

## CURRICULUM VITAE

### BIOGRAPHICAL

**Name:** Helena Maria Pingree

**Citizenship:** United States

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### EDUCATION & TRAINING

#### UNDERGRADUATE:

Duquesne University  
Pittsburgh, PA  
Cum Laude Honors

Bachelor of Health Sciences, 1992-1996  
Minors in Biology & Psychology

#### GRADUATE:

Duquesne University  
Pittsburgh, PA  
Cum Laude Honors

Master of Physical Therapy, 1996-1997

Chatham University  
Pittsburgh, PA

Doctor of Physical Therapy, 2012

### APPOINTMENTS & POSITIONS

#### Academic:

**2023- Present**

**Duquesne University, Rangos School of Health Sciences**

**Physical Therapy**

**Full-Time Assistant Professor**

**PHYT 603: NEUROSCIENCE HLTS 603-01 FA23**

**Primary Instructor**

Responsible for developing & teaching Neuroscience Course: includes teaching in neuroanatomy, neurophysiology and pathophysiology of Central and Peripheral Nervous Systems; Motor control & Motor learning, both general and specific to Neurologic patients; Neuroplasticity; Clinical application of the Neurologic and Vestibular examination; Diagnosis, Prognosis, Neurologic and Vestibular treatment interventions; patient and caregiver education, goal setting, establishing appropriate plan of care, in order to properly care for the "whole" Neurologic patient; including the individual's physical, mental, and emotional well-being important to their overall rehabilitation.

Knowledge Translation and Application of Clinical Practice Guidelines, Current Evidence-Based Practice, and Core Neurologic and Vestibular Outcomes Measures.

**2023-Present**

**Duquesne University, Rangos School of Health Sciences**

**Physical Therapy**

**Full-Time Assistant Professor**

**HS-PHYT-447-547-01 FA23 Foundation Skills/Lab, Secondary Instructor**

Responsible for assisting in the development and teaching of basic physical therapy procedures, patient management, and problem-solving skills that will serve as the foundation for future course work.

**2023-Present**

**Duquesne University, Rangos School of Health Sciences**

**Physical Therapy**

**Full-Time Assistant Professor**

**HS-PHYT-543-01 Clinical Neurologic Science I/Lab**

**HS-PHYT-544-01 Clinical Neurologic Science II/Lab**

**HS-PHYT-620-01 FA23: Clinic Neurologic Sci III/Lab**

**HS-PHYT-621-01 FA23: Clinic Neurologic Sci IV/Lab**

Responsible for assisting in the teaching of the Clinical application of the Neurologic and Vestibular examination; Diagnosis, Prognosis, Neurologic and Vestibular treatment interventions; patient and caregiver education, goal setting, establishing appropriate plan of care; in order to properly care for the “whole” Neurologic patient; including the individual’s physical, mental, and emotional well-being important to their overall rehabilitation. Knowledge Translation and Application of Clinical Practice Guidelines, Current Evidence- Based Practice, and Core Neurologic and Vestibular Outcomes Measures.

**2018-Present**

**Duquesne China Health Institute**

**Adjunct Faculty**

**HS-REHS-536-01: Neurologic Science/Lab**

**3 Credit Course**

Responsible for developing & teaching Neuroscience Course to students from China in the Master of Physical Therapy program with in-person lecture/ lab, as well as synchronous online instruction to cohort of students living in China.

Includes teaching in anatomy, physiology and pathophysiology of Central and Peripheral Nervous Systems; Motor control & Motor learning, both general and specific to Neurologic patients; Clinical application of the Neurologic and Vestibular examination; Diagnosis, Prognosis, Neurologic

and Vestibular treatment interventions; patient and caregiver education, goal setting, establishing appropriate plan of care, in order to properly care for the “whole” Neurologic patient; including the individual’s physical, mental, and emotional well-being important to their overall rehabilitation. Knowledge Translation and Application of Clinical Practice Guidelines, Current Evidence-Based Practice, and Core Neurologic and Vestibular Outcomes Measures.

**2023-Present**

**Duquesne China Health Institute**

**Adjunct Faculty**

**HS-REHS-538-01: Cardiovascular & Pulmonary Science/Lab**

**3 Credit Course**

Responsible for developing & teaching Cardiovascular & Pulmonary Science lecture/Lab to 34 students from China in the Master of Physical Therapy program with in-person Lecture/lab, as well as synchronous online instruction to cohort of students living in China. Includes teaching in anatomy, physiology and pathophysiology of Cardiovascular and Pulmonary Systems; Disease-specific application of examination and treatment interventions, Prognosis, goal setting, patient and caregiver education, appropriate plan of care; Knowledge Translation and Application of current literature and evidence-based practice.

**2023-Present**

**Duquesne China Health Institute**

**Adjunct Faculty**

**Travel to China to provide lecture/collaborate with students and faculty in the following Hospitals & Universities:**

- 1. Sunshine Rehabilitation Hospital, Shanghai, China, December 12<sup>th</sup>**  
“Management of Stroke Patients at Different Stages of Rehabilitation”
- 2. The 2<sup>nd</sup> Hospital of Xiangya, Changsha, China, December 14<sup>th</sup>**  
“Interventions for Patients with Chronic Brainstem Injury”
- 3. Drum Tower Hospital, Nanjing, China, December 16<sup>th</sup>**  
“Vestibular Rehabilitation: Evaluation and Treatment”
- 4. The 5<sup>th</sup> Hospital of Guangzhou, China, December 17<sup>th</sup>**  
“Vestibular Rehabilitation: Evaluation and Treatment”
- 5. Shanghai University of Traditional Chinese Medicine, December 19<sup>th</sup>**  
“Vestibular Rehabilitation: Evaluation and Treatment”

**Clinical:**

**2018- Present**

**UPMC Centers for Rehab Services Wexford/Allison Park/Lemieux Center  
Physical Therapist**

Provide Outpatient Neurologic & Vestibular Physical Therapy Services to individuals with a variety of Neurologic, Cardiopulmonary and Vestibular Diagnoses; Assisted with development of clinical guidelines for

management of the complex Neurologic, Vestibular, Cardiopulmonary and Concussion patients; Implementation of High Intensity Gait Training Program for individuals with chronic stroke; Implementation of clinical practice guidelines for individuals with Parkinson's Disease.

**2016-2018**

**UPMC Centers for Rehab Services Balance & Vestibular Clinic  
Physical Therapist**

Provided Outpatient Neurologic and Vestibular Physical Therapy Services, participated in ongoing research studies of individuals with dizziness and imbalance

**2010-2016**

**UPMC Centers for Rehab Services Gibsonia Clinic  
Physical Therapist**

Provided Outpatient Neurologic and Vestibular Physical Therapy Services, and Orthopedic Physical Therapy Services

**2006-2010**

**UPMC Centers for Rehab Services Passavant McCandless  
Physical Therapist  
& Passavant Cranberry Hospitals**

Provided inpatient acute care, subacute rehab and outpatient Physical Therapy to patients with Orthopedic, Post-Surgical, Cardiopulmonary and Neurologic diagnoses

**1997-2006**

**UPMC Mercy Hospital of Pittsburgh  
Physical Therapist**

Provided inpatient acute care, subacute care, inpatient rehabilitation and outpatient Physical Therapy Services to patients with Orthopedic/Trauma, Burn Trauma, Neuro Trauma/Brain Injury/Spinal Cord Injury, Amputee, Oncology and Cardiopulmonary diagnoses;

**Acute Care Team Leader**

**Physical Therapist Team Leader**

Responsible for continuing education of staff, assisted Director of Rehab Services with daily staffing and appropriate delegation of patient care assignments. Assisted with development of various inpatient and outpatient Trauma team programs. Participated in numerous community volunteer opportunities including Operation Safety Net providing donations and care to homeless; Burn Survivor Sunday to care for Burn Trauma Survivors and families.

**CERTIFICATIONS & LICENSURE**

**Physical Therapy Licensure**

**Physical Therapist/Direct Access Physical Therapist**

**1997- Present**

**PT011137L / DAPT002339**

Commonwealth of Pennsylvania Department of State

Bureau of Professional and Occupational Affairs

**Specialty Certifications**

**University of Pittsburgh Advanced Vestibular Physical Therapist**

**Certification Course- Currently enrolled July, 2023 with anticipated completion April, 2024**

**APTA recognized specialist certification in Vestibular Physical Therapy**

**High Intensity Gait Training Certification**

**2021-Present**

Institute for Knowledge Translation

Completed synchronous and asynchronous coursework with certification in HIGT

Locomotor Training for Stroke, TBI and SCI patients endorsed by APTA

**OTAGO Certification**

**2021-Present**

Completed OTAGO Certification Course for Falls Prevention Training

**Vestibular Certification**

**2013-Present**

Emory University

Received specialty certification from Emory University Advanced Vestibular Physical

Therapy Program after attending week-long course of lecture/exam & practical lab/exam

**APTA Certified Clinical Instructor**

**2000-Present**

**MEMBERSHIP IN PROFESSIONAL SOCIETIES**

**Member: American Physical Therapy Association Present**

**Member: Pennsylvania Physical Therapy Association Present**

**Member: Neurologic Section Present**

**Member: Vestibular Section Present**

**Member: Stroke Section Present**

**Member: Degenerative Diseases Section Present**

**AWARDS & HONORS**

**UPMC ACES Award for Commitment Excellence in Service Recipient**

**2017-2018**

Recipient of the highest honor award for excellence in patient care and

upholding the core values of UPMC

**Presidential Scholarship****1992-1996**

Recipient of academic scholarship for excellence annually as undergraduate at Duquesne University

**PROFESSIONAL ACTIVITIES & Professional Teaching****Clinical Instructor****2000-Present**

Certified Clinical Instructor & Mentor for Physical Therapy students from Duquesne University, Chatham University, University of Pittsburgh, Youngstown State University, Washington University

**Clinical Experience IV Chatham University****2021, October-December**

Completed 160 hours of Clinical Instruction for DPT students

**Grand Rounds Presenter Chatham University****2019, March**

Guest Presenter for DPT students, presented Concussion Case Study

**Complex Management of Concussion Vestibular Cases Inservice****2018**

UPMC CRS Staff Inservice Speaker presenting case studies on the management of complex concussion vestibular patients

**Mindfulness Inservice****2018**

UPMC CRS Staff Inservice Speaker presenting education on the practice of Mindfulness in complex vestibular patients

**Adjunct Faculty/Guest Lecturer****2010-Present**

Provided lectures in specialty areas of practice (Burn Trauma, Vestibular Rehabilitation, Concussion Rehabilitation) to various Physical Therapy schools (Duquesne University, Kent State University, Wheeling Jesuit University, University of Pittsburgh)

**Community Educator****2000-Present**

Developed and presented numerous community education wellness programs to local schools (primary & secondary education,) YMCA programs, The Western PA Parkinson's Disease Foundation, The Cancer Caring Network, local churches, and community-based assisted and independent senior living facilities.

## Continuing Education for Clinical Professionals

### **UPMC Lung Transplant and Prehabilitation in Lung Transplant 2023, March**

#### **Candidates: Focus on COPD**

Jenna Keeling, MSN, RN, PCCN; Karen P Barr, MD

### **Differential Diagnosis of Nystagmus Patterns**

**2023, January**

Susan Whitney, PT

Medbridge Direct Access 2 Contact Hours

### **Review of Systems: Endocrine, Metabolic, Immunologic and Cancer**

**2022, December**

Medbridge Direct Access 1.75 Contact Hours

### **Medical Screening and Clinical Decision Making**

**2022, November**

Medbridge Direct Access 1.75 Contact Hours

### **Stop the Bleed**

**2022, October**

UPMC Centers For Rehab Services Training

### **PT Management of PD: CPG Overview & Considerations for Intensity**

**2022, August**

Amanda Dailey, PT, DPT, NCS & Helena Pingree, PT, DPT

### **Rehabilitation Updates: Post-Acute Sequelae of COVID-19 (PASC)**

**2022, July**

Hallie Zeleznik, PT, DPT, NCS

### **Concussion Exertion & EXIT Sport Training**

**2022, June**

Victoria Kochik, DPT

### **Clinical Practice Guideline for the Use of Ankle**

**Foot Orthoses and Functional Electrical Stimulation Post Stroke**

**2022, May**

Mary Kate Hutchinson, PT

### **Vestibular Contributions to Cognition**

**2022, April**

Brooke Klatt, PT, DPT, PhD

**Huntington's Disease**

**2022, March**

Valerie Suski, DO

**An Update on MS**

**2022, February**

Rock Heyman, MD

**Post-Covid Syndrome and Implications for PT**

**2022, January**

Karla Yoney, PA

**Cardiac and Autonomic Dysfunction Post-Covid**

**2021, November**

Timothy Wong, MD

**An Update on Headaches & Migraines**

**2021, September**

Kiersten Dykstra, PA

**A Vestibular Update**

**2021, August**

Susan Whitney, PT/ Joseph Furman MD

**Regenerative Rehabilitation:**

**Physical Medicine Meets Stem Cell Therapeutics**

**2021, July**

Fabrisia Ambrosio, PhD, MPT

**Implementation of High Intensity Gait Training**

**2021, June**

Hallie Zeleznik, PT

**Standing Together to Prevent Falls:**

**2021, March**

**Medication-Related Fall Risk**

Andrea Temelie, Pharm D

**PACER Series:**

**Inspiratory Muscle Training, Cardiopulmonary Exam,**

**Exercise Prescription, Cardiopulmonary Anatomy & Physiology**



**2021, March**

American Physical Therapy Association

**Frontiers of Regenerative Rehabilitation**

**2021, January**

Dr. Lewis Wheaton

**Current Concepts in Brain Injury Rehabilitation**

**2021, November**

UPMC Mercy

**Improving Walking Performance & Capacity:**

**2020, September**

**Intensity Matters**

Hallie Zeleznik, PT

**Lyme Disease: Fact or Fiction?**

**2020, August**

Kiersten Dykstra, PA

**Cognitive Behavior Therapy: Use in Oncology**

**2020, June**

Robert J Ferguson, PhD

**Medical Therapeutic Yoga**

**2020, February**

Ginger Garner, PT

**Sickle Cell Disease**

**2020, January**

Kathi Brandfass, PT

**Differential Diagnosis:**

**2020, January**

**New Treatment Interventions for BPPV**

Susan Whitney, PT

**Converting Our Understanding of Functional Movement Disorders**

**2019, December**

Jodi Krause, DPT/ Lindsay Lewis, DPT

**Medical Cannabinoids**

**2019, September**

Alice Simmons, DPT

**Barany Society Update**

**2019, August**

Joseph M Furman, MD

**The Biology of Being a Good Host: Stress & The Gut-Brain Axis**

**2019, July**

David Fraser, PhD

**Chronic Liver Disease**

**2019, June**

Pamela Bloomer, MPT

**Nutrition:**

**2019, February**

Amy Cassidy, DPT

**Effective Treatment of Patients with Chronic Pain**

**2018, July**

Megan Driscoll, OTR/L MOT

**The Cranio-Cervical Junction: Overview & Implications**

**2018, June**

Ian Bulow, BS, DC, DCCIP

**Ocular Coherence Tomography in Neurology**

**2018, June**

Dr. Islam Zaydan

**Physical Therapy Management of Facial Palsy**

**2018, May**

Todd Henkelmann, PT, MS, CCIT

**Vestibular Rehabilitation: An Advanced Course & Update**

**2018, April**

Susan Whitney, PT/Joseph M Furman, MD

**Huntington's Disease**

**2018, March**

Carol Steiner, DPT

**Essentials of Medical Screening And Differential Diagnosis in Physical Therapy Practice**

**2018, March**

Michael D Ross, PT, DHSc

**Chronic Pain Education Modules**

**2017, December**

Megan Driscoll, OTR/L MOT

**Osteogenesis Imperfecta: Case Studies in Differential Diagnosis of BPPV**

**2017, October**

Susan Whitney, PT

**Differential Diagnosis for Persistent Geotropic Nystagmus**

**2017, September**

Pam Dunlap, DPT

**Tinnitus Retraining Therapy**

**2017, August**

Lori Zitelli, AuD

**Relaxation in Neurologic & Vestibular Patients**

**2017, June**

**Through Yoga & Meditation**

Jaclynn Thomas, DPT

**Stiff Person Syndrome**

**2017, May**

Courtney Ludwig, DPT

**Evaluation & Treatment of Visual Dysfunction after mTBI**

**2017, January**

Dr. Nathan Steinhafel

**Brain Cancer Update: Neuro-Oncology**

**2016, October**

Ashley Pritchard, PA

**Multiple Sclerosis: New Insights**

**2016, September**

Kathi Brandfass, PT

**Goal Setting, Goal Attainment**

**2016, August**

Pamela Toto, PhD, OTR/L

**Differential Diagnosis: Central vs. Peripheral Vestibular Disorders**

**2016, July**

Joseph M Furman, MD

**Neuroimaging: Balance & Vestibular Function**

**2016, May**

Patrick Sparto, PhD, PT

**REMAP: Improving Communication with Patients**

**2016, March**

Robert M Arnold, MD

**Update: Charcot-Marie Tooth Disease**

**2016, February**

Kathi Brandfass, PT

**Neuroplasticity: Implications for Gait Training Post-Stroke**

**2016, January**

Victoria Kochick, DPT; Jordan Rohaus, DPT; Jodi Krause, DPT

