

Curriculum Vitae

1. **Date:** July 2008
- I. **PERSONAL**
2. **Name:** **Kristina S. Beekhuizen**
3. **Home Phone:** 954-349-3965
4. **Office Phone:** 954-262-1955
5. **Home Address:** 1095 Smoke Tree Ct.
Weston, FL 33326
6. **Current Academic Rank:** Assistant Professor
7. **Primary Department:** Nova Southeastern University
Department of Physical Therapy
8. **Secondary/Joint Appointments:** Research Scientist
Center of Excellence for Functional Recovery in Chronic
SCI
Miami VA Medical Center
9. **Citizenship:** USA
10. **Visa Type:** N/A

II. **HIGHER EDUCATION**

11. **Institutional:**

Bachelor of Science; Biology
University of Miami, Coral Gables, Florida
May, 1992

Master of Science; Physical Therapy
University of Miami, Coral Gables, Florida
December, 1997

Doctor of Philosophy; Physical Therapy
University of Miami, Coral Gables, Florida
December, 2004

12. **Non-Institutional:**

Certified Pool Therapist, Baptist Hospital, 1998
Introduction to Neuro Developmental Treatment, Professional Clinical Educators, Inc., 1998
Cervical Spine and Headaches, The Saunders Group, Inc., 2000
Certified Clinical Educator, Florida Consortium of Clinical Educators/University of Miami, 2000
Certified Strength Training Specialist, Int'l Weightlifting Association, 2001
Certified Nutrition Consultant, Int'l Sports & Fitness Trainers Association, 2002

Kristina Beekhuizen, PT, Ph.D.

13. Certification, licensure:

Board Certified Neurologic Physical Therapist; 2008-2018
Florida Physical Therapy License; Florida Department of Health; PT 16626; 1998-present
Florida Teaching Certificate; Florida Department of Education: 712434; 1994-1999
Certified Strength and Conditioning Specialist, National Strength and Conditioning Association,
2003-present

III. EXPERIENCE

14. Academic:

Science Teacher, Middle School
Miami-Dade County Public Schools
1992-1995

Instructor, Anatomy and Physiology
Miami-Dade Community College
August-December 1994

Clinical Instructor
Baptist Health Systems
1998-2000

Graduate Teaching Assistant, Division of Physical Therapy
University of Miami, Miami, Florida
August 2001 – September 2004

Graduate Research Associate, Miami Project to Cure Paralysis
University of Miami School of Medicine, Miami, Florida
November 2002 – September 2004

Instructor, Gross Anatomy
University of Miami Medical School
Spring, 2003

Assistant Professor, Nova Southeastern University
September 2004-present

Director of Academic Excellence Institute
Nova Southeastern University
2008-present

15. Non-academic:

Baptist Health Systems
Physical Therapist
Feb 1998 – Dec 2000

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Miami-Dade County Public Schools
Pediatric Physical Therapist
Jan 2001 – June 2001

Independent Contractor, Orthopedic and Neurological Rehabilitation
Physical Therapist
June 2001 – present

University of Miami Sylvester Cancer Center
Physical Therapist
August 2002 – Jan 2003

Miami VA Medical Center
Center of Excellence for Functional Recovery in Chronic SCI
Research Scientist
Dec 2003 - present

16. **Military:** None

IV. **PUBLICATIONS**

17. **Books and monographs published:** None

18. **Juried or refereed journal articles and exhibitions:**

Beekhuizen KS, Field-Fote EC. Sensory Augmentation in Recovery of Function in Individuals with Tetraplegia. *Arch Phys Med Rehabil.* 2008 Apr;89(4):602-8.

Beekhuizen KS, Field-Fote EC. Massed Practice versus Massed Practice with Stimulation: Effects on Upper Extremity Function and Cortical Plasticity in Individuals with Incomplete Cervical Spinal Cord Injury. *Neurorehabil Neural Repair.* 2005; 19(1):33-45.

Jacobs PL, **Beekhuizen KS**. Appraisal of Physiological Fitness in Persons with Spinal Cord Injury. *Topics Spinal Cord Inj Rehabil.* 2005; 10(4):32-50.

Beekhuizen KS. New Perspectives on Improving Upper Extremity Function in Spinal Cord Injury. *J Neurol Phys Ther.* 2005; 29(3): 157-173.

Kolber MJ, **Beekhuizen K**. Lumbar Stabilization: An evidenced based approach for the athlete with low back pain. *Strength Cond J.* 2007;29:2-13

Kolber MJ, **Beekhuizen K**, Cheng MS, Fiebert IM. The reliability of hand-held dynamometry in measuring isometric strength of the shoulder internal and external rotator musculature using a stabilization device. *Physiother Theory Pract.* 23(2):119-124, 2007

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Kolber MJ, **Beekhuizen KS**, Santore T, Fiers H. Implications for Shoulder Positioning during External Rotator Strengthening. *Strength Cond J*. In Press.

Kolber MJ, **Beekhuizen K**, Cheng MS, Hellman, M. Shoulder joint and muscle characteristics in the recreational weight-training population. *Submitted J Strength Cond Res*. **In Press**.

Beekhuizen KS, Davis MT, Kolber MJ, Chen MS. Test-Retest Reliability and Minimal Detectable Change of the Hexagon Agility Test. *Submitted J Strength Cond Res*.

19. Other works, publications and abstracts:

Nash, M.S., T. Delmonico, **K.Beekhuizen**, L.Menke, J.P.Smail, and M.S.Bilsker. Cardiac Compliance and Left Ventricular Wall Motion In Chronic Paraplegic Subjects is Normal. *Phys Ther* 77(5):S6-7, 1997. (Presented [Poster]; Annual Conference of the American Physical Therapy Association, June 1997.)

Beekhuizen KS, Field-Fote EC. Effect of Different Intensities of Peripheral Nerve Stimulation on Cortical Plasticity in Able-bodied Subjects. *Society for Neuroscience Abs*. **920.7**, 2003. (Presented [Poster]; The Society for Neuroscience 33rd Annual Meeting, November 2003)

Beekhuizen KS, Field-Fote EC. Effects of Massed Practice and Somatosensory Stimulation in Individuals with Spinal Cord Injury. (Presented [Poster]; NIH Training Workshop, December 2003)

Beekhuizen KS, Field-Fote EC. Effects of Massed Practice and Somatosensory Stimulation in Individuals with Spinal Cord Injury. *Journal of Neurologic Physical Therapy* 27(4): 190, 2003 (Presented [Platform]; Combined Sections Meeting of the American Physical Therapy Association, February 2004)

Beekhuizen KS, Field-Fote EC, Burns PA, Jacobs PL. Acute Effects of Whole-Body Vibration on Soleus H-Reflex. *Medicine and Science in Sports and Exercise*. 36:5 Supplement, 2004. (Presented [Poster]; Annual Meeting of the American College of Sports Medicine, June 2004)

Burns P, **Beekhuizen K**, Jacobs P. Acute Effects of Whole Body Vibration on Lower Body Flexibility and Strength. *Medicine and Science in Sports and Exercise*. 36:5 Supplement, 2004.

Beekhuizen KS, Field-Fote EC. Effects of Various Intensities of Stimulation on Cortical Plasticity and Pinch Force. In submission to *Annals of Neurology*.

Beekhuizen KS, Field-Fote EC. Massed Practice and Somatosensory Stimulation in Individuals with Tetraplegia. *J Spinal Cord Med*. 27(4):423, 2004. (Presented [Poster]; Annual Meeting of the American Paraplegia Society, September 2004)

Beekhuizen KS, Eldidy CM, Fernandez YC, Garcia RM, Giral J, Field-Fote EC. Effects of High versus Low Frequency Stimulation on Cortical Plasticity and Grip Strength. Abstract accepted as platform at Combined Sections Meeting of the American Physical Therapy Association; February 2004

Beekhuizen K, Jacobs P. Neurophysiological Effects of Creatine Supplementation in Individuals with Paraplegia. *Medicine and Science in Sports and Exercise*. 37:5 Supplement, 2005.

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Burns PA, **Beekhuizen KS**, Jacobs PL. Acute Effects of Whole-body Vibration and Bicycle Ergometry on Muscular Strength and Flexibility. *Medicine and Science in Sports and Exercise*. 37:5 Supplement, 2005.

Beekhuizen KS, Field-Fote EC. Sensory Augmentation in Recovery of Function in Individuals with Tetraplegia. *J Spinal Cord Med*. 28(4), 2005. (Presented [Poster]; Annual Meeting of the American Paraplegia Society, September 2005)

Barone LA, **Beekhuizen KS**. Effect of Prolonged Somatosensory Peripheral Nerve Stimulation on Ankle Dorsiflexors in Human Subjects. [Abstract] submitted to 2007 Annual Conference of American Physical Therapy Association.

20. Other works accepted for publication:

Beekhuizen K. *Stretching As Part of Your Weight Lifting Routine*. South Florida Fitness Magazine. April 2001. www.southfloridamuscle.com/apr2001/stretch.htm

Kolber MJ, **Beekhuizen KS**. *Clinical Prediction Rules: Matching Patients' Clinical Signs to Low Back Pain Interventions*. Today in PT. June 9, 2008.

V. PROFESSIONAL

21. Funded Research Performed:

Awarded **NIH grant 1 F31 NS48002-01A1 (Pre-doctoral fellowship)**; declined in September 2004 due to completion of dissertation work

Awarded **Veteran Administration's Mentored Merit Review Entry Program Grant** funding the project "Effect of Prolonged Electrical Stimulation on Neural Plasticity in SCI for three years (2007-2010)

22. Editorial responsibilities:

Reviewer, Journal of Rehabilitation and Research Development
Reviewer, Spinal Cord

23. Professional and Honorary Organizations:

Member, American Physical Therapy Association, 1996-present
Member, National Strength and Conditioning Association, 1996-present
Member, Society for Neuroscience, 2003-2004
Member, American College of Sports Medicine, 2003-present
Member, American Paraplegia Society, 2003-present

24. Honors and Awards:

Award of Academic Merit for Academic Excellence, University of Miami, December 2004
Award of Academic Merit for Academic Excellence, University of Miami, December 1997
Featured Researcher for the Health Professions Division, Nova Southeastern University, December 2005
Selected for participation in Enhancing Rehabilitation Research in the South (ERRIS), Grant-writing Workshop, January 2004
Honors Graduate, University of Miami M.S.P.T./Physical Therapy, December, 1997

Kristina Beekhuizen, PT, Ph.D.

Mortar Board National Honor Society, University of Miami, 1991

25. Post-Doctoral Fellowships: None

26. Other Professional Activities:

“What’s Hot in Spinal Cord Injury Research: Effects of Massed Practice and Somatosensory Stimulation in Individuals with Spinal Cord Injury”, Invited Speaker, Annual Meeting of the Academy of Physical Medicine and Rehabilitation, October 2004

“Effects of Massed Practice and Somatosensory Stimulation in Individuals with Spinal Cord Injury”, Invited Speaker, The Miami Project to Cure Paralysis Wednesday Morning Lecture Series, October 2003 and 2004

“Sensory Augmentation for Recovery in Spinal Cord Injury”, Invited Speaker, Florida Physical Therapy Association Spring Conference, March 2005

“Life after Paralysis”, Invited Expert in Panel Discussion produced by Barry University and the Darrel Gwynn Foundation, November 2006

“What’s New in Neuro-Imaging Tests and Transcranial Magnetic Stimulation”, Invited Speaker, Nova Southeastern University Continuing Education, November 2006

VI. TEACHING

27. Teaching Awards Received: None

28. Teaching Specialization:

a. Course Master

Department of Physical Therapy

Nova Southeastern University

- Exercise Physiology (2004-present)
- Neurophysiology (2004-present)
- Neurological Case Studies IIC (2005)
- Neuromuscular I (2006-present)
- Neuromuscular II (2006-present)
- Clinical Application of Anatomy for Physical Therapists (2006-present)

Division of Physical Therapy, Department of Orthopaedics and Rehabilitation

University of Miami School of Medicine

- Clinical Examination (2003)

Miami-Dade Community College

Department of Biology/Earth Science

- Human Anatomy & Physiology Laboratory I (1995)

b. Course Assistant/Special Topic Lecturer

Department of Physical Therapy

Nova Southeastern University

- Neurophysiological Mechanisms of Pain [*Clinical Skills II*] (2005)
- Applications for Pain Management [*Clinical Skills II*] (2005)

Kristina Beekhuizen, PT, Ph.D.

**Department of Anatomy and Cell Biology
University of Miami School of Medicine**

- Gross Anatomy: Extremities (2003)
- Gross Anatomy: Head and Neck (2003)

**Division of Physical Therapy, Department of Orthopaedics and Rehabilitation
University of Miami School of Medicine**

- Cortical Plasticity [*Neuroscience II*] (2004)
- Advanced Musculoskeletal Therapy [*Therapeutic Management of Migraines*] (2003)
- Clinical Examination (2001- 2002)
- Clinical Examination [*Introduction to Clinical Examination*] (2002)
- Clinical Examination [*Principles of MMT and Goniometry*] (2002)
- Clinical Examination [*Cranial Nerve and Coordination Testing*] (2001-2002)
- Gross Anatomy (1996, 2002-2004)
- Gross Anatomy [*Forearm Anatomy Lecture and Dissection*] (2002)
- Gross Anatomy [*Wrist/Hand Anatomy Lecture and Dissection*] (2002)
- Gross Anatomy [*Abdominal Musculature Lecture and Dissection*] (2002)
- Management of the Spine (2002)
- Neurorehabilitation [*Constraint Induced Movement Therapy*] (2003-2004)

Baptist Health Systems

- Therapeutic Intervention for Migraines Lecture and Laboratory (1999-2000)
- Cardiac Rehabilitation for Physical Therapists (1999)

29. Thesis and Dissertation Advising:

Research/DPT Thesis Advisor, “Effect of High Frequency Trains of Electrical Stimulation on Cortical Plasticity and Grip Strength in Able-bodied Individuals”, University of Miami Department of Physical Therapy (2003-2006)

PhD Dissertation Chairperson, Morey Kolber, Nova Southeastern University Department of Physical Therapy (2004-present)

PhD Dissertation Committee Member, Marcelo Montenegro, Florida International University Department of Engineering (2004-present)

VII. Service

30. University Committee and Administrative Responsibilities

Curriculum Committee, Nova Southeastern University Department of Physical Therapy (2006-present)

Student Progress Committee, Nova Southeastern University Department of Physical Therapy (2004-present); Chairperson (2007-present)

Research Committee, Nova Southeastern University Department of Physical Therapy (2004-present)

Student Remediation Committee, Nova Southeastern University Department of Physical Therapy (2004)

Committee Member, University of Miami Homecoming Reunion Committee (2002)

Physical Therapy Representative, University of Miami Alumni Council (2001-2003)

University of Miami Physical Therapy Class President (1995-1997)

Kristina Beekhuizen, PT, Ph.D.

31. Community Activities:

Spinal Cord Injury Institute Rehabilitation Services (2006-present)

Career Day Presenter

Kenwood K-8 Center (1999-2004)

Country Isles Elementary (2006-present)

Tequesta Trace Middle School (2006-present)

Think First Head Injury Prevention Program, Speaker (1997-2000)

Architectural Review Board, Chairperson, Tequesta Homeowners Association (2005-present)

Physical Therapy Volunteer Services, NASDAQ Tennis Wheelchair Athletes, Coordinator (2005-2006)

US Army Reserves 841st Engineer Battalion, C Company; Family Support Group (1998-1999)

US Army Reserves 841st Engineer Battalion, HHC; Family Support Group (1996-1998)

32. Other

Member, Board of Delegates, Persons with Disabilities Special Interest Group, National Strength and Conditioning Association, 2003-2005