

Matthew L. Bowman, PT, DPT

Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy

Education:

Doctor of Physical Therapy: *June 2009-January 2011*
Upstate Medical University, Syracuse, NY

Master of Science: *August 2000-September 2001*
Major: Physical Therapy
Ithaca College - Rochester Campus; Rochester, NY

Bachelor of Science: *August 1996-May 2000*
Major: Clinical Science
Ithaca College - Main Campus; Ithaca, NY

Licensure Information/Registration Number:

New York State-Licensed and Registered Physical Therapist; License #023590: *December 2001-Present*

Employment and Positions Held:

Senior Physical Therapist; Upstate Medical University; Syracuse, NY

Physical Therapist Mentor; January 2017 to the August 2021:

- Duties include orientation of new employees, encouraging and developing best practice, clinical decision-making and facilitating professional growth and development.

Outpatient Orthopaedic and Pulmonary Rehabilitation; May 2008 to the August 2021:

- Completes evaluation and treatment of patients with various orthopaedic injuries, pulmonary and oncological diseases, intermittent Cardiac Rehab coverage and former Aquatics Rehabilitation team member.
- Redeveloped Pulmonary Rehabilitation program with emphasis on the latest evidence.
- Organized/assisted with organization of several continuing education classes at SUNY Upstate, including Clinical Geriatric Orthopedics, Intensive Orthopedics, and Kinesiotaping 1, 2 and 3 in 2010 and 2011, 2013.
- Clinical Liaison for student volunteers for shadowing experiences at the Institute for Human Performance.
- Organized and completed multiple community and department education initiatives including: OP rehab booth with topic of backpack safety for back to school, Healthlinks seminar and COPD support group education on the benefits of PT for people with Pulmonary Disease.
- Developed collaboration with the Robert Schwartz Cystic Fibrosis clinic at Upstate University Hospital to address exercise and fitness needs for adults and children with Cystic Fibrosis for inpatient and outpatient. Initiated the development of an Occupational Therapy component for continuum of care for both inpatient and outpatient therapies. At the request of providers, have started attending weekly pediatric rounds to provide rehab therapy input on care.
- Program Lead: COVID-19 and post-COVID rehabilitation program.

Acute Care Orthopaedics; February 2006-February 2011

- Work as a part of an interdisciplinary rehabilitation team to evaluate and treat patients in Orthopaedic Rehabilitation, general medicine, neurology/neurosurgery, oncology and cardiopulmonary services.
- Oriented new staff, educated RN staff on role of PT in the hospital.

Staff Therapist Proficient; Kessler Institute for Rehabilitation; Chester, NJ

Outpatient Rehabilitation; March 2004-February 2006

- Worked as a part of an interdisciplinary rehabilitation team to evaluate and treat patients referred for Work Hardening/Pain management services, as well as other various diagnoses.
- Led marketing campaign to increase inpatient to outpatient referrals.
- Coordinated education programs for the outpatient department.
- Created monthly educational bulletin boards for our patients regarding current safety topics, including cell phone use while driving and bicycle helmet use.
- Organized step-down program for patients being discharged from physical therapy and occupational therapy, including membership rules, physician and patient informational letters, and layout of fitness room.
- Float between inpatient, outpatient and other clinics within the Kessler system.

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Staff Physical Therapist; Sunharbor Manor; Roslyn Heights, NY

Sub-acute Rehabilitation; October 2001-February 2004

- Worked as part of an interdisciplinary rehabilitation team to coordinate short term and long-term goals, treatment plans, progress reports, exercise programs and discharge planning.
- Screened, evaluated and treated residents admitted to the facility.
- Completed rehabilitation related portions of the Minimum Data Set assessments for all residents covered by Medicare A.
- Organized continuing education information packet for the rehabilitation department.
- Supervised PTA's, reviewed progress notes, goals, discharge plans, and completed quality assurance checklist of soft files after resident discharge from therapy.
- Provided inservices regarding continuing education classes attended.

Peer Reviewed Scientific and Professional Presentations:

- North American Cystic Fibrosis Conference: PT Workshop Session Moderator– *“Issues in the CF Athlete” – Anticipated October 2021*
- APTA Combined Section Meeting: *“Balance, Breathing, and Beyond: Management of Fall Risk in Patients With COPD.” –February 2021*
- North American Cystic Fibrosis Conference: Education Section abstract reviewer for October 2020 Conference
- North American Cystic Fibrosis Conference: PT Caregiver Session Invited Speaker – *“Clinical Lung Function and Exercise Testing” – October 2018*
- North American Cystic Fibrosis Conference: PT Workshop Session Moderator– *“The Role of the PT/RT for Pre & Post Lung Transplant Patients” – October 2018*
- North American Cystic Fibrosis Conference: PT/RT abstract reviewer for October 2018 Conference
- North American Cystic Fibrosis Conference: PT Roundtable Session – *“Posture’s Impact on Airway and Breathing” – November 2017*
- North American Cystic Fibrosis Conference: PT Caregiver Session – *“Musculoskeletal Issues Through the Lifespan” – October 2016*
- North American Cystic Fibrosis Conference: PT/RT Brown Bag Luncheon Invited Speaker– *“Exercise Testing Interpretation & Implementing an Exercise Prescription” – October 2015*
- North American Cystic Fibrosis Conference: PT/RT Caregiver Session Invited Speaker– *“Establishing a Safe and Effective Exercise Prescription.” – October 2014*

Abstracts:

- North American Cystic Fibrosis Conference: Poster Presentation – *“Analysis of a Shuttle Run in Determining Exercise Intensity in Children with Cystic Fibrosis.” – October/November 2019*
- North American Cystic Fibrosis Conference: Poster Presentation: *“The Effect of Cardiorespiratory Exercise on Lung Function” – October 2018*
- APTA Combined Sections Meeting: Poster Presentation: *“A Physical Therapy Intervention to Address Functional Deficits Associated with a Paralyzed Hemi-Diaphragm.” – February 2012*

Non-Peer Reviewed Presentations:

- Upstate University Hospital-Community Campus Primary Provider Grand Rounds – *“Exercise Testing and Prescription with Pulmonary Disease.”—October 2020*
- Upstate University Hospital-Community Campus Primary Provider Grand Rounds – *“Physical Therapy’s Role in Pulmonary Rehabilitation.”—December 2019*
- The Art of Breathing. Thrive to Survive; Geneva, NY—*March 2017*
- COPD Support Group; *February 2015, 2012*
- Robert Schwartz Cystic Fibrosis clinic’s Staff and Family Teaching Days—*March 2014*
 - Cardiopulmonary Exercise Testing and Exercise Prescription—CF Staff presentation
 - The Benefits of Exercise—CF Family presentation

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Grants:

- *Winter 2019:* Completed a 2nd Request for Funding Application for an additional physical therapist in the CF clinic: this one specified for the adult population. This one was awarded as well. Now there will be a part time PT for adults and a part time PT for pediatrics, in addition to 1 acute care PT for admissions.
- *Summer – Fall 2016:* Completed a Request for Funding Application and was awarded a 3-year grant for a part time physical therapist to be completing yearly screens in the cystic fibrosis clinic. The role included developing a CF specific musculoskeletal and cardiorespiratory screen. Establish locations for pulmonary rehab referrals outside of the local area; promote exercise for the health of people with CF. The role is also to study and establish sustainability of a physical therapist in the CF clinic through appropriate billing practices.

Continuing Education Workshops Conducted/Organized:

- NYPTA Central District Meeting: *"Physical Therapy's Role in the Treatment of People with Pulmonary Disease"* – April 2015

Membership in Scientific/Professional Organizations:

- Member of the American Physical Therapy Association—1999-2006, January 2012-Present
 - Member of the Academy of Cardiovascular and Pulmonary Physical Therapy—January 2012-Present
- Member of the New York Physical Therapy Association—January 2012-Present
 - Recording Secretary for the Central District—March 2012-April 2016
- Cystic Fibrosis Foundation Education Committee
 - Physical Therapy Representative—October 2019-October 2022.

Honors and Awards:

- April 2011: Student Research Award for "A Physical Therapy Intervention to Address Functional Deficits Associated with a Paralyzed Hemi-Diaphragm". Upstate Medical University; Syracuse, NY
- September 2020: Selected as one of the New York State Centennial Scholars: A leadership development program sponsored by the APTA throughout 2021.

Continuing Education:

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| • <u>American Physical Therapy Association: Combined Sections Meeting</u>
January 24-26, 2019 | Virtual | Contact Hours: 9.5 |
| • <u>North American Cystic Fibrosis Conference</u>
October 21-October 23, 2020 | Virtual | Contact Hours: 21.0 |
| • <u>North American Cystic Fibrosis Conference</u>
October 31-November 2, 2019 | Nashville, TN | Contact Hours: 21.0 |
| • <u>Utilizing PT in the CF Clinic: Exploring the Clinical Toolbox</u>
October 30, 2019 | Nashville, TN | Contact Hours: 4 |
| • <u>American Physical Therapy Association: Combined Sections Meeting</u>
January 24-26, 2019 | Washington, DC | Contact Hours: 16.0 |
| • <u>North American Cystic Fibrosis Conference</u>
October 18-20, 2018 | Denver, CO | Contact Hours: 21.0 |
| • <u>North American Cystic Fibrosis Conference</u>
November 2-4, 2017 | Indianapolis, IN | Contact Hours: 23.0 |
| • <u>Research and Exercise in CF: Where Do We Start? Where Do We Go?</u>
November 1, 2017 | Indianapolis, IN | Contact Hours: 4 |
| • <u>Successful Mentorship for Residency and Fellowship Education</u>
January 10, 2017 | APTA Webinar | Contact Hours: 8 |
| • <u>North American Cystic Fibrosis Conference</u>
October 27-29, 2016 | Orlando, FL | Contact Hours: 18.0 |
| • <u>Bridging to Best Practice</u>
October 2016 | APTA Webinar | Contact Hours: 3 |
| • <u>Cancer Rehabilitation Models</u>
March 2016 | APTA Webinar | Contact Hours: 2 |

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Professional Certifications:

- APTA Advanced Credentialed Clinical Instructor—July 2015
- Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy—May 2015
- Blankenship System for Functional Capacity Examinations—*July 2011*
- Certified Kinesiotaping Practitioner—*November 2011*

Student Education/Teaching Opportunities:

- Guest Lecturer-Physical Therapy for the Patient With COVID-19
 - Applied Clinical Decision Making: PHYT 651 Upstate Medical University 2020
- Guest Lecturer-Treating the Medically Complex Patient
 - Geriatrics for Physical Therapists: PHYT 654 Upstate Medical University 2020
- Mentor/Lead PT
 - Critical Inquiry: PHYT 643 Upstate Medical University 2019-2020
- Lab Assistant Upstate Medical University 2015-2020
 - Patient/Client Management: Cardiovascular & Pulmonary Disorders: PHYT 635
- Physical Therapist Mentor
 - Syracuse, NY Cystic Fibrosis Foundation 2016-2019
- Guest Lecturer Upstate Medical University 2014-2015
 - Surface Anatomy- chest/abdomen day including lecture and lab for first year PT students.
- Part-time Lecturer/Lab Instructor Ithaca College 2012-2013
 - For Pulmonary Testing and Management class. Completed lectures on Bronchopulmonary Dysplasia, Thoracic Surgeries, Cystic Fibrosis, Pulmonary Rehabilitation and exercise testing. Lab instructor for the course for all three instructional period and assisted with grading of the Lab Practical
- Individualized Student Participation Examination Upstate Medical University 2008-2015
 - Participated as both a CI (grading the student and mentoring them after the examination) and as a CI Mentor (helping new CI's learn to provide better feedback to the students).
- Lab Assistant-Orthopedics and Acute Care
 - Applied Clinical Decision Making: PHYT 651 Upstate Medical University 2008-2019
- Whirlpool instruction class Upstate Medical University 2006-2010
- Clinical Instructor 2006-2017