

Michael L. Puthoff, PT, PhD
Physical Therapy Department
563/333-6009
PuthoffMichaelL@sau.edu

Education: University of Iowa
Iowa City, IA
2002 - 2006
Physical Therapy and Rehabilitation Science
Doctor of Philosophy, May 12, 2006

Marquette University
Milwaukee, WI
Physical Therapy
Master of Physical Therapy, May 21, 2000

Marquette University
Milwaukee, WI
Psychology
Bachelor of Arts, May 17, 1998

Licensure Information / Registration Number:

State of Iowa / 03247
State of Illinois / 070.012424

Certifications: Certified Lymphedema Therapist, 2006 – Current
Advanced Cardiac Life Support Provider, 2005 – 2007
Basic Life Support for Healthcare Providers, 2000 – Current

Employment and Positions Held:

Academic: Assistant Professor
Tenure Track
Physical Therapy Department
St. Ambrose University
Davenport, IA
2006 - present

Instructor
Tenure Track
Physical Therapy Department
St. Ambrose University
Davenport, IA
2004 – 2006

Research Assistant
Non-Tenure Track
Cardiopulmonary Research Laboratory
Physical Therapy Graduate Program
University of Iowa
Iowa City, IA
2002 – 2004

Professional/Non-Academic:

Physical Therapist
Per Diem Status
Select Specialty Hospital
Davenport, IA
2007 – present

Physical Therapist
Per Diem Status
Outpatient Rehabilitation Department
Genesis Medical Center
Davenport, IA
2004 – present

Physical Therapist
Per Diem Status
Aegis Therapies – Kahl Home for the Aged and Infirm
Davenport, IA
2005 – 2007

Physical Therapist
Part Time Status
Bariatric Surgical Center
Genesis Medical Center
Davenport, IA
2002 – 2004

Physical Therapist
Full Time Status
Outpatient Rehabilitation Department and various nursing homes
Genesis Medical Center
Davenport, IA
2001 – 2002

Physical Therapist
Full Time Status
Alegent Health Bergan Mercy Medical Center
Omaha, NE
2000 – 2001

Peer Reviewed Publications:

Puthoff ML, Janz KF, Nielsen DH. The relationship between lower extremity strength and power to everyday walking behaviors in older adults with functional limitations. *Journal of Geriatric Physical Therapy*. 2008; 31(1): 24-31.

Puthoff ML. Outcome measures in cardiopulmonary physical therapy: short physical performance battery. *Cardiopulmonary Physical Therapy Journal*. 2008; 19(1):17-22.

Puthoff ML. Outcome measures in cardiopulmonary physical therapy: gait speed. *Cardiopulmonary Physical Therapy Journal*. 2007;18(4):16-20.

Puthoff ML, Nielsen DH. The relationships between impairments in lower extremity strength and power, functional limitations, and disability in older adults. *Physical Therapy*. 2007;87(10):1334-1347.

Puthoff ML, Darter BJ, Nielsen DH, Yack HJ. The effect of weighted vest walking on metabolic responses and vertical ground reaction forces. *Medicine & Science in Sports and Exercise*. 2006;38(4):746-752.

Darter BJ, Janz KF, Puthoff ML, Broffitt B, Nielsen DH. Reliability and accuracy of the AMP 331 for activity monitoring and energy expenditure prediction in young adults. *Journal of Physical Activity and Health*. 2006; 3:277-291

Published Abstracts of Peer Reviewed Publications:

Puthoff ML, Nielsen DH. The relationship between impairments in muscle performance, functional limitations and disability in older adults. *Journal of Geriatric Physical Therapy*. 2006; 29(3): 117.

Darter BJ, Puthoff ML, Buesch JC, Solomon EB, Tiemeyer ST, Ulmer MD, Weber BL, Nielsen DH. The effects of wearing a weighted vest on oxygen consumption and relative exercise intensity during multi-speed treadmill walking. *Cardiopulmonary Physical Therapy* 2004; 15(4):33.

Puthoff ML, Darter BJ, Buesch JC, Solomon EB, Tiemeyer ST, Ulmer MD, Weber BL, Nielsen DH. Changes in vertical ground reaction forces during walking while wearing a weighted vest. *Journal of Geriatric Physical Therapy* 2004; 27(3):118.

Eppen KE, Puthoff ML, Darter BJ, Nielsen DH. Intra-test reliability and comparison of treadmill and over ground six-minute walk tests in patients with COPD. *Cardiopulmonary Physical Therapy* 2004; 15(4):33. .

Puthoff ML, Darter BJ, Fern B, Mongar R, Niggemeyer E, Peters S, Willer J, Nielsen D. Intra-test reliability and comparison of treadmill and over ground six-minute walk tests. *Cardiopulmonary Physical Therapy* 2003; 14(4):23.

Peer Reviewed Scientific and Professional Presentations:

Research Presentations

Medema-Johnson H, Puthoff ML. Motivational interviewing, used in addition to an individualized, supervised fitness program enhances perceived competence. American College of Sports Medicine Annual Conference, Indianapolis, IN, 2008 (Poster Presentation)

Puthoff ML, Nielsen DH. The relationship between impairments in muscle performance, functional limitations and disability in older adults. APTA Combined Sections Meeting, Boston, MA, 2007. (Platform Presentation)

Darter BJ, Puthoff ML, Yack HJ, Nielsen DH. Inter-variable relationships between laboratory and clinical measures of gait performance, and clinical measures of functional ability in persons with a transfemoral amputation. APTA Annual Conference, Orlando, FL, 2006. (Poster Presentation).

Puthoff ML, Darter BJ, Janz KF, Broffitt B, Nielsen DH. Reliability and accuracy of the AMP 331 for activity monitoring and energy expenditure prediction in young adults. ACSM Walking for Health Conference, Urbana-Champaign, IL, 2005. (Poster Presentation)

Puthoff ML, Janz KF, Nielsen DH, Myers AM. The relationship of lower extremity muscle performance to the intensity and volume of walking in older adults. ACSM Walking for Health Conference, Urbana-Champaign, IL, 2005. (Poster Presentation)

Puthoff ML, Darter BJ, Buesch JC, Solomon EB, Tiemeyer ST, Ulmer MD, Weber BL, Nielsen DH. Changes in vertical ground reaction forces during walking while wearing a weighted vest. APTA Combined Sections Meeting, New Orleans, LA, 2005. (Poster Presentation)

Darter BJ, Puthoff ML, Buesch JC, Solomon EB, Tiemeyer ST, Ulmer MD, Weber BL, Nielsen DH. The effects of wearing a weighted vest on oxygen consumption and relative exercise intensity during multi-speed treadmill walking. APTA Combined Sections Meeting, New Orleans, LA, 2005. (Poster Presentation)

Eppen K, Puthoff ML, Darter BJ, Nielsen DH. Intra-test reliability and comparison of treadmill and over ground six-minute walk tests in patients with COPD. APTA Combined Sections Meeting, New Orleans, LA, 2005. (Poster Presentation)

Puthoff ML, Fern BJ, Mongar RB, Niggemeyer ET, Peters SM, Willer JW, Darter BJ, Nielsen K, Nielsen DH. Intra-test reliability and comparison of treadmill and over ground six-minute walk tests. APTA Combined Sections Meeting, Nashville, TN, 2004. (Poster Presentation)

Professional Presentations

Puthoff ML. Physical Therapy Management of Nutritional Deficits in the Older Adult. APTA Combined Sections Meeting, Las Vegas, NV, 2009

Non-Peer Reviewed Presentations:

Training for Muscle Strength and Power in Older Adults, Genesis Medical Center, Davenport, IA, 2007

Quick, But Meaningful, Functional Assessment Tools for Older Adults, Genesis Medical Center, Davenport, IA, 2007

Functional Testing in Older Adults, Iowa Physical Therapy Association, Fall Conference, Cedar Rapids, IA, 2007.

An Update on the Physical Therapy Management of Patients with Cardiovascular and Pulmonary Diseases, Iowa Physical Therapy Association, Spring Conference, Ames, IA, 2007

Cardiovascular and Pulmonary Examination for Physical Therapists, Iowa Physical Therapy Association, Spring Conference, Ames, IA, 2007

Functional Testing and Training in Older Adults, Physical Therapy Department Alumni Reunion, St. Ambrose University, Davenport, IA, 2006

Exercise and Physical Activity for Individuals with Dementia, Iowa Alzheimer's Conference, Davenport, IA. 2006

Effects of Age Associated Declines in Muscle Strength and Power on Function, Governor's Conference on Aging, Des Moines, IA, 2004

Preventing Declines in Muscle Performance and Functional Abilities in Older Adults, Iowa Physical Therapy Association Southeast District Meeting, Davenport, IA, 2004

Obesity, Bariatric Surgery and the Role of the Physical Therapist, St Ambrose University, Davenport, IA, 2004

Physical Activity and the Bariatric Patient, Genesis Medical Center, Bariatric Surgery Center, Davenport, IA, 2003

Funded / In Review Grant Activity:

Puthoff ML. Creation of Animated Exercises for Older Adults, St. Ambrose University, Faculty Development Committee, \$1,200.00, 2007-2008.

Puthoff ML. The Relationship of Physical Activity to Function and Disability in Older Adults St. Ambrose University, Faculty Development Committee, \$1200.00, 2006 – 2007.

Other Scholarly Products:

At Home Study Course:

Puthoff ML. Bariatrics geriatrics: Physical Therapy management of older adults who are obese. *Topics in Geriatrics*. American Physical Therapy Association Section on Geriatrics. 2007. Volume 3.

Membership in Scientific / Professional Organizations:

- American Physical Therapy Association
- Section on Geriatrics, American Physical Therapy Association
- Cardiovascular and Pulmonary Section, American Physical Therapy Association
- Iowa Physical Therapy Association
- American Association of Cardiovascular and Pulmonary Rehabilitation

Consultative and Advisory Positions Held:

Member of Steering Committee
Chair of Publications and Communications Subcommittee
Physical Activity and Aging Conference, Section on Geriatrics
2008 – present

Manuscript Reviewer
Archives of Physical Medicine and Rehabilitation
2006 – present

Manuscript Reviewer
Cardiopulmonary Physical Therapy Journal
2005 – present

Board of Directors
Iowa Physical Therapy Association
2005 – 2007

Member, Education Committee
Iowa Physical Therapy Association
2004 – present

Research Committee Chairperson
Iowa Physical Therapy Association
2002 – 2005

Community Service:

- Deerbrook Home Owners Association Board of Directors, 2007 – present
- Generations on Aging, delivery of meals during holiday season, 2004 - present
- Routine Blood Donor, 2000 – present

Services to the University/College/School on Committees/Councils/Commissions:

- Faculty Development New Faculty Mentoring Program, 2008 – present
- Board of Studies, 2008 – present
- Physical Therapy Department Admissions and Retention Committee, Chair, 2007 – present
- College of Business, Master of Business Administration Admissions Committee, 2007 – present
- Alcohol Task Force, 2007 – 2008
- Advisory Board for the Center on Teaching Excellence, 2006 – 07
- Physical Therapy Department Admissions and Retention Committee, Member, 2004 – 07
- Advising of pre-professional students, entry level physical therapy students, and transition students, 2004 – current

Honors and Awards:

- St. Ambrose University Graduate Professor of the Year, 2008
- Emerging Leader Award, American Physical Therapy Association, 2007
- Clinical Research Award, Iowa Physical Therapy Association, 2007
- Adopt-A-Doc Award, American Physical Therapy Association, Section on Geriatrics, 2005
- Adopt-A-Doc Award, American Physical Therapy Association, Section on Geriatrics, 2006

Continuing Education Attended:

- American Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference, 9/18/08-9/21/08
- Symposium on PT Topics, APTA Fall Meeting, 10/20/07 – 2 hours
- If you can't breathe, you can't function, Children's Hospital, Cincinnati, OH, 9/7-9/07 – 16 hours
- Rehabilitation for the Frail Elderly, Genesis Medical Center, Davenport, IA 7/21-22/07 – 20 hours
- American Physical Therapy Association, Combined Sections Meeting, 2/14-18/07 – 6 hours
- Symposium on Physical Therapy Topics, IPTA Fall Conference, Ames, IA, 10/28/06 – 6 hours
- High Intensity Strength Training for Older Adults, HCR Manor Care, 6/20/06 – 1 hour
- Lymphedema Management, Davenport, IA, 3/06 – 20 hours
- American College of Sports Medicine Walking Conference, 10/13-15/05
- Exercise Physiology and Weight Management Strategies, Cross Country University, Davenport, IA, 8/16/05 – 6 hours
- Horizons in Cardiovascular Care, Trinity Medical Center, Moline, IL, 6/9/05 – 7 hours
- Advanced Cardiac Life Support Provider, Genesis Medical Center, 3/10-17/05 – 15.6 hours

- American Physical Therapy Association, Combined Sections Meeting, February 27 – 28, 2005 – 26.5 hours
- Bariatrics: Transfers & Mobility of the Obese Patient, IPTA Fall Conference, Ames, IA, 10/29-30/04 – 9.5 hours
- Writing Case Reports, IPTA Spring Conference, Ames, IA, 4/23/04 – 6 hours
- American Physical Therapy Association, Combined Sections Meeting, Nashville, TN, 2/4-8/04 – 27.5 hours
- Early intervention and Prevention of Diabetes, SE IPTA District, Genesis Medical Center, 9/11/03 – 1 hour
- Differential Diagnosis in Physical Therapy, Southeast District of Iowa Physical Therapy Association (SE IPTA), 9/12/02 – 1 hour

Current Teaching Responsibilities in the Entry-level Physical Therapy Program:

(In sequence by semester from 2002 to present)

- DPT 640 – Cardiopulmonary Therapeutics
- DPT 560 – Physical Therapy Procedures I
- DPT 760 – Physical Therapy Procedures II – Geriatrics Module
- DPT 635 – Clinical Exercise Physiology
- DPT 700 – Issues in Research II – Advising role for student projects
- Other guest and supporting roles