

CURRICULUM VITAE

Kerstin M. Palombaro, PT, PHD
Widener University

Education:

Doctor of Philosophy
Temple University, Philadelphia, PA
Physical Therapy
January 2008

Master of Science
Columbia University, New York, NY
Physical Therapy
October 1996

Bachelor of Science
Saint Joseph's University, Philadelphia
Psychology
Honors: Magna Cum Laude
Psi Chi Honors Society
Alpha Sigma Nu Honors Society
May 1994

Licensure Information:

Physical Therapy License: Pennsylvania PT-009956-L
Pennsylvania DAPT004693

Certifications:

Primary Care Certificate
24.0 CEUs
2025

Trauma-Informed Pain Care
7.0 CEUs
2021

Certification in Principles of Chronic Pain
Rehabilitation
2020

9-3-26

BoneFit Certified
2019

ACT in Motion Certified
20 CEUs
2019

Functional Nutrition for Chronic Pain Certified
36 CEUs
2019

Certified Hatha Yoga Instructor
1000 Hour Teacher Training Course
2000

Employment and Positions Held:

Teaching and Physical Therapy Positions

Professor, Institute for Physical Therapy Education
Widener University
Chester, PA
2023 – present

Program Director, PhD in Health Professions Education
Widener University
Chester, PA
2022 – present

Associate Professor with Tenure
Widener University
Chester, PA
July 2015 – 2022

Assistant Professor
Widener University
Chester, PA
2010 – June 2015

Community Engagement Coordinator
Widener University
Chester, PA
2007 – 2021

9-3-26

Adjunct lecturer, Center for Human Sexuality Education
Widener University
Chester, PA
2012 – 2017

Adjunct lecturer, Institute for Physical Therapy Education
Widener University
Chester, PA
2005 – 2007

Associated Faculty, Department of Physical Therapy
Arcadia University
Glenside, PA
2004 – present

Associated Faculty, Department of Health Education
Arcadia University
Glenside, PA
2006 – 2007

Community Health Promotion Project Coordinator
Department of Physical Therapy
Arcadia University
Glenside, PA
2006 – 2007

Curriculum Director, Department of Physical Therapy
Arcadia University
Glenside, PA
2005 – 2006

Acting Admissions Director, Department of Physical Therapy
Arcadia University
Glenside, PA
2004 – 2005

Research Associate, Department of Physical Therapy
Arcadia University
Glenside, PA
2003 – 2006

Laboratory Instructor, Department of Physical Therapy
Arcadia University
Glenside, PA
2000 – 2003

9-3-26

Research Assistant, Department of Physical Therapy
Arcadia University
Glenside, PA
2000 – 2003

Clinical Positions

Per Diem Physical Therapist
Luna Physical Therapy
Greater Philadelphia area
2021 – present

Volunteer Physical Therapist
St. Patrick's Clinic
Norristown, PA
2017 – present

Per Diem Home Health Physical Therapist
Jeanes Hospital (Temple University Health System)
Philadelphia, PA
1998 – 2010

Staff Physical Therapist, Inpatient/Outpatient Department
Jeanes Hospital (Temple University Health System)
Philadelphia, PA
1996 – 1998

Per Diem Home Health Physical Therapist
Jefferson Home Care
Philadelphia, PA
1998 – 2002

Other Related Employment

Yoga Instructor (Pro Bono)
Chester Community Physical Therapy Clinic
Chester, PA
2015 – present

Yoga Instructor (Pro Bono)
Chester YWCA
Chester, PA
2011 – 2014

9-3-26

Yoga Instructor (Pro Bono)
St. Paul's Episcopal Church
Chester, PA
2011

Aging in Place Consultant
County Office of Services to the Aging (COSA)
Delaware County
2011 – 2019

Hatha Yoga Instructor
Moss Rehabilitation Wellness Center
Jenkintown, PA
2001 – 2003

Hatha Yoga Instructor
Temple University Recreation Center
Philadelphia, PA
2001 – 2002

Prenatal Aerobics Instructor
Jeanes Hospital,
Philadelphia, PA
1998 – 1999

Peer Reviewed Publications:

McAllister LM, **Palombaro KM**, Miller KL, Southard V, Tautonico M. Modified 30 Second Sit-to-Stand Test: Fall Risk, Validity, and Usual Performance in Older Adults Requiring Hand Support to Stand.
Submitted to Topics in Geriatric Rehabilitation, in review

Tatta J, **Palombaro KM**, Bezner J, Pignataro R., et al. Pain Resilience Therapy for Chronic Low Back Pain: A Prospective Cohort Study.
Submitted to European Journal of Physiotherapy, revised and resubmitted.

Tatta J, Pignataro RM, Ross MH, **Palombaro KM**. "I think this approach is the missing link": A Qualitative Investigation of Pain Resilience Therapy Training in Physical Therapist Practice. *Submitted to Frontiers in Pain Research, in review*

Tatta J, **Palombaro KM**, Bezner J, Pignataro R, Rothschild C. Pain Resilience Therapy vs Pain Neuroscience Education in Adults with Chronic Low Back Pain: Secondary Analysis from a Randomized Controlled Trial. *Healthcare*. 2026;14(13):1940. doi: 10.3390/healthcare14131940.

Gulick DT, **Palombaro KM**. Effect of Vibration on Epicondylalgia: A Pilot Study. *Academic Journal of Sports Science & Medicine*. 2026;3(2):1-8. doi: 10.33552/AJSSM.2026.03.000562.

Cofer DM, **Palombaro KM**, Drayton-Brooks S, Neal KW. Effective retention strategies for ethnic minority nursing students at predominantly White institutions. Accepted to *Journal of Nursing Education*, 2026;Apr 27:1-8. doi: 10.3928/01484834-20260302-01.

Tatta J, Fletcher J, Pignataro R, Bezner J, Willgens AM, **Palombaro KM**, Morris DM, Lein D. Mental Health Physical Therapy: Recommendations for Practice, Policy, and Payment. *Journal of Physiotherapy in Mental Health*. 2025;2(2):46-62.

Scarpino N, **Palombaro KM**, Willgens AM. Concussion Management in Equestrian Athletes: A Cross-Sectional Survey of SCAT6 Data. *Internet Journal of Allied Health Science and Practice*. 2025;23(4):15.

Campbell SL, **Palombaro KM**, Erdman EA. Civic-Mindedness and Core Values Ratings across Three Cohorts of DPT Students: Impact of Covid19. *Internet Journal of Allied Health Science and Practice*. 2024;22(2):18.

Iovine V, Gulick DT, **Palombaro K**. Arthrometer assessment of Joint Laxity in People with Ehlers Danlos Syndrome. *Internet Journal of Allied Health Science and Practice*. 2024;22(2):22.

Gulick DT, Campbell SL, **Palombaro KM**. Effectiveness of vibration on myofascial trigger points. *World Journal of Yoga, Physical Therapy and Rehabilitation*. 2023;4(3):2694-1767. doi:10.33552/WJYPR.2023.04.000583.

Gulick DT, Everett T, **Palombaro K**. Arthrometer Assessment of Joint Mobility of TayCo Ankle Brace. *Foot & Ankle Specialist*. July 2023
<https://doi.org/10.1177/19386400231184125>

Tatta J, Willgens A, **Palombaro KM**. The ACT-Trained Physical Therapist: Flexible, Aware, Resilient, and Armed with Evidence-based Tools. *Journal of Contextual Behavioral Science*. 2022;26:253-260.

Taweel NR, Gulick DT, **Palombaro KM**. Assessing Lateral Ankle Sprains with a New Arthrometer. *Foot & Ankle Specialist*, *manuscript accepted, publication pending*.

Tatta J, Willgens A, **Palombaro KM**. Mindfulness-and-Acceptance-Based Interventions (MABIs) in Physical Therapist Practice: MABI the Time Is Now. *Physical Therapy*. 2022;102(3):psab293. doi: 10.1093/ptj/pzab293

Palombaro KM. Successful aging through lifestyle medicine. In: J Tatta, G Garner (eds.). *Lifestyle Medicine in Physical Therapy*. OPTP; 2022.

Hammoud S, **Palombaro KM**, Gulick DT. Use of a New Arthrometer to Assess Knee Pathology. *Global Journal of Orthopedic Research*. 3(4): 2022. GJOR.MS.ID.000569. DOI: 10.33552/GJOR.2022.03.000569.

Black JD, Crandall C, **Palombaro KM**, Dole RL. The Prevalence and Characteristics of Physical Therapy Pro Bono Services Involving Physical Therapist Students. *Internet Journal of Allied Health Sciences and Practice*. 2020;18:13.

Palombaro KM, Black JD, McArdle KD, Erdman EA, Stewart AR. High Civic-mindedness Reduces Compassion Fatigue in the First 3 Years of Professional Physical Therapist Practice: A Pilot Study. *Journal of Patient Experience*. 2020;7(5):771-777. doi: 10.1177/2374373519891346

Palombaro KM, Black JD, Dole RL, Jones SA, Stewart AR. Civic-mindedness Sustains Empathy in a Cohort of Physical Therapy Students: A Pilot Study. *Journal of Patient Experience*. 2020;7:185-192. doi: 10.1177/2374373519837246

Willgens AM, **Palombaro KM**. A Mindfulness Workshop for Health Science Graduate Students: Preliminary Evidence for Lasting Impact on Clinical Performance. *Journal of Physical Therapy Education*. 2019;33:144-151.

McAllister LS, **Palombaro KM**. Modified 30-second Sit-to-Stand Test: Reliability and Validity in Older Adults with Comorbidities. *Journal of Geriatric Physical Therapy*. 2020;43:153-158. doi: 10.1519/JPT.0000000000000227

Palombaro KM, Black JD, Dole RD, Burns HA, Jones SA, Stewart AR. Civic-mindedness Development throughout a Physical Therapy Curriculum. *Journal of Community Engagement in Higher Education*. 2018;10:3-16.

Palombaro KM, Pierce SR, Dole RL. A Needs Assessment and Program Evaluation of a Physical Therapy Service-Learning Program in China. *Journal of Community Engagement in Higher Education*. 2017;9:18-28.

Pierce SR, **Palombaro KM**, Black JD. Bicycle Helmet Use in Children. In: Duncan LT, ed. *Advances in Health and Disease*, vol. 2. Hauppauge, NY: Nova Science Publishers, Inc; 2017.

Palombaro KM, Black JD, Dole RL, Pierce J, Sabara E, Santiago M. Assessing the Development of Civic Mindedness in a Cohort of Physical Therapy Students. *Journal of the Scholarship of Teaching and Learning*. 2017;17(4):31-43.

Black JD, Bauer K, Spano G, Voelkel S, **Palombaro KM**. Grand Rounds: A Method for Improving Student Learning and Client Care Continuity in a Student-Run Physical Therapy Pro Bono Clinic. *Journal of the Scholarship of Teaching and Learning*. 2017;17:68-88. doi: 10.14434/josotl.v17i3.21158

Porretta D, Black JD, **Palombaro KM**, Erdman EA. Influence that Service in a Pro Bono Clinic has on a First Full-Time Physical Therapy Clinical Education Experience. *Internet Journal of Allied Health Sciences and Practice*. 2017;15: ISSN 1540-580X.

Pierce SR, **Palombaro KM**, Black JB. Implementation of a Bicycle Helmet Program for Children in an Urban Environment: A Qualitative Study. *SAGE Research Methods Cases – Health*. 2017; <http://dx.doi.org/10.4135/9781526405326>

Pierce SR, **Palombaro KM**, Black JB. “Brain safety fair.” Compendium for Teaching Professional Level Physical Therapy Neurologic Content of the Neurology Section, APTA, available at: <http://www.neuropt.org/education/compendium/comp-docu>

Fike DS, Denton JM, Esparza S, **Palombaro KM**. Calculation of Minimal Detectable Change of Construct Sub-scales of a Cultural Competence Instrument. *Journal of Physical Therapy Education*. 2016;30:25-30.

Black JD, **Palombaro KM**, Dole RL. Measuring the Development of Cultural Competence in Physical Therapist Students. *Journal of the Scholarship of Teaching and Learning*. 2014;15:82-96.

Black JD, Green D, McKenna C, Squadrito J, Taylor S, **Palombaro KM**. Therapists’ Perspectives and Interventions in the Management of Axillary Web Syndrome: An Exploratory Study. *Rehabilitation Oncology*. 2014; 32(4):17-22.

Kietrys DM, **Palombaro KM**, Mannheimer JS. Dry Needling for Management of Pain in the Upper Quarter and Craniofacial Region. *Current Pain and Headache Reports*. 2014;18:437.

Pierce SR, **Palombaro KM**, Black JD. Barriers to Bicycle Helmet Use in Young Children in an Urban Elementary School. *Health Promotion Practice*. 2014;15:406.

Palombaro KM, Campbell SC, Black JD. Geriatric Screening as an Educational Tool: A Case Report. *Journal of Physical Therapy Education*, 2014;28:54-59.

Kietrys DM, **Palombaro KM**, Azzaretto E, Hubler R, Schluskel JM, Tucker M. Effectiveness of Dry Needling for Upper-Quarter Myofascial Pain: A Systematic Review and Meta-analysis. *Journal of Orthopedic and Sports Physical Therapy*. 2013; 43:620-634.

Palombaro KM, Black JD, Buchbinder R, Jette DU. Effectiveness of Exercise for Managing Osteoporosis in Women Postmenopause. *Physical Therapy*. 2013;93:1021-5.

Black JD, **Palombaro KM**, Dole RL. Student Experiences in Creating and Launching a Pro Bono Clinic: A Qualitative Investigation. *Physical Therapy*. 2013;93:637-48.

Schmidt, MV, **Palombaro KM**. Physical Therapy for the Antepartum Hospitalized Patient with Ehlers-Danlos Syndrome: A Case Report. *Journal of Women's Health Physical Therapy*. 2013;37:70-6.

Lefebvre K, Cody C, Mason J, Jayne E, Monaghan R, **Palombaro KM**. Facilitators, Barriers, and Professional Issues Surrounding the Use of the Ankle Brachial Index in Outpatient Physical Therapy Practice. *Journal of Cardiopulmonary Physical Therapy*. 2013;24:7-13.

Wahlgren A, **Palombaro KM**. Evidence-based Physical Therapy for BPPV Using the International Classification of Functioning, Health and Disability: A Case Report. *Journal of Geriatric Physical Therapy*. 2012;35:200-205.

Palombaro KM, Lattanzi JB. Calculating the Minimal Detectable Change and the Minimal Clinically Important Difference for a Cultural Competency Tool. *Physical Therapy Journal of Policy, Administration, and Leadership*. 2012;12:J1-J7.

Gulick DT, **Palombaro KM**, Lattanzi JB. Effect of Ischemic Pressure Using a Backnobber II Device on Discomfort Associated with Myofascial Trigger Points. *Journal of Bodywork and Movement Therapy*. 2011;15:319-325.

Palombaro KM, Dole RL, Lattanzi JB. A Case Report of a Student-Led Pro Bono Clinic: A Proposed Model for Meeting Student and Community Needs in a Sustainable Manner. *Physical Therapy*. 2011;91:1627-35.

Lattanzi JB, Campbell SL, Dole RL, **Palombaro KM**. Students Mentoring Students in a Service-learning Clinical Supervision Experience: An Educational Case Report. *Physical Therapy*. 2011;91:1513-24.

Mangione KK, Craik RL, **Palombaro KM**, Tomlinson SS, Hofmann M. Effect of Home-Based Leg Strengthening Exercise Six Months after Hip Fracture: A Randomized Controlled Study. *Journal of the American Geriatrics Society*. 2010; 58:1911-1917.

Lefebvre K, Anderson T, Herbertson K, Keirse A, Whorowski H, **Palombaro KM**. The Use of Health Related Quality of Life Objective Measurement in Cardiovascular and Pulmonary Physical Therapy Practice: An Exploratory Study. *Cardiopulmonary Physical Therapy*. 2010;21:5-13.

Palombaro KM, Lattanzi JB, Dole RL. Creating Sustainable Community Engagement Initiatives in a Graduate Physical Therapy Program. *Metropolitan Universities*. 2010; May: 61-75.

Palombaro KM, Hack LM, Mangione KK, Barr AE, Newton RA, Magri F, Speziale T. Gait Variability Detects Women in Early Postmenopause with Low Bone Mineral Density. *Physical Therapy*. 2009;89:1315-1326

Palombaro KM, Hack LM, Mangione KK, Barr AE, Newton RA. Osteopenia and Sarcopenia: Factors Related to Physical Frailty in Women. *Journal of Women's Health Physical Therapy*. 2008;32:13-17.

Mangione KK, Lopopolo RB, Neff NP, Craik RL, **Palombaro KM**. Interventions Used by Physical Therapists in Home Care for People after Hip Fracture. *Physical Therapy*. 2008;88:199-210.

Palombaro KM, Craik RL, Mangione KK, Tomlinson JD. Determining Meaningful Changes in Gait speed after Hip Fracture. *Physical Therapy*. 2006;86:809-16.

Palombaro KM. Effects of Walking-Only Intervention on Bone Mineral Density at Various Skeletal Sites: A Meta-Analysis. *Journal of Geriatric Physical Therapy*. 2005;28:102-7.

Mangione KK, Craik RL, Tomlinson SS, **Palombaro KM**. Can Elderly Patients Who Have Had a Hip Fracture Perform Moderate to High Intensity Exercise at Home? *Physical Therapy*. 2005;85:727-39.

Mangione KK, **Palombaro KM**. Case Report: Exercise Prescription for a Patient 3 Months after Hip Fracture. *Physical Therapy*. 2005;85:676-87

Non-Peer Reviewed Publications:

No Arena Chinatown Solidarity Group. Independent Report of the Impact 76 Place Traffic on Emergency Services Executive Summary. 2024.

Palombaro KM, Park H. Qualities of Pro Bono Should Be Embraced by Professionals, Students. *Delaware County Times*. November 8, 2013.

Palombaro KM. GIS Mapping: A Resource for Innovation. HPA Resource. 2011;11:1-3.

Palombaro, KM, Dole, RL, Lattanzi JB. The Development of a Community Clinic: How a Signature Project Can Mobilize Commitment to Sustainable Community. In: Ledoux MW, Wilhite SC, Silver P, eds. Civic Engagement and Service Learning. Hauppauge, NY: Nova Science Publishers, Inc; 2011:90-108.

Philadelphia Social Innovations Blog
"Healthcare Students: One Solution to the Healthcare Crisis"

Peer Reviewed Scientific and Professional Presentations:

McAllister LM, **Palombaro KM**, Miller KL, Southard V, Tautonico M. The modified 30-second sit-to-stand test: clinical baselines and fall risk prediction in older adults requiring hand support.

Poster Presentation, Submitted to the 2027 Intrinsic Capacity, Frailty, & Sarcopenia Research Conference for Health Longevity, Cannes, France, *in review*.

Tatta J, **Palombaro KM**. Pain Resilience Therapy for Chronic Low Back Pain: A Strengths-Based Approach, Part 1.
Education Session, APTA Combined Sections Meeting, Philadelphia, PA.
February 2027

McAllister L, **Palombaro KM**. Modified 30 second sit-stand test: Reference values, Validity, and Fall risk for Older Adults – Data Collection in collaboration with Home Health.
Poster Presentation, Home Care Association of Washington
April 2024

Campbell SL, Gulick DT, **Palombaro KM**. Potential Implications of ChatGPT in the Physical Therapy Admissions Process.
Platform Presentation, Educational Leadership Conference, Philadelphia, PA.
October 2023

Gulick DT, Everett TS, **Palombaro KM**. Comparison of Anterior Ankle Translation with and without Ankle Braces.
Poster Presentation, American Society of Biomechanics Conference
April 2023

Tatta J, Willgens A, **Palombaro, KM**.
The ACT-Trained Physical Therapist: Resilient and Armed With Tools to Manage Stress and Burnout.
Education Session, APTA Combined Sections Meeting, San Diego, CA.
2023

Chandler C, **Palombaro KM**.
Using a Virtual Format to Promote health and Wellness.
APTA PA Chapter Conference. Peer reviewed platform presentation.
2021

Carp S, **Palombaro KM**.
Pro Bono Physical Therapy Services Provided to Undocumented Immigrants as a Service-Learning Experience: A Complex Picture.
Poster presentation for APTA Combined Sections Meeting, Washington, D.C.
2019

Crandall C, Black JD, Dole RL, **Palombaro, KM**.
Filling the Gap! Pro Bono Care with Student Physical Therapists: A Pilot Study.
Poster presentation for APTA Combined Sections Meeting, New Orleans, LA.
2018

Dole RL, **Palombaro KM**, Black JD. Assessing the Development of Civic Mindedness in a Cohort of Physical Therapy Students.

Poster presentation for APTA Combined Sections Meeting, San Antonio, TX
2017

Black JD, Dole RL, **Palombaro KM**, Erdman EA, Alfieri C, Porretta D, Golder T.
Physical Therapy Pro Bono Services: Not Just Free Therapy.

Education Session for APTA Combined Sections Meeting, San Antonio, TX
2017

Pierce SR, **Palombaro KM**, Seip D, Castor J.

The Development of a Physical Therapy Staff Training Program in China.

Widener University High Intensity Practices Fair; Widener University; Chester, PA.
Feb 2016

Bookser-Feister C, **Palombaro KM**.

Patients Living in Poverty: Physical Therapy Considerations.

Education Session, APTA Combined Sections Meeting, Anaheim, CA.
2016

McArdle KD, **Palombaro KM**, Brolly MP, Joshi R.

The Impact of Staff Education on Improving Osteoporosis Knowledge Base and Clinical Practice Patterns in Physical and Occupational Therapists.

Poster Session, APTA Combined Sections Meeting, Indianapolis, IN.
2015

Pierce SR, Black JB, **Palombaro KM**.

Barriers to Bicycle Helmet Use in Young Children in an Urban Elementary School.

Platform Presentation, APTA Combined Sections Meeting, Las Vegas, NV.
2014

Black JB, **Palombaro KM**, English L.

Student-Run Pro Bono Clinics: Fostering Leadership Skills and Social Responsibility
Education Session

APTA Combined Sections Meeting, Las Vegas, NV.
2021

Lefebvre K, Trombetta A, Thomas D, Conahan K, Royer C, Ohlhaber J, **Palombaro KM**.

The effects of guarding on the six-minute walk test.

Poster Presentation, American Thoracic Society Meeting, Philadelphia, PA.
2013

Lattanzi JB, **Palombaro KM**, Euype S, Wenger S, English L, Kloos A.
Five clinic models for pro bono service.
Education Session, APTA Combined Sections Meeting, Chicago, IL.
2012

Lefebvre K, Cody C, Mason J, Jayne E, Monaghan R, **Palombaro KM**.
Facilitators, barriers, and professional issues surrounding the use of the ankle brachial index in outpatient physical therapy practice.
Platform Presentation, APTA Combined Sections Meeting, Chicago, IL.
2012

Lattanzi JB, **Palombaro KM**, Herting J, Greenfield R, Cheyney S, Conaghan K.
The creation and launch of a sustainable student-led pro bono physical therapy clinic.
Poster Presentation, PPTA Annual Conference, Valley Forge, PA.
2011

Davidson L, Higgins M, Melfe E, Cafaro J, **Palombaro KM**.
Needs assessment for an after-school program.
Poster Presentation, PPTA Annual Conference, Valley Forge, PA.
2011

Pierce SR, **Palombaro KM**.
Integration of a service-learning project with a non-profit organization through a physical therapy curriculum.
Platform Presentation, APTA Combined Sections Meeting, New Orleans, LA.
2011

Lattanzi JB, **Palombaro KM**, Dole RL.
The creation, launch, and growth of a student-led pro-bono physical therapy clinic: Fostering leadership skills and core values while meeting community needs in a sustainable manner.
Educational Session, APTA Combined Sections Meeting, New Orleans, LA.
2011

Lattanzi JB, **Palombaro KM**, Dole RD.
Community engagement Initiatives in a physical therapy program.
Panel Presentation, CUMU Conference, Philadelphia, PA.
2009

Miller A, Tomlinson SS, **Palombaro KM**.
Assessing core values utilizing the SEGUE Framework within a standardized patient experience.
Platform presentation, APTA Combined Sections Meeting, Nashville, TN
2008

Palombaro KM, Hack LM, Mangione KK, Barr AE, Newton RA.

Are there differences in physical performance measures between early post-menopausal women with and without low bone mineral density?

Poster presentation, PPTA annual conference, Pittsburgh, PA

2007

Miller A, Tomlinson SS, **Palombaro KM**.

Use of standardized patients to evaluate physical therapy student communication and interview skills.

Poster presentation, APTA Combined Sections Meeting, Nashville, TN.

2007

Palombaro KM, Craik RL, Mangione KK.

Determining meaningful changes in gait speed after hip fracture. (PL-RR-146-TH)

Platform presentation, APTA Annual Conference, Boston, MA.

2005

Mangione KK, Lopopolo RB, Neff NP, Craik RL, **Palombaro KM**.

A description of usual care provided by home care physical therapists for geriatric patients after hip fracture.

Platform presentation, APTA Combined Sections Meeting, New Orleans, LA.

2005

Mangione KK, Craik RL, Tomlinson SS, **Palombaro KM**.

The effects of aggressive home-exercise in patients post hip fracture.

Poster presentation, Gerontological Society of America, San Diego, CA.

2003

Funded/In Review Grant Activity:

Widener 'University Faculty Development Grant, awarded \$2000. Development of Civic Responsibility and Empathy in Graduate Physical Therapy and Occupational Therapy Students.

Principal Investigator

December 2019

Widener University Faculty Development Grant, awarded \$951, "An Investigation into the Relationship between Civic-Mindedness and Empathy in Graduate Physical Therapy Students Who Participate in a Student-Led Pro Bono Clinic."

Principal Investigator

December 2018

Widener University Provost Grant, awarded \$1200. "A Needs Assessment for Physical Therapy Services in Costa Rica."

Co-Principal Investigator

July 2016

Widener Service Learning Mini-Grant, awarded \$350,
Course Instructor
May 2016

Widener University Provost Grant, awarded \$1950. "A Best Practices Evaluation of a Physical Therapy Training Program in China."
Co-Principal Investigator
July 2015

Widener University Provost Grant, awarded \$1725, "An Investigation into the Relationship between Civic-Mindedness and Empathy in Graduate Physical Therapy Students Who Participate in a Student-Led Pro Bono Clinic."
Co-Principal Investigator
July 2015

Widener Service-Learning Mini-Grant, awarded \$350
Course Instructor
May 2015

Widener University Faculty Development Grant, "The Increase in Civic Mindedness Among Students Who Participate in a Student-Led Pro Bono Clinic."
Awarded \$2,130
Principal Investigator
July 2014

Widener University Faculty Development Grant, "The Use of an Advanced Statistics Graduate Assistant to Improve Student Learning Outcomes in an Online Statistics Class."
Awarded \$750
Principal Investigator
July 2014

Widener Service-Learning Mini Grant, awarded \$500
Course Instructor
May 2014

Provost Pedagogical Innovation Grant, "Technology Outside the Classroom to Promote Active Learning in the Classroom: PT 713 and PT 813 Lifespan I and II Course Sequence" awarded \$5,990.
Co-Principal Investigator
May 2014

Widener Service-Learning Mini-Grant, awarded \$250
Course Instructor
May 2013

Saint Thomas of Villanova Stewardship Grant, "Chester Community Physical Therapy Clinic" awarded \$1,000

Faculty Advisor to the Chester Community Physical Therapy Clinic

July 2012

School of Human Services Professions Mini-Grant, "Brain Safety Education for Children in the Chester Community" awarded \$200

Investigator

February 2012

Saint Thomas of Villanova Stewardship Grant, "Chester Community Physical Therapy Clinic" awarded \$1,000

Faculty Advisor to the Chester Community Physical Therapy Clinic

July 2011

Widener University Service-Learning Grant, "The Phenomenon of Supervising Physical Therapy Practice in a Student-Led Pro Bono Physical Therapy Clinic." Awarded \$2,130,

Investigator

July 2011

Widener University Provost Grant, "Developing an Assessment for Examining the Effectiveness of Brain Safety Education on Helmet Use in Young Children." Awarded \$1250,

Investigator

July 2011

Saint Thomas of Villanova Stewardship Grant, "Chester Community Physical Therapy Clinic" awarded \$1,000,

Faculty Advisor to the Chester Community Physical Therapy Clinic

July 2010

Saint Thomas of Villanova Stewardship Grant, "Chester Community Physical Therapy Clinic" awarded \$1,000,

Faculty Advisor to the Chester Community Physical Therapy Clinic

July 2009

Widener University Provost Grant, "Effect of Ischemic Pressure using a Backnobber II Device on Discomfort Associated with Myofascial Trigger Points." Awarded \$1400,

Investigator

April 2009

Widener University Provost Grant, "Assessing the Development of Cultural Competence in Physical Therapy Students over the Three-Year Entry-Level Curriculum in the Institute for Physical Therapy Education at Widener University." Awarded \$1900, Investigator
April 2008

PA Department of Health, "Multimodal Exercise Training for Older Adults." Associate Investigator
2007

Pennsylvania Physical Therapy Association, "Are There Differences in Physical Performance Measures between Early Post-Menopausal Women with and without Low Bone Mineral Density?" Awarded \$1000. September 2006
Principal Investigator

APTA Section on Women's Health, "Are There Differences in Physical Performance Measures between Early Post-Menopausal Women with and without Low Bone Mineral Density?" Awarded \$5000. July 2006
Principal Investigator

NIH/NICHD/NIA 1 R03 HD041944-01A1, "Effect of Leg Strengthening Exercise after Hip Fracture." Associate Investigator
2002

Muller Foundation of Abington Memorial Hospital "Measuring Physical Performance after Hip Fracture in Patients with and without Delirium", Investigator
2002

Current/Active Research Activity:

Normative data for the m30STS test, a multicenter study
Investigator
2020-2026

Membership in Scientific/Professional Organizations:

American Physical Therapy Association
1994-present
Member

Academy of Geriatric Physical Therapy
2005 – present

Academy of Physical Therapy Education
2006 – 2021
Academy of Leadership and Innovation
2009 – present
Academy of Physical Therapy Research
2011 – 2021
Academy of Pelvic Health Physical Therapy
1994 – present

National Osteoporosis Foundation
2011 – present
Member
Advanced Practice Professional Member
2009

Consultative and Advisory Positions Held:

Manuscript reviewer
Journal of Community Engagement in Higher Education
2017 – 2026

Associate Editor
Journal of Geriatric Physical Therapy
2016 – present

Member of the Editorial Board
Journal of Physical Therapy Education
2016 – 2020

Manuscript reviewer
Journal of Physical Therapy Education
2013 – 2016; 2020-present

Manuscript reviewer
Journal of Geriatric Physical Therapy
2012 – 2016

Manuscript reviewer
Pedagogy in Health Promotion
2014 – 2020

9-3-26

Manuscript reviewer
Journal of Neurological Engineering and Rehabilitation
2014 – 2020

Manuscript reviewer
Physical Therapy and Rehabilitation Journal
2007 – present

Manuscript Reviewer
Age and Aging
2011 – 2014

Healthcare/Public Health Content Expert Panel
Philadelphia Social Innovations Journal
2009 – 2013

Fit to a T presenter
U.S. Bone and Joint Decade
2007 – 2020

Grant Reviewer
Section on Women's Health
2011 – 2015

2008, 2009, 2015, 2016
Grant Reviewer
APTA Section on Women's Health
2008, 2015

Reference List Contributor, Women's Health Board Certification Exam
APTA Section on Women's Health
2009, 2016

Professional Community Service:

American Physical Therapy Association
Board Appointed Pool Research Awards Subcommittee
2011 – 2014

Board Appointed Pool Publications Awards Subcommittee
2015 – 2017

9-3-26

Widener University Faculty to APTA's Student Assembly
2012 – 2017

HPA Section Community Health Promotion Networking Subcommittee, Co-Chair 2010-
2012

Community Service

Philadelphia Adaptive Rowing
2026-present

Medical Professions Subcommittee
No Arena Chinatown Solidarity Group
2024

Physical Therapy Advisor
Love Without Boundaries Foundation
2014 – present

Pailin and Svay Foster Care Coordinator
Love Without Boundaries Foundation
2024-present

Anhui Healing Home Coordinator
Love Without Boundaries Foundation
2023-2024

Physical Therapy Training Trip Henan Province
Love Without Boundaries Foundation
March 2014

Huainan Special Projects-Sex Education Curriculum Coordinator
Love Without Boundaries Foundation
2013 – 2015

Huainan Believe in Me Coordinator
Love Without Boundaries Foundation
2013 – 2014

Huainan Foster Care/On-site family care Co-Coordinator
Love Without Boundaries Foundation
2009 – 2023

Huainan Foster Care Orphaned Student Support (Education) Co-Coordinator
Love Without Boundaries Foundation
2015 – 2016

Assistant Meet Director
Philadelphia CYO Cross Country
1997 – 2023

Services to the University/College/School on Committees/Councils/Commissions

Widener University

2017 – present
Institutional Review Board Member
2023-2025
Managing Reviewer
2025-present
Vice-Chair

2024-present
Faculty Affairs
2024-2026
Secretary

2017 – 2021
Academic Affairs
2019 – 2021
Secretary

2016 – present
Phi Kappa Phi Board Member

2015 – 2017
Middle States Re-Accreditation Committee Student Experience Working Group
Co-Chair

2013 – 2014
Go -Team: Engagement
Committee Co-Chair

2011 – 2013
Library Committee
2011 – 2012

Secretary

2008 – 2016

Civic Engagement Committee

2010 – 2013

Widener Aging in Action Program

2007 – 2010

Wellness Committee

College of Health and Human Services

2021 – 2024

Academic Council.

2022 – present

Global Engagement Committee

2010 – 2011

2013 – 2015

Faculty Affairs Council

2011 – 2016

IPTE representative to Chongqing Exchange Program

2012 – 2014

Promotion and Tenure Committee

2015 – 2021

2013 – 2014

2020 – 2021

Secretary

2010 – 2012

Diversity Committee

Institute for Physical Therapy Education

2019 – 2021

Class of 2021 Advisor

2020 – 2022

DEI Committee

2015 – present

Promotion and Tenure Committee

2022 – 2024

Ad hoc member

2018 – 2022

Student Recruitment and Retention Committee

2022 – present

Ad hoc member

2016 – 2018

Professional Engagement Committee

2016 – 2022

Community Engagement Committee

2012 – 2015

Physical Therapy Student Association Faculty Advisor

2011 – 2013

Academic Standards Review Committee

2011 – present

Outcomes Committee

Chair

2011 – 2013

Spring 2014 – present

2009 – 2011

Comprehensive Exam Committee

2010 – 2011

Curriculum Committee

2010 – 2015

National Physical Therapy Examination Task Force on Pass Rates

2011 – 2014

Class of 2014 Advisor

2011 – 2013

Class of 2015 Advisor

2008 – present

Chester Community Physical Therapy Clinic, Faculty Board Member

2009 – present

Strategic Planning Committee

2007 – 2012
MLK Conference Committee

Honors and Awards

Finalist for Journal of Geriatric Physical Therapy Best Article Award
2020

Widener Faculty Research Award Nominee
2019

Widener Faculty Research Award Nominee
2017

Pennsylvania Physical Therapy Association Humanitarian Award
2014

Widener University Service-Learning Fellow
2010 – 2011

Recipient, Chattanooga Research Award
2006

Recipient, Section on Geriatrics, Adopt-a-Doc Scholarship
2006

Recipient, Foundation for Physical Therapy
Mary McMillan Doctoral Scholarship
2003

Allied Health Award, Jeanes Hospital
2002

Continuing Education Attended

Empowering Physical Therapists to Excel in Primary Care
2025
1.0 CEUs

Models of Care Panel
2025
2.0 CEUs

9-3-26

Direct Access and its Role in Advancing PT in Primary Care: Legislative and Payment Efforts

2025

2.0 CEUs

Primary Care Injury Prevention: Engaging Communities and Athletes

2025

3.0 CEUs

The PT's Guide to Health and Wellness

2025

6.0 CEUs

Clinical Insights: Effective Decision-Making in Primary Care

2025

10 CEUs

CAPTE Virtual Self-Study Workshop

2025

11.0 CEUs

Regional Review of Musculoskeletal Systems: Shoulder and Upper Extremity

2025

2.0 CEUs

Orthopedic Connections to Pelvic Floor Dysfunction

2025

1.75 CEUs

Neuropathy: Challenging Your Assumptions and Advancing Your Practice

2025

3.25 CEUs

Child Abuse Recognition and Reporting in Pennsylvania

2025

3.0 CEUs

Ethics for Physical and Occupational Therapy Professionals

2025

2.0 CEUs

Differential Diagnosis of the Lower Quarter

2024

1.5 CEUs

Regional Review of Musculoskeletal Systems: Lumbar Spine, Abdomen, and Pelvis

9-3-26

2024
2.5 CEUs

Upper Extremity Assessment: Elbow to Hand
2024
2 CEUs

Persistent Pain in the Direct Access Setting
2024
1.0 CEUs

The Physical Therapist as a Primary Care Provider for Patients with Low Back Pain
2024
2.0 CEUs

Persistent Pain in the Direct Access Setting
2024
1.0 CEUs

Non-Arthritic Hip Pain
2024
1.5 CEUs

How Strong is Your Patient's Exercise Program? Part 2
2024
2.5 CEUs

ICF Best Practice Recommendations: Heel Pain and Plantar Fasciitis
2024
1.0 CEUs

Cervico-Thoracic Spine Management
2024
2.0 CEUs

Educational Leadership Conference
2023
14 CEUs

Case Studies of the Hip: Osteoarthritis
2023
1.0 CEUs

LSVT-BIG Recertification

9-3-26

2023

2.5 CEUs

Child Abuse Recognition and Reporting in PA

2023

3.0 CEUs

Ethics in Physical Therapy.

2023

2.0 CEUs

Differential Diagnosis of the Upper Quarter

2023

1.5 CEUs

PACER Series: Covid-19 Special Considerations

2023

1.0 CEUs

PACER Series: Pulmonary Rehabilitation

2023

1.0 CEUs

PACER Series: Pediatric Considerations

2023

1.0 CEUs

PACER Series: Home Health Considerations

2023

1.0 CEUs

PACER Series: Pelvic Health Considerations

2023

1.0 CEUs

PACER Series: Cardiovascular and Pulmonary
Examination

2023

1.0 CEUs

PACER Series: Rehabilitation for People with
Post-Intensive Care Syndrome (PICS)

2023

1.0 CEU

PACER Series: Inspiratory Muscle Training

9-3-26

2023

1.0 CEU

CAPTE 2022 Self-Study Workshop for PT Programs

2022

10 CEUs

The Aging Spine

2022

2.0 CEUs

Regional Review of Musculoskeletal Systems: Chest and Thorax

2022

1.25

Differentiating Dementias: Frontal, Temporal, and More

2022

2.0 CEUs

Differentiating Dementias: Alzheimer's, Vascular, and Lewy Body.

2022

2.0 CEUs

Ethics for Physical and Occupational Therapy Professionals.

2022

2.0 CEUs

Regional Review of Musculoskeletal Systems: Hip, Groin, and
Lower Extremity

2022

2.0 CEUs

Differential Diagnosis and Conservative Management of Lateral
Knee Pain

2022

2.0 CEUs

Regional Review of Musculoskeletal Systems:

Chest and Thoracic Spine

2022

1.25 CEUs

Review of Systems: Integumentary, Hematologic,
Cardiovascular, and Pulmonary

2022

2.0 CEUs

9-3-26

Review of Systems: Endocrine, Metabolic,
Immunologic and Cancer

2022

1.75. CEUs

Diversity, Equity, Inclusion

2022

6.0 CEUs

Mindfulness for the Health Care Practitioner

2021

7.0 CEUs

Modern Management for the Older Adult: Advanced Topics

2021

16 CEs

Special Tests of the Shoulder

2021

1.25 CEUs

Child Abuse Recognition and Reporting

2021

3.0 CEUs

Trauma-Informed Pain Care

2021

7 CEUs

LSVT-BIG

2021

12.5 CEUs

Teaching Responsibilities in the Entry-Level Program

PT 713 Lifespan I: Adulthood, Instructor

Fall Semester

PT 751 Evidence-Based Inquiry II, Instructor

Fall Semester