncology Rehab Conference. Virtual. November 2023.

Cruser S, Griffith R. Slow the Burn: How Mindset, Creativity, and the Artistic Process Can Fight Burnout and Boost Resilience. Webinar, Academy of Home Health Physical Therapy. Virtual. November, 2023.

Feil FS, Griffith R. Beating Burnout Through Professional Development. TPTA Annual Conference. Austin, TX. October 2023.

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Sommers S, Tolle H, Skaggs M, Griffith R, Magdaleno M. Poster - The Impact of Emergency Department Based Physical Therapy for Patients with Musculoskeletal Complaints. APTA Colorado Annual Conference. Golden, CO. October 2023.

Griffith R, White, C. Hands-on in the Hospital: Manual Therapy in Acute Care. APTA Colorado Annual Conference. Golden, CO. October 2023.

Feil FS, Griffith R. Beating Burnout Through Professional Development. Webinar, Academy of Home Health Physical Therapy. Virtual. August, 2023.

Griffith R, Magdaleno, M. PTs as Primary Providers for Musculoskeletal Care in the ED. UCHealth Rehab Symposium, Aurora, CO. April 2023.

Griffith R, Magdaleno M, Wendel S. PT as Primary Providers for Musculoskeletal Care in the ED. EPT Conference, Novus Healthworks. December 2022.

Griffith R. The Most Difficult Person You'll Ever Lead. APTA Colorado Annual Conference. Breckinridge, CO. October 2022.

Griffith R, Brockway K. The ED is No Place for Older Adults. APTA Colorado Annual Conference. Breckinridge, CO. October 2022.

Griffith R, Magdaleno M, Wendel S. PT as Primary Providers for Musculoskeletal Care in the ED. PT Health Promotion Symposium. September 2022.

Griffith R, Milligan M, Peterson S. What if There was an ER Anywhere? How Digital PT Triage Could Revolutionize Healthcare. APTA Combined Sections Meeting. February 2022.

Kiernan J, Griffith R, Mitchell M, Hoppes C. Global Health Catalyst Talks: Leaders and Innovators on the Front Line! APTA Combined Sections Meeting. February 2022.

Griffith R, Mitchell, M. There is no such thing as a physical therapy emergency, but there should be physical therapy in emergencies. APTA Combined Sections Meeting. Virtual. February 2021.

Griffith R. Evaluation of Patients with Post-Concussive Syndrome in the ED. Emergency Physical Therapist Inaugural Conference. Denver, CO. October 2019.

Griffith R, Rademaker T. Differential Diagnosis of Low Back Pain in the Emergency Department (Poster). APTA Combined Sections Meeting. Washington D.C. January 2019.

Griffith R, Easter B, Gallagher M. Grand Rounds – Physical Therapy in the Emergency Department. University of Colorado Hospital. Aurora, CO. November 2018.

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Griffith R. Differential Diagnosis of LBP by a PT in the Emergency Department. Colorado APTA Annual Conference. Vail, CO. April 2018.

Griffith R. Differential Diagnosis of LBP by a PT in the Emergency Department. University of Colorado Health Annual Rehabilitation Symposium. Aurora, CO. April 2018.

Griffith R, Mehta M. Shefferman M. Creation of Wellness Programs for Pre-& Postpartum Mothers in the Community. University of Colorado Health Annual Rehabilitation Symposium. Aurora, CO. April 2017.

Griffith, R. Interdisciplinary Assessment of a Patient with Post-Concussive Syndrome in the ED. Colorado APTA Spring Symposium. Keystone, CO. April, 2016.

Griffith, R. Poster – Interdisciplinary Assessment of a Patient with Post-Concussive Syndrome in the ED. University of Colorado Health Annual Rehabilitation Symposium. Aurora, CO. 2016.

Non-Peer Reviewed Professional Presentations

Griffith R. You Work Where? ED PT for Students. APTA NYSSIG Lecture series invited speaker. April 2024.

Griffith R. You Work Where? ED PT for Students. SGA Lecture series invited speaker. June 2023.

Griffith R. ED PT Student Q & A. Texas Student Physical Therapy Association invited speaker. June 2023.

Griffith R. You Work Where? ED PT for Students. New England Student Conclave, Boston MA. April 2023.

Griffith R, Bost, J. Highlighted Keynote Speaker. Rising Together: How Mentorship Can Elevate Women in Physical Therapy. APTA Virginia. March 2023.

Griffith R. Invited Speaker, 2023 Graham Sessions. New Orleans, LA. January 2023.

Griffith R, Hoffman A, Rich A. Importance of Professional Development Planning. University of Colorado Hospital, Aurora, CO. June 2021.

Griffith R. Management of Concussion or Post-Concussion with Vestibular Considerations. Vestibular Interest Group. University of Colorado Hospital. Aurora, CO. March 2019.

Griffith R, Magdaleno M. Examination of Low Back Pain in the Emergency Department. Emergency Medicine Resident Orthopedic Track, University of Colorado School of Medicine. Aurora, CO: January 2018.

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Griffith R. The Role of Physical Therapy and Exercise in Pregnancy. Presentation to Maternal Fetal Medicine Fellows, University of Colorado School of Medicine. Aurora, CO. January 2018, March 2016.

Malone D, Griffith R. Guest Lecture Acute Care Elective – Emergency Department Physical Therapy. University of Colorado Physical Therapy Program. Aurora, CO. July 2016-2021.

MacDonald C, Griffith R. Guest Lecture Differential Diagnosis – Emergency Department Physical Therapy. Regis University Physical Therapy Program. Aurora, CO. July 2018-2021.

Griffith R. What you Need to Know About Neurologic Disorders in the ED. Presentation to nursing staff of University of Colorado Health Emergency Department. Aurora, CO. November 2017.

Griffith R. Differential Diagnosis of Non-Emergent Dizziness in the ED for the APP. Presentation to PA/NP staff of University of Colorado Health Emergency Department. Aurora, CO. October, 2017.

Flynn T, Griffith R. Testimony to Colorado State Legislature Opioid & Substance Abuse Committee regarding role of physical therapy. Denver, CO. August 2017.

Kriekels W, James D, Laker S, Uhlrich K, Griffith R, Peter R, Ott J, Kinney T, Greher M. Mild TBI/Concussion: Evidence-Based Examination and Treatment of Individuals across the Continuum of Care. Aurora, CO. May 2017.

Griffith, R. CAReSIG: Physical Therapy in the Emergency Department. Colorado Physical Therapy Association. Lone Tree, CO. May 2017.

Griffith R, Shefferman, M, Anderson J. Wellness While Expecting: A Quarterly Seminar for Expectant Mothers. University of Colorado Health Community Event. Aurora, CO: 2016-2018.

Media/Outreach

Griffith R. Acute Conversations. Academy of Acute Care. Pursuit of A Growth Mindset: PT in the ED. March, 2023.

Cantu E, Griffith R.The Onco PT Podcast. OncoPT & the Emergency Department - How They Actually Work Together. March, 2023.

O'Bright K, Griffith R. Redefine Health Education Podcast. Emergency PT with Dr. Rebekah Griffith. March 2023.

Griffith R. The Official Student PT Podcast. Episode 2 - Emergency Department PT. August 2022.

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Hammond A, Griffith R. Managing Acute Pain with Rebekah Griffith. Be A Better PT Podcast. July 2022.

Griffith R. Podcast Host, Admitted or Not. 2022.

Altamiranda A, Carruth M, Griffith R, Carruth M, Episode 17 - Life of an ED Physical Therapist. The Alex & Mo Podcast. June 2022.

Griffith R. Babenko B. Episode 86 - The ED DPT. Bo Knows Health Podcast. May 2022.

Griffith R, Wicks A. Episode 28: PT in the Emergency Department. APTA Michigan Waves Podcast. January, 2022.

Wojciechowski M. The PT in the Emergency Department: A Call to Crisis Care. APTA Magazine. July 1, 2021. (Featured contributor.)

Griffith R, Jogodka C, TenBarge L. Physical Therapy in Emergency Care: A Win-Win for Patients and Hospitals. APTA Podcasts. July, 2021.

Adderley KR, Griffith R, VanHoose L. COVID-19 Lessons. Village Voices Podcast, Ujima Institute. April, 2020.

Aguila B, Griffith R. PTs in the ED? Yes, Really! How Emergency Departments with Physical Therapist Services can Better Serve Communities. Life in Motion Podcast. August, 2020.

Griffith R, Thurlow K. Wellness While Expecting 9News Women's Health Month news segment. Denver, CO. May, 2017.

Griffith R. Women's Wellness Expo Featured Speaker. Wellness While Expecting. Aurora, CO. October 2016.

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