

HEIDI M. MCDERMOTT

Assistant Professor in Physical Therapy
Department of Physical Therapy
University of South Alabama
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EDUCATION

Nova Southeastern University, Fort Lauderdale, Florida
Ph.D. in Physical Therapy **2015-2022**
Dissertation: "Predicting PTCPI Scores: The Role of Student Personality"
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**

Summer 2022 PT 635 (course coordinator)
Spring 2022 PT 612
PT 622 (course coordinator)
PT 631 (course coordinator)
PT 675

Fall 2021 PT 600
PT 610 (course coordinator)
PT 611
PT 634
PT 674 (course coordinator)

Summer 2021 PT 635 (course coordinator)
Spring 2021 PT 612
PT 631 (course coordinator)

Fall 2020 PT 675
 PT 600
 PT 610 (course coordinator)
 PT 611
 PT 634 (course coordinator)
 PT 674 (course coordinator)
 Summer 2020 PT 635
 Spring 2020 PT 612
 PT 613
 PT 631 (course coordinator)
 PT 675
 Fall 2019 PT 600
 PT 611
 PT 634 (course coordinator)
 PT 671 (course coordinator)
 PT 674 (course coordinator)
 Summer 2019 PT 635
 Spring 2019 PT 604 (course coordinator)
 PT 612
 PT 613
 PT 631 (course coordinator)
 PT 632
 PT 675
 Fall 2018 PT 600/601
 PT 611
 PT 634 (course coordinator)
 PT 671 (course coordinator)
 PT 674 (course coordinator)

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

Spring 2017 PT 674 Grading assistant
 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 HM. Are media “mere vehicles”? *Distance Learning*. 2016; 13(3): 45-48

PEER-REVIEWED MANUSCRIPTS IN PROGRESS

McDermott HM. A methodological review of scapular dyskinesis assessment.
 Manuscript submitted for publication. *International Journal of Therapy and Rehabilitation*.

PEER-REVIEWED POSTER PRESENTATIONS

McDermott HM, McDermott RC. Looking beyond the cognitive domain: A pilot study exploring student professional development. Poster presented at: *APTA Educational Leadership Conference*; October 12-14, 2018; Jacksonville, FL.

McDermott HM, McDermott RC. Rates of depression and anxiety in physical therapy and occupational therapy students: A cross-profession comparison study. Poster presented at: *APTA Educational Leadership Conference*; October 12-14, 2018; Jacksonville, FL.

McDermott HM, McDermott RC. Exploratory factor analysis of the professionalism in physical therapy: Core Values Self-Assessment. Poster presented at: *APTA Educational Leadership Conference*; October 18-20, 2019; Bellevue, WA

McDermott HM, Atchison K, Forehand M, Garrett T, Molaison K, Newhouse T. Mindfulness-Based Practice: A study to examine the effects of an MBSR program on stress, anxiety, depression, mindfulness, and coping in DPT students. Poster presented at: *APTA Educational Leadership Conference*; October 22-24, 2021; Atlanta, GA

INVITED PUBLICATIONS

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

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

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

RESEARCH PRESENTATIONS, INSERVICES, & 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 139th 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 led 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
DPT Admissions Chair	2019-2022
Diversity, Equity, and Inclusion Committee, CAHP	2020-Present

PROFESSIONAL DEVELOPMENT PROGRAMS

University of South Alabama	
New Faculty Scholars Program	2018-2019

PROFESSIONAL DEVELOPMENT COURSES

Education Leadership Conference, American Physical Therapy Association
October 22-24, 2021, Atlanta, GA
14 contact hours

Recognizing Privilege and Bias Webinar
September 1, 2021, virtual
0.10 CEU

Education Leadership Conference, American Physical Therapy Association
October 15-17, 2020, virtual
14 contact hours

Resilience & Thriving: The Secret Power of Stress Webinar
July 16, 2020, virtual
0.20 CEU

Education Leadership Conference, American Physical Therapy Association
October 18-20, 2019, Bellevue, WA
14 contact hours

New Faculty Development Workshop, Academy of Physical Therapy, APTA
July 11-14, 2019, Chicago, IL

Education Leadership Conference, American Physical Therapy Association

October 12-14, 2018, Jacksonville, FL
14 contact hours

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

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

Combined Sections Meeting, American Physical Therapy Association
February 16-18, 2017, San Antonio, TX
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, Las Vegas, NV
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
Licensed Physical Therapist, Missouri
Licensed Physical Therapist, Texas
CPR Certification

2012 - 2014
2011 - 2013
2011 - 2013
2008 - Present