

WAKE FOREST SCHOOL OF MEDICINE
Curriculum Vitae

NAME Mariana Wingood, DPT, PT, PhD, GCS, CEEAA

ADDRESS Department of Implementation Science
Wake Forest School of Medicine
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Winston-Salem, NC 27157
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EDUCATION

2006-2009 State University of New York – Oswego
Oswego, NY
Bachelor of Arts in Biology with a double minor in Health Science and Coaching

2009-2012 State University of New York Upstate Medical University
Syracuse, NY
Doctor of Physical Therapy (DPT)

2017-2018 University of Vermont
Burlington, VT
Graduate Certificate in Epidemiology

2018-2021 University of Vermont
Burlington, VT
PhD in Interprofessional Health Sciences

Research Advisor(s): Drs. Nancy Gell and Denise Peters
Thesis: Exploring Barriers and a Potential Solution for Physical Therapists
Prescribing Physical Activity to Patients 50 Years and Older

2018-2021 University of Vermont
Burlington, VT
Master of Public Health

POSTDOCTORAL TRAINING

2021-2023 Post-Doctoral Fellow at the Academy Health Delivery System Science Fellowship
Washington, DC

2021-2023 Post-Doctoral Fellow at the Veteran Affairs Geriatric Research, Education, and Clinical Center with
Academic Affiliation at Harvard
Boston, MA
Research Advisor: Drs. Jonathan Bean and Amy Linsky
Research Project: Research Protocol Adaptations During the COVID-19 Pandemic: A Process
Evaluation & Incorporating Physical Activity Assessments and Behavior Change Techniques into
Geriatrics

PROFESSIONAL LICENSURE

2013-Present Vermont State Physical Therapy License, 040.0093208
2023-Present North Carolina Physical Therapy License, P22669

SPECIALTY CERTIFICATION

2014-Present Certified Exercise Expert of Aging Adults
2015-Present Geriatrics Board Specialist, 45751

EMPLOYMENT

Academic Appointments

University of Vermont
2015, 2020, 2021 Instructor, Department of Movement Sciences

Wake Forest School of Medicine
2023 – Present Assistant Professor, Department of Implementation Science and
Department of Internal Medicine- Section on Geriatrics and Gerontology

Professional Experiences

2012-2013 Physical Therapist at One Step Ahead Physical Therapy, Plattsburgh, New York
• Worked as a full-time clinician, with my time split between a skilled nursing facility and an outpatient clinic.
• Developed and implemented two different community exercise classes for older adults.

2013-2015 Physical Therapist at Central Vermont Hospital, Woodridge Rehabilitation and Nursing, Berlin, Vermont
• Worked as a full-time clinician, in skilled nursing and subacute rehabilitation facilities.
• Participated in the initiation and sustainability of an interprofessional fall prevention team and was the rehabilitation department's representative at daily team rounds.

2015-2021 Physical Therapist at the University of Vermont Medical Center, Inpatient Rehab at Fanny Allen, Colchester, Vermont
• Per-diem clinician: 2018-present
• Full-time clinician 2015-2018.
• Participated in multiple quality improvement projects, including implementing a high-intensity gait training protocol, a group exercise class (as addition to one-on-one therapy sessions), appropriate dosing of exercise for older adults, stroke toolbox, and monthly journal clubs.

2021-Present Physical Therapist at Atrium Health Wake Forest Baptist-Outpatient Neuro Clinic, Winston Salem, North Carolina
• Part-time clinician

ADMINISTRATIVE SERVICE

Evidence in Motion
2018-2021 Geriatric Program Director

EXTRAMURAL APPOINTMENTS AND SERVICE

Journal Reviewer

Achieves of Physical Medicine and Rehabilitation
BMC Geriatrics
BMC Public Health
International Journal of Environmental Research and Public Health

Journal of the American Medical Directors Association
Journal of Clinical Medicine
Journal of Neurological Physical Therapy
Journal of Physical Therapy
Journal of Science and Medicine in Sport
Osteoporosis International
Pain Medicine
Physical and Occupational Therapy in Geriatrics
Physiotherapy Theory and Practice

PROFESSIONAL MEMBERSHIPS AND SERVICE

2009-Present	American Physical Therapy Association-Academy of Geriatric Physical Therapy Evidence Database to Guide Effectiveness (GeriEDGE) Member (2013-2020) Vermont State Advocate (2014-2017) Secretary for Vermont Chapter (2015-2018) Research Mentor for Critical Appraisal and Datamining (2016-2017) Program Committee Co-Chair (2016-2018) Balance and Falls Special Interest Group Chair (2016-2019) Journal Club Founder and Coordinator (2017-2020) Home Health Section's Toolbox 2 Taskforce Member (2017-2020) Physical Activity Campaign Taskforce Member (2020) GeriEDGE Chair (2020-present) Combined Section Meeting Steering Committee Member (2021-2022) Secretary and Executive Board Member (2023-Present)
2015-Present	Gerontological Society of America
2015-2020	Vermont Fall's Free Coalition Steering Committee Member (2016-2020)
2020-2023	International Society for Physical Activity and Health
2020-Present	Academy Health
2021-Present	American College of Sports Medicine-Exercise is Medicine Exercise is Medicine-Research Learning Collaborative Member (2020-Present) Older Adult Committee Member (2022-Present) Strategic Health Initiative-Aging Committee Member (2022-Present)

HONORS AND AWARDS

2012	SUNY Upstate-Clinical Excellence
2017	American Physical Therapy Association's Emerging Leader-nominated by American Physical Therapy-Geriatrics
2018	American Physical Therapy Association-Geriatrics' Excellence in Geriatric Research Award
2019	Graduate College Mini-Grant (\$300)
2020	American Physical Therapy Association's Emerging Leader-nominated by Vermont State Chapter
2021	University of Vermont's Master of Public Health - Achievement in Public Health Practice Award
2022	University of Vermont's Graduate College- Outstanding Dissertation Award
2022	ClinSTAR Travel Award (\$1,500)
2022	Invited Attendee at National Health and Aging Trends Study (NHATS) User Workshop

GRANT FUNDING

Currently Active Grants

NIH (Paul B. Beeson) Emerging Leaders Career Development Award in Aging (K76) 2022-2027
(Vincenzo J, P; Wingood M, Consultant-Yr 1 and Co-PI-Yr 2-5, 20% effort)
Developing and testing implementation strategies to support the STEADI \$989,073 direct cost
for falls risk management in outpatient rehabilitation

American Physical Therapy Association- Clinical Prediction Guideline Grant 2022-2024
(Kume J, PI; **Wingood M**, Co-PI, 0% effort)
A clinical practice guideline of interventions for \$9,000 direct cost
physical frailty from the APTA Geriatrics
Developing clinical practice guidelines for physical therapists who treat patients who are pre-
frail/frail. Guidelines will focus on exercise prescriptions but will incorporate other components of
patient management. My role as Co-PI is assisting with the methodology and writing of the clinical
prediction guidelines.
Collaborators: Kent M, VanSwearingen J, and Avers D

Pending Grants

Center on Health Services Training and Research Pilot Grant January 2024
(**Wingood M**, P.I., 15% effort)
Development of an Implementation Blueprint Designed to Increase \$25,000 direct cost
Physical Therapist's Use of Techniques that Assess and Address
Older Adults' Inadequate Physical Activity
Part I will be a sequential, explanatory mixed methods approach, including REDCap surveys
(quant) and semi-structured interviews (QUAL). Part I findings will inform the implementation
blueprint co-design process (Part II). The blueprint will be used in a future implementation hybrid-
design study examining the pathway's implementation and effectiveness (K76-award). My role as
P.I. is to recruit participants, complete data collection and analyses, and present our findings.
Collaborators: Vincenzo J and Hughes J

Past Grant History

VA Boston Healthcare System's RR&D, Rehabilitation Promoting Prevention and Improved
Resilience (REPPAIR) Pilot Grant- SMART Coaching: A Promising Solution for Improving HEP
Adherence (**Wingood M**, PI) 2022-2023 (\$9,800 direct cost)

Center on Health Services Training and Research Pilot Grant- Barriers, Facilitators, and
Contextual Factors to Implementing the STEADI for Fall Prevention of Older Adults Attending
Outpatient Rehabilitation in a Large Healthcare System - A Mixed Methods Study (Vincenzo J,PI;
Wingood M, Consultant) 2022-2023 (\$25,000 direct cost)

Veteran Affairs, RR&D Career Development Award- Does SMART Coaching Impact Adherence
to Home Exercise Programs? (**Wingood M**, PI) 2023 (\$235,391 direct cost)-Declined award due
to inability to transfer grant to new employer.

BIBLIOGRAPHY

Peer-Reviewed Publications

1. Lusardi M, Fritz S, Middleton A, Allison L, **Wingood M**, Phillips E, Criss M, Verma S, Osborne J, and Chui K. Determining Risk of Falls in Community-Dwelling Older Adults: A Systematic Review and Meta-Analysis Using Posttest Probability. J Geriatr Phys Ther. 2018; 40 (1):1-36. DOI: <https://doi.org/10.1519/JPT.0000000000000099>
2. Karlsson L, Doe K, Gerry M, Moore B, **Wingood M**, Renfro M, Gell N. Outcomes of a Physical Therapist-Led, Statewide, Community-Based Fall Risk Screening. J Geriatr Phys Ther. 2020; 43(4):185-93. DOI: <https://doi.org/10.1519/JPT.0000000000000228>
3. Neville C, Nguyen H, Ross K, **Wingood M**, Peterson EW, Dewitt JE, Moore J, King MJ, Atanelov L, White J, Najafi B. Lower-Limb Factors Associated with Balance and Falls in Older

- Adults: a systematic review and clinical synthesis. *J Am Podiatr Med Assoc.* 2020;110(5). DOI: <https://doi.org/10.7547/19-143>
4. Eckert C, Gell NM, **Wingood M**, Schollmeyer J, Tarleton EK. Malnutrition risk, rurality, and falls among community-dwelling older adults. *J Nutr Health Aging.* 2021 May;25(5):624-7. DOI: <https://doi.org/10.1007/s12603-021-1592-8>
 5. **Wingood M**, Gell N, Peters D, Hutchins T. The Inventory of Physical Activity Barriers for Community-Dwelling Adults 50 Years of Age and Older: Development and Preliminary Validation. *J Geriatr Phys Ther.* 2021. DOI: <https://doi.org/10.1519/JPT.0000000000000311>
 6. Watson S, Louw A, **Wingood M**, Rico D, Podolak J, Maier N, and Cox T. Pain Neuroscience Education for Older Adults. *Phys Occup Ther Geriatr.* 2021. DOI: <https://doi.org/10.1080/02703181.2021.1970692>
 7. **Wingood M**, Bonnell L, LaCroix AZ, Rosenberg D, Walker R, Bellettiere J, Greenwood-Hickman MA, Wing D, Gell N. Community-Dwelling Older Adults and Physical Activity Recommendations: Patterns of Aerobic, Strengthening, and Balance Activities. *J Aging Phys Act.* 2021 Oct 15;1(aop):1-3. DOI: <https://doi.org/10.1123/japa.2021-0194>
 8. **Wingood M**, Jones SMW, Gell NM, Brach JS, Peters DM. The Inventory of Physical Activity Barriers for Adults 50 Years and Older: Refinement and Validation [published online ahead of print, 2021 Nov 18]. *Gerontologist.* 2021; gnab165. DOI: <https://doi.org/10.1093/geront/gnab165>
 9. **Wingood M**, Vincenzo J, Walker-Peterson E, and Neville C. Feet/Footwear-Related Fall Risk Screening Tool for Older Adults: Development and Content Validation. *Front. Public Health.* 2022; 9. DOI: <https://doi.org/10.3389/fpubh.2021.807019>
 10. Criss MG, **Wingood M**, Staples WH, Southard V, Miller KL, Norris TL, Avers D, Ciolek CH, Lewis CB, Strunk ER. APTA Geriatrics' Guiding Principles for Best Practices in Geriatric Physical Therapy: An Executive Summary. *J Geriatr Phys Ther.* 2022; 45 (2). DOI: <https://doi.org/10.1519/JPT.0000000000000342>
 11. **Wingood M**, Peters DM, Gell NM, Brach JS, Bean JF. Physical Activity and Physical Activity Participation Barriers Among Adults 50 years and Older During the COVID-19 Pandemic [published online ahead of print, 2022 Apr 26]. *Am J Phys Med Rehabil.* 2022; DOI: <https://doi.org/10.1097/PHM.0000000000002041>
 12. **Wingood M**, Jones S, Gell NM, Brach JS, Peters DM. Evaluation of Electronic and Pen-and-Paper Formats of the Inventory of Physical Activity Barriers: A Randomized Crossover Study. *JPAH.* 2022 Jul 7;1(aop):1-8. DOI: <https://doi.org/10.1123/jpah.2021-0821>
 13. **Wingood M**, Gell N, Vincenzo J, Peters D. Exploring the Implementation Potential of Physical Activity Assessment and Prescription Tools in Physical Therapy Practice: A Mixed Method Study. *Physiother Theory Pract.* 2022. DOI: <https://doi.org/10.1080/09593985.2022.2100849>
 14. **Wingood M**, Peters D, Shea J, Gell N. Physical Activity Promotion and Prescription among Physical Therapists Treating Adults 50 Years and Older: An Ethnographic Study. *Phys Occup Ther Geriatr.* 2022. DOI: <https://doi.org/10.1080/02703181.2022.2095074>
 15. Bonnell LN, Clifton J, **Wingood M**, Gell N, Littenberg B. The Relationship Between Mental and Physical Health and Walking During the COVID-19 Pandemic. *The Journal of the American Board of Family Medicine.* 2022 Sep 12. DOI: <https://doi.org/10.3122/jabfm.2022.AP.220090>
 16. **Wingood M**, Irwin KE, Bamonti PM, Criss MG, Harris R, Phillips E, Vincenzo JL, Chui KK. Examining physical activity participation barriers among adults 50 years and older: a scoping review protocol. *Physical Therapy Reviews.* 2022 Nov 25;27(4):320-3. DOI: <https://doi.org/10.1080/10833196.2022.2087311>
 17. **Wingood M**, Criss MG, Irwin KE, Freshman C, Phillips EL, Dhaliwal P, Chui KK. Screening for Osteoporosis Risk Among Community-Dwelling Older Adults: A Scoping Review. *Journal of Geriatric Physical Therapy.* 2023 Feb 24:10-519. DOI: <https://doi.org/10.1519/JPT.0000000000000381>
 18. **Wingood M**, Bruch KC, Franssen N, Mulpeter K, Scott L, Henry S, Gell N. Physical activity for patients with chronic low back pain: What are physical therapists prescribing?. *Journal of Back and Musculoskeletal Rehabilitation.* 2023 Jul 6(Preprint):1-9. DOI: <https://doi.org/10.3233/bmr-220360>
 19. **Wingood M**, Linsky AM, Harris R, Bamonti P, Moye J, Bean JF. Research Protocol

- Adaptations During the COVID-19 Pandemic: A Process Evaluation [published online ahead of print, 2023 Sep 12]. *J Aging Phys Act.* 2023;1-7. <http://10.1123/japa.2023-0052>
20. Vincenzo JL, Caulley J, Scott AJ, Wilson BS, **Wingood M**, Curran GM. Integrating STEADI for Falls Prevention in Outpatient Rehabilitation Clinics: An Outcomes Evaluation Using the RE-AIM Framework [published online ahead of print, 2023 Aug 28]. *Gerontologist.* 2023;gnad117. <http://doi.org/10.1093/geront/gnad117>
 21. **Wingood M**, Bean JF, Linsky A. Incorporating Physical Activity Assessments and Behavior Change Techniques into Geriatrics. *Archives of Rehabilitation Research and Clinical Translation.* 2023 Aug 20:100293. <https://doi.org/10.1016/j.arrct.2023.100293>
 22. **Wingood M**, Criss MG, Irwin KE, Bamonti PM, Harris R, Phillips EL, Vincenzo JL, Chui KK. Examining physical activity participation barriers among adults 50 years and older: a scoping review. *Physical Therapy Reviews.* 2023 Sep 30:1-6. <https://doi.org/10.1080/10833196.2023.2265767>
 23. **Wingood M**, Vincenzo J, Gell N. Electronic health record data extraction: Physical therapists' documentation of physical activity assessments and prescriptions for patients with chronic low back pain. *Physiotherapy Theory and Practice.* 2023 Oct 27:1-0. <https://doi.org/10.1080/09593985.2023.2274385>

Invited Publications (Editorially Reviewed)

1. **Wingood M**. Management of Falls and Fall Prevention in Older Adults. Academy of Geriatric Physical Therapy. American Physical Therapy Association. 2018
2. **Wingood M** and Billek- Sawhney B. Physical Activity and Exercise: Needs and Prescription for Aging Adults. Academy of Geriatric Physical Therapy. American Physical Therapy Association. 2019
3. **Wingood M**. Physical Activity Adherence among Older Adults: Implications for Physical Therapy. Academy of Geriatric Physical Therapy. American Physical Therapy Association. 2020
4. **Wingood M** and Nancy Gell. Exercise Adherence: Barriers and Solutions. In: Danielle R. Bouchard, ed. *Exercise and Physical Activity for Older Adults*. Champaign, Illinois: Human Kinetics. 2020
5. **Wingood M**. Balance Assessment Section of Health-Related Physical Fitness Testing and Interpretation Chapter. In: *ACSM's Guidelines for Exercise Testing and Prescription-12th Edition*. Las Vegas, Nevada: Wolters Kluwer. (Submitted August 18, 2023)
6. **Wingood M**. Posture Assessment Section of Health-Related Physical Fitness Testing and Interpretation Chapter. In: *ACSM's Guidelines for Exercise Testing and Prescription-12th Edition*. Las Vegas, Nevada: Wolters Kluwer. (Submitted August 18, 2023)
7. Irwin KE, Criss MG, Chui KK, **Wingood M**. Aging and Activity Tolerance: Implications for Orthotic and Prosthetic Rehabilitation. In: Chui KK, Yen SC, Wang I, Piscitelli D, eds. *Orthotics and Prosthetics in Rehabilitation*. 5th ed. St. Louis, MO: Elsevier; 2024. (Submitted June 29, 2023)
8. Chui KK, Criss MG, Irwin KE, Tudini, F, **Wingood M**. Physical Activity. In: Kudzma E, ed. *Edelman's Health Promotion Throughout the Life Span*. 11th ed. St. Louis, MO: Elsevier; 2025 (In preparation)

Miscellaneous Publications

1. **Wingood M** and Holt M. Take a Stand to Prevent Falls. *GeriNotes.* 2016; 23(1): 25-26
2. **Wingood M**. National Fall Prevention Awareness Day. *GeriNotes.* 2016; 23(4): 19-20
3. **Wingood M**. National Fall Prevention Awareness Day Around the Country. *GeriNotes.* 2017; 24(1):6-7
4. **Wingood M**. Will My Patient Follow My Discharge Recommendations? *GeriNotes.* 2017; 24(3): 23-24
5. **Wingood M**. Documenting Fall Risk, Balance Impairments, Interventions, and Progress. *GeriNotes.* 2018; 25(1): 16-17
6. **Wingood M**. National Fall Prevention Awareness Day. *GeriNotes.* 2018; 25(1):5-6.
7. **Wingood M** and Milidonis M. Knowledge Translation-What is it? *GeriNotes.* 2019; 25(1): 16-

8. **Wingood M.** National Fall Prevention Awareness Day. *GeriNotes*. 2019; 25(1): 14-15
9. Peterson P and **Wingood M.** Strengthening the Interprofessional Approach to Fall Prevention. *LER*. 2018; 10(2): 9
10. **Wingood M** and Avers D. Just Right: Medicine that Works. *GeriNotes*. 2020; 27(3): 9-12

PRESENTATIONS AT PROFESSIONAL MEETINGS

1. Lusardi M, Allison L, Bell A, Chui K, Renfro M, and **Wingood M.** Risk of Falling Recommendations: GeriEDGE. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. February 2014; Las Vegas, NV
2. Renfro M and **Wingood M.** Recommendations on Risk of Falling Assessment: Outcome of the GeriEDGE Workgroup. 45 Minute Platform Discussion for Watch Your Step 2014 National Fall Prevention Conference. June 2014; Toronto, Canada
3. Lusardi M, Allison L, Fritz Sm Middleton A, Phillips E, and **Wingood M.** GeriEDGE Fall Risk Assessment and Outcome Measures. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. February 2015; Indianapolis, IA
4. Renfro M, Nash J, Ostertag S, and **Wingood M.** Balance and Falls SIG- Fall Risk Assessments: Measures for Special Populations. February 2015; Indianapolis, IA
5. **Wingood M** and Holt M. Stay Steady Vermont. 2 Hour Educational Session for the Vermont Physical Therapy Association. May 2015; Williston, VT
6. Elrod M, Hanke T, Hartley G, and **Wingood M.** Management of Falls in Community-Dwelling Older Adults. 90 Minute Educational Session at the American Physical Therapy Association Annual Conference; June 2016. Nashville, TN
7. **Wingood M** and Phillips E. Dual Tasking: The Forgotten Component of Fall Prevention. 90 Minute Educational Session at the American Physical Therapy Association Annual Conference. June 2017; Boston, MA
8. **Wingood M,** Renfro M, and Cameron K. Interdisciplinary Approach to Fall Prevention- Research, Practice, and Policy. Poster Presentation at the International Association of Gerontology and Geriatrics. July 2017; San Francisco, CA
9. **Wingood M,** Moyer H, and Wang-Hsu E. Long Term Care Residents: The Neglected Population in Balance and Falls. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. February 2018; New Orleans, LA
10. Karlson L, Doe K, Gerry M, Moore B, **Wingood M,** Renfro M, Gell, N. Outcomes of a Physical Therapist-Led, Statewide, Community-Based Fall Risk Screening. Poster Presentation at American Physical Therapy Association Combined Section Meeting. January 2019; Washington DC
11. Criss M, **Wingood M,** Billek-Sawhney B, and Sawhney R. It's a WAMI-3! Application of a Wellness Aging Model. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. January 2019; Washington DC
12. **Wingood M,** Miller K, Lowy J, Quiben M, and Siengsukon C. Applying a Comprehensive Approach to Successful Aging. 8 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. January 2019; Washington DC
13. Wingood M, Gell N, Emily Tarleton. Falls and Risk for Malnutrition among Older Adults Residing in a Rural State. Poster Presentation at the University of Vermont Student Research Conference; February 2019; Burlington, VT
14. Wingood M, Hutchins T, Gell N, Peters D. Initial Development Phase of the Physical Activity Barrier Scale. Poster Presentation at Zeigler Research Conference; May 2019; Burlington, VT
15. **Wingood M,** Gell N, Emily Tarleton. Falls and Risk for Malnutrition among Older Adults Residing in a Rural State. Poster Presentation at Gerontology Society of America. November 2019; Austin, TX
16. Neville C, **Wingood M,** Reilley A, and Sublett S. Foot and Ankle: The Often-Forgotten Component of Fall Prevention. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. February 2020; Denver, CO
17. Wingood M, Gell N, Peters D, Hutchins T. Development of the Inventory of Physical Activity Barriers. Poster Presentation at the University of Vermont Student Research Conference;

March 2020; Burlington, VT

18. Peters D, Deffeyes J, and **Wingood M**. Coupling of Upper and Lower Extremity Forces During Walking with Assistive Devices in Older Adults. Poster Presentation at American Congress of Rehabilitation Medicine. October 2020; Virtual
19. **Wingood M**, Gell N, Peters D, Hutchins T. The Inventory of Physical Activity Barriers: Development and Preliminary Validation. Poster Presentation at Gerontology Society of America. November 2020; Virtual
20. Gell N, Eckert C, Schollmeyer J, **Wingood M**, Tarleton E. Rural Residence, Nutrition Risk, and Falls In Community-Dwelling Older Adults. Poster Presentation at Gerontology Society of America. November 2020; Virtual
21. **Wingood M**, Bruch K, Franssen N, Mulpeter K, Scott L, Henry S, Gell N. Physical Activity for Patients with Chronic Low Back Pain: What are Physical Therapists Prescribing? A Mixed-Methods Study. Poster Presentation at the American Physical Therapy Association Combined Section Meeting. February 2021; Virtual
22. **Wingood M**, Jones S, Gell N, Peters D. The Inventory of Physical Activity Barriers for Adults 50 years and Older: Refinement and Validation. Poster Presentation at Gerontology Society of America. November 2021; Virtual
23. **Wingood M**, Vincenzo J, Peterson E, Neville C. Development of a Screening Tool for Feet/Footwear-Related Influences on Fall Risk. Poster Presentation at Gerontology Society of America. November 2021; Virtual
24. **Wingood M**, Bonnell L, Gell N. Aerobic, Strengthening, and Balance Activities Performed by Community-Dwelling Older Adults. Symposium session at Gerontology Society of America. November 2021; Virtual
25. Bonnell L, **Wingood M**, Littenberg B, Clifton J, and Gell N. Walking habits during the COVID-19 pandemic are associated with functional health among primary care patients. Poster Presentation at the North American Primary Care Research Group. November 2021; Virtual
26. Moyer H, **Wingood M**, Thomas A, Nesser H. Ageism. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. February 2022; San Antonio, TX
27. Romney W, Bellows D, Sylvain, **Wingood M**. Context Matters: Planning, Implementing, and Sustaining Practice Change, Part 2. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting; February 2022. San Antonio, TX
28. Romney W, Bellows D, Sylvain, **Wingood M**. Context Matters: Planning, Implementing, and Sustaining Practice Change, Part 1. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. February 2022; San Antonio, TX
29. **Wingood M**, Peters D, Shea J, Gell N. Physical Activity Promotion and Prescription Among Physical Therapists Treating Adults 50 Years and Older. Poster Presentation at the American Physical Therapy Association Combined Section Meeting. February 2022; San Antonio, TX
30. **Wingood M**, Gell N, Vincenzo J, Peters D. Exploring the Implementation Potential of Physical Activity Barrier Tools. Poster Presentation at the American Physical Therapy Association Combined Section Meeting. February 2022; San Antonio, TX
31. Bloch TA, Dee JM, Sargent E, **Wingood M**, O'Brien ES, Dee MC, Tschoepe BA, Gell NM. Mobile Technology to Support Physical Therapist Exercise Prescription for People with Osteoarthritis: A Pilot RCT. Poster Presentation at the American Physical Therapy Association Combined Section Meeting. February 2023; San Diego, CA
32. Bruni P, **Wingood M**, Kallmi S, Finer E, Bamonti P. The Efficacy of Combined Physical and Psychological Interventions on Disability Outcomes in Older Adults: A Scoping Review. Poster Presentation at the Harvard Department of Psychiatry Research Day. March 2023; Boston, MA
33. Avin K, Brewer K, Camp K, **Wingood M**, Hartley G. Synthesis of Evidence-based Documents on the Management of Patients with Suspected or Confirmed Osteoporosis. World Physiotherapy Congress 2023. June 3, 2023; Dubai UAE
34. **Wingood M**, Linsky A, Harris R, Bamonti P, Moye J, Bean J. Process Evaluation of SMART Coaching: Adaptations in the Context of the COVID-19 Pandemic. Poster Presentation at Academy Health's Annual Research Meeting. July 2023; Seattle, WA
35. **Wingood M**. Overcoming Implementation Barriers for Assessing and Addressing Inadequate Physical Activity. Platform Presentation at the Integrating Research on Aging into Health

- Systems: The Science and Practice of Implementation Workshop. October 2023; Charlotte, NC
36. **Wingood M**, Gell N, Rosenberg D, and Bouldin E. Sedentary Behaviors and Cognition: Does the Type of Behavior Matter? Poster Presentation at Gerontological Society of America Conference. November 2023; Tampa, FL
 37. Vincenzo J, **Wingood M**, Council S, Caulley J, Scott A, and Curran G. Physical Therapists' Perceived Feasibility, Acceptability, Appropriateness, and Implementation of the STEADI Initiative for Falls Prevention in Outpatient Rehabilitation Clinics in a Large Health System: Insight for Wider Dissemination and Implementation. Poster Presentation at Academy Health's Dissemination and Implementation Conference; December 2023; Washington DC
 38. **Wingood M**, Peacock N, Pinto D, A Tactical Approach to Implementing Physical Activity Within Clinical Practice. 2 Hour Educational Session at the American Physical Therapy Association Combined Section Meeting. February 2024; Boston, MA
 39. **Wingood M**, Picha K, Bamonti P, Moore J. Physical Therapists' Knowledge And Strategies Of Addressing Home Exercise Program-Related Self-Efficacy. Poster Presentation at the American Colleges of Sports Medicine Annual Meeting; May 2024; Boston, MA

INVITED EXTRAMURAL PRESENTATIONS AND SEMINARS

1. **Wingood M**. Exercise is Medicine Research Projects for Graduate Students. Exercise is Medicine Research Collaborative. April 2021. Virtual
2. **Wingood M**. The Inventory of Physical Activity Barriers: Scale Refinement and Validation. Zeigler Research Conference. May 2021; Burlington, VT
3. **Wingood M**. Assessing and Addressing Physical Activity Barriers among Adults 50 years and Older. Age is Just a Number: Physical Therapy in Healthy Aging. Veteran Affairs. November 2021; Virtual
4. **Wingood M**. Assessing Older Adults' Physical Activity Levels and the Factors that Impact It. Invited Presentation at Virtual Rounds. December 2021; Boston, MA
5. **Wingood M**. Supporting Regular Physical Activity via Brief Action Planning. Boston University's Geriatric Grand Rounds. July 2022; Boston, MA
6. **Wingood M**. Identifying and Addressing Barriers to Implementing Physical Activity into Physical Therapy. Northern Vermont University. October 2022; Johnson, VT
7. **Wingood M**. Implementing Physical Activity Assessments in Outpatient Geriatric Clinics. Harvard Virtual Rounds. November 2022; Boston, MA
8. **Wingood M**. Overcoming Implementation Barriers for Assessing and Addressing Inadequate Physical Activity. Integrating Research on Aging into Health Systems Workshop. October 2023; Charlotte, NC
9. **Wingood M**. Screening for Osteoporosis Risk Among Community-Dwelling Older Adults: A Scoping Review. American Physical Therapy Association-Geriatrics' Journal Club; January 2024; virtual

DIDACTIC/SYSTEMATIC INSTRUCTION

University of Vermont Medical Center
Clinical Instructor (60 hrs)
2015, 2017, 2018

University of Vermont, Department of Rehabilitation and Movement Sciences
Course Developer and Instructor, Exercise Considerations for the Older Adult (15 hrs)
2015

MedBridge, Geriatric Certified Specialist Prep
Course Developer and Instructor, Understanding Postural Control and Risk of Falling (4hrs)
2017

MedBridge, Geriatric Certified Specialist Prep
Course Developer and Instructor, Assessing Risk of Falls: Too Many Choices (4hrs)

2017

MedBridge, Geriatric Certified Specialist Prep
Course Developer and Instructor, Improving Balance and Reducing Fall Risk (4hrs)
2017

Evidence in Motion, Geriatric Program
Course Developer and Instructor, Management of Balance/Falls in Neurological Conditions and
Older Adults (60 hrs)
2017-2018

Evidence in Motion, Geriatric Program
Course Developer and Instructor, Geriatric Certification Capstone Course (60 hrs)
2018-2021

Evidence in Motion, Geriatric Program
Course Developer and Instructor, Geriatric Certification Prep Course (60 hrs)
2018-2021

University of Vermont, Department of Rehabilitation and Movement Sciences
Course Coordinator and Instructor, Movement System II (60 hrs)
2020-2021

Veteran Affairs, Geriatric Research, Education, and Clinical Center
Course Developer and Instructor, Interprofessional Trainees using the Geriatric 5Ms (4 hrs)
2022

Veteran Affairs, Geriatric Research, Education, and Clinical Center
Course Developer and Instructor, Evaluation of Quality Improvement Projects (15 hrs)
2022

American Physical Therapy Association, Academy of Geriatric Physical Therapy
Credentialing Course Developer and Instructor, Balance and Falls Professional Credential
Course (36 hrs)
2022, 2023, 2024

MedBridge, Geriatric Certified Specialist Prep
Course Developer and Instructor, Reducing Fall Risk by Identifying Risk Factors (4hrs)
2023

MedBridge, Geriatric Certified Specialist Prep
Course Developer and Instructor, Reducing Fall Risk by Addressing Risk Factors (4hrs)
2023

PUBLIC OUTREACH

2020	FoxCast Podcast Guest Discussion of the importance of being involved within our national organization.
2018-Present	Evidence in Motion Subject Matter Expert, Content Developer, and Educator Provide content knowledge expertise related to exercise prescription, behavior change, and fall prevention.
2018-Present	PhysioNetwork Monthly Contributor, Content Developer, and Podcast Guest. Provide short summaries of recent publications and teach classes.

2020	Paul and Ben- The Injury Men Podcast Podcast Guest Discussion of the importance to keep active, even after a diagnosis of arthritis.
2020	PhysioGen PT Podcast Guest Discussion of the importance of decreasing the gap between research and clinical practice.
2021	Healthcare Education Podcast Guest Discussion about evidence-based fall prevention.
2022	Joint Action Podcast Guest Providing tips and tricks for increasing physical activity.