

## **Heather Dillon Anderson, PT, DPT, DHSc**

Dr. Heather Anderson is an Associate Professor at Neumann University and teaches in the Physical Therapy Program. She received her bachelor's degree in Physical Therapy and her Master's Degree in Physical Therapy from Florida International University and her Doctor of Physical Therapy Degree from Temple University. She received her Doctor of Health Sciences degree from Radford University in 2022.

Dr. Anderson has completed the Vestibular Certification course through Emory University and has been recognized since 2004 as a Board-Certified Specialist in Neurologic Physical Therapy by the American Physical Therapy Association. She had published research examining anxiety in DPT students, normative data for the King-Devick test, the perceptions of persons with MS on the impact of diet and supplementation on impairment, and the timing of mobilization for persons with acute stroke. Most recently she has been researching the connection between grip strength and frailty in older adults and falls risk.

In addition to her duties at Neumann University, Dr. Anderson is a per diem physical therapist at Good Shepherd Penn Partners in Philadelphia where she specializes in treating persons with neurologic dysfunction.

### **Instructor for the Following Courses:**

Fall: PT 636, Neuromuscular Physical Therapy – 5 credits

Fall: PT 744, Mentored Research Experience III-1 credit

Fall: PT 619, Clinical Reasoning I

Fall: PT 719, Clinical Reasoning II

Spring: PT 507, Neuroscience – 4 credits

Spring: PT 742, Mentored Research Experience I- 1 credit

Summer: PT 737, Neuromuscular Physical Therapy II – 3 credits

Summer PT 743, Mentored Research Experience II-1 credit

### **Publications:**

- Anderson, H.D., Allison Jones, L., Castleberry, J., Everhart, J. (2025) Trait and State Anxiety in Doctor of Physical Therapy Students. *Journal of Physical Therapy Education*. (published online in the Journal of Physical Therapy Education 7/23/25)
- Selby-Silverstein, L., Dial, M., Anderson, H., Wrisley, D. (2023). APTA Academy of Neurologic Physical Therapy: Vestibular Rehabilitation for Peripheral Vestibular Hypofunction - Updated (CPG+).<https://www.apta.org/patient-care/evidence-based-practice-resources/cpgs/vestibular-rehabilitation-for-peripheral-vestibular-hypofunction-an-evidence-based-clinical-practice-guideline-cp>
- Anderson, H.D., Leister, N.R., Biely, S.A. (2022). The Perceptions of Persons with Multiple Sclerosis (MS) on the Impact of Diet and Supplements on MS Symptoms. Published On-line February 08,2022. *J Altern Complement Integrative Med*, 8: 221. DOI: 10.24966/ACIM-7562/100221.

- Anderson, H, B, S. (2020) “Mobilization for Persons With Acute Stroke: A Survey of Current Physical Therapy Clinical Practice.” *Journal of Acute Care Physical Therapy*. 11(1):11-32.
- Book Chapter: Chancler, C. and Dillon, Heather (2019), “Neurological and Neurosurgical Diseases and Disorders,” in *Physical Therapy in Acute Care: A Clinician’s Guide*, second edition. Malone, DJ, and Lindsay-Bishop, KL, editors. SLACK Incorporated.
- Anderson HD, & Biely SA (2017) Baseline King–Devick scores for adults are not generalizable; however, age and education influence scores, *Brain Injury*, Nov, 2017; 31(13-14):1813-1819.)
- Anderson, H, Sullivan J. (2015) “Outcome Measures for Persons with Acute Stroke. A Survey of Physical Therapists Practicing in Acute Care and Acute Rehabilitation Settings.” *Journal of Acute Care Physical Therapy*. Vol 7(2):76-83.
- Book Chapter: Galgon A, Anderson, H. Case study of individual with dizziness. Jobst EE (ed), Jobst EE (Series ed). *Physical Therapy Case Files: Acute Care*. 2013 New York, NY: McGraw-Hill.

#### **Peer reviewed Posters and Presentations:**

- Poster: “Does Self-Care Influence Depression, Anxiety and Stress in Doctor of Physical Therapy (DPT) Students?” Authors: Heather Dillon Anderson PT, DPT, DHSc; Corrinne Ciarrocchi, DPT; Theresa Gavin, DPT; Heather Gurdon, DPT; Rami Ibrahim, DPT; Nicole Lippert, DPT. Presented at the American Physical Therapy Association Combined Sections meeting held in Houston, Texas, February 2025.
- Poster: “Perceived Causes of Anxiety in Doctor of Physical Therapy Students; A Mixed Methods Study.” Authors: Heather Dillon Anderson, Andrew Bernstein, Danial Burgoyne, Morgan Kniesche, Jonathon Lampe, Christian Rumery and Henry Toke. Presented at the American Physical Therapy Association Educational Leadership Conference, October, 2023.
- Poster: “Factors Contributing to Anxiety in Doctor of Physical Therapy Students.” Authors: Heather Dillon Anderson, Scott Biely, Steven Donnelly, Ashley Edwards, Jacek Giza, Ryan Hurst, Kristina Welsh. Presented at the American Physical Therapy Association Combined Sections meeting held in San Diego, CA, February 2023.
- Poster: “Peer Tutoring for Neuroscience Benefited Students and Tutors.” Authors: Heather Dillon Anderson, Scott Biely, and Alex Haddad. Presented at the Physical Therapy Combined Sections meeting held in San Diego, CA, February 2023.
- Poster: “Relationship Between Cervical Joint Position Error and Postural Control in Normal Subjects.” Authors: Heather Dillon Anderson, Hope Clauhs, Michael Colgan, James Dart, Jacqueline Mach, Rebecca Quintangeli, and Scott Biely. Presented at the Physical Therapy Combined Sections meeting held virtually in February 2021.
- Poster: “The perception of persons with Multiple Sclerosis (MS) on the impact of diet and supplements on MS-related impairment.” Authors: Heather Dillon Anderson, PT, DPT, NCS, Monique Beeko SPT; Nicholas Leister SPT; Ajay Mampilly SPT; Marc Marcelin SPT; Afolabi Ogunnusi SPT and Scott Biely, PT, PhD, OCS. Presented at the Physical Therapy Combined Sections meeting in Washington DC; January 26, 2019
- Poster: “Mobilization for Persons with Acute Stroke: A Survey of Current Physical Therapy Clinical Practice.” Authors: Heather Dillon Anderson, PT, DPT, NCS; Chelsea Carr-Epstein SPT, Josephine Dappah-Colon SPT, Amy Hollenbeck SPT, Haley Schell

SPT, Alyssa Sifer SPT, and Scott Biely, PT, PhD, OCS. Presented at the Physical Therapy Combined Sections meeting in New Orleans, LA; February 24, 2018.

- Poster: Anderson, H., Angelucci, K., Bush, C., Byrne, P., Carroll, G., Lentz, J., & Biely, S. *Normative values for the King-Devick Test for persons 18-40 without recent concussion.* Presented at the South East District Mini-CSM, Phila, PA (April, 2017)
- Contributor for the “Compendium for Teaching Professional Level Physical Therapy Content, v. 2016.” Author of module describing a teaching strategy on Flipped classroom learning for cranial nerves” published on-line for the Academy of Neurologic Physical Therapy <http://www.neuropt.org/education/compendium>
- Poster: “The Use of Outcome Measures for Persons with Acute Stroke: A Survey of Physical Therapists Practicing in Acute Care and Acute Rehabilitation Settings.” Authors: Heather D. Anderson, PT, DPT, NCS; Jane E. Sullivan, PT, DHS, MS. Displayed at the Physical Therapy Combined Sections meeting in Indianapolis, IN; February, 2015.
- Presentation: deJoya A, Olkowski B, McCain D, Anderson H. “Expanding Neurologic Expertise: Advancing Clinical Practice in Acute Stroke Rehabilitation,” (One of four speakers at a two Day pre-conference course) at the ATPA CSM, Las Vegas, NV. February, 2014
- Poster: Anderson, Heather Dillon; Fakhoury, Farris; Mattoccia, Gregory; Papp, Jonathan; Pinkerton, Justin; Salvatore, Stephanie; Cohen, Evan T. “Vestibular Rehabilitation for Persons with Post-Concussive Syndrome A Systematic Review.” (Poster presented at the Annual Physical therapy Combined Sections Meeting in Chicago, IL, February 2012)
- Presentation: Anderson Dillon, H. “A Guide to the use of Physical Therapy Outcome Measurement Tools in Acute Care,” APTA Annual Conference, National Harbor, MD, 2011.
- Presentation: Anderson Dillon, Heather (2011) “Differential Diagnosis & Management of Dizziness for the non vestibular therapist,” Pennsylvania Physical Therapy Association South East District meeting, September, 14, 2011.
- Presentation: Dillon, Heather (2011) “A Guide to the use of Physical Therapy Outcome Measurement Tools.” A four hour continuing education course sponsored by The Visiting Nurse Association of Somerset Hills Basking Ridge, NJ; March 21, 2011.
- Presentation: Dillon, Heather (2010) “A Guide to the Use of Physical Therapy Outcome Measurement Tools” A four hour continuing education course provided at the New Jersey Physical Therapy Association State Conference, April 17, 2010.
- Presentation: Dillon, H. “Providing Evidence in Acute Care: A Guide to Efficient Outcome Measurement Tools,” APTA Combined Section Meeting, Las Vegas, NV; 2009.
- Presentation: Dillon, Heather (2007) “Current Trends in Therapy for Treatments of Individuals Following Stroke,” A continuing education course provided at the Maryland Physical Therapy Association State Conference, November 17, 2007.

## **Ares of Research:**

- Relationship between grip strength and frailty and falls risk in older adults
- Mindfulness strategies to reduce test taking anxiety
- State versus trait anxiety and its influence on test taking for DPT students
- Relationship between cervical joint position error and the vestibular contribution to balance in normal subjects
- Interview study of persons with Multiple Sclerosis (MS) to determine the perceptions of diet, lifestyle and dietary supplementation on impairment related to MS
- Survey of physical therapists to determine current practice patterns related to early mobilization of persons with acute stroke
- Normative data collected for the King-Devick test; a field screen test used for persons suspected of having concussion. Manuscript in progress

### **Honors and Awards:**

- Outstanding Capstone Project, Doctor of Health Sciences, Radford University Carilion, 2023.
- Excellence in Scholarship Award, Neumann University, Faculty Award; 2019
- Journal of Acute Care Physical Therapy Best Manuscript Award 2016: “Outcome Measures for Persons with Acute Stroke. A Survey of Physical Therapists Practicing in Acute Care and Acute Rehabilitation Settings.” Presented to: Heather Anderson (and Jane Sullivan) at the Physical Therapy Combined Sections meeting in New Orleans, LA; February 22, 2018.
- Pennsylvania Adaptive Sports Volunteer Award, 2008.
- Pennsylvania Physical Therapy Association Neurology SIG Award, 2006.