

CURRICULUM VITAE

Professor

Robin L. Marcus, PT, PhD. FAPTA

Board Certified Clinical Specialist in Orthopaedic Physical Therapy

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I. EDUCATION

<u>Years</u>	<u>Degree</u>	<u>Institution (Area of Study)</u>
2000	Ph.D.	University of Utah (Exercise & Sport Science)
1991	Certification	Ola Grimbsy Institute (Orthopedic Manual Therapy)
1988	M.S.	University of Utah (Health Education)
1983	B.S.	University of Utah (Physical Therapy)
1978		California State University - Northridge (Physical Education)

II. CERTIFICATIONS

Basic Life Support

Cardiac Pulmonary Resuscitation

State License, UT (114136-2401) - Physical Therapist

Certificate of Competency in Manual Therapy

Orthopedic Certified Specialist, American Board of Physical Therapy Specialties (1993-present)

III. EMPLOYMENT

ADMINISTRATIVE POSITIONS

March 2017 - present	Associate Dean for Clinical Affairs, College of Health, University of Utah
April 2016 - present	Director, Skaggs Patient Wellness Center, Clinical Trials Support Foundation, Center for Clinical and Translational Sciences, University of Utah
August 2014 - 2020	Chief Wellness Officer, University of Utah Health
August 2013 - July 2014	Interim Dean, College of Health, University of Utah

ACADEMIC POSITIONS

July 2017 - present	Professor, University of Utah, Department of Physical Therapy and Athletic Training, Salt Lake City, UT
May 2012 – June 2017	Associate Professor, University of Utah, Department of Physical Therapy, Salt Lake City, UT

May 2012 - present	Adjunct Associate Professor, University of Utah, Division of Occupational Therapy, Salt Lake City, UT
May 2012 - present	Adjunct Associate Professor, University of Utah, Department of Exercise and Sport Science, Salt Lake City, UT
May 2009 - May 2012	Assistant Professor, University of Utah, Department of Physical Therapy, Salt Lake City, UT
July 2003 - May 2009	Associate Professor (Clinical), Department of Physical Therapy, University of Utah, Salt Lake City, UT
July 2003 - May 2012	Adjunct Assistant Professor, University of Utah, Department of Exercise and Sport Science, Salt Lake City, UT
March 2002 - June 2004	Adjunct Assistant Professor, University of Utah, Department of Pediatrics, Salt Lake City, UT
July 1999 - May 2012	Adjunct Assistant Professor, University of Utah, Division of Occupational Therapy, Salt Lake City, UT
July 1990 - June 2003	Assistant Professor (Clinical), Division of Physical Therapy, University of Utah, Salt Lake City, UT
July 1986 - June 1990	Clinical Instructor, University of Utah, Salt Lake City, UT
August 1985 - July 1986	Adjunct Clinical Instructor, University of Utah, Salt Lake City, UT

CLINICAL POSITIONS

December 1988 - Present	Physical Therapist, University Orthopedic Center, University of Utah, SLC
September 1985 - December 1988	Physical Therapist, Rehabilitation Services, University of Utah, Salt Lake City, UT
October 1983 - July 1985	Physical Therapist, LDS Hospital, Salt Lake City, UT
June 1983 - October 1983	Physical Therapist, McKay Dee Hospital, Ogden, UT

IV. PROFESSIONAL AFFILIATIONS

Member, American Physical Therapy Association - National and Utah Chapter
 Member, American Physical Therapy Association – Orthopaedic Physical Therapy Section
 Member, American Physical Therapy Association - Section on Research
 Member, American Physical Therapy Association - Academy of Geriatric Physical Therapy
 Member, American Physical Therapy Association – Academy of Acute Care Physical Therapy
 Member, American Diabetes Association

V. PUBLICATIONS

A. Peer-Reviewed Journal Articles

1. Johnson JK, Stilphen M, Young DL, Friedman M, **Marcus RL**, Noren C, Zeleznik H, Freburger JK. (in press) Advancing practice using embedded learning health system researchers. *Physical Therapy*
2. Thackeray A, Hanmer J, Yu L, McCracken P, **Marcus RL**. (in press) Linking AM-PAC Mobility and Daily Activity to the PROMIS Physical Function Metric. *Physical Therapy*.

3. Thackeray A, **Marcus RL**, Yu L, McCracken P, Cardell B, Hanmer J. (in press) Linking AMPAC Cognition to PROMIS Cognitive Function. *Archives of Phys Med & Rehab.*
4. Johnson JK, Young D, **Marcus RL**. (in press) An Explanatory Model for the Relationship between Physical Therapists' Self-Perceptions of Value and Care Prioritization Decisions in the Acute Hospital, *Journal of Acute Care Physical Therapy*
5. Johnson JK, Fritz JM, Brooke BS, LaStayo PC, Thackeray A, Stoddard G, **Marcus RL**. Physical Function in the Hospital is Associated with Patient-centered Outcomes in an Inpatient Rehabilitation Facility, *Physical Therapy*. 12:1237-1248. 2020 PMID: 32313956
6. Albin S, Fritz JM, Bellows BK, Van Boerum DH, Hunter S, Koppenhaver SL, Nelson R, **Marcus R**, Dibble L, Cornwall M. (in press) Cost-Effectiveness of Operative versus Non-Operative Management of Patients with Intra-Articular Calcaneal Fractures, *Journal of Orthopaedic Trauma*
7. Johnson JK, Fritz JM, Brooke BS, LaStayo PC, Thackeray A, Stoddard G, **Marcus RL**. (in press) The association between patients' physical function in the hospital and their outcomes in skilled nursing facilities. *Physical Therapy Journal of Policy, Administration and Policy*. 19 (4) 5-16, 2019.
8. Gustavson AM, Boxer R, Nordon-Craft A, **Marcus RL**, Stevens-Lapsley JE. (in press) Advancing post-acute care in skilled nursing facilities through clinical research. *Physical Therapy Journal of Policy, Administration and Policy*
9. Johnson JK, Erickson JA, Miller CJ, Fritz JM, **Marcus RL**, Pelt CP. Functional recovery after total joint arthroplasty is unaffected by bundled payment participation. *Arthroplasty Today*. 7;5(1) 2019. doi: 10.1016/j.artd.2018.12.003. eCollection 2019 Mar. PMID: 31020035
10. Tonna JE, Johnson J, Presson A, Zhang C, Noren C, Lohse B, Bento H, Barton RG, Nirula R, Mone M, **Marcus R**. A Threshold to Benefit of Enhanced Mobility During Critical Illness—Short Term Clinical and Quality Outcomes from a Quality Improvement Initiative to Increase Access to Physical Therapy in the Cardiovascular and Surgical ICU *Crit Care Explorations*. 2019; 1:1-8e005
11. Ulrich CM, Himbert C, Boucher K, Wetter DW, Hess R, Kim J, Lundberg K, Ligibel JA, Barnes CA, Rushton B, **Marcus RL**, Finlayson SRG, LaStayo PC, Varghese TK. Precision-exercise-prescription in lung cancer patients undergoing surgery: Rationale and design of the PEP study trial. *BMJ Open*. 2018 Dec 16;8(12):e024672. doi: 10.1136/bmjopen-2018-024672.
12. Albin SR, Koppenhaver SL, **Marcus RL**, Dibble LE, Cornwell MW, Fritz JM. Short term effects of manual therapy in patients after surgical fixation of ankle and/or hindfoot fracture: A randomized clinical trial. *Journal of Orthopaedic and Sports Physical Therapy*. 13:1-32. 2019
13. Johnson JK, Lohse B, Bento HA, Noren CS, **Marcus RL**, Tonna JE. Improving Outcomes for Critically Ill Cardiovascular Patients Through Increased Physical Therapy Staffing. *Archives of Physical Medicine*. 100:270-277, 2019.
14. Christensen JC, LaStayo PC, **Marcus RL**, Mizner RL, Pelt CE, Stoddard GJ, Foreman KB. Comparison of 2 Forms of Biofeedback on the Immediate Correction of Knee Extensor Moment Asymmetry Following Total Knee Arthroplasty During Decline Walking. *Journal of Orthopedic and Sports Physical Therapy*. 49:105-111. 2019
15. Hebert JJ, LeCara E, Koppenhaver S, Hoffman MD, **Marcus RL**, Dempsey Albert W. Predictors of clinical success with stabilization exercise are associated with lower levels of lumbar multifidus intramuscular adipose tissue in patients with low back pain. *Disabil Rehabil*. 2018 Dec 3:1-7. doi: 10.1080/09638288.2018.1506510.
16. Reidy P, Lindsay C, McKenzie A, Fry C, Supiano M, **Marcus RL**, LaStayo P, Drummond MJ. Aging-Related effects of Bed Rest followed by Eccentric Exercise Rehabilitation on Skeletal Muscle Macrophages and Insulin Sensitivity. *Experimental Gerontology*. 107:37-49, 2018.

17. Christensen JC, LaStayo PC, Foreman BK, Mizner RL, **Marcus RL**, Pelt C. Quadriceps Weakness Preferentially Predicts Detrimental Gait Compensations Amongst Common Impairments After Total Knee Arthroplasty. *Journal of Orthopedic Research*. 36(9):2355-2363, 2018.
18. Christensen JC, LaStayo PC, **Marcus RL**, Stoddard GJ, Foreman KB. Novel biofeedback technique normalizes gait abnormalities during high demand mobility after total knee arthroplasty. *The Knee*. 25(1):73-82, 2018.
19. Christensen JC, LaStayo PC, **Marcus RL**, Mizner RL, Pelt CE, Stoddard GJ, Foreman KB. Joint mechanical asymmetries during low and high demand mobility tasks: Comparison between total knee arthroplasty and healthy matched peers. *Gait and Posture*. 60:104-110, 2018.
20. Morrow E, Call ME, **Marcus RL**, Locke A. Focus on the Quadruple Aim: Development of a Resiliency Center. *The Joint Commission Journal on Quality and Patient Safety*. 44(5), 293-298, 2018.
21. Reidy PT, McKenzie AI, Mahmassani Z, Morrow V, Yonemura N, Hopkins P, **Marcus RL**, Rondina MT, Lin YK, Drummond MJ. (in press) Skeletal muscle ceramides and relationship to insulin sensitivity after two weeks of simulated sedentary behavior and recovery in healthy older adults. *Journal of Physiology*. 596(21):5217-5236, 2018.
22. Briggs R, Houck JR, LaStayo PC, Fritz JM, Drummond MJ, **Marcus RL**. High Intensity multi-modal training improves muscle function, symmetry during a sit-to-stand task, and physical function following hip fracture. *Journal of Nutrition, Health and Aging*. 22(3):431-438, 2018.
23. Briggs R, Houck JR, Drummond MJ, Fritz JM, LaStayo PC, **Marcus RL**. Muscle quality improves with extended high-intensity resistance training after hip fracture. *Journal of Frailty*. 7 (1): 51-56, 2018.
24. Briggs R, LaStayo PC, Houck JR, Fritz JM, Drummond MJ, **Marcus RL**. Asymmetries identified in a sit-to-stand task predict physical function after hip fracture. *Journal of Geriatric Physical Therapy*. 41(4): 210-217, 2018.
25. LaStayo PC, **Marcus RL**, Dibble LE, Wong R, Pepper G. Eccentric versus Traditional Resistance Exercise for Older Adult Fallers in the Community: A Randomized Trial within a Multi-component Fall Reduction Program. *BMC Geriatrics*. 17:149, 2017.
26. Lester M, Cavanaugh JT, Foreman KB, Shaffer SW, **Marcus RL**, Dibble LE. Adaptation of postural recovery responses to a vestibular sensory illusion in individuals with Parkinson disease and healthy controls. *Clinical Biomechanics*. 48 (10):73-79, 2017
27. McKenzie AI, Briggs RA, Barrows KM, Nelson DS, Kwon OS, Hopkins P, Higgins T, **Marcus RL**, Drummond MJ. A pilot study examining the impact of exercise training on skeletal muscle genes related to the TLR signaling pathway in older adults following hip fracture recovery. *Journal of Applied Physiology*. 122 (1) 68-75, 2017.
28. Magel JS, Green T, Brennan G, **Marcus RL**, Kjaer P, Fritz JM. The Outcomes of Patients with Acute Low Back Pain Stratified by the StarTBack Screening Tool: A Secondary Analysis of a Randomized Trial. *Physical Therapy*. 97 (3) 330-337, 2017.
29. Kluding P, Pasnoor M, DiMachkie M, Barohn R, Smith AG, Singleton JR, **Marcus RL**. Activity for diabetic neuropathy (ADAPT): study design and protocol for a two-site, randomized controlled trial. *Physical Therapy*. 97 (1), 20-30, 2017.
30. Chung-Hoon K, Tracy BL, Dibble LE, **Marcus RL**, Burgess PR, LaStayo PC. The association between knee extensor force steadiness, force accuracy and mobility in older adults who have fallen. *Journal of Geriatric Physical Therapy*. 39 (1), 1-7, 2016. PMC4540703
31. Smith JW, **Marcus RL**, Peters C, Pelt C, Foreman KB, LaStayo PC. Stance time variability during stair stepping before and after total knee arthroplasty: A pilot study. *Journal of Human Movement Science*. 45, 53-62, 2016. PMC4688059

32. Tanner R, Bruncker L, Agergaard J, Barrows K, Briggs R, Kwon OS, Young LM, Hopkins PN, Volpi E, **Marcus RL**, LaStayo PC, Drummond MJ. Age-related differences in lean mass, protein synthesis and skeletal muscle markers of proteolysis after bed rest and exercise rehabilitation. *The Journal of Physiology*. 593 (18), 4259-73, 2015. PMC4594296
33. Beddhu S, Filipowicz R, Wei G, **Marcus RL**, Chonchal M, Greene T. Light intensity physical activities and mortality in the general population and CKD subpopulations. *Clinical Journal of the American Society of Nephrology*. 10 (7).1145-53, 2015. PMC4491291
34. **Marcus RL**, LaStayo PC, Ikizler A, Wei G, Giri A, Chen X, Morrell G, Painter P, Beddhu S. Low Physical Function in Maintenance Hemodialysis Patients is Independent of Muscle Mass and Co-morbidity. *Journal of Renal Nutrition*. 25 (4), 371-5, 2015. PMC4469499
35. Anderton N, Giri A, Wei G **Marcus RL**, Chen X, Bjordahl T, Abib A, Herrera J, Beddhu S. Sedentary behavior in individuals with diabetic chronic kidney disease and maintenance hemodialysis. *Journal of Renal Nutrition*. 25 (4), 364-70, 2015. PMC4469533
36. Chung-Hoon K, Tracy BL, **Marcus RL**, Dibble LE, Burgess PR, LaStayo PC. Effects of practice on variability of muscle force. *Perceptual & Motor Skills* 120 (2), 475-490, 2015.
37. Dibble LE, Foreman KB, Addison O, **Marcus RL**, LaStayo PC. Exercise and medication effects on persons with Parkinson's disease across the domains of disability: a randomized clinical trial. *Journal of Neurologic Physical Therapy*. 39 (1), 85-92, 2015. PMC4366306
38. Lewelt A, Krosschell KJ, Stoddard GJ, Weng C, Xue M, **Marcus RL**, Gappmaier E, Viollet L, Johnson BA, White AT, Viazzo-Trussell D, Lopes P, Lane RH, Carey JC, Swoboda KJ. Resistance strength training exercise in children with spinal muscular atrophy. *Muscle Nerve*. 52 (4), 559-67, 2015. PMC4506899
39. Singleton JR, **Marcus RL**, Jackson JE, Smith AG. Supervised exercise improves cutaneous reinnervation capacity in metabolic syndrome. *Annals of Neurology* 77 (1), 146-153. 2015 PMC4293306
40. Singleton JR, **Marcus RL**, Jackson JE, Lessard M, Graham T, Smith AG. Exercise increases cutaneous reinnervation in diabetic patients without neuropathy. *Annals of Clinical and Translational Neurology*. 1 (10), 844-849. 2014. PMC4241811
41. Smith JW, Cipriani M, **Marcus RL**, LaStayo PC. Tai chi inspired exercise early following total knee arthroplasty: a case report. *Journal of Yoga and Physical Therapy*. 4 (155): 2, 2014.
42. LeCara E, **Marcus RL**, Dempsey AR, Hoffman M, Hebert JJ. Morphology versus function: the relationship between lumbar multifidus intramuscular fat and muscle function among patients with low back pain. *Archives of Physical Medicine and Rehabilitation*. 95(10): 1846-52. 2014. PMID: 24814564
43. Jacobs JL, **Marcus RL**, Morrell G, LaStayo P. Resistance exercise with older fallers: its impact on intermuscular adipose tissue. *Biomed Research International*. 2014:398960, Epub Apr 3, 2014. PMCID: PMC3996328
44. Martinson M, Ikizler A, Morrell G, Wei G, Nestor A, **Marcus RL**, Filipowicz R, Greene T, Beddhu S. Body size and body composition as predictors of functional ability and quality of life in hemodialysis patients. *Clinical Journal of the American Society of Nephrology*. Jun 9(6):1082-90. 2014. PMCID: PMC4046730
45. Drummond MJ, Addison O, Bruncker L, McClain DA, LaStayo PC, **Marcus RL**. Down-regulation of E3 ubiquitin ligases and mitophagy-related genes in skeletal muscle transcription in physically inactive, frail older women: a cross-sectional comparison. *Journals of Gerontology, Medical Sciences*. Aug;69(8):1040-8. 2014. PMCID: PMC4111292

46. Smith JW, **Marcus RL**, Peters C, Pelt C, Tracy BL, LaStayo PC. Muscle force steadiness in older adults before and after total knee arthroplasty. *The Journal of Arthroplasty*. 29(6):1143-8. 2014. PMID: 24405624
47. Addison O, Drummond MJ, LaStayo PC, Dibble LE, Wende AR, McClain DA, **Marcus RL**. Intramuscular fat and inflammation differ in older adults: the impact of frailty and inactivity. *The Journal of Nutrition, Health and Aging*. May;18(5):532-8. 2014. PMID: 24886741
48. Foreman KB, Singer ML, Addison O, **Marcus RL**, LaStayo PC, Dibble LE. Effects of dopamine replacement therapy on lower extremity kinetics and kinematics during a rapid force production task in persons with Parkinson's disease. *Gait and Posture*. Jan: 39(1):638-40. 2014. PMCID: PMC3864920
49. Gibson B, Colberg S, Poirier P, Vancea D, Jones, J, **Marcus R**. Development and validation of a predictive model of acute glucose response to exercise in individuals with type 2 diabetes. *Diabetology and Metabolic Syndrome*, Jul 1;5(1):33. 2013. PMCID: PMC3701573
50. Goodman MJ, Ghate SR, Mavros P, Sen S, **Marcus RL**, Joy E, Brixner DI. Development of a practical screening tool to predict low muscle mass using NHANES 1999-2004. *Journal of Cachexia, Sarcopenia and Muscle*. Sep;4(3):187-97. 2013. PMCID: PMC3774922
51. **Marcus RL**, Addison O, LaStayo PC. Intramuscular adipose tissue attenuates gains in muscle quality in older adults at high risk for falling. A brief report. *Journal of Nutrition, Health and Aging*. Mar;17(3):215-8. 2013. PMID: 23459972
52. **Marcus RL**, Addison O, LaStayo PC, Hungerford R, Wende A, Hoffman JM, Abel ED, McClain DA. Regional muscle glucose uptake remains elevated one week after cessation of resistance training independent of altered insulin sensitivity response in older adults with type 2 diabetes. *Journal of Endocrinological Investigation*, 36(2), 111-117. 2013
53. Yoshida Y, **Marcus RL**, LaStayo PC. Intramuscular adipose tissue and central activation in older adults: a short report. *Muscle and Nerve*. 46 (5), 813-816, 2012. doi 10.1002/mus.23506. **PMID 23055318**
54. Drummond M, **Marcus RL**, LaStayo PC. Targeting anabolic impairment in response to resistance exercise in older adults with mobility impairments: potential mechanisms and rehabilitation approaches. *Journal of Aging Research*. 2012:486930, Epub Sep 11, 2012. PMCID: PMC3446726
55. Gibson B, **Marcus RL**, Staggars N, Jones J, Samore M, Weir C. Efficacy of a computerized simulation in promoting walking in individuals with diabetes *The Journal of Medical Internet Research*, May 10;14(3): e71. 2012. PMCID: 3799542
56. Addison O, LaStayo PC, Dibble LE, **Marcus RL**. Inflammation, aging, and adiposity: implications for physical therapists. *J Geriatric Physical Therapy*. Apr-Jun;35(2):86-94. 2012. PMID: 21989337
57. **Marcus RL**, Addison OA, Dibble LE, Foreman B, Morrell G, LaStayo PC. Intramuscular adipose tissue, sarcopenia and mobility function in older individuals. *Journal of Aging Research*, 2012:629637, Epub Feb 6, 2012. PMCID: PMC3303569
58. **Marcus RL**, Brixner DI, Ghate S, LaStayo PC. Fat modulates the relationship between sarcopenia and physical function in non-obese older adults. *Current Gerontology and Geriatrics Research* 2012:216185, Epub Jan 23, 2012. PMCID: PMC3270518
59. Foreman KB, Wisted C, Addison O, **Marcus RL**, LaStayo PC, Dibble LE. Improved dynamic postural task performance without improvements in postural responses: the blessing and the curse of dopamine replacement. *Parkinson's Disease*. 2012:692150, Epub Dec 8, 2011. PMCID: PMC3236434

60. **Marcus R**, Yoshida Y, Meier W, Peters CL, LaStayo PC. An eccentrically biased rehabilitation program early after TKA surgery. *Arthritis*. 2011;353149, Epub April 7, 2011. PMID: PMC3195282
61. LaStayo P, **Marcus R**, Dibble L, Smith S, Beck S. Eccentric exercise versus usual-care with older cancer survivors: the impact on muscle and mobility--an exploratory pilot study. *BMC Geriatr*. Jan 27;11:5. 2011. PMID: PMC3038910
62. LaStayo PC, Larsen S, Smith S, Dibble L, **Marcus RL**. The feasibility and efficacy of eccentric exercise with older cancer survivors: a preliminary study. *Journal of Geriatric Physical Therapy*, Jul-Sep;33(3):135-40. 2010. PMID: PMC3018757
63. Hebert J, **Marcus RL**, Koppenhaver S, Fritz J. Postoperative rehabilitation following lumbar discectomy with quantification of trunk muscle morphology and function: a case report and review of the literature. *JOSPT*. Jul;40(7):402-12. 2010. PMID: 20592478
64. **Marcus RL**, Addison O, Kidde JP, Dibble LE, LaStayo PC. Skeletal muscle fat infiltration: impact of age, inactivity, and exercise. *J Nutr Health Aging*. May;14(5):362-6. 2010. PMID: PMC3758242
65. Dibble LE, Hale TF, **Marcus RL**, Gerber JP, Lastayo PC. High intensity eccentric resistance training decreases bradykinesia and improves quality of life in persons with Parkinson's disease: a preliminary study. *Parkinsonism Relat Disord*. Dec;15(10):752-7. 2009. PMID: 1949777
66. LaStayo PC, Meier W, **Marcus RL**, Mizner R, Dibble L, Peters C. Reversing muscle and mobility deficits 1 to 4 years after TKA: a pilot study. *Clin Orthop Relat Res*. Jun;467(6):1493-500. 2009. PMID: PMC2674190
67. **Marcus RL**, Lastayo PC, Dibble LE, Hill L, McClain DA. Increased strength and physical performance with eccentric training in women with impaired glucose tolerance: a pilot study. *J Women's Health*. Feb;18(2):253-60. 2009. PMID: PMC2945716
68. Gerber JP, **Marcus RL**, Dibble LE, Greis PE, Burks RT, LaStayo PC. Effects of early progressive eccentric exercise on muscle size and function after anterior cruciate ligament reconstruction: a 1-year follow-up study of a randomized clinical trial. *Phys Ther*. Jan;89(1):51-9. 2009. PMID: 18988664
69. Kidde J, **Marcus RL**, Dibble LE, Smith S, LaStayo PC. Regional muscle and whole body composition factors related to mobility of older individuals: a review. *Physiother Can*. Fall;61(4):197-209. 2009. PMID: PMC2793694
70. Meier WA, **Marcus RL**, Dibble LE, Foreman KB, Peters CL, Mizner RL, LaStayo PC. The long-term contribution of muscle activation and muscle size to quadriceps weakness following total knee arthroplasty. *Journal of Geriatric Physical Therapy*. 32(2), 35-38. 2009. PMID: 20039587
71. Gerber JP, **Marcus RL**, Dibble LE, Greis P, Burks RT, LaStayo PC. The use of eccentrically-biased resistance exercise to mitigate muscle impairments following anterior cruciate ligament reconstruction: a short review. *Sports Health: a multidisciplinary approach*, Jan;1(1):31-8. 2009. PMID: PMC3445117
72. **Marcus RL**, Smith S, Morrell G, Addison O, Dibble LE, Wahoff-Stice D, Lastayo PC. Comparison of combined aerobic and high-force eccentric resistance exercise with aerobic exercise only for people with type 2 diabetes mellitus. *Phys Ther*. Nov;88(11):1345-54. 2008. PMID: PMC2579905
73. Kirkness CS, **Marcus RL**, Lastayo PC, Asche CV, Fritz JM. Diabetes and associated risk factors in patients referred for physical therapy in a national primary care electronic medical record database. *Phys Ther*. Nov;88(11):1408-16. 2008. PMID: 18801850
74. **Marcus RL**, Graybill CS, Lastayo PC. Impaired muscle and mobility: the road from menopause to frailty. *Clin Obstet Gynecol*. Sep;50(3):776-89. 2007. PMID: 17762425

75. Gerber JP, **Marcus RL**, Dibble LE, Greis PE, Burks RT, LaStayo PC. Effects of early progressive eccentric exercise on muscle structure after anterior cruciate ligament reconstruction. *J Bone Joint Surg Am*. Mar;89(3):559-70. 2007. PMID: 17332105
76. Gerber JP, **Marcus RL**, Dibble LE, Greis PE, Burks RT, Lastayo PC. Safety, feasibility, and efficacy of negative work exercise via eccentric muscle activity following anterior cruciate ligament reconstruction. *J Orthop Sports Phys Ther*. Jan;37(1):10-8. 2007. PMID: 17286094
77. Gerber JP, **Marcus RL**, Dibble LE, Greis PE, LaStayo PC. Early application of negative work via eccentric ergometry following anterior cruciate ligament reconstruction: a case report. *J Orthop Sports Phys Ther*. May;36(5):298-307. 2006. PMID: 16715830
78. Dibble LE, Hale TF, **Marcus RL**, Droge J, Gerber JP, LaStayo PC. High-intensity resistance training amplifies muscle hypertrophy and functional gains in persons with Parkinson's disease. *Mov Disord*. Sep;21(9):1444-52. 2006. PMID: 16773643
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80. Dibble LE, Nicholson DE, Shultz B, MacWilliams BA, **Marcus RL**, Moncur C. Sensory cueing effects on maximal speed gait initiation in persons with Parkinson's disease and healthy elders. *Gait Posture*. Jun;19(3):215-25. 2004. PMID: 15125910
81. Dibble LE, Nicholson DE, Shultz B, MacWilliams BA, **Marcus RL**, Moncur C. (2004). Maximal speed gait initiation of healthy elderly individuals and persons with Parkinson's disease. *J Neurol Phys Ther*, 28(1), 2-11.
82. Schlegel TF, Burks RT, **Marcus RL**, Dunn HK. A prospective evaluation of untreated acute grade III acromioclavicular separations. *Am J Sports Med*. Nov-Dec;29(6):699-703. 2001. PMID: 11734479
83. Stringham DR, Pelmas CJ, Burks RT, Newman AP, **Marcus RL**. Comparison of anterior cruciate ligament reconstructions using patellar tendon autograft or allograft. *Arthroscopy*. Aug;12(4):414-21. 1996. PMID: 8863998
84. Burks RT, Bean BG, **Marcus R**, Barker HB. Analysis of athletic performance with prophylactic ankle devices. *Am J Sports Med*. Mar-Apr;19(2):104-6. 1991. PMID: 2039059

B. Review Articles

1. Kluding PM, Bareiss SK, Hastings M, **Marcus RL**, Sinacore DR, Mueller MJ. Physical training and activity in people with diabetic peripheral neuropathy: A paradigm shift. *Physical Therapy*. 97 (1) 31-43. 2017 – **Jack Walker Award APTA 2018**
2. Fuller A, Singleton JR, Smith AG, **Marcus RL**. Exercise in Type 2 Diabetic Peripheral Neuropathy. *Current Geriatrics Reports*. 5 (3): 150-159. 2016.
3. Singleton JR, Smith AG, **Marcus RL**. Exercise as Therapy for Diabetic and Pre-Diabetic Neuropathy. *Curr Diab Rep*. 15 (12), 120, 2015.
4. Smith JW, Christiansen J, **Marcus RL**, LaStayo PC. Muscle force and movement variability before and after total knee arthroplasty: a review. *World Journal of Orthopedics*. Apr 18;5(2):69-79. 2014. PMID: PMC4017309
5. Addison O, **Marcus RL**, LaStayo PC, Ryan A. Intermuscular fat: a review of the consequences and causes. *International Journal of Endocrinology*. 2014:309570, Epub Jan 8, 2014. PMID: PMC391039
6. Painter P, **Marcus R**. Physical function and gait speed in patients with chronic kidney disease. *Nephrology Nursing Journal*. Nov-Dec;40(6):529-38. 2013. PMID: 24579399

7. LaStayo PC, **Marcus RL**, Dibble LE, Frajacamo F, Lindstedt S. (2013) Eccentric exercise in rehabilitation: safety, feasibility and application. *Journal of Applied Physiology*. Jun 1;116(11):1426-34. 2013. PMID: 23823152
8. Painter P, **Marcus RL**. Assessing physical function and physical activity in patients with CKD. *Clinical Journal of the American Society of Nephrology*. May;8(5):861-72. 2012. PMID: 23220421
9. Meier W, Mizner RL, **Marcus RL**, Dibble LE, Peters C, Lastayo PC. Total knee arthroplasty: muscle impairments, functional limitations, and recommended rehabilitation approaches. *J Orthop Sports Phys Ther*. May;38(5):246-56. 2008. PMID: 18448878

C. Abstracts

1. Revere C, Smith AG, Kluding P, **Marcus RL**, Dimachkie M, Vivanco F, Foster-Palmer SC, Hauer PE, Aperghis AB, Pasnoor M, Stonebreaker A, Hawks AN, Herbelin L, Singleton JR. Early attrition from a randomized lifestyle modification program. [Abstract] Diabetes 2019 Jun; 68(Supplement 1): -. <https://doi.org/10.2337/db19-2269-PUB>
2. **Marcus RL**, Bannon BL, Delaney RK, Fagerlin A. The Wellness Bus: Closing the Gap in Type 2 Diabetes Prevention and Promoting Population Health. [Abstract] Diabetes 2019 Jun; 68(Supplement 1): -. <https://doi.org/10.2337/db19-57-LB>
3. Pasnoor M, Smith G, Kluding P, Herbelin L, **Marcus R**, Revere C, Hawks A, Dimachkie M, Barohn R, Singleton R. Tale of two states: A comparison study of baseline health data of neuropathy patients. [Abstract] Peripheral Nerve Annual Society Meeting, June 2019, Genoa, Italy.
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129. Dibble LE, Nicholson DE, **Marcus RL**. (1996). Levo-Dopa Enhances Gait Characteristics in Persons with Parkinsons Disease [Abstract]. *Neurology Report*, June.
130. Nicholson DE, Dibble LE, **Marcus RL**. (1996). Levo-Dopa Therapy Enhances Goal-Directed Aiming and Thenar Pinch in Persons with Parkinsons Disease [Abstract]. *Neurology Report*, June.
131. Dibble LE, Nicholson DE, **Marcus RL**, Roberts JW, Heilbrum MP. (1996). Ventroposterolateral Pallidotomy Enhances Gait Characteristics in Persons with Parkinsons Disease [Abstract]. *Issues on Aging*, May.
132. Nicholson DE, Dibble LE, **Marcus RL**, Roberts JW, Heilbrum MP. (1996). Vertroposterolateral Pallidotomy Enhances Upper Extremity Motor Performance in Persons with Parkinsons Disease [Abstract]. *Issues on Aging*, May.
133. **Marcus RL**, Nicholson DE, Miller ML. (1995). A Modified McConnell Taping Procedure Reduces Tibiofemoral Pain and Increases Stance Stability During Gait [Abstract]. *WCPT Proceedings*, June.

134. **Marcus RL**, Nicholson DE, Miller ML. (1994). A Modified McConnell Taping Procedure Reduces Tibiofemoral Pain and Increases Stance Stability During Gait [Abstract]. *Motorpoint*, November.
135. **Marcus RL**, Ward RS. (1994). Reliability of the Dualer* Double Inclinator for Measuring Range of Motion of Lumbar Flexion and Extension [Abstract]. *Physical Therapy*, June.
136. Ward RS, **Marcus RL**. (1994). The Effect of Repetitive Spinal Motion on Range of Motion Measurements of Lumbar Flexion and Extension: A Pilot Study [Abstract]. *Physical Therapy*, June.
137. Schlegal T, **Marcus RL**, Burks R. (1993). Natural history of patients with third degree A/C separation [Abstract]. *Proceedings of the American Academy of Orthopedic Surgeons*.
138. Moncur C, **Marcus RL**, Johnson S. (1991). Aerobic Conditioning in Subjects with juvenile arthritis [Abstract]. *Arthritis and Rheumatism*.

D. Other (Commentary/Letters/Editorials/Case Reports/Video/Film)

1. Fagerlin A, **Marcus RL**. (2019) Making Headway Toward Driving Out Diabetes, Salt Lake Tribune Op Ed.
2. Smith AG, **Marcus RL**. (2012) Exercise for Diabetic Neuropathy: A Toe In The Therapeutic Door. *Journal of Diabetes and Its Complications*.26, 361-362.

E. Web/Podcast

1. **Marcus RL**. (July 2016) Adding Value to the Post Acute Care Settings Through Evidence-Based Physical Therapy Services - APTA Learning Lab [Web]. American Physical Therapy Association.
2. Mueller M, Sinacore D, Bittle L, **Marcus RL**. (2008). Physical Therapy Journal Podcast: Fat, muscle and the benefits of exercise for people with diabetes [Web]. American Physical Therapy Association.

F. Book Chapters

1. Armstrong A, **Marcus RL**. *Physical Activity*. (in press) In: Harper GM, Lyons WL, Potter JF, eds. Geriatrics Review Syllabus: A Core Curriculum in Geriatric Medicine, 10th ed. New York, NY: American Geriatrics Society; anticipated publication 2021.
2. **Marcus RL**, Reidy PT, LaStayo PC: *Impaired Muscle Performance*. In Guccione's Geriatric Physical Therapy, 4th Ed. Avers D, Wong R (eds). Elsevier, Philadelphia, PA, 2019
3. Lake E, Bramble J, Greenberg H, Shipman J, **Marcus R**, Wasden C, Bradford-Jones K: *It takes a village: Operating an app bar within a hospital*. In Shipman J, Tooley MJ (eds), Strategic Collaborations in Health Sciences Libraries, 1st Ed., pp 139-152. Elsevier, Philadelphia, PA, 2018.
4. **Marcus RL**, LaStayo PC. *Physical Activity*. In: Harper GM, Lyons WL, Potter JF, eds. Geriatrics Review Syllabus: A Core Curriculum in Geriatric Medicine, 10th ed. New York, NY: American Geriatrics Society; anticipated publication 2019. [published online 2018]; <http://geriatricscareonline.org>
5. **Marcus RL**, Westlen-Boyer K, LaStayo PC: *Impaired Muscle Performance*. In Guccione A, Wong R (eds), Geriatric Physical Therapy, 3rd Ed., pp 263-271. Elsevier, Philadelphia, PA, 2011.

G. Pending Publications

Manuscripts

1. Lohse KR, Dummer D, Hayes HA, Carson R, Marcus RL. (under review) Combining the AM-PAC "6-Clicks" and the Morse Fall Scale to predict individuals at risk for falls in an inpatient rehabilitation hospital. *Arch of Phys Med*

2. Young DL, Fritz JM, Kean J, Thackeray A, Johnson JK, Dummer D, Passek S, Stilphen M, Beck D, Havrilla S, Hoyer E, Friedman M, Daley K, **Marcus RL**. (under review) Longitudinal tracking of physical function: A modified Delphi consensus study. *Physical Therapy*
3. Singleton JR, Foster-Palmet S, **Marcus RL**. (under review) Exercise as treatment for neuropathy in the setting of diabetes and prediabetic metabolic syndrome: a review of animal models and human trials. *Current Diabetes Reviews*
4. Hayes H, McFadden M, Richards L, **Marcus R**, Keen J, Hess R. (under review) Associating the activity measure for post-acute care “6-clicks” tool with discharge destination post-acute stroke. *Journal of Physiotherapy*

IV. **PRESENTATIONS, INVITED LECTURES AND SYMPOSIA-FREE COMMUNICATIONS**

Invited/Visiting Professor Presentations

International

- 2011 Eccentric Exercise Training in Sport and Rehabilitation: Eccentric Exercise as a Novel Rehabilitation Modality, 2011 European College of Sport Science Congress, Liverpool, United Kingdom
- 2005 Evidence Based Approach to Lumbar Stabilization Exercise, Southern New Zealand Physiotherapy Annual Meeting, Queenstown, New Zealand

National

- 2019 AM-PAC through the Continuum of Care, Cleveland Clinic Medical Innovations Summit. Cleveland, OH, October 2019
- 2018 Engaged: A Systems Approach to Provider Well-Being. Neurology Grand Rounds, Virginia Commonwealth University, Richmond, VA, September 2018
- 2017 Back from the brink of burnout: a system approach to improve resilience and wellness in healthcare. 2017 International Conference to Promote Resilience, Empathy and Well-Being in Health Care Professions. Washington, DC, October 2017
- 2017 Provider Resilience and Wellness, National Hispanic Medical Association 21st Annual National Meeting, National Harbor, MD May 2017
- 2016 Muscle, Metabolism and Mobility, Center for Exercise Medicine, Distinguished Lecture Series, University of Alabama, Birmingham, AL
- 2015 Innovations Update. Adding value to post acute care setting through evidence-based physical therapy services. American Physical Therapy Association, NEXT Conference, National Harbor, MD
- 2014 Physical Therapy Academic Programs, Clinicians, and Students Partnering in Health System Redesign, Preparing the Next Generation of Physical Therapists for Innovative Practice, Washington, DC
- 2010 Research Information Exchange. American Physical Therapy Association, Combined Sections Meeting, San Diego, CA
- 2009 Research Information Exchange. American Physical Therapy Association, Combined Sections Meeting, Las Vegas, NV

Regional

- 2019 17th Annual Rocky Mountain Geriatrics Conference: Creating an Age Friendly Health System: The 4M Cornerstones. A Community on the Move, Snowbird, UT
- 2016 Utah Regional Health Care Innovation Day: Healthy Communities Breakout Facilitator, Salt Lake City, UT
- 2016 5th Annual University of Utah, Health Care Transformation Symposia: Putting the Pieces Together. Population Health Panel: Engaging Populations, Salt Lake City, UT
- 2010 8th Annual Rocky Mountain Geriatrics Conference: Impaired Muscle and Mobility, the road from Functional to Frail, Park City, UT
- 2009 Exploiting Exercise and Motor Control Physiology To Optimize Outcomes, American Physical Therapy Association, Utah Chapter Annual Conference, Layton, UT
- 2009 7th Annual Rocky Mountain Geriatrics Conference: Updates in Geriatrics: Crossing Disciplines and Distance. Aging and Fat: The Obvious and Not so Obvious Depots and Impact, Midway, UT
- 2009 Neuropathy and You: Exercise and Neuropathy. University of Utah Clinical Neurosciences Center and The Neuropathy Association Symposium, University of Utah, Salt Lake City
- 2008 Utah Diabetes Alliance, Resistance Exercise for Patients with Type 2 Diabetes: Practical Advice for Providers
- 2004 The Positives of Negatives, Utah Chapter, American Physical Therapy Annual Conference, Salt Lake City, UT
- 2004 New Approaches in Patellofemoral Rehabilitation, The Metcalf 2004 Memorial Meeting, Sun Valley, ID

Local

- 2019 *The Air We Breathe: A Multidisciplinary Perspective on Air Quality*. Panel on Environmental Health Literacy. University of Utah, SVPHS Symposium
- 2018 Geriatrics Grand Rounds March 2018, Stepping out: Physical activity for older adults with diabetes and its complications. University of Utah SOM
- 2017 Get Healthy Utah Stakeholders Retreat: Our Collective Challenge, Karen Gail Miller Conference Center, Sandy, UT
- 2016 Utah Public Health Association Conference: Collectively Working to Reduce Obesity, Utah Leaders for Health, Salt Lake City, UT
- 2005 Eccentric Exercise Training in Rehabilitation, Center for Contemporary Rehabilitation Research, University of Utah, Salt Lake City, UT
- 2005 Eccentric Exercise Training Applied to The Older Patient, Center on Aging, University of Utah, Salt Lake City, UT

Meeting Presentations

National

- 1993 Evaluation of the Foot, Arthritis Health Professions Association, San Antonio, Texas

Regional

- 2007 Utah Gerontological Society Conference, Practical Aspects of Exercise and Mobility in Older Adults, Midway, Utah
- 2007 University of Utah, Center on Aging, Annual Research Retreat, Poster Presentation: Increasing intramuscular fat: A consequence of aging, impairment, or both?
- 2003 Facilitating Mobilization and Manipulation in clinical Education: Encouraging Intern Applications, Northwest Intermountain Consortium Clinical Education Conference, The University of Utah
- 1998 Biomechanical Considerations in Shoulder Rehabilitation, SportsMed Annual Orthopedic Study Series, Bountiful, Utah
- 1996 Arthritis Functional Assessment Tools, Geriatric Rehabilitation: A Clinical Practice Seminar, Salt Lake City, Utah
- 1996 Arthrofibrosis of the Knee at the Knee Rehabilitation Update, SportsMed Annual Orthopedic Study Series, Bountiful, Utah
- 1993 Enhancing Treatment Planning Using a Case Report Format, University of Utah Annual Clinical Educator's Workshop, Park City, Utah
- 1989 Pre-Season Ski Conditioning, Mountainland Physical Therapy Ski Conference, Park City, Utah
- 1986 Disability and Functional Integration, Dealing With the Psychosocial Needs of Disabled Patients: A Holistic Perspective, Salt Lake City, Utah

Local

- 2009 Interdisciplinary Gerontology Seminar: The Positives of Negatives: Resistance Exercise in the Elderly, Gerontology Program, University of Utah, Salt Lake City, Utah
- 2008 Geriatrics Research Conference, Aging and Fat: The Obvious and Not so Obvious Depots and Impact, Salt Lake City, Utah
- 2008 Center on Aging Annual Research Retreat, Mechanisms of Glucose Utilization in Elders with Type 2 Diabetes, Salt Lake City, Utah
- 2006 Primary Care Research Center Symposium, Metabolic and Fall Risk Factors in Stroke Survivors, Salt Lake City, Utah
- 2000 Exercise not equal to Motor Skill Acquisition: Motor Learning Strategies in Orthopedics, Utah Chapter APTA, Annual Conference, Park City, Utah
- 2000 Family Practice Grand Rounds: Low Back Pain, A Family Practice Perspective, Salt Lake City, Utah
- 1996 Musculoskeletal Assessment of the Shoulder, Knee and Ankle, University of Utah FNP Program, Salt Lake City, Utah
- 1992 Utilization of Physical Therapy Services by the Family Practitioner, Family Practice Update, Salt Lake City, Utah
- 1991 Anterior Cruciate Ligament Rehabilitation, Non-Operative and Post-Operative, The Fifth Annual University of Utah Sports Medicine Seminar, Salt Lake City, Utah

Peer-Reviewed Presentations

National/Regional

- 2019 Thackeray A, **Marcus RL**, Houck JR. New Health Outcomes are Changing Practice. Combined Sections Meeting of the American Physical Therapy Association, Washington, DC Jan 2019
- 2018 Friedman M, Stilphen M, Johnson J, **Marcus RL**. *AM-PAC: Not Just for G Coding*. Combined Sections Meeting of the American Physical Therapy Association. New Orleans, LA Feb 2018
- 2018 Kluding P, **Marcus RL**, Bittel D, Rucker J. *Stepping Out: Physical Activity for Older Adults with Diabetic Complications*. Combined Sections Meeting of the American Physical Therapy Association. New Orleans, LA Feb 2018
- 2017 Locke A, **Marcus RL**, Davies R, Vo M. Integrating wellness across the spectrum: Medical Student to Faculty. AAMC Regional Conference Proposal – Innovations in student Affairs Workshop. WGEA/WGSA/WOSR 2017 Meeting. Salt Lake City, Feb 2017
- 2016 Poss B, Herman B, Flaherty B, **Marcus RL**. The Creation of a Graduate Medical Education Wellness Program at an Academic Health Center. AAMC Joint Professional Development Conference for CFAS/GDI/ORR, Salt Lake City, UT
- 2015 Unique Musculoskeletal Considerations for the Older Adult. NEXT Conference and Exposition, American Physical Therapy Association, National Harbor, MD
- 2015 Exercise for Diabetic Peripheral Neuropathy: A Paradigm Shift. Combined Sections Meeting of the American Physical Therapy Association, Indianapolis, IN
- 2014 Innovations 2.0: Adding Value to the Post Acute Care Settings Through Evidence-Based Physical Therapy Services, American Physical Therapy Association, Alexandria, VA
- 2006 Exercise and the Older Patient with Diabetes. Combined Sections Meeting of the American Physical Therapy Association, San Diego, CA

V. GRANT WRITING, DONOR FUNDING AND RELATED ACTIVITIES

Active Grants/Contracts

- 12/01/19-
05/31/22 Combining Testosterone and Exercise Therapy to Improve Function Post Hip Fracture (STEP HI)
Principal Investigator: Ellen Binder
NIH – NIA
Site Total Budget: \$354,470
Role: Site Principal Investigator (8% effort)
- 01/01/20-
12/31/21 Improving Access to Healthy Food Through a Mobile Collaboration
Principal Investigator: Robin Marcus
Intermountain Community Care Foundation
Total Budget: \$199,023
Role: Principal Investigator (no salary support)
- 10/01/18-
09/30/23 Optimizing treatment sequencing for patients with chronic, non-specific low back pain
Principal Investigator: Julie Fritz
PCORI
Total Budget: \$9,453,662
Role: Co-Investigator (10% effort)

- 07/01/17-06/31/21 Driving Out Diabetes: A Larry H. Miller Family Wellness Initiative
Leadership Team: Angie Fagerlin, Robin Marcus, Julie Metos
Larry H. and Gail Miller Family Foundation Gift
Total Budget: \$5,290,000
Role: Leadership Team Member (no salary support)
- 04/01/18 – 03/31/21 A population health model for monitoring physical function following acute hospitalization: CoHSTAR Pilot Grant
Principal Investigators: Robin Marcus, Daniel Young
Center for Health Services Training and Research (CoHSTAR)
Total Budget \$25,000
Role: Principal Investigator (no salary support)
- 09/01/16 - 8/31/21 The PEP Study: A Novel Approach to Precision Exercise Prescription for Lung Cancer Patients
Principal Investigators: Neli Ulrich, Paul LaStayo
NIH, NCI
Total Budget: \$2,845,392
Role: Other Significant Contributor (0% effort)
- 05/01/16 - 03/31/21 Novel Molecular Mechanisms of Skeletal Muscle Insulin Resistance in Physically Inactive Older Adults
Principal Investigator: Micah Drummond
Total Budget: \$1,793,900
NIH National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), R01
Role: Co-Investigator (5% effort)
- 04/01/16 - 03/31/21 L.S. Skaggs Patient Wellness Program (includes remodel costs and interprofessional academic programming)
Principal Investigator: Robin Marcus
Total Budget: \$1,100,000
Skaggs Foundation for Research, JAX Foundation
Role: Principal Investigator/Director (no salary support)
- 04/01/15 - 03/31/21 Activity for Diabetic Polyneuropathy: the “ADAPT study” (Competitive Renewal of R01 DK064814-008, UDNS)
Principal Investigator: J. Robinson Singleton, A Gordon Smith
Total Budget: \$3,636,482
NIH National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), R01
Role: Co-Investigator (10% effort)

Past Grants

- 01/01/00 - 08/01/01 The U-Fit Physical Activity Program For Children And Youth With Disabilities
Principal Investigator: Hester L. Henderson
Total Budget: \$20,000
University of Utah
Role: Co-Investigator
- 07/01/01 - 12/01/01 Utah Leadership And Education In Neurodevelopmental Treatment-ULEND-Cooperative Grant Between Utah State University and the University of Utah
Total Budget: \$601,584
Utah State University
Role: Discipline Coordinator
- 06/01/02 - 09/01/02 Research Instrumentation Funds Proposal for Body Weight Support Treadmill System

Total Budget: \$11,000
University of Utah Research Instrumentation
Role: Principal Investigator

05/01/03 - Funds For Eccentric Bicycle
05/01/03 Total Budget: \$8,000
Katherine W Dumke & Ezekiel R Dumke Jr Foundation
Role: Principal Investigator

07/01/03 - Building Interdisciplinary Research Careers In Women's Health
06/01/09 Total Budget: \$470,000 (one scholar)
OFFICE OF RESEARCH ON WOMEN'S HEALTH
Role: Scholar

03/01/04 - Effect of Eccentric Strength Training on the Bioavailability of Insulin-Like
03/01/05 Growth Factor-1 in Post-Menopausal Women
Total Budget: \$5,000
University of Utah College of Health Research and Creative Grant Competition
Role: Principal Investigator

02/01/07 - An exploratory study of the effects on insulin sensitivity following a combined
01/31/08 aerobic and high intensity resistance training program for individuals with type 2
diabetes.
Total Budget: \$5,000
University of Utah
Role: Principal Investigator

02/01/07 - Investigating the mechanisms of improved glucose uptake from resistance training
08/31/09 in the elderly
Total Budget: \$30,000
University of Utah Research Foundation Seed Grant
Role: Principal Investigator

04/01/07 - Investigating the mechanisms of improved glucose uptake from resistance training
04/01/08 in the elderly. Marcus RL, (April 2007 --\$54,700) funded
Total Budget: \$54,700
University of Utah Center on Aging
Role: Principal Investigator

10/01/09 - Biomechanical and Neurophysiological Effects of Spinal Manipulative Therapy.
02/28/10 R21AT004221-02S1
Principal Investigator: Julie M. Fritz
Total Budget: \$59,940
NIH National Center for Complementary and Alternative Medicine (NCCAM)
Role: Co-Principal Investigator

06/01/10 - Intramuscular Adipose Tissue, Inflammation and Muscle Function in the Elderly
05/31/11 Principal Investigator: Robin L. Marcus, Timothy E. Graham
Total Budget: \$4,660
Univ of Utah College of Health Dean's Research Award
Role: Principal Investigator

01/01/12 - The role of quantitative measures of muscle morphology in understanding low
12/31/12 back pain: the clinical significance of the lumbar multifidus
Total Budget: \$6,992
COCA Research Ltd
Role: Co-Investigator

01/01/11 - 12/31/12 Muscle Adipose Tissue and Inflammation in the Elderly
Principal Investigator: Paul C. LaStayo
Total Budget: \$35,000
University of Utah Research Foundation
Role: Co-Investigator

05/01/08 - 05/01/13 Reducing falls with RENEW in older individuals who have fallen. R01
Principal Investigator: Paul C. LaStayo
Total Budget: \$1,606,313
NIH National Institute On Aging (NIA)
Role: Co-Investigator

12/01/08 - 07/01/13 The Utah Diabetic Neuropathy Study. RO1 Renewal
Principal Investigator(s): J. Robinson Singleton; A. Gordon Smith
Total Budget: \$1,989,367
NIH National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
Role: Consultant

01/01/12 - 12/31/13 ADA Bariatric Grant
Principal Investigators: A Gordon Smith, J Robert Singleton
ADA
Role: Consultant

01/01/12 - 12/31/13 Eccentrically-biased Mind-Body Exercise to Enhance Physical Function and Muscle Growth in Anabolically-deprived Survivors of Prostate Cancer
Principal Investigator: Paul LaStayo
Total Budget: \$39,250
Cancer Control Population Sciences
Role: Co-Investigator

09/01/12 - 08/30/13 Muscle atrophy regulation in older adults with hip fracture and potential anabolic approaches: Part 2
Principal Investigator: Micah Drummond
Total Budget: \$20,000
University of Utah, Center on Aging
Role: Co-Investigator

06/31/14 - 06/30/15 Intervention targeting sedentary behavior in people with diabetic peripheral neuropathy: A collaborative CTSA pilot project
Principal Investigator: J. Robert Singleton
Total Budget: \$14,450
University of Utah Research Foundation
Role: Co-Investigator

01/01/14 - 12/31/15 Muscle atrophy regulation in older adults with hip fracture and potential anabolic approaches
Principal Investigator: Micah Drummond
Total Budget: \$72,910
Orthopedic Trauma Association
Role: Co-Investigator (No salary support)

07/01/14 - 06/30/15 Building reserve: A pilot study of physical activity and exercise in frail older adults
Principal Investigator: Linda Edelman
Total Budget: \$10,000
University of Utah, College of Nursing
Role: Co-Investigator (No salary support)

- 03/01/15 - Incorporating a patient-centered dyad in a healthy lifestyle program following total
02/28/16 knee arthroplasty: a pilot assessment of feasibility and preliminary effects
Principal Investigator: Paul LaStayo
Total Budget: \$9,600
Consortium for Families and Health Research, University of Utah
Role: Co-Investigator (No salary support)
- 06/01/15 - Effects of a walking intervention in older patients with CKD: Feasibility Study
12/31/16 Principal Investigator: Patricia Painter
Total Budget: \$409,750
NIH National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), R21
Role: Co-Investigator (5% effort)
- 08/11/14 - Adding value to post-acute care setting through evidence-based physical therapy
12/31/16 services
Principal Investigator: Robin Marcus
Total Budget: \$48,970
American Physical Therapy Association
Role: Principal Investigator (no salary support)
- 01/01/17 - Sit Less, Interact, Move More (SLIMM) intervention for sedentary behavior in
12/31/18 CKD, R21
Principal Investigator: Srinivasan Beddhu
NIH National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), R21
Direct Costs: \$275,000 Total Budget: \$409,750
Role: Co-Investigator (3% effort)
- 08/01/17 – 100% Tobacco Free U
02/28/19 Principal Investigator: Robin Marcus
American Cancer Society, Tobacco Free Generation Campus Initiative
Direct Costs: \$18,893 Total Budget \$18,893
Role: Principal Investigator (no salary support)

VI. TEACHING, ADVISING AND OTHER ASSIGNMENTS

a. Instructional Summary

Courses Taught Over Past 5 years

- 2021 Instructor, PT AT 7910(10): Doctoral Seminar I, 12 SCH, 12 students, University of Utah, Physical Therapy. High Intensity Exercise Training in Older Adults
- 2020 Course Coordinator, RHSCI 7500 (2): Rehabilitation Science Seminar, 5 students, University of Utah, Physical Therapy and Athletic Training
- 2020 Instructor, PT AT 6080(1): Pathokinesiology, 240 SCH, 50 students, University of Utah, Physical Therapy and Athletic Training
- 2020 Instructor, RHSCI 7970(3): Dissertation Credits, 6 SCH, 1 student, University of Utah, Other.
- 2019 Instructor, PT AT 7940(10): Doctoral Seminar IV, 12 SCH, 12 students, University of Utah, Physical Therapy and Athletic Training. Predicting Successful Outcomes in Physical Therapy
- 2019 Instructor, PT AT 7910(10): Doctoral Seminar IV, 12 SCH, 12 students, University of Utah, Physical Therapy and Athletic Training. Fall Prevention
- 2019 Instructor, RHSCI 7970(3): Dissertation Credits, 6 SCH, 1 student, University of Utah, Other.
- 2018 Course Coordinator, RHSCI 7500 (2): Rehabilitation Science Seminar, 5 students, University of Utah, Physical Therapy and Athletic Training

- 2018 Instructor, PT AT 7240(1): Musculoskeletal Mgmt, 5 credit hours, 205 SCH, 45 students, University of Utah, Physical Therapy. Co-taught
- 2018 Instructor, PT AT 6080(1): Pathokinesiology, 240 SCH, 50 students, University of Utah, Physical Therapy and Athletic Training.
- 2018 Instructor, RHSCI 7970(3): Dissertation Credits, 6 SCH, 1 student, University of Utah, Other.
- 2018 Instructor, PT AT 7940(10): Doctoral Seminar IV, 12 SCH, 12 students, University of Utah, Physical Therapy and Athletic Training. Predicting Successful Outcomes in Physical Therapy
- 2017 Instructor, RHSCI 7970(3): Dissertation Credits, 6 SCH, 1 student, University of Utah, Other.
- 2017 Instructor, PT AT 6080(1): Pathokinesiology, 240 SCH, 50 students, University of Utah, Physical Therapy and Athletic Training.
- 2017 Instructor, PT AT 7910(10): Doctoral Seminar I, 12 SCH, 12 students, University of Utah, Physical Therapy. Physical Therapy in Acute Care Settings
- 2016 Instructor, PH TH 7920(10): Doctoral Seminar IV, 12 SCH, 12 students, University of Utah, Physical Therapy and Athletic Training. Rehabilitation in Global Health
- 2016 Instructor, PH TH 7940(10): Doctoral Seminar IV, 12 SCH, 12 students, University of Utah, Physical Therapy and Athletic Training. Value in Physical Therapy
- 2016 Instructor, PH TH 6080(1): Pathokinesiology, 240 SCH, 48 students, University of Utah, Physical Therapy and Athletic Training.
- 2016 Instructor, PH TH 7240(1): Musculoskeletal Mgmt, 5 credit hours, 205 SCH, 45 students, University of Utah, Physical Therapy. Co-taught
- 2016 Instructor, PH TH 7910(10): Doctoral Seminar I, 12 SCH, 12 students, University of Utah, Physical Therapy.
- 2016 Instructor, RHSCI 7900(1): Independent Study

Trainee Supervision

- 2013 Mentor, Graduate Preparation Institute – Jahna Yuhn, pre-BS
- 2011 - 2016 Mentor Committee Member – KO1 award for Micah Drummond, PhD

Fellow

- 2001 - 2002 Supervisor, Genevieve Cook, PT University of Utah. MPT, Ulend Trainee.
- 2002 - 2003 Supervisor, Barbara Johnson, PT University of Utah. BS, PT, ULEND Trainee.
- 2008 - 2010 Supervisor, Ryan Hungerford, MD University of Utah.

Medical Student

- 2008 Advisor/Mentor, Tina Burton, MSI University of Utah. Mentored student on clinical research project.

Graduate Student Committees

- 2020 - present Member, Jamie Bannett, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2019 - present Member, Angie Glauser, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2019 - present Member, Jonathan Petrocelli, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2017 - present Chair, Danica Dummer, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2017 - 2020 Member, Alec McKenzie, University of Utah, PhD/Doctoral Committee, Rehabilitation Science

- 2015 - 2019 Member, Brian Connors, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2015 - 2018 Chair, Joshua Johnson, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2015 - 2018 Member, Stephanie Albin, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2015 - 2016 Chair, Max Polin, University of Utah, PhD/Doctoral Committee, Rehabilitation Sciences (left program for personal reasons)
- 2014 - 2017 Member, Jesse Christensen, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2012 - 2015 Chair, Robert Briggs, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2011 - 2015 Member, John Magel, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2011 - Present Member, Laura Young, University of Utah, PhD/Doctoral Committee, Exercise and Sport Science
- 2011 - 2014 Member, Evan Papa, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2011 - 2014 Member, Jessica Smith, University of Utah, PhD/Doctoral Committee, Bioengineering
- 2011 - 2014 Member, Anne Thackeray, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2011 - 2014 Member, Mark Lester, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2011 - 2012 Member, Ginger Dobie, University of Utah, PhD/Doctoral Committee, Rehabilitation Sciences. (left program to pursue Doctorate of Physical Therapy)
- 2011 - 2013 Member, Ed LeCara, Rocky Mountain University of Health Professions, PhD/Doctoral Committee, Athletic Training.
- 2011 - 2014 Member, Faris Al-Odaibi, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2010 - 2013 Member, Nathan Savage, University of Utah, PhD/Doctoral Committee, Rehabilitation Science
- 2009 - 2012 Member, Bryan Gibson, University of Utah, PhD/Doctoral Committee. Biomedical Informatics
- 2008 - 2012 Chair, Odessa Addison, University of Utah, PhD/Doctoral Committee. Rehabilitation Science
- 2007 - 2014 Member, Kaiwi Chung-Hoon, University of Utah, PhD/Doctoral Committee. Rehabilitation Science
- 2010 - 2011 Chair, David Derkacs, University of Utah, PhD/Doctoral Committee. Rehabilitation Sciences. (left program)
- 2009 - 2011 Member, Carmen Kirkness, University of Utah, PhD/Doctoral Committee. Rehabilitation Science
- 2006 - 2007 Member, Jason Kidde, University of Utah, Masters Committee. Department of Exercise and Sport Science
- 2005 - 2008 Member, Whitney Meier, University of Utah, PhD/Doctoral Committee. Department of Physical Therapy. (left program to pursue Doctor of Physical Therapy).

- 2004 - 2006 Member, J. Parry Gerber, University of Utah, PhD/Doctoral Committee. Department of Exercise and Sport Science
- 2004 - 2005 Member, Laura Hill, University of Utah, PhD/Doctoral Committee. Department of Exercise and Sport Science
- 2003 - 2005 Member, Bo Foreman, University of Utah, PhD/Doctoral Committee. Department of Anatomy and Neurobiology

VII. EDITORIAL EXPERIENCE

Manuscript Reviewer Experience

- Reviewer for Cochrane Musculoskeletal Group
- Reviewer for Journal of Athletic Training
- Reviewer for Medicine and Science in Sport and Exercise
- Reviewer for Neurorehabilitation and Repair
- Reviewer for Journal of Sports Science and Medicine
- Reviewer for Physiotherapy Canada
- Reviewer for Physiotherapy
- Reviewer for European Journal of Applied Physiology
- Reviewer for Physical Therapy
- Reviewer for Journal Aging and Physical Activity
- Reviewer for Experimental Gerontology

VIII. GRANT REVIEW COMMITTEE/STUDY SECTION

- 2015 NIH, Academic Research Enhancement Awards, Ad Hoc Reviewer
- 2014 - 2018 University of Utah Funding Incentive Seed Grant Program Committee
- 2012 - 2015 Diabetes UK
- 2011 - 2015 Health Research Board of Ireland
- 2009 - 2017 University of Utah Research Foundation
- 2008 - 2009 University of Utah Center for Rehabilitation Research and Education

IX. AWARDS

- 2020 Catherine Worthingham Fellow of the American Physical Therapy Association
- 2020 2020 Award of Recognition, Utah Academy of Nutrition and Dietetics
- 2019 Distinguished Mentor Award, College of Health, University of Utah
- 2018 Lifetime Achievement Award, Utah Chapter, American Physical Therapy Association
- 2018 Jack Walker Award, American Physical Therapy Association
- 2015 Distinguished Alumna Award, Department of Exercise and Sport Science, University of Utah
- 2012 Outstanding Teacher, Department of Physical Therapy, University of Utah
- 2010 New Investigator Award, College of Health, University of Utah
- 2009 Distinguished Teaching Award, College of Health, University of Utah
- 2008 Distinguished Teaching Award Nominee, College of Health, University of Utah

- 2006 The Mary Lipscomb Hamrick Abstract Award. United States Army, The effects of an eccentric intervention on muscle morphology following anterior cruciate ligament reconstruction.
- 2004 Physical Therapist of the Year, American Physical Therapy Association, Utah Chapter
- 1996 - 1997 American Physical Therapy Association Post-Professional Doctoral Scholarship \$2000
- 1995 - 1996 American Physical Therapy Association Post-Professional Doctoral Scholarship \$10,564
- 1993 Outstanding Teacher, College of Health, University of Utah

X. SERVICE

a. University Community Activities

University Level

- 2020 Member, AVP for Financial Services Search Committee
- 2019 Member, AVP for Health and Wellness, Student Affairs Search Committee
- 2019 Member, Chief Sustainability Officer Search Committee
- 2019 Member, Chair, Internal Medicine Search Committee
- 2017- 2018 Member, UUH Senior Vice President for Health Sciences Search Committee
- 2017- 2018 Member, Department of Obstetrics and Gynecology Chair Search Committee
- 2017- 2018 Chair, Director of Rehabilitation and Division of PM&R Chief Search Committee
- 2017 Member, Division of Physical Medicine and Rehabilitation Graduate Council Internal Review Team
- 2016 - 2018 Co-Chair, UUMG Workforce Strategy Work Group
- 2016 - 2019 Member, SOM Transformation Health and Wellness Workgroup
- 2016 - 2017 Member, University of Utah Hospitals and Clinics CEO Search Committee
- 2016 - 2020 Member, Resiliency Center Advisory Board, University of Utah Health
- 2016 - 2019 Member, Population Health Committee, University of Utah Health Sciences
- 2016 Co-Chair, Food Systems Committee, Sustainability Action Plan
- 2016 Co-Chair, Rehabilitation Research Advisory Committee, University of Utah Health Sciences
- 2016 Member, Department of Family and Preventive Medicine Chair Search Committee
- 2016 Member, Continuing Education and Community Engagement (CECE) Future Vision Task Force
- 2016 Member, Department of Family and Consumer Studies Graduate Council Internal Review Team
- 2015 - 2018 Member, Graduate Medical Education Wellness Committee
- 2015 - 2020 Chair, BeWell Utah Family Health Fair and Events, University Health Care
- 2015 - Member, Health Services Innovation Research, Population Health Sciences Steering Committee
- 2015 - 2016 Member, Home-Based Inpatient Services Workgroup, University of Utah Health Sciences
- 2014 - 2015 Member, Health Care Transformation Program Committee
- 2013 - 2015 Member, Psychiatry Chair Search Committee
- 2013 - 2015 Member, Clinical Research Oversight Committee

- 2013 - Member, Executive Steering Committee, Center for Clinical and Translational Science
- 2013 - 2015 Member, Executive Committee Sports Medicine
- 2013 - 2014 Member, Brain and Spine, Neuroscience Institute Internal Advisory Group
- 2013 - 2013 Member, Academic Senate, College of Health Representative (Interim)
- 2012 - 2016 Member, Academic Policy Advisory Committee
- 2011 - Member, Internal Advisory Board, Center for Clinical and Translational Science
- 2008 - 2009 Member, PM&R Division Chief Search Committee

College Level

- 2012 - 2013 Chair, College of Health College Council
- 2007 - 2011 Member, College of Health College Council
- 1998 - 2007 Member, College of Health Computer Committee
- 1990 - 1993 Member, College of Health Computer Committee

Department Level

- 2019 Member, Hybrid Program Director Search Committee
- 2012 - Member, Retention, Promotion and Tenure Committee
- 2012 - 2013 Director of Graduate Studies
- 2010 - 2011 Member, Physical Therapy Faculty Search Committee
- 2005 - 2012 Chair, Physical Therapy, Post Professional DPT Admission Committee
- 2001 - 2003 Chair, Physical Therapy, Faculty Search Committee
- 2001 - 2017 Advisory Board Member, Exercise and Sport Science, Project Special PE for the 21st Century
- 1987 - Member, Physical Therapy, Curriculum Committee, University of Utah
- 1987 - Member, Physical Therapy, Admissions Committee, University of Utah

Programs, Centers & Institutes

- 1999 - 2019 Advisory Board Member, U-Fit Physical Activity Program, For Children and Youth with Disabilities

b. External Service

Service to Profession

- 2016 - 2020 Member, Get Healthy Utah, Board of Directors
- 2016 Examiner, PhD Thesis for Behnaz Shahtahmassebi, Murdoch University, Perth-Western Australia
- 2015-2019 Member, Building Healthy Academic Communities Evidenced Based Practice Committee
- 2014 Member, Planning Committee, Preparing the Next Generation of Physical Therapists for Innovative Practice
- 2002 - 2003 Chair, Physical Therapy Licensing Board, Division of Occupational and Professional Licensing, State of Utah
- 1996 - 2001 Member, Physical Therapy Licensing Board, Division of Occupational and Professional Licensing, State of Utah
- 1996 - 2008 Member, American Physical Therapy Association: Utah Chapter, Legislative Committee
- 1993 - 2006 Member, American Physical Therapy Association: Utah Chapter, Research Committee

- 1992 - 1993 Chair, American Physical Therapy Association: Utah Chapter, Nominating Committee
- 1989 - 1991 Delegate, American Physical Therapy Association: Utah Chapter
- 1988 - 1989 Secretary, American Physical Therapy Association: Utah Chapter

Public Service

- 2016 - 2018 Member, Board of Directors, Girls on the Run, Utah Chapter
- 2012 - 2016 Chair, Utah Crew Scholarship Committee
- 2010 - 2011 Board Treasurer, Utah Crew
- 2009 - 2012 Board Member, Utah Crew
- 2006 - 2011 Volunteer Tutor, Beacon Heights Elementary School
- 2003 - 2007 Board Member, YouthLinc Advisory Board
- 2001 - 2003 Board Member, Rehabilitation Without Walls Advisory
- 2000 - 2002 Co-Director, International Paralympic Committee. Physical Therapy Services, Olympic Planning Committee
- 1997 Lecturer, EdNet Arthritis Foundation. Principles and benefits of exercise for people with arthritis, seminar
- 1992 - 1995 Chair, Utah AIDS Foundation. Personnel Committee
- 1992 - 1995 Member, Utah AIDS Foundation. Board of Trustees