

Dr. Selby-Silverstein is a Professor Emeritus at the Neumann University Physical Therapy Program. She was a full-time, core faculty member of the Physical Therapy Program for 25 years from 2000 to 2025. Prior to that, she was a member of the faculty of the Physical Therapy Program at Thomas Jefferson University, where she also served as Director of the Human Performance Laboratory. Dr. Silverstein received a Bachelor's Degree in Physical Therapy from Ithaca College, a Master's Degree in Developmental Disabilities from New York University, and a PhD in Pediatric Physical Therapy from Hahnemann University (now Drexel University),

Her primary areas of interest include research and foot biomechanics/orthotics. In the area of research, she is a former National Institutes on Disability Rehab Research Switzer Fellow. Her research related to feet, orthoses, biomechanics, and gait has been funded, presented, and published. Most recently she has been active in APTA Evidence Based Practice Special interest group (Research Section), and the Foot and Ankle Special Interest group (Academy of Orthopedic Physical Therapy).

At Neumann, she taught the research courses, PT581 --Research in Physical Therapy and PT583 --Intro to Evidence-Based Research and was instrumental in developing the research curriculum, including the mentored research experience in which students work with a faculty mentor to develop and complete a research project during their final year of didactic work. Dr. Silverstein was also responsible for developing the Research Symposium, in which the students present their projects to the faculty, fellow students, and family members. This in turn has led to many students presenting their research at state or national conferences.

In the area of foot biomechanics/orthotics, her doctorate work focused on foot and ankle biomechanics during gait and the effect of foot orthoses. Her research was conducted in the Gait Study Center of the PA College of Podiatric Medicine. This led to her PhD from Hahnemann University. She is active in the Foot and Ankle Special Interest group (Academy of Orthopedic Physical Therapy) and served as an author of the "Foot and Ankle Curricular Guidelines for Physical Therapist Professional Degree Programs. She has special interest in optimizing biomechanical alignment using orthoses and footwear adaptation and prescription of AFOs and has authored and presented a course on orthotics for MedBridge.

At Neumann, she taught the orthotic interventions course, PT770 – Orthotic Interventions in Physical Therapy. She has also brought her knowledge of foot biomechanics to other courses, including PT683 – Tests & Measures, PT742 – Mentored Research Experience, and PT719 – Clinical Reasoning.

Dr. Silverstein also has strong interests in the areas of neurologic physical therapy and pediatric physical therapy. She has been a Board-Certified Clinical Specialist in Neurologic Physical Therapy since April 10, 1990, being one of the first physical therapists to achieve this certification. She has also published research in the area of treatment of infants with torticollis.

Clinically, Dr. Silverstein has been a physical therapist in rehabilitation settings, gait laboratories, developmental centers, early intervention settings, school-based settings, home care, and outpatient physical therapy settings. Currently, she sees self-pay private patients in her home office including patients who want custom casted foot orthoses.

In addition to her work as a physical therapist, Dr. Silverstein is an Independent Certified OPTAVIA Coach through the MacDonald Center for Obesity Prevention and Education.