

CURRICULUM VITAE

Adam Strizak, PT, DPT
Board Certified Orthopedic Clinical Specialist
Certified Lymphedema Therapist
Certified Strength and Conditioning Specialist

Binghamton University
Decker School of Nursing and Health Sciences
Health Sciences Building (HSB)
48 Corliss Ave.
Johnson City, NY 13790

Education: post high school, from **most recent to earliest**
Advanced Certificate in Healthcare Management
SUNY Empire, Saratoga Springs, NY
April 2018

Doctor of Physical Therapy
New York University, New York, NY
September 2013

Bachelors of Science
SUNY Cortland, Cortland, NY
Major Biology, Minor Chemistry
May 2010

Licensure Information:
Physical Therapist
New York State, License #037257

Certifications (eg, ABPTS):
Board Certified Orthopedic Clinical Specialist, Certification #56129
Certified Strength and Conditioning Specialist, Certification # 201175475
Certified Lymphedema Therapist

Employment and Positions Held: from **most recent to earliest**
Clinical Assistant Professor
Non-Tenure Track
Binghamton University
Johnson City, NY
September 2021 - Present

Physical Therapist
SMART Physical Therapy
Baldwinsville, NY
July 2022 - Present

Per diem Physical Therapist
SUNY Upstate Medical University
Syracuse, NY
June-September 2023

Per diem Physical Therapist
Onondaga Physical Therapy
Jamesville, NY
May-August 2022

Senior Level Physical Therapist
SUNY Upstate Medical University
Syracuse, NY
January 2014 - August 2021

Per Diem Physical Therapist
Van Duyn Center for Rehabilitation and Nursing
Syracuse, NY
October 2016 - September 2018

Physical Therapist, Home Care
Cayuga Orthopedic and Sports Physical Therapy (Coast PT)
Auburn, NY
March 2014 - September 2014

Peer Reviewed Publications: from the **most recent to the earliest**
Singh G, **Strizak A**. Effects of a novel, inexpensive device “Striker” on spatio-temporal gait parameters in individuals with Parkinson’s disease. Indian J Physiother Occup Ther. 2024;18(3):[30-38]

Peer Reviewed Scientific and Professional Presentations: from the **most recent to the earliest**

Presenter: Romano D, Cherry J, Komor T, **Strizak A**
Title: See the Progress: Mapping Competence Over Time With a Competency Visualization Platform
Occasion: APTA Education Leadership Conference (ELC) 2025
Date: October 2025

Presenter: Singh G, Cherry J, Placella J, Bravo G, Parker E, Komor T, **Strizak A**
Title: Predictors of Burnout in Physical Therapists: A Survey Study
Occasion: World Physiotherapy Congress 2023
Date: June 2023

Presenter: Strizak A
Title: Pain NeuroScience Education: An Introduction
Occasion: PhyscalTherapy.com - Live Online CEU
Date: Feb 2021

Presenter: Strizak A

Title: Lecture Series: Preparing for the OCS Board Exam
Occasion: SUNY Upstate PM&R Staff Development Series
Date: Multiple Dates 2019-2020

Funded/In Review Grant Activity:

Authorship: Primary Investigator

Amount of Funding Awarded: \$2000 Funded by Decker College Research Expense Grant, Decker College of Nursing and Health Sciences

Nature of Project: Locus of Control and Self-Esteem in Physical Therapy Graduate Student Success

Authorship: Co-Investigator

Amount of Funding Awarded: \$3825 Funded by American Physical Therapy Association Academy of Education

Nature of Project: Development of a Competency-Based Assessment Data Dashboard for Physical Therapy Education: B-Competent

Authorship: Primary Investigator

Amount of Funding Awarded: \$2000 Funded by Decker College Research Expense Grant, Decker College of Nursing and Health Sciences

Nature of Project: Pilot Study: Comparing EMG Muscle Activity and Running Efficiency in Carbon Plate Sneakers During Treadmill Running on Different Inclines

Authorship: Co-Investigator

Amount of Funding Awarded: \$2000, Funded by Research Expense Grant, Decker College of Nursing and Health Sciences

Nature of Project: Predictors of Burnout in Physical Therapists Before and After COVID-19: A Comparative Study.

Current/Active Research Activity:

Authorship: Primary Investigator

Nature: Locus of Control and Self-Esteem as predictors of DPT Student Success

Funded: Internal

Authorship: Co-Investigator

Nature: Pilot Study: Development of a Competency-Based Assessment Data Dashboard for Physical Therapy Education: B-Competent

Funded: External

Authorship: Primary Investigator

Nature: Pilot Study: Comparing EMG Muscle Activity and Running Efficiency in Carbon Plate Sneakers During Treadmill Running on Different Inclines (IRB Phase)

Funded: Internal

Authorship: Co-Investigator

Nature: Predictors of Burnout in Physical Therapists Before and After COVID-19: A Comparative Study. (Completed and manuscript in preparation)

Funding: Internal

Authorship: Co-Investigator

Nature: Predictors of Burnout in Physical Therapists (Manuscript in Preparation)

Funding: Internal

Membership in Scientific/Professional Organizations:

American Physical Therapy Association of New York

Member: June 2014-Present

Central District Director: 2025-Present

Central District Co-Chair: 2022-Present

Central District Nominating Committee 2021-2022

American Physical Therapy Association

Member: June 2014-Present

Consultative and Advisory Positions Held: None

Community Service:

APTA NY Delegate Assembly - Delegate

APTA NY Central District

Annually: May 2025, 2024, 2021, 2020

Moderator for CSM Education Platform Session

APTA Education Section

2023 - San Diego

2022 – San Antonio

UNIV 101 - First Year Experience (FYE) - What is Physical Therapy?

Guest Lecturer speaking with undergraduates considering a career in the health sciences

Binghamton University

Oct 13, 2021

PHY 615 - Introduction to Manual Therapy and Exercise

Lab Assistant for Dale Avers, PT, DPT, PhD, FAPTA

SUNY Upstate

Oct 8 & Nov 17, 2020

Electrical Stimulation: Basic Concepts and Clinical Use

Lab Assistant for Kaitlin Skiff, PT, DPT

SUNY Upstate

July 15, 2020

Geriatric Community Balance Screens at Health Links hosted by SUNY Upstate

Volunteer PT

SUNY Upstate

Biannual 2016-2018

High School Sports Injury/Prevention Screens at Jamesville-Dewitt High School

Volunteer PT

SUNY Upstate

Select Dates in 2016 and 2017

NYU DPT 5K benefitting the Foundation for Physical Therapy - Fundraiser Head
 New York University
 March 2013

NYC Marathon Medical Volunteer
 November 2013

Services to the University/College/School on Committees/Councils/Commissions:
 University-wide – None

School
 Decker College of Nursing and Health Sciences
 Curriculum and Assessment Committee
 Member at Large 2023-2025

Department
 Division of Physical Therapy
 Admissions Committee
 Secretary September 2021-Present

Division of Physical Therapy
 Search Committee Member 2021

Honors and Awards:
 STAR Employee Recognition Award
 SUNY Upstate Medical University
 2017

Continuing Education Attended: list ONLY courses taken within the last five (5) years that specifically relate to responsibilities in the entry-level program.

Continuing Education Course	Month, Year
Summit Professional Education, 2025 <ul style="list-style-type: none"> ● The Current Landscape of Assessment and Treatment for Lymphedema Patients ● The Science and Clinical Application of Neuromuscular Control ● Progression and Regression in Exercise Prescriptions ● The Science and Clinical Application of Therapeutic Exercise ● Functional Amputee Rehabilitation ● Managing Common Orthopedic Conditions with Orthotics ● Using Orthotics to Impact Gait and Function 	Jan-Dec, 2025
EIM: Therapeutic Pain Specialist (TPS) Certification <ul style="list-style-type: none"> ● 6-month hybrid certification including courses on Therapeutic Neuroscience Education, Manual Therapy of the Nervous System, Perioperative Neuroscience Education, and Graded Motor Imagery. The certification ended with the development of an individual capstone project. 	Jan-Jun, 2025

EIM: Advance Pain Neuroscience Education: Focus on Function (Live Online)	Oct, 2024
Top Hat Summer Camp Week 1: Starting the Term (3.5 hours) Week 2: Engaging Student In and Out of Class (2 hours) Week 3: Setting the Stage for Student Success (2 hours)	July, 2024
Greg Lehman: Reconciling Biomechanics with Pain Science	June, 2024
EIM: Manual Therapy of the Nervous System	April 2024
EIM: Therapeutic NeuroScience Education (6 Week, Online)	Jan 2024
PhysicalTherapy.Com Webinars 2023 <ul style="list-style-type: none"> • Sports Performance Programming for the Pregnant and Postpartum • Sleep Recommendations for Competitive Athletes • Therapeutic Exercise for the LE: What the Current Research Says • Principles of Strength and Conditioning Applied to Rehab • Core Strengthening: What the Current Research Says 	Jan - Dec 2023
APTA - Combined Sections Meeting San Diego	Feb, 2023
APTA - Combined Sections Meeting San Antonio	Feb, 2022
NIH Grant Writing Workshop	Jan, 2022
PhysicalTherapy.Com Webinars 2021 <ul style="list-style-type: none"> • Developing Clinical Competency Through Simulation-Based Education • Mindfulness: Beyond Guided Meditation 	Jan - Dec 2021
PT Management for Patients with Pain - Advanced Applications of Pain Sciences	Feb, 2021

Current Teaching Responsibilities in the Entry-Level Program for Academic Year of Program Review:

PT 623 - Essentials of Therapeutic Exercise
Year 1, Spring
Course Coordinator

PT 653 - Integumentary III - Prosthetics & Orthotics
Year 2, Spring
Course Coordinator