
Kelli Brizzolara, Ph.D.
Assistant Professor
Physical Therapy
College of Health Sciences
kbrizzolara@twu.edu

Academic Background

Ph.D. Texas Woman's University, Dallas, Texas, Physical Therapy, 2013.
M.S. Texas Woman's University, Houston, Texas, Physical Therapy, 2003.
B.S. Texas A&M University, College Station, Texas, Exercise Physiology, 2001.

Professional Certifications

Certificate in Effective Instruction, 2019, The Association of College and University Educators and the American Council on Education.
Mental Health First Aid, 2017, Dallas, Texas.
Orthopaedic Certified Specialist, 2006, American Physical Therapy Association.
License in Physical Therapy, 2003, Texas.

Professional Memberships

Section of Women's Health, APTA, 2016 to present
American Academy of Orthopaedic Manual Physical Therapists, 2010 to present
American Physical Therapy Association, 2003 to present
Orthopedic Section, APTA, 2003 to present
Texas Physical Therapy Association, 2003 to present

Work Experience

Work Experience

Academic

Assistant Professor, Texas Woman's University (August, 2014 - Present), Dallas, Texas.
Visiting Assistant Professor, Texas Woman's University (January, 2014 - May, 2014), Dallas, Texas.
Adjunct Faculty Member, Texas Woman's University (August, 2013 - December, 2013), Dallas, Texas.
Supplemental Learning Lab Coordinator, Texas Woman's University (October, 2008 - December, 2013), Dallas, Texas.

Non-Academic

Physical Therapist, PRN, Texas Health Resources (May, 2009 - Present), Dallas, Texas.
Physical Therapist, PRN, Texas Orthopedic Associates (January, 2008 - 2015), Dallas, Texas.
Physical Therapist, Quentin Mease Community Hospital (2003 - 2007), Houston, Texas.

Teaching

Courses Taught

Courses from the Teaching Schedule: Advanced Practicum in Physical Therapy, Clinical Integration I, Critical Inquiry in Physical Therapy I, Critical Inquiry in Physical Therapy II, Critical Inquiry in Physical Therapy III, Dissertation, Field Research in Physical Therapy, Health Promotion and Wellness I, Health Promotion and Wellness II, Independent Study, Independent

Study, Medical Kinesiology, Practicum in Physical Therapy, Special Topics, Therapeutic Exercise and Intervention II, Therapeutic Exercise and Intervention: Upper Quadrant

Courses taught, but not in the Schedule:

PT 6162 Therapeutic Exercise and Intervention for the Lower Quarter, Adjunct in Support of (Fall 2013)

PT 6152 Health Promotion and Wellness II, Adjunct in Support of (Fall 2013)

PT 6153 Diagnostic Imaging for Physical Therapists, Adjunct, 3-hr presentation on ultrasound imaging (Summer 2013, 2011, 2009)

Teaching Activities

Doctoral Dissertation Student Committee - Chair

2019 - *Effectiveness of spinal stabilization exercises on dynamic balance in adults with subacute and chronic low back pain: a randomized clinical trial*

Doctoral Dissertation Student Committee - Member

2019 - *Effectiveness of spinal stabilization exercises on movement performance in adults with subacute and chronic low back pain: a randomized clinical trial*

2019 - *Factors that influence sports related concussion measures in contact, non-contact sports, and non-athletes.*

2019 - *The incidence of stress urinary incontinence in female initial entry soldiers.*

2019 - *The contributing factors and effects of breastfeeding position related pain: a mixed methods study.*

2019 - *How are we doing? The psychosocial history-taking practices of physical therapists when evaluating adults with chronic pain?*

2018 - *The validity and reliability of the Vail Sport Test™ as a measure of performance following anterior cruciate ligament reconstruction*

2018 - *Beyond incredible: the paralympic road to Rio - an ethnographic study.*

2017 - *The effects of lumbopelvic manipulation on fatigability of the back and hip muscles in adults with chronic low back pain.*

2017 - *Measuring head control changes after utilization of the Headpod™ in children with poor head control.*

2017 - *Effectiveness of cervicothoracic junction manipulation versus placebo on shoulder muscle strength and electromyographic amplitude in patients with subacromial syndrome*

2015 - *Regional manual therapy and motor control exercise for the management of chronic low back pain with hip and spine motion loss: a randomized clinical trial*

Doctoral Student Project Committee - Chair

2018 - *Comparison of the Functional Movement Screen in young active adults with and without recurrent low back pain.*

2017 - *Comparison of the Functional Movement Screen between young active adults and those with chronic low back pain.*

2016 - *Assessment of abdominal muscle thickness using ultrasound imaging in postpartum women who have undergone caesarian sections as compared to vaginal births*

2015 - *Effectiveness of lumbopelvic stabilization exercises for pregnancy-related low back pain.*

2015 - *Assessment of abdominal muscle thickness using ultrasound imaging in postpartum women who have undergone caesarian sections as compared to vaginal births*

Doctoral Student Project Committee - Co-Chair

2018 - *The effects of meditation on professional doctor of physical therapy students.*

2018 - *A novel approach to competency assessment using a departmental journal club.*

2018 - *Effects of two different dry needling techniques on lumbar multifidus activation and pressure pain threshold in health adults*

2017 - *Psychometric properties of pressure pain threshold in patients with shoulder-neck pain and tenderness.*

2017 - *Quantitative sensory testing thresholds in adults with and without chronic pain.*

2017 - *Reliability of surface electromyographic measurements for lumbar multifidus muscle activity.*

2013 - *Which variables predict success with lumbopelvic stabilization exercises in patients with sacroiliac joint pain?.*

2012 - *A clinical trial of the effectiveness of the compression belt for patients with sacroiliac joint pain: a case series.*

2011 - *Comparison of the effect of pelvic compression on deep abdominal muscle thickness using ultrasound imaging.*

Intellectual Contributions

Intellectual Contributions Grid

Category	Total
Articles in Refereed Journals	11
Presentations of Refereed Papers	27

Refereed Articles

Brizzolara, K., Wang-Price, S., & Zafereo, J. (2019). Assessment of abdominal muscle thickness in post-partum women who have undergone cesarean section as compared to vaginal births: a pilot study. *Journal of Women's Health Physical Therapy, 43* (1), 22-27, doi: 10.1097/JWH.0000000000000113.

Hannon, J., Wang-Price, S., Swank, C., Brizzolara, K., Garrison, C., Bothwell, J., Busch, C. (2019). The validity and reliability of the Vail Sport Test™ as a measure of performance following anterior cruciate ligament reconstruction. *Physical Therapy in Sport, 38*, 162-169, doi: 10.1016/j.ptsp.2019.05.001.

Wang-Price, S., Zafereo, J., Brizzolara, K., Mackin, B., Lawson, L., Shannon Lawson, Dayna Seeger (2019). Psychometric properties of pressure pain thresholds measured in two positions for adults with and without neck-shoulder pain and tenderness *Journal of Manipulative and Physiological Therapeutics.*, doi: 10.1016/j.jmpt.2018.11.021.

Brizzolara, K., Wang-Price, S., Roddey, T., & Medley, A. (2018). Effectiveness of adding a pelvic compression belt to lumbopelvic stabilization exercises for women with sacroiliac pain: a feasibility randomized clinical trial. *Journal of Women's Health Physical Therapy, 42* (2), 76-86, doi: 10.1097/JWH.0000000000000102.

Brown, J., Thompson, M., & Brizzolara, K. (2018). Head control changes after Headpod™ use in children with poor head control: a feasibility study. *Journal of Pediatric Physical Therapy, 30* (2), 142-148, doi: 10.1097/PEP.0000000000000492.

Zafereo, J., Wang-Price, S., Roddey, T., & Brizzolara, K. (2018). Regional manual therapy and motor control exercise for chronic low back pain: a randomized clinical trial. *Journal of Manual & Manipulative Therapy, 26* (4), 193-202, doi: 10.1080/10669817.2018.1433283.

Wang-Price, S., Zafereo, J., Brizzolara, K., & Anderson, E. (2018). Effects of tactile feedback on lumbar multifidus muscle activity in asymptomatic healthy adults and patients with low back pain. *Journal of Bodywork and Movement Therapies, 22* (4), 956-962, doi: 10.1016/j.jbmt.2018.01.001.

Wang-Price, S., Zafereo, J., & Brizzolara, K. (2017). Effects of different verbal instructions on change of lumbar multifidus muscle thickness in asymptomatic adults and in patients with low back pain. *Journal of Manual & Manipulative Therapy, 25* (1), 22-29, doi: 10.1179/2042618615Y.0000000021.

Brizzolara, K., Wang-Price, S., & Roddey, T. S. (2015). The effect of pelvic compression on deep abdominal muscle thickness during the active straight leg raise. *International Journal of Therapy and Rehabilitation, 22* (2), 60-66, doi: 10.12968/ijtr.2015.22.2.60.

Roddey, T. S., Brizzolara, K. J., & Cook, K. F. (2008). Side-to-side differences in the transverse abdominis muscles measured by real-time ultrasound in persons with and without chronic low back pain. *Orthopaedic Physical Therapy Practice, 20* (2), 56-59.

Roddey, T. S., Brizzolara, K. J., & Cook, K. F. (2007). A comparison of two methods of assessing transverse abdominal muscle thickness in participants using real-time ultrasound in a clinical setting. *Orthopaedic Physical Therapy Practice, 19* (4), 198-201.

Presentations of Refereed Papers

International

Brizzolara, K., Wang, S., & Roddey, T. S. (2012). *Comparison of the effect of pelvic compression in deep abdominal muscle thickness in persons with sacroiliac joint pain and healthy adults using ultrasound imaging.* IFOMPT World Conference, Quebec City, Canada-Quebec.

National

- Alkhatkani, K., Alshehre, Y., Wang-Price, S., & Brizzolara, K. (2019). *Use of modified Functional Movement Screen scores for young adults with low back pain*. American Physical Therapy Association, Annual Conference & Expo, Chicago, Illinois.
- Alkhatkani, K., Alshehre, Y., Wang-Price, S., & Brizzolara, K. (2019). *Use of the modified Functional Movement Screen for assessment of movement impairments in young adults with low back pain*. American Pain Society Scientific Meeting, Milwaukee, Wisconsin.
- Alshehre, Y., Alkhatkani, K., Brizzolara, K., & Wang-Price, S. (2019). *Reliability and validity of the Y-balance test in young adults with chronic low back pain*. American Physical Therapy Association, Annual Conference & Expo, Chicago, Illinois.
- Alshehre, Y., Alkhatkani, K., Brizzolara, K., & Wang-Price, S. (2019). *Side differences in the Y-balance test performance in patients with unilateral low back pain*. American College of Sports Medicine Annual Meeting, Orlando, Florida.
- Alshehre, Y., Alkhatkani, K., Brizzolara, K., & Wang-Price, S. (2019). *Comparison of Y-balance test scores in young adults with and without chronic low back pain*. American Pain Society Scientific Meeting, Milwaukee, Wisconsin.
- Brizzolara, K. & Shirley, K. (2019). *Feasibility of a brief mindfulness program on stress and anxiety levels in Doctor of Physical Therapy (DPT) students*. APTA Combined Sections Meeting, Washington, District of Columbia.
- Cookinham, B., Weber, M., Swank, C., & Brizzolara, K. (2019). *Concussion history, career status, and cumulative years of football exposure influence on Sports Concussion Assessment Tool (SCAT-3) performance in elite football players*. Academy of Neurology: 2019 Sports Concussion Conference, Indianapolis, Indiana.
- Wang-Price, S., Zafereo, J., & Brizzolara, K. (2019). *Immediate effects of two deep dry needling techniques on lumbar multifidus muscle activation and pressure pain thresholds in patients with low back pain*. American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) Conference, Orlando, Florida.
- Alkhatkani, K. (2019, April). *Using the modified Functional Movement Screen for assessment of movement impairments in young adults with low back pain*. American Pain Society Scientific Meeting, Milwaukee, Wisconsin.
- Wang-Price, S., Zafereo, J., Brizzolara, K., Lawson, L., & Mackin, B. (2018). *Clinical assessments of muscle hypertonicity in adults with and without chronic intermittent neck-shoulder pain*. American Academy of Orthopedic Manual Physical Therapists Annual Conference, Reno, Nevada.
- Brizzolara, K., Wang-Price, S., & Zafereo, J. (2017). *Assessment of abdominal muscle thickness in post-partum women who have undergone cesarean section as compared to vaginal births*. American Physical Therapy Association Combined Sections Meeting, San Antonio, Texas.
- Connors, M., Wang-Price, S., Brizzolara, K., Swank, C., & Nichols, C. (2017). *Effectiveness of cervicothoracic junction manipulation versus placebo on shoulder muscle strength and electromyographic amplitude in patients with subacromial syndrome*. Texas Physical Therapy Association Annual Conference, Corpus Christi, Texas.
- Connors, M., Wang-Price, S., Brizzolara, K., Swank, C., & Nichols, C. (2017). *Effectiveness of cervicothoracic junction manipulation versus placebo on shoulder muscle strength, electromyographic amplitude, and pain in participants with subacromial impingement syndrome*. American Academy of Orthopaedic Manual Physical Therapy Annual Conference, Salt Lake City, Utah.
- Wang-Price, S., Zafereo, J., Brizzolara, K., & Anderson, E. (2017). *Effects of tactile feedback on lumbar multifidus muscle activity in asymptomatic healthy adults and patients with low back pain*. American Academy of Orthopaedic Manual Physical Therapy Annual Conference, Salt Lake City, Utah.
- Zafereo, J., Wang-Price, S., Roddey, T., & Brizzolara, K. (2017). *Regional manual therapy and motor control exercise for chronic low back pain: a randomized clinical trial*. American Physical Therapy Association Combined Sections Meeting, San Antonio, Texas.
- Wang-Price, S., Zafereo, J., Brizzolara, K., Sokolowski, L., & Turner, D. (2015). *Do three verbal instructions influence lumbar multifidus muscle thickness differently in both asymptomatic adults and patients with low back pain?* AAOMPT Annual Conference, Louisville, Kentucky.
- Wang-Price, S., Zafereo, J., & Brizzolara, K. (2015, October). *Effects of different verbal instructions on change of lumbar multifidus muscle thickness in asymptomatic adults and in patients with low back pain*. AAOMPT Annual Conference, Louisville, Kentucky.
- Brizzolara, K., Wang-Price, S., Roddey, T. S., & Medley, A. (2014). *A randomized clinical trial of the effectiveness of the compression belt for patients with sacroiliac joint pain*. AAOMPT Annual Conference, San Antonio, Texas.
- Roddey, T. S., Brizzolara, K. J., Duncan, B. R., & Pelton, T. J. (2008). *Difficulties encountered with the use of real-time ultrasound and the Oswestry Disability Index in research with persons in a county hospital system*. AAOMPT Annual Conference, Seattle, Washington.

Roddey, T. S., Brizzolara, K. J., & Cook, K. F. (2007). *A comparison of reliability values of transverse abdominal muscle thickness measured in persons with body mass index values > 25 using real-time ultrasound*. APTA Combined Section Meeting, Boston, Massachusetts.

Roddey, T. S. & Brizzolara, K. J. (2006). *Side-to-side differences in the transverse abdominus muscle measured by real-time ultrasound in persons with and without chronic low back pain*. APTA Combined Sections Meeting, San Diego, California.

State

Connors, M., Wang-Price, S., Brizzolara, K., & Swank, C. (2017). *Effectiveness of cervicothoracic junction manipulation versus placebo on shoulder muscle strength and electromyographic amplitude in patients with subacromial syndrome*. TPTA Annual Conference, Corpus Christi, Texas.

Zafereo, J., Wang-Price, S., Brizzolara, K., & Roddey, T. (2015). *Regional manual therapy and motor control exercise for the management of chronic low back pain with hip and spine motion loss: a randomized clinical trial*. TPTA Annual Conference, Arlington, Texas.

Brizzolara, K., Wang-Price, S., Roddey, T. S., & Medley, A. (2014). *A randomized clinical trial of the effectiveness of the compression belt for patients with sacroiliac joint pain*. Texas Physical Therapy Association Annual Conference, Galveston, Texas.

Brizzolara, K., Wang-Price, S., Roddey, T., & Medley, A. (2014, October). *Effectiveness of the addition of the compression belt to stabilization exercises for patients with sacroiliac joint pain: A randomized clinical trial*. Texas Physical Therapy Association Annual Conference, Galveston, Texas.

Brizzolara, K., Wang, S., Roddey, T., Diebold, J., Licatino, L., Minard J (2011). *Comparison of the effect of pelvic compression on deep abdominal muscle thickness in persons with sacroiliac joint pain and healthy adults using ultrasound imaging*. TPTA Annual Conference, The Woodlands, Texas.

Grants

Research

2019 [Year 2 of 2]: Alshehre, Y., Alkhatkhami, K., Wang-Price, S., & Brizzolara, K., *Effects of Spinal Stabilization Exercises on Dynamic Balance and Functional Performance in Adults with Subacute and Chronic Low Back Pain: A Randomized Clinical Trial*, Co-Investigator, Texas Physical Therapy Foundation.

2016: Brizzolara, K., Wang-Price, S., & Zafereo, J., *Predictive validity of lumbopelvic stress tests to determine those who benefit from lumbar traction: a pilot study*, Principal Investigator, TWU Research Enhancement Program.

2011: Brizzolara, K., Wang-Price, S., & Roddey, T., *A randomized clinical trial of the effectiveness of the compression belt for patients with sacroiliac joint pain*, Principal Investigator, Texas Physical Therapy Foundation.

2011: Brizzolara, K., Wang, S., & Roddey, T., *A randomized clinical trial of the effectiveness of the compression belt for patients with sacroiliac joint pain*, Principal Investigator, American Academy of Orthopedic Manual Physical Therapists, OPTP Grant.

2010: Brizzolara, K. & Wang, S., *Comparison of the effect of pelvic compression in deep abdominal muscle thickness in persons with sacroiliac joint pain and healthy adults using ultrasound imaging*, Principal Investigator, Texas Physical Therapy Foundation.

2009: Brizzolara, K., Wang, S., & Roddey, T., *American Academy of Orthopedic Manual Physical Therapy: OPTP Grant*, Principal Investigator.

Service

Service to the Institution

Department Assignments

Chair:

2014-2015 – 2019-2020: Policy Committee

2018-2019: Faculty Search Committee

2018-2019: Appeals Committee for Post-professional DPT Student (request to return to program)

2017-2018: Appeals Committee for Professional DPT Student (request to return to program after non-academic)

withdrawal)

2016 – 2017: Scantron (ParTest and ParScore) Co-Administrator

Faculty Advisor:

2016-2017 – 2019-2020: Physical Therapy Pro Bono National Honor Society

2015-2016 – 2019-2020: Student Physical Therapist Organization

Member:

2013-2014 – 2019-2020: Professional Curriculum Committee

2012-2013 – 2013-2014: Policy Committee

College Assignments

Member:

2014-2015: Faculty Search Committee

University Assignments

Guest Lecturer/invited Speaker:

2019-2020: 14th Annual Teaching and Learning Symposium

Member:

2016-2017 – 2017-2018: Graduate Program Reviewer

Service to the Profession

Academic Conference: Judge

2018: American Academy of Orthopedic Manual Physical Therapists Annual Conference, Reno, Nevada.

2014 – 2015: American Academy of Orthopedic Manual Physical Therapists Annual Conference, Louisville, Kentucky.

Chair: Committee / Task Force

2006: Texas Physical Therapy Association Southeastern District, Houston, Texas. Sponsorship Committee Chair

Member: Committee/Task Force

2018: Research Committee, American Academy of Orthopedic Manual Physical Therapists.

Reviewer: Article / Manuscript

2016: Physiotherapy Theory and Practice.

2015: International Journal of Therapy & Rehabilitation.

2015: British Medical Journal.

2014: Archives of Physical Medicine and Rehabilitation.

Service to the Community

Charity/Fundraising

2019: Lake Highlands Women's League

Member of a Committee

2004 – 2008: Houston Livestock Show and Rodeo, Merchandise Committee

Positions Held in Civic Organizations

2016 – 2017: Secretary, Lake Highlands North Homeowners Association, Began January 2016

Volunteer

2017 – 2018: Scofield Christian School Parent-Teacher Fellowship (PTF) President

2014 – 2017: Sunday School Teacher, Parks Cities Baptist Church

2012 – 2017: Leader, Vacation Bible School, Parks Cities Baptist Church

2012 – 2017: Scofield Christian School Teacher Appreciation Coordinator

Professional Development

Assurance of Learning - Professional Development

2018: Dean's Distinguished Fellow, Texas Woman's University, Dallas, Texas.

2018: Association of College and University Educators (ACUE), Course in Effective Teaching Practices, Dallas, Texas.

Honors/Awards

Award

2019: Outstanding Faculty, Texas Woman's University Dallas Redbud Award.

2017 – 2018: Distinguished Graduate Faculty Award, Texas Woman's University Graduate Student Council.

2017: Elaine Meadows Research Scholar, American Physical Therapy Association, Section on Women's Health.

References

Dr. B's passion for what she teaches is so inspiring! She really wants us to learn the material and I appreciate how much she does to make sure that happens.

She brings so much enthusiasm to her class and lab. I can see how much she loves the content and it makes me love learning it too.

Thank you, Dr. B, for creating an environment of enthusiasm for learning, appreciation for growing, and room for making mistakes along the way!