

## **Genevieve Bland, PT, DPT**

Dr. Genevieve Bland has been working in the physical therapy profession for over 20 years. She initially started as a PTA and earned her DPT in 2008. Dr. Bland has developed and implemented the physical therapy program in the emergency department (ED) at University of Maryland Medical Center downtown campus. In addition is working in the ED, Dr. Bland carries a case load of orthopedic outpatients and has a special interest in manual therapy along with actively pursuing a certification in dry needling. Her previous work experience includes inpatient rehab, outpatient rehab (neuro and orthopedics), acute care (Level 1 trauma centers), and pediatrics rehab.

### **EDUCATION**

**Maria College**, Albany, NY – 1997

Degree: Associates, Applied Science – Physical Therapist Assistant

The Pennsylvania State University (2011) – Harrisburg, PA

Degree: Bachelor of Science in Psychology

University Of Maryland, Baltimore, Baltimore, MD – 2018

Degree: Doctor of Physical Therapy

### **Post-graduate Education and Training**

Licensed Physical Therapist in MD

### **PROFESSIONAL EXPERIENCE**

**University Of Maryland Medical Center (UMMC)** – October 2019 to present

Emergency Department Physical Therapist III (full-time)

Lead the program development and implementation of physical therapy services within the emergency department (ED), thereby eliciting enhanced patient care and throughput efficiency. Collaborates closely with ED physicians, nurses, and administrators to assess and triage patient needs, and establish protocols for early rehabilitation interventions. Design and deliver training session for ED staff on safe patient handling, mobility techniques, and fall preventions. Educate physicians and nurse practitioners of appropriate referrals, educate RNs of early mobility training, assistive device training, attend ED operations monthly meetings, and safety huddle each morning. Educated outpatient PTs of inpatient documentation, chart reviews, and developed a handout for quick review for lab values. Career progression at UMMC from a staff PT to PT III clinical specialist in orthopedics. Carry an outpatient case load focusing on orthopedics.

### **Evaluations and Treatments**

- PT I (October 2019 to June 2020) – Outpatient/ED evaluations and treatments, clinical instructor
- PT II (June 2020 to February 2024) – Collaborate with multidisciplinary staff, Safety champion of outpatient rehab services, educate physicians on the role of ED therapist, mentor orthopedic residents
- PT III (February 2024 to present) – Mentor junior staff in research, conduct interviews for staff career development

**Physical Therapy First** – November 2018 to October 2019

Physical Therapist (full-time)

Performed evaluations and treatments in patients with musculoskeletal, neuromuscular, vestibular, and post-concussion deficits.

**Treatments**

Outpatient treatments consisted of manual techniques including mobilizations, manipulations, MET, active release technique, vestibular assessments and treatments, post-concussion eval and treatments, e-stim with movement, neuromuscular re-education for motor control, modalities, soft tissue mobilization, assistive device training, balance and coordination activities, therapeutic exercise, instruction in home exercise programs, and instruction in patient safety awareness along with caregiver instruction.

**University Of Maryland Medical Center** – August 2014 to May 2016

**Physical Therapist Assistant** (*per diem*)

Provided physical therapy services to patients in trauma, cardiology, transplant, oncology, medical, orthopedic units.

**Treatments**

Acute care physical therapy services to various populations from the homeless, wealthy, famous, and prisoners. Therapy services includes: bed mobility, transfer, gait, stair training, therapeutic exercise, pulmonary education, balance training, and endurance training. Patient and patient's family education for safety upon discharge.

**Virginia Commonwealth University Medical Center** – September 2012 to July 2014

**Physical Therapist Assistant** (*per diem*)

Provided physical therapy services to patients in cardiac, neuroscience, and trauma ICU, trauma, orthopedic, neurology, medical/surgical unit, burns unit, and prison unit.

**Treatments**

Acute care physical therapy services to various populations from the homeless, wealthy, famous, and prisoners. Therapy services included: bed mobility, transfer, gait, stair training, therapeutic exercise, pulmonary education, balance training, and endurance training. Patient and patient's family education for safety upon discharge. Worked as a team with patient, patient's family, MD, OT, ST, NSG, and SW for discharge planning.

**Conforti Physical Therapy**, Harrisburg, PA – February 2009 to July 2012

**Physical Therapist Assistant** (Per Diem)

Provided outpatient physical therapy services to patients with orthopedic conditions, neurological conditions, and post-surgical deficits.

**Treatments**

Outpatient treatments consisted of modalities, soft tissue massage, balance and coordination activities, aquatic therapy, therapeutic exercise, instruction in home exercise programs, Pilate's emphasis with core musculature engagement throughout treatment, instruction in patient safety awareness along with caregiver instruction.

**Pinnacle Health**, Harrisburg, PA – August 2007 to July 2012

**Physical Therapist Assistant** (Per Diem)

Provided acute care and inpatient rehab treatments to patients in cardiac ICU, orthopedic, surgical, medical, respiratory, and cardiac units.

## **Treatments**

Inpatient treatments consisted of gait training, transfer training, bed mobility training, stair training, therapeutic exercises, balance activities, instruction on fall prevention, family training, and recommendations to the patient care coordinator levels of care required for patient safety.

**First Step Therapy**, Southwick, MA – January 2006 to April 2007

**Physical Therapist Assistant** (part time)

Physical therapy services provided for pre-K to high school students with neurological disorders.

## **Treatments**

School based physical therapy services included: supporting a student's ability to negotiate the school environment, facilitating a child's ability to perform school-based self-care, enabling a child to engage in mobility-based play with peers, collaboration with families, staff, and community-based health care providers.

**Wake Forest University Baptist Medical Center**, Winston-Salem, NC

November 1997 to January 2003

**Physical Therapist Assistant (full time)**

Provided physical therapy services to patients that were discharged from the hospital and needed additional therapy to return to home or go to a long-term care facility. Involved a weekly interdisciplinary team meeting to discuss plan of care and give recommendations to the health care interdisciplinary team. PT and family training was performed as needed. Also have experience on the traumatic brain injury unit and acute spinal cord rehabilitation floor.

## **Treatments**

Acute inpatient rehabilitation physical therapy services included: bed mobility training, transfer training, gait training, prosthetic training, and stair training. Assisted patients in community outings with recreation therapy and instructed group therapy with OT. Provided aquatic therapy to appropriate patients.

## **SPECIAL PROJECTS**

Developed competencies for coverage in the ED, November 2023

Telehealth treatment for a patient in China, May 2023

Participated in a national focus group for geriatric falls and PT in the emergency department, August 2022

## **HONORS AND AWARDS**

University of Maryland, Baltimore Physical Therapy Rehabilitation Sciences

May 2023

Clinical Instructor of the Year

UMMC Team Awards Rehab Week 2020 – outpatient Covid-19 Champion

September 2020

## **PUBLICATIONS/PRESENTATIONS**

Education emergency medicine physicians of the ED PT role

November 2023

Body mechanics and lifting techniques to emergency department nurses –2020, 2021, 2022, and 2023

Body mechanics and lifting techniques to hospital transport staff – 2020, 2021, 2022, and 2023

## **Research:**

Poster presentation at UMMC for treating LBP patients in the ED

September 2023

Poster presentation at Research Day at UMB for treating LBP patients in the ED  
May 6, 2024

## **MEMBERSHIPS/PROFESSIONAL DEVELOPMENT**

Member of the APTA  
1995 to present

Clinical Instructor  
1998 to present

University of Maryland Rehabilitation Network: The University of Maryland Orthopedic Physical Therapy  
Residency Orthopedic Resident Clinical Mentor  
2023 to present