

CURRICULUM VITAE

Name: Staffan Elgelid

Address: 14 Elm Street

Telephone: (870)219-2010

Name of Educational Program and Institution: Nazareth College

Education:

2000-2003 Ph.D. in Physical Therapy.
University of Central Arkansas
Conway, AR
Dissertation: Differences in Palpation Skills Between Pre-Physical
Therapy, 1st Year, 2nd Year and 3rd Year DPT Students

1998-2000 Advanced Master's degree in Physical Therapy
University of Central Arkansas
Conway, Arkansas
Thesis: Feldenkrais and Body Image

1999 Certificate in Massage Therapy
Hot Springs School of Massage Technology
Little Rock, Arkansas

1992-1997 Four Year Professional Feldenkrais training program
River Falls, Wisconsin
Movement Studies Institute

1981-1985 B.S. in Physical Therapy
University of Central Arkansas
Conway, Arkansas

Licensure Information/Registration Number:

New York State 6256006

Employment and Positions Held:

Aug 2008- Present Associate Professor in Health Sciences and Physical Therapy
Nazareth College
Rochester, NY

Jan 2006-May 2008 Assistant Professor in Physical Therapy
Arkansas State University
Jonesboro, AR 72467

Feb 2006-Jan 2007 Teacher. Touching America. School of Massage
Jonesboro and Little Rock AR

Aug 2004- Dec 2005 Associate professor of Health Sciences and Physical Therapy
Nazareth College
Rochester, NY

Aug 2001-May 2004 Assistant Professor Physical Therapy Dept at Clarke College.
Dubuque, Iowa

Aug 1999-Dec 2001 Owner of Integrability. A creative institute for learning, performance
and well-being
Conway, Arkansas

Feb 1999-Jul 2001 Teacher and massage therapist. Hot Springs school of Massage
Little Rock, Arkansas

- Jan 1998-July 2001 Part-time faculty in the Physical Therapy program at the University of Central Arkansas
Conway, Arkansas
- Aug 1988-Nov 1997 Physical Therapist and owner of Intermountain Sports Medicine
Spokane, Washington
- Jan 1990-July 1997 Contract therapist for Traveling Medical Professionals
- Jun 1988-Aug 1988 Physical Therapist at Bellvue Sports Medicine
Bellvue, Washington
- Sep 1987-May 1987 Physical Therapist at Valley Sports Medicine
Spokane, Washington
- Jan 1986-Jun 1986 Physical Therapist at Valley Sports Medicine
Spokane, Washington

Peer Reviewed Publications:

Dvorsky B, Elgelid S, Chau C. *Effectiveness of Utilizing a Combination of Cues as a Gait Training Strategy in a patient with Parkinson's Disease* Journal of Physical and Occupational Therapy in Geriatrics. Early Online. 2011 1-7

Elgelid S. *Yoga, Public Health and The Problem of Getting Noticed.* International Journal of Yoga Therapy (In press)

Vore M, Elgelid S. *The Impact of a 10 Week Wellness Program on Lifestyles of Individuals with Multiple Sclerosis* International of MS Care. 2011;121-126

Elgelid S. *Yoga Therapy in Rehabilitation: How Might the Professions Work Side by Side in the Rehabilitation Setting?* International Journal of Yoga Therapy. 2008, 18, 13-14

Elgelid S. *Chosing the Path of Slightly More Resistance*
Editorial in The International Feldenkrais Federation on-line Research Journal.
Volume 3, 2007

Kepner J, Storhmeyer V, and Elgelid S. *Wide Dimensions to Yoga Therapy: Comparative Approaches from Viniyoga, Phoenix Rising Yoga Therapy, and the Feldenkrais Method.* International Journal of Yoga Therapy. 2002, 12. 25-38

Elgelid S. *Breathing in Acute Care.* Journal of the Acute Care Section of the American Physical Therapy Association. Spring 2002

Elgelid S. *Insurance Reimbursement: What It Might Mean for the Profession of Yoga.* International Journal of Yoga Therapy. 2001, 11. 99-103

Peer Reviewed Scientific and Professional Presentations:

Moderator of Musculoskeletal track.
Symposium on Yoga Therapy and Training
Annual meeting of the International Association of Yoga Therapists
Pacific Gove, CA

A Modification of Sackett's Model for Evidence Based Medicine based on the Acuteness of the Patient's Condition

Poster presentation the World Physical Therapy Congress
Amsterdam, Holland June 20-23

Moderator of section of conference
Annual meeting of The Association for Prevention, Teaching and Research
Washington DC

The Impact of a 10 Week Wellness Program on Lifestyles of Individuals with Multiple
Sclerosis

Mary Ellen Vore and Staffan Elgelid

Poster

Combined Sections Meeting of the American Physical Therapy Association
New Orleans, LA, February 9-12

Uni-Compartmental knee replacement: Restoring function in home

Staffan Elgelid and Erica Ziegler

Poster

Combined Sections Meeting of the American Physical Therapy Association
New Orleans, LA, February 9-12

Healthy Food Cheap

Kyle Baxter and Staffan Elgelid

Poster. Prevention and Health: Seizing the Moment

Annual Meeting of Association for Prevention Teaching and Research.

Washington DC, March 2010

The Clean Water project: Drink it. Give it.

Sara Lynch and Staffan Elgelid

Poster, Prevention and Health: Seizing the Moment.

Annual Meeting of Association for Prevention Teaching and Research

Washington DC, March 2010

Health and Wellness, A Dilemma for Corporations and Universities. How to teach it?

How to implement it? A unique collaboration project in Rochester NY

Presentation, International Conference on Education, Research and innovation

Madrid, Spain Nov 2009

Also as poster in Washington DC at Annual Meeting of Association for Preventing
Teaching and Research

3-Day seminar on Alternative Medicine

Moderator and presenter, Annual meeting of American Physical Therapy Association

Baltimore MD, June 2009

The Healthy Ager Project, It's a Trifecta: Teaching Healthy Aging, Interdisciplinary Skills
and Community Involvement

Presentation, Combined Sections Meeting

Las Vegas, NV Feb 2009

A Modification of Sackett's Model for Evidence Based Medicine based on the Acuteness
of the Patient's Condition

Poster presentation World Congress of Low Back and Pelvic pain

Barcelona, Spain Nov 2007

Obesity and Cardiopulmonary Risk Factors.
Presentation. Combined Sections Meeting.
Boston, MA February 2007

Changes in Somatic Intelligence and Learning Style During a 4-Year Feldenkrais
Professional Training Program
Poster Presentation at the 2006 Annual Meeting of the Feldenkrais Guild of North
America
Rhinebeck, NY October 2006

The IFF Competency Project
Presentation at the 2006 Annual Meeting of the Feldenkrais Guild of North America
Rhinebeck NY. October 2006

Healthy Agers
Presentation at the Annual Meeting of the Schools of Allied health Professions
Association
Chicago, IL October 2006

Visualization and Guided Imagery
Presentation at the Fall Meeting of the Arizona Physical Therapy Association
Phoenix, AZ October 2006

Core Strengthening
Presentation at the Annual meeting of the Arkansas Athletic Trainer Association
Magnolia, AR April 2006

Encouragement, Creativity and Fear of the Unknown!,
Presentation at the International Sun Conference on Teaching and Learning
El Paso, TX March 2006

User Centered IT - Based Cognitive Support For Prolonged Independent Living,
Presentation at the International Conference on Aging, Disability and Independence
St Petersburg, FL Feb 2006

A new model for Evidence Based Medicine
Poster presentation. Annual Feldenkrais Conference
Purdue University. August 2005

Mentoring in a Health and Wellness Practicum in a Physical Therapy Curriculum.
Poster presentation. Combined Sections Meeting. New Orleans, LA Feb 2005

Feldenkrais and Body Image
Poster Presentation, Movement and the Development of Self. Seattle, WA Aug 2004

Differences in palpation skills between pre-physical therapy, 1st year, 2nd year and 3rd
year DPT students.
Platform presentation. APTA Annual meeting. Chicago, IL June 2004

The piriformis muscle. Function and rehabilitation based on muscle spindle density
Poster presentation. Combined Sections Meeting of APTA. Nashville, TN Feb 2004

Non-Peer Reviewed Publications:

Book Review: *Getting to Know The Life Stories of Older Adults; Activities for Building Relationships* Kathy Laenhue MA
Health Professions Press. Baltimore, Maryland
Physical And Occupational Therapy in Geriatrics (in Press)

Book Review: *Imaging in Rehabilitation*. Terry R Malone, EdD, PT, ATC, FAPTA
Charles Hazle, PT, MS. Michael L. Grey, MS, RT (R) (MR) (CT)
Health Professions Press. Baltimore, Maryland
Physical And Occupational Therapy in Geriatrics (in Press)

Book Review: Gordon Browne. *A Manual Therapist's Guide to Movement*
IFF on-line research Journal. Volume 3. June 2007

Musculoskeletal Interventions: Techniques for Therapeutic Exercise
Michael L. Voight, DHSc, , Barbara J Hoogenboom, EdD, William E Prentice,
Physical and Occupational Therapy in Geriatrics April 2007

Book Review: *Alzheimer's: A Message of Hope*. Dr Abraham Isaac Anbar
2006. Arbor Books. Ramsey NJ
Physical And Occupational Therapy in Geriatrics

Preface to "Art Therapy as witness: A Sacred Guide" By Ellen Horovitz. 2005
Charles C Thomas Publisher

Non-Peer Reviewed Presentations:

The Nervous System that Runs On And On.
Presentation at Got Balance Workshop at Nazareth College
March 2011

Complimentary and Alternative Medicine: Is IT Specific Modalities, An Approach, a
Philosophy or What, and What Can the Rest of Us learn From CAM
Presentation at the Central District of the Arkansas Physical Therapy Association. Little
Rock, AR September 2006

Feldenkrais in Physical Therapy.
Finger Lakes District of the New York Physical Therapy Association.
Rochester, NY April 2005

How to safely develop the potential of the string performer.
Arkansas String Teacher's Association Annual Meeting. Hot Springs, AR Feb 2005

Awareness and prevention of Repetitive Strain Injuries for sign language interpreters.
Arkansas Sign Language Interpreters bi-annual conference.
Little Rock, AR. Summer 2001

Feldenkrais and awareness. A seminar for 4th year medical students.

University of Arkansas Medical School. Little Rock, AR. Spring 2001

Funded/In Review Grant Activity:

2007-\$5000 Developmental grant from Arkansas State University to work on a modification of EBP. Presentation in Barcelona at the World Congress of Low Back and Pelvic Pain. Nov 2007. Paper for publication to follow

2006 \$5000. Development grant from Arkansas State University to develop course proposal for DPT program. DPT program proposal approved by the Arkansas Department of Higher Education.

2006 450\$/year for 4 years. Haygroup. Use of the Kolb Learning Style Inventory Project to study changes in Awareness in students undergoing a 4-year Feldenkrais Professional Training Program. Project folded after 2 years secondary to decreased responsiveness from the educational directors of the 2 training programs studied.

2004. \$20,000 from Bob Schluyter for research. The money was used to buy a Gaitrite to be used for research at Clarke College

Other Scholarly Products:

The Complete Guide to Foam Roller Exercises for Improved Performance. 2004 Championship video. Ames, IA

Research Activity:

- Primary- Healty Aging and how to introduce healthy aging to PT students
No funding
- Primary- Students creating part of their own course work. A collaborative group Project. No funding
- Primary- A new model for Evidence Based Medicine. No funding
- Secondary- What is the impact of a 10 week exercise program on lifestyle or other characteristics of people with Multiple Sclerosis? No funding
- Secondary- Fitness levels of students going through a Physical Therapy DPT program. A longitudinal study

Continuing Education Workshops Conducted/Organized:

- Sep 2011 Smart Core Training. New Perspectives
4 hour workshop for Physical Therapists
Arkansas State University
Jonesboro Arkansas.
- April 2007 Core Strengthening
1-day workshop for Athletic Trainers and Physical Therapists
Arkansas State University
Jonesboro, AR
- Sep 2007 Gait From a Feldenkrais Perspective: From World Class Athletes to Patients With Neurological Impairment, It Is About Improving Performance
1-day workshop at the fall meeting of the Arkansas Chapter of the APTA
Conway, AR Sep 2007
- Sep 2007 An Introduction to the Pilates Method for Rehabilitation(organized)

- 2 –day workshop with Brent Anderson of Polestar Pilates
Jonesboro AR
- May 2006 Advanced Anatomy of the spine.
2-Day workshop fro Massage Therapists
Little Rock, AR
- June 2005 Advanced anatomy and treatment of the upper extremities and cervical spine.
2-day workshop for massage therapists
Little Rock, AR
- February 2005 A Dynamic Systems Gathering of Health professionals.
2-day workshop on alternative health approaches
Phoenix, AZ
- Spring 2003 Assistant to Aaron Mattes.
Active Isolated Stretching
3-day seminar on stretching
Dubuque, Iowa
- Fall 2002 An introduction to the Feldenkrais Method
2-day seminar for PTs and OTs\
All saints health care
Racine, Wisconsin
- Summer 2002 Advanced soft tissue evaluation and treatment
3 day seminar for Physical Therapists
University of Central Arkansas
- Summer 2002 An introduction to the Feldenkrais Method.
2-day seminar for Physical therapists
Clarke College Physical Therapy Dept.
Dubuque, Iowa
- Spring 2002 Advanced anatomy of the upper extremity and cervical spine
2-day seminar for Massage Therapists
Little Rock, AR
- Fall 2001 Creative Awareness Through Movement
1-day workshop on creativity for artists
Arkansas Art Links.
Little Rock, AR
- Summer 2001 Advanced anatomy of the lower extremities and lumbar spine
1-day workshop for massage therapists
Little Rock, AR
- Spring 2000 Physiology for yoga, Tai Chi and dance. Ongoing series of 4 hour seminars focusing on different areas of the body.
Little Rock, AR
- Dec. 1999 An introduction to Feldenkrais. A 2 day seminar for Physical Therapists.
Conway, AR
- Fall 1998 Movement anatomy for yoga teachers and dancers. Ongoing series of 3 hour seminars focusing on different areas of the body.

Membership in Scientific/Professional Organizations:

- 2000- American Physical Therapy Association
2007-2008 Member of Program Committee Arkansas Chapter of APTA
1992- Feldenkrais Guild of North America
2007-10 Member of Board of Directors. Feldenkrais Guild of North America

2005-08 North American Representative in the International Feldenkrais Federation
2004- International Association of Yoga Therapists
2004- Advisory Board member to the International Yoga Therapist Association.
1997-2006 Institute of Noetic Sciences.
2010- APTR

Consultative and Advisory Positions Held:

2005- Manuscript Reviewer for The International Yoga Therapist Association Journal
2006- 2009 Editor for the International Feldenkrais Federation Research Journal
2006- Manuscript Reviewer for Physical And Occupational Therapy in Geriatrics

Community Service:

Community Advisory Board member of WXXI 2011-
Board member Hills and Dales home for developmentally delayed children. 2003-2004
Service Committee member Hills and Dales. 2003-2004
Reviewer for the 2011 Paul Ambrose Scholarship (APTR)
Reviewer of abstracts for the SYTAR Yoga 2011 Conference
On the Planning Committee for the 2011 Annual Conference for the Association for Prevention Teaching and Research (APTR)

Services to the University/College/School on

Committees/Councils/Commissions:

Department

2010- Faculty Athletic Representative. Nazareth College
2009- Co-chair Health and Wellness Initiative Nazareth College
2008- Graduate Admissions Committee
2008- Faculty search committee
2008- Academic liaison to the Nazareth Men's Soccer Team
2008-10 Well at Work Wellness Program
2010- Co-Chair of Wellness Initiative at Nazareth College
2010- Faculty Athletic Representative
2010- Athletic Advisory Board
2011 Member of search committee for track coach.
2011 Member of search committee for ice-hockey coach

Honors and Awards:

Outstanding Scholar 2008
College of Nursing and Health Professions
Arkansas State University

Physical Therapy faculty of the Year 2007, 2008
Arkansas State University

Continuing Education Attended:

Sep 2011 Symposium on Yoga Therapy and Training
Annual meeting of the International Association of Yoga Therapists
Pacific Gove, CA
June 2011 World Physical Therapy Congress

Amsterdam, Holland
 March 2011 Annual meeting of The Association for Prevention, Teaching and Research
 Washington DC
 February 2011 APTA Combined Sections Meeting
 New Orleans, LA
 March 2010 Annual meeting of The Association for Prevention, Teaching and Research
 Washington DC
 November 2009 International Conference on Education, Research and Innovation
 Madrid Spain
 June 2009 Annual Meeting of the APTA
 Baltimore, MD
 February 2009 APTA Combined Sections Meeting
 Las Vegas NV
 February 2008 APTA Combined Sections Meeting
 Nashville TN
 Nov7-10 2007 World Congress of Low Back and Pelvic pain
 Barcelona, Spain Nov 2007

 Feb 15-18 2007 APTA Combined Sections Meeting
 Boston, MA
 Oct 23-28 2006 Annual Meeting of the Feldenkrais Guild of North America
 Rhinebeck, NY October 2006
 Oct 14-18 2006 Annual Meeting of the Schools of Allied Health Professions
 Association
 Chicago, IL
 March 2-4 2006 The International Sun Conference on Teaching and Learning
 El Paso, TX
 Feb 2-5 2006 International Conference on Aging, Disability and Independence
 St Petersburg, FL Feb 2006
 Feb 12-13 2005 APTA Combined Sections Meeting
 New Orleans, LA
 August 19-21 2004 Movement and Development of Self. A Research Symposium
 North American Feldenkrais Guild
 Seattle, WA
 July 1-4 2004 APTA Annual meeting
 Chicago, IL
 June 6-21 2004 Feldenkrais and the Breath. Advanced Feldenkrais Training
 Yvan Joly
 Montreal, Quebec
 February 4-8 2004 APTA Combined Sections Meeting
 Nashville, TN
 December 19-22 2002 Feldenkrais and Science
 Paris, France
 November 1-2 2002 Training and Credentialing of Clinical Instructors Course
 Iowa Clinical Education Consortium
 Dubuque, IA
 October 17-19 2002 The Sounder Sleep System
 Michael Krugman
 Evanston, IL

Current Teaching Responsibilities in the Entry-Level Program (in sequence, by quarter or semester):

PTR 523 Soft Tissue Techniques (Fall semester)

PTR 627 Muskuloskeletal 1 (PBL) (Fall semester)

PTR 615 Health Promotion and Wellness (Fall semester)

PTR 515 Evidence Based Practice (MS Exercise group) (Spring semester)

PTR 629 Muskuloskeletal II (Lab) (Spring semester)

PTR 721 Professional Issues III (Spring semester)

PTR 728 Advanced PT Elective (Spring semester)