

**HEIDI M. MCDERMOTT**

Assistant Professor in Physical Therapy  
Department of Physical Therapy  
University of South Alabama  
HAHN 2021, 5721 USA Drive North  
Mobile, Alabama 36688  
281-989-9389  
251-445-9247  
heidikeefe@southalabama.edu

**EDUCATION**

Nova Southeastern University, Fort Lauderdale, Florida  
**Ph.D. candidate in Physical Therapy** **2015-2019**  
Dissertation: "Predicting professionalism: The relationship  
between non-cognitive student traits and student clinical performance"  
Committee Chair: Dr. Cheryl Hill

Texas Woman's University, Houston, Texas  
**Doctor of Physical Therapy** **2008-2011**  
Capstone Case Study: "A multimodal, aquatic-based approach to  
whiplash and whiplash-associated disorders"  
Advisor: Betty MacNeill, PT, DPT

University of Houston, Houston, Texas  
**Prerequisites for Physical Therapy** **2005-2007**

University of Nebraska at Kearney, Kearney, Nebraska  
**B.A. in Education** **1998-2003**  
K-12 Music Endorsement

**TEACHING EXPERIENCE**

University of South Alabama, Mobile, Alabama  
**Assistant Professor** **Aug 2018 - Present**  
Fall 2018 PT 600/601  
PT 634 (course master)  
PT 671 (course master)  
PT 674 (course master)

University of South Alabama, Mobile, Alabama  
**Adjunct Instructor** **Jan 2015 - July 2018**  
Spring 2015 PT 631 Lab assistant  
PT 632 Lab assistant  
Fall 2015 PT 600 Surface anatomy instructor  
PT 601 Surface anatomy instructor

	PT 633 Lab assistant, lecturer
	PT 634 Lab assistant, lecturer
	PT 674 Grading assistant
Spring 2016	PT 604 Lecturer
	PT 631 Lab assistant
	PT 632 Lab assistant, lecturer
	PT 672 Lecturer
Fall 2016	PT 600 Surface anatomy instructor
	PT 601 Surface anatomy instructor
	PT 633 Lab assistant, lecturer
	PT 674 Grading assistant
Spring 2017	PT 631 Lab assistant
	PT 632 Lab assistant
Summer 2017	PT 607 Lecturer
	PT 633 Lab assistant, lecturer
	PT 635 Lab assistant
Fall 2017	PT 600 Surface anatomy instructor
	PT 601 Surface anatomy instructor
Spring 2018	PT 604 Lecturer
	PT 631 Lecturer, lab assistant
	PT 632 Lecturer, lab assistant

#### PUBLICATIONS

McDermott H. Are media “mere vehicles”? *Distance Learning*. 2016; 13(3): 45-48

#### PEER-REVIEW MANUSCRIPTS IN PROGRESS

McDermott H. A methodological review of scapular dyskinesis assessment.

Manuscript submitted for publication. *International Journal of Therapy and Rehabilitation*.

#### PEER-REVIEW POSTER ABSTRACTS

McDermott H, McDermott R. Looking beyond the cognitive domain: A pilot study exploring student professional development. Poster presented October 2018. *APTA Education Leadership Conference 2018*.

McDermott H, McDermott R. Rates of depression and anxiety in physical therapy and occupational therapy students: A cross-profession comparison study. Poster presented October 2018. *APTA Education Leadership Conference 2018*.

#### INVITED PUBLICATIONS

Keefe H. House of delegates, Boston 2010. *TSPTA Reach!* 2010; Vol. 2009-2010(4)

Keefe H. Volunteering and service trips. *TSPTA Reach!* 2010; Vol.2009-2010(3)

Keefe H. Advocacy for physical therapy students. *TSPTA Reach!* 2010; Vol.2009-2010(2)

## RESEARCH PRESENTATIONS, INSERVICES, &amp; CONTINUING EDUCATION COURSES

*"Whiplash associated disorders: Research updates from JOSPT"*

**MAPTO CEU, University of South Alabama, Mobile, AL**

**January 2017**

Abstract: Research updates from JOSPT on mechanism of injury, morphology, and the recovery pathways associated with whiplash associated disorders. Information presented focused on updated knowledge from recent research indicating how the evidence points to new treatment and how different mechanisms of injury relate to informing treatment and prognosis decisions. A new prognosis-based clinical prediction rule is presented.

*"Vestibular rehabilitation: Assessment, treatment, and referral"*

**In-service presented to Henry Ford Health System – Novi Physical Therapy Staff, Novi, MI**

**2013**

Abstract: The presentation of material focused on addressing vestibular-related assessments and treatments for appropriate patients. Materials presented included anatomical review and assessment techniques to identify and distinguish physical therapy diagnoses of benign paroxysmal positional vertigo, Meniere's disease, acoustic neuroma, cervicogenic-related dizziness, and others. Treatment options and education on appropriate referrals outside of physical therapy were provided.

*"Using the PRECEDE-PROCEED model for program development for individuals with disabilities at an urban adaptive recreation center"*

**Poster presented at APHA 139<sup>th</sup> Annual Meeting and Exposition, Washington, DC**

**2011**

*"Critical appraisal topic: Diagnostic tests for low back pain"*

**Poster presented at TWU Research Day, Houston, TX**

**2010**

*"Shoulder pain and SCI: Treatment planning and HEP for manual wheelchair users"*

**In-service presented to TIRR Memorial Hermann Hospital Therapy Staff, Houston, TX**

**2010**

Abstract: This in-service for the therapy staff focused on identifying the prevalence and etiology of shoulder pain in the SCI population, as well as providing guidelines for educating patients on reducing shoulder pain. The staff was provided with exercises and stretching the techniques shown to help diminish shoulder pain for different levels of spinal cord injury and wheelchair use. The in-service also identified other technologies and adaptations available to assist with decreasing shoulder pain in the SCI population.

*"Physical therapy for mechanically ventilated, critically ill patients"*

**In-service presented to Memorial Hermann Southwest Hospital Therapy Staff, Houston, TX**

**2009**

Abstract: This presentation for the physical and occupational therapy staff aimed to inform and educate on new and updated research on treatment of mechanically-ventilated, critically ill patients. The objectives were to identify the process that lead to muscular weakness in ICU patients; understand the detrimental effects of bed rest and how physical therapy can be implemented to reverse those effects; and identify technological aids that can assist ICU patients in their recovery. The main focus was to present current evidence supporting early mobility and ambulation of critically ill patients.

#### SERVICE

University of South Alabama  
College Curriculum/Academic Programs Committee 2018-2019

#### PROFESSIONAL DEVELOPMENT PROGRAMS

University of South Alabama  
New Faculty Scholars Program 2018-2019

#### PROFESSIONAL DEVELOPMENT COURSES

Education Leadership Conference, American Physical Therapy Association  
October 12-14, 2018  
14 contact hours

Combined Sections Meeting, American Physical Therapy Association  
February 21-24, 2018  
19 contact hours

Education Leadership Conference, American Physical Therapy Association  
October 13-15, 2017  
17.5 contact hours

Combined Sections Meeting, American Physical Therapy Association  
February 16-18, 2017  
19 contact hours

Interprofessional Education: All Aboard, American Physical Therapy Association  
July 19, 2015  
8 contact hours

Professionalism Module 1: Introduction to Professionalism, American Physical Therapy Association  
July 17, 2015  
2 contact hours

Combined Sections Meeting, American Physical Therapy Association  
February 3-6, 2014  
19 contact hours

NAIOMT C-511 Lumbopelvic Spine I

September 5-6, 2014

8 contact hours

Jurisprudence Essentials for Alabama Physical Therapists

September 3, 2014

2 contact hours

Use of Functional Outcome Tools and Medicare Functional Limitation Reporting

March 2013

3 contact hours

An Introduction to Vestibular Rehabilitation

November 3-4, 2012

14.5 contact hours

NAIOMT, Level II 610: Intermediate Lower Quadrant

February 24-26 & March 23-25, 2012

42 contact hours

NAIOMT, Level II 600: Intermediate Upper Quadrant

September 10-11 & October 14-16, 2011

42 contact hours

Advanced Kinesio Taping (KT3)

September 9, 2011

8 contact hours

Fundamental and Advanced Kinesio Taping (KT1 & KT2)

July 16-17, 2011

16 contact hours

NAIOMT, Level I 500: Differential Diagnosis

June 3-5 & June 24-25, 2011

42 contact hours

RELATED WORK EXPERIENCE

*Infirmiry Industrial Rehab, Mobile, Alabama*

Outpatient Orthopedics, Workman's Compensation

Sep 2013 – July 2015

General, work hardening/conditioning, post-surgical, acute injury,  
work-related screening of job applicants

Manual therapy emphasis

*Henry Ford Health System – Novi, Novi, Michigan*

Outpatient Orthopedics

July 2012 – July 2013

General, sports medicine, post-surgical, balance and vestibular  
disorders

Manual therapy emphasis

*Mexico Sport and Spine, Mexico, Missouri*

Outpatient Orthopedics

July 2011 – July 2012

General, geriatric, workman's compensation, and post-surgical  
Manual therapy emphasis

**LEADERSHIP**

Secretary, Mobile Area Physical Therapy Organization	2016 – Present
PT Delegate, Texas Student Physical Therapy Association	2009 – 2010
President, UNK Music Educators National Conference Chapter 76	2001 – 2002
Treasurer, UNK Music Educators National Conference Chapter 76	2000 – 2001

**PROFESSIONAL ASSOCIATIONS**

American Physical Therapy Association	2008 – Present
APTA Orthopedic Section	2008 – Present
APTA Education Section	2016 – Present
APTA Research Section	2016 – Present
Alabama Physical Therapy Association	2013 – Present
Mobile Area Physical Therapy Organization	2016 – Present

**LICENSURE AND CERTIFICATIONS**

Licensed Physical Therapist, Alabama; PTH6953	2013 – Present
Board Certified Specialist in Orthopaedic Physical Therapy; 49282	2016 – Present
Licensed Physical Therapist, Michigan	2012 – 2014
Licensed Physical Therapist, Missouri	2011 – 2013
Licensed Physical Therapist, Texas	2011 – 2013
CPR Certification	2008 – Present