

**HILARY B. GREENBERGER, PT, PhD, OCS**

**CURRICULUM VITA**

**January 2007**

Work: Ithaca College  
Department of Physical Therapy  
Ithaca, New York 14850  
(607) 274-3648  
E-Mail: Greenber@ithaca.edu

Home: 18 Irish Hill Road  
Newfield, New York 14867  
(607) 564-9448

**Education**

**Formal**

Virginia Commonwealth University, Richmond, Virginia  
1999 to 2006

Ph.D. in Health Related Sciences

Dissertation: Influences on Health Related Quality of Life in Community Dwelling Adults  
Aged 60 Years and Over

Ithaca College, Ithaca, New York

1987 - 1989

BS in Physical Therapy

Hunter College, New York, New York

1986-1987

Part-time student

Dalhousie University, Halifax, Nova Scotia, Canada

1981 - 1983

MS in Physical Education (Exercise Physiology)

Thesis: The Relationship between Performance, Creatine Phosphokinase (PFK), and other  
Blood Variables During a Strength Training Program

Oberlin College, Oberlin, Ohio

1978 - 1981

BA in Liberal Arts, Physical Education and Biology major

### **Continuing Education**

Mulligan Concept - An Introductory Course Mobilizations with Movement, "NAGS", "SNAGS" and MORE. Northeast Seminars, Julie Paolino. Atlanta, GA, January 2007.

Current Concepts of Orthopaedic Physical Therapy. Second Edition. Orthopaedic Physical Therapy Home Study Course 16.2.2, Orthopaedic Section, American Physical Therapy Association, August-December 2006.

Current Concepts of Orthopaedic Physical Therapy. Orthopaedic Physical Therapy Home Study Course 11.2.1, Orthopaedic Section, American Physical Therapy Association, August-December 2001.

Back to the Basics with Membership Development. The 11<sup>th</sup> Annual Component Leadership Seminar, American Physical Therapy Association, April 1999.

Strength and Conditioning Applications in Orthopaedics. Orthopaedic Physical Therapy Home Study Course 98-A, Orthopaedic Section, American Physical Therapy Association, April-September 1998.

The Clinician You Want to Be--The Guide to Get You There. American Physical Therapy Association. Philadelphia, PA, September 1998.

Mechanical Diagnosis & Therapy Part B: Cervical and Thoracic. McKenzie Institute. Dana Greene, Syracuse, NY, May 1998.

Diagnosis and Treatment of Movement Related Pain Syndromes Associated With Muscle and Movement Imbalances. Shirley Sahrmann, Syracuse, NY. May 1997.

Strength Training Design: New Concepts and Clinical Applications. Daniel Gehri, Deanna Aussprung, Jeffery Aussprung, Syracuse, NY, November 1996

Orthopaedic Physical Therapy Assessment. Orthopaedic Physical Therapy Home Study Course 96-2, Orthopaedic Section, American Physical Therapy Association, July-December 1996.

Anatomy of the Cervical Spine. Orthopaedic Physical Therapy Home Study Course 96-1, Orthopaedic Section, American Physical Therapy Association, January-June 1996.

Review for Advanced Orthopaedic Competencies, Orthopaedic Section, APTA, Minneapolis, MN, November 1994

Maitland/Australian Spinal Workshop. Robert B. Sprague, Rochester, NY, May 1994.

**Continuing Education (con't)**

Chain Reaction Plus. Gary Gray, Boston, MA, March 1994

Team Reaction. Gary Gray, Phoenix, AZ, November 1993.

McConnell Approach to Patellar Femoral Joint Syndrome. Maureen Leeson, Sarah Thomas, Ithaca, NY, September 1993.

McKenzie Diagnosis of Lower Back Dysfunction. Jean Duffy Rath, Syracuse, NY, June 1993.

Team Reaction: Developing the Lower Extremity Strength Profile. Gary Gray, Phoenix, AZ, November 1992.

Clinical Muscle Training: Orthopedic and Sports Application in the 90's. Mark Albert, Boston, MA, September 1992.

Practicum for Diagnosis and Treatment of Muscle Imbalances. Wendy Sarver PT, New York, NY, November 1991

Chain Reaction. Gary Gray, Indianapolis, IN, September 1991.

Myofascial Pain Syndrome, Beth Paris, Binghamton, New York, June 1991.

Clinical Educators Workshop-Electrotherapy. Andrew Robinson, Katherine Beissner, Ithaca, NY, June 1991

Diagnosis and Treatment of Muscle Imbalances Associated With Regional Pain Syndromes. Shirley Sahrman, New York, NY. May 1991.

PNF I: The Functional Approach to Proprioceptive Neuromuscular Facilitation. The Institute of Physical Art. Cheryl Wardlow, Tilly Peterson, Michelle Lusardi, April 1990.

**Faculty Development Education**

Database Focus: Full Text Online. Gale Stevenson, Brown Bag Lunch, Ithaca College, November, 2000.

Interactive Media Technologies. Diane Gayeski, Michael Pagliarulo. Faculty Colloquium Series, Ithaca College, March 1999.

**Faculty Development Education (con't)**

Teaching the Ithaca College Student. Carla Golden, David Spano. Faculty Development Workshop, Ithaca College, August, 1997.

Telecommunications/Distance education. Faculty Development Workshop, Ithaca College, March 1997.

Internet and the World Wide Web using Netscape. Center for Educational Technology, Ithaca College, April 1996.

Research Using the World Wide Web. Center for Educational Technology, Ithaca College, March 1996.

How I Used the Center for Educational Technology. Barbara Belyea, Mary DePalma, Warren Schlesinger. "Let's Talk Teaching" Brown Bag Lunch, Ithaca College, February 1996.

Using Case Studies in Teaching. William M. Welty, Rita Silverman. Faculty Development Workshop, Ithaca College, January 1996.

Creating a Computer Based Classroom Presentation. David Weil. Center for Educational Technology. Ithaca College, October-November 1995.

Active Learning Styles. Alan Cohen, Pat Libby. "Let's Talk Teaching" brown bag lunch, Ithaca College, April 1995.

Multidisciplinary Hypercard Hands-On Workshop. George VanSon, John Schwartz. Faculty Development Committee. Ithaca College, January 1995.

Multidisciplinary Hypercard Demonstration. George VanSon, John Schwartz. "Let's Talk Teaching" Brown Bag Lunch, Ithaca College, October 1994.

Practical Uses of Computer Technology to Enhance Your Teaching at Ithaca College. Dave Weil. Faculty Development Workshop. Ithaca College, February 1994.

Counseling Approaches for Students Posing Challenging Situations: A Skill Building Workshop. Jody S. Gandy. Ithaca College Clinical Education Conference, Rochester NY, 1993.

Improving Your Multiple Choice Exams. James A. Eison. Ithaca College, Faculty Development Workshop. November 1992.

Teaching the Ithaca College Student. Faculty Development Committee, Ithaca College, September 1991.

**Certification/Specialization**

American Physical Therapy Association Board Certified Clinical Specialist in Orthopaedic Physical Therapy, May 1995

Recertified as Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, May 2003

**Licensure Information**

Licensed physical therapist in New York State, Number #010992

**Employment and Positions Held**

Associate Professor  
Department of Physical Therapy  
Ithaca College, Ithaca, New York  
1998-present

Assistant Professor  
Department of Physical Therapy  
Ithaca College, Ithaca, New York  
1992-1998

Staff Physical Therapist  
Cornell University, Ithaca, New York  
1992-present

Professional Staff/ACCE  
Department of Physical Therapy  
Ithaca College, Ithaca, New York  
1991-1992

Staff Physical Therapist  
Finger Lakes Physical Therapy, Ithaca, New York  
1990-1991

Staff Physical Therapist  
Saint Joseph's Hospital, Elmira, New York  
1989-1990

### **Employment and Positions Held (con't)**

Adjunct Instructor  
Department of Physical Therapy  
Ithaca College, Ithaca, New York  
1989-1991

Physical and Health Education Teacher  
The McBurney School  
New York, New York  
1983-1986

### **Publications**

#### **Books**

Belyea B, Greenberger HB: Physical Therapy for Musculoskeletal Conditions. In: *Introduction to Physical Therapy* (3<sup>rd</sup> edition). Ed: MA Pagliarulo, Mosby-Year Book, Inc., St. Louis, Missouri, 2007.

Belyea B, Greenberger HB: Physical Therapy for Musculoskeletal Conditions. In: *Introduction to Physical Therapy* (2<sup>nd</sup> edition). Ed: MA Pagliarulo, Mosby-Year Book, Inc., St. Louis, Missouri, 2001.

Belyea B, Greenberger HB: Orthopaedic Physical Therapy. In: *Introduction to Physical Therapy*. Ed: MA Pagliarulo, Mosby-Year Book, Inc., St. Louis, Missouri, 1996.

Gray G, Team Reaction: Contributor to: *Lower Extremity Functional Profile*, Wynn Marketing Publications, Adrian, Michigan, 1995.

#### **Journals**

Greenberger HB: Documentation Using the Guide to Physical Therapist Practice. *Orthopaedic Practice*, 11 (2): 13-14, 1999.

Paterno MV, Greenberger HB: The Test-Retest Reliability of a One-Legged Hop Test for Distance in Young Adults with and without ACL Reconstruction. *Isokinetics and Exercise Science*, 6: 1-6, 1996.

Greenberger HB, Paterno M: Relationship of Knee Extensor Strength and Hopping Test Performance in the Assessment of Lower Extremity Function. *Journal of Orthopedic and Sports Physical Therapy*, 22(5): 202-206, 1995.

### **Journals (con't)**

Greenberger HB, Wilkowski T, Belyea B: Comparison of Quadriceps Peak Torque Using three Different Isokinetic Dynamometers. *Isokinetics and Exercise Science*, 4(1): 22-27, 1994.

### **Abstracts**

Greenberger, H., Riddle, D., Jewell, D., Wigglesworth, J: Factors Influencing Health Related Quality of Life in Community Dwelling Older Adults Aged 60 Years and Over, *Journal of Geriatric Physical Therapy*, 28(3): 114-115, 2005.

Greenberger HB, Firth J, Palmer A, Barret M, McCarren D: The Effect of Active Exercise on the Onset and Recovery of Delayed Onset Muscle Soreness (DOMS), *Journal of Orthopaedic and Sports Physical Therapy*, 29(1): A25, 1999.

Greenberger HB, Firth J, Palmer A: The Effect of Active Exercise on the Onset and Recovery of Delayed Onset Muscle Soreness (DOMS), *Journal of Orthopaedic and Sports Physical Therapy*, 27(1): 63, 1998.

Greenberger HB, Sperling L, Frankford G: The Rationale and Reliability of Three Functional Performance Tests in the Assessment of Lower Extremity Function, *Journal of Orthopaedic and Sports Physical Therapy*, 23(1): 64, 1996.

Greenberger HB, Paterno MV: Comparison of an Isokinetic Strength Test and Functional Performance Test on the Assessment of Patients with ACL Reconstruction, *Journal of Orthopedic and Sports Physical Therapy*, 21(1): 54, 1995.

Greenberger HB, Runfola S, Walker M: Comparison of an Isokinetic Strength Test and a Functional Performance Test in the Assessment of Ankle Function. *Journal of Orthopedic and Sports Physical Therapy*, 21(1): 53-54, 1995.

Greenberger HB, Paterno M: Comparison of an Isokinetic Strength Test and a Functional Performance Test in the Assessment of Lower Extremity Function. *Journal of Orthopedic and Sports Physical Therapy*, 19(1): 61, 1994

Greenberger HB, Paterno M: The Test Retest Reliability of a One-Legged Hop for Distance in Healthy Young Adults. *Journal of Orthopedic and Sports Physical Therapy*, 19(1): 62, 1994.

Greenberger HB, Wilkowski T, Belyea B: Comparison of Quadriceps Peak Torque Using three Different Isokinetic Dynamometers. *Journal of Orthopedic and Sports Physical Therapy*, 17(1): 48-49, 1993.

### **Abstracts (con't)**

Campagna P, Holt L, Alexander A, Greenberger H: A Biomechanical Comparison of Olympic Flatwater Kayaking and a Dry-Land Kayak Ergometer, *Canadian Journal of Applied Sports Science*, 7: 242, 1982.

### **Scientific and Professional Presentations**

#### **Invited Speaker**

"Distance Learning: Ourselves as Students and Teachers:" A Conversation with Colleagues. Center for Faculty Excellence. Spring 2006 Colloquium Series, April, 2006.

"The Guide to Physical Therapist Practice". One hour guest lecture given to Ithaca College physical therapy students. September 2000-2003.

"Doctoral Education from a Distance". Brown Bag Lunch. Faculty Development Workshop. March 2001.

"Interdisciplinary Panel Discussion". Introduction to Occupational Therapy course. May 1998-2001.

"Incorporating the *Guide to Physical Therapist Practice* into the Clinical Setting". Three hour inservice presented to Cornell University Department of Physical Therapy, Ithaca, NY, October 1998.

"Computers in Physical Therapy Education: Classroom Presentations, Self-Instruction Modules, and the World Wide Web". New York Physical Therapy Association, 1998 Annual Conference. Rochester, NY. October 1998.

"How I Spent My Summer Research Grant". Brown Bag Lunch. Faculty Development Workshop. October 1997

"Textor Smart Classrooms". Ithaca College Provost's Office and The Center for Educational Technology Open House. September, 1997

"Strength Training Design: New Concepts and Clinical Applications". Southern Tier District of the New York State Chapter of the American Physical Therapy Association, Binghamton, NY, May 1997.

"Strength Training Design: New Concepts and Clinical Applications". Cornell University Physical Therapy Department, Ithaca, NY, January 1997.

## **Scientific and Professional Presentations (con't)**

### **Platform Presentations**

Greenberger HB, Firth J, Palmer A, Barrett M, McCarren D: The Effects of Active Exercise on the Onset and Recovery of Delayed Onset Muscles Soreness, American Physical Therapy Association, Combined Sections Meeting, Seattle WA, February 1999. (Paper invited after peer review).

Greenberger HB, Firth J, Palmer A: The Effect of Active Exercise on the Onset and recovery of Delayed Onset Muscle Soreness (DOMS), American Physical Therapy Association, Combined Sections Meeting, Boston, MA, February 1998. (Paper invited after peer review).

“The Rationale and Reliability of Three Functional Performance Tests in the Assessment of Lower Extremity Function”. American Physical Therapy Association, Combined Sections Meeting, Atlanta, GA, February 1996. (Paper invited after peer review)

“Comparison of an Isokinetic Strength Test and a Functional Performance Test in the Assessment of Ankle Function”. American Physical Therapy Association, Combined Sections Meeting, Reno, NV, February 1995. (Paper invited after peer review)

“Comparison of an Isokinetic Strength Test and Functional Performance Test in the Assessment of Patients with ACL Reconstruction”. American Physical Therapy Association, Combined Sections Meeting, Reno, NV, February 1995. (Paper invited after peer review)

“The Test Retest Reliability of a One-Legged Hop for Distance in Healthy Young Adults”. American Physical Therapy Association, Combined Sections Meeting, New Orleans, LA, February 1994. (Paper invited after peer review)

“Comparison of an Isokinetic Strength Test and a Functional Performance Test in the Assessment of Lower Extremity Function”. American Physical Therapy Association, Combined Sections Meeting, New Orleans, LA, February 1994. (Paper invited after peer review)

“A Comparison of Isokinetic Quadriceps Strength as Tested on Three Different Isokinetic Devices”. American Physical Therapy Association, Combined Sections Meeting, San Antonio, TX, February 1993. (Paper invited after peer review)

## **Scientific and Professional Presentations (con't)**

### **Poster Presentations**

Greenberger, H., Riddle, D., Jewell, D., Wigglesworth, J: Factors Influencing Health Related Quality of Life in Community Dwelling Older Adults Aged 60 Years and Over, American Physical Therapy Association, Combined Sections Meeting, San Diego CA, February 2006. (Poster invited after peer review).

### **Workshop Presentations**

“Aquatic Exercise: Activities for Rehabilitation and Training”. Co-presented with Christine McNamara, Dogwood Institute, Lima, OH, March 1998.

“Aquatic Exercise: Activities for Rehabilitation and Training”. Co-presented with Christine McNamara, Dogwood Institute, Danbury, CT, October 1995.

### **Research Activity**

Greenberger, HB, Riddle, DL: Factor influencing Health Related Quality of Life in Community Dwelling Persons 65 Years and Older (Manuscript in preparation)

Greenberger, HB, Brown, R: The Center for Life Skills: Evaluation of Clinical Health Outcomes in Patients with Chronic Stroke (Manuscript in preparation to be submitted to *The Gerontologist*.)

Greenberger HB, Firth J, Palmer A, Barrett M, McCarren D: The Effects of Active Exercise on the Onset and Recovery of Delayed Onset Muscles Soreness (Manuscript in preparation to be submitted to *Journal of Orthopedic and Sports Physical Therapy*)

Greenberger H, Frankford G, Sperling L: The Reliability and Rationale of Three Functional Performance Tests in the Assessment of the Lower Extremity. (Manuscript in preparation to be submitted to *Journal of Athletic Training*)

### **Research Supervised**

Doctoral Faculty Mentor of Education at Touro University International. Dissertation committee member for Mr. Michael Buck. Fall 2006 to present.

### **Membership In Scientific/Professional Groups**

American Physical Therapy Association, 1988 - present.  
Orthopaedic Section, 1989 - present.  
Education Section, 1995 - present.  
Geriatrics Section, 2001-present.  
Research Section, 1993 – 1995.

New York Chapter of the American Physical Therapy Association, 1988 - present.

Southern Tier District, New York State Chapter, American Physical Therapy Association.  
Member, 1989 – present  
Vice Chair, 1992 - 1995  
Nominating Committee, 1990-1992

Membership Committee, New York Chapter of the American Physical Therapy Association, 1999 - 2000.

Specialization Academy of Content Experts (SACE) for Orthopaedic Specialization Exam, 1996 to 2000.

Committee to Approve Minutes, Delegate Assembly, New York Chapter of the American Physical Therapy Association, 1999.

National Strength and Conditioning Association, 1996 to 1999.

### **Computer Applications Developed**

Greenberger H, Rettig K: A Computer Assisted Learning Program for Special Tests of the Shoulder. 1999.

Greenberger H: The Development of a Web Site Page for Musculoskeletal Assessment (670-314). 1997.

Hoffman M, Greenberger H: The Development of Physical Therapy Case Studies Using a Computer Assisted Learning Program. 1997.

Greenberger H, Meyers M, Rudduck B, Stahl, N: A Computer Assisted Learning Program for Special Tests of the Knee. 1997.

### **Consultative and Advisory Positions**

Manuscript Reviewer for *Physical Therapy*, 1999 - Present.

Manuscript Reviewer for *Journal of Aquatic Physical Therapy*, 1996 – 2000.

Abstractor and Book/Videotape Reviewer for *Physical Therapy*, 1991 - 1999.

Strength and Conditioning Coach, Ithaca College Women's Varsity Softball Team, 1997 - 1999.

Delegate to the New York Delegate Assembly, APTA; 1992, 1993, 1995, 1996, 1999 (chief delegate).

### **Community Service**

Volunteer, "Empty Bowls Dinner" to support local soup kitchen, October 2001-2005

Consultant to City Health Club, Ithaca, New York, 1989 - 1999.

Board of Directors, Deer Run Homeowners Association, January 1995 to February 1997.

### **Grant Activity**

Ithaca College Faculty Award, \$2000.00. 2005-2006. School of Health Sciences and Human Performance. Used to supplement doctoral education.

Graduate Student Association Travel Grant, \$150. 2006. Virginia Commonwealth University. Supported travel to present poster at Combined Sections Meeting, San Diego CA.

Instructional Development Fund, Ithaca College, \$565, 1998. Attended "The Clinician You Want to Be-The Guide to Get You There".

Center for Educational Technology Summer Grant, Ithaca College, \$3350, 1997. Project: "The Development of a Course Web Site for Musculoskeletal Assessment".

Instructional Development Fund, Ithaca College, \$1,200, 1994. Attended "1994 Review for Advanced Orthopaedic Competencies".

Instructional Development Fund, Ithaca College, \$1,200, 1992. Attended "Team Reaction".

### **Honors and Awards**

Award Departmental Released Time, Fall 2003.

Nominated: Award for Excellence in Teaching of Orthopaedic Physical Therapy, Orthopaedic Section, American Physical Therapy Association, October 1998.

Awarded Tenure and Promotion to Associate Professor, Ithaca College, February 1998.

Ithaca College Dana Teaching Fellow Award, 1996-1997. Given in recognition for excellence in teaching and contribution to Ithaca College.

Outstanding Service to the District, NYS APTA Chapter, May 1995.

Magna Cum Laude, Ithaca College, 1989

Phi Kappa Phi, National Honor Society, Ithaca College Chapter, 1988-1989

Ithaca College Dean's List, 1987-1989

Graduate School Fellowship Award, Dalhousie University, 1981-1983

Gertrude Moulton Scholarship, Oberlin College, 1981.

### **Services to the College/School on Committees/Councils/Commissions**

#### **College**

Faculty Appeals Committee, Spring 2005, Fall 2006-present

Summer Research Grant Committee, 1999.

Premedical Sciences Advisory Committee, 1994 - present

Faculty Justice Committee, 1993 - present

#### **School**

Strategic Planning Task Force Committee: Technology, 2002

Executive Committee, member, 1995-1996

Ad Hoc Governance Committee, member, 1995-1996

Health Awareness Week, Co-Chair, 1993

Health Awareness Month, Member, 1992

**Services to the College/School on Committees/Councils/Commissions (con't)**

**Department**

Marketing and Recruitment, 2004 to present  
Transfer Coordinator, 2002 to present  
Admissions Office Person to Person Program, 1996 to present  
Ithaca in Motion, 1999-2002, 2004-2006  
CAPTE Curriculum Workgroup, 2004 to 2006  
tDPT Committee, 2004 to 2006  
Ithaca Open House, 2006  
Departmental Personnel Action Review Committee, 1998 (chair), 1999, 2003, 2005  
Ithaca and You, 2003, 2004  
Curriculum Committee, 1995-1996, 1998-1999, 2002-2004  
Comprehensive Exam Committee, 1996 to 2003  
Parents/Family Weekend, 1992 to 1999, 2003  
Search Committee for Clinical Line, 2002  
Administration Review Committee, 2000-2001.  
Ithaca Today Discussion Group Leader, 1992, 1993, 1996, 1998 to 2001  
Faculty Workload Committee, 1996 to 2000  
Transfer Applicant Review Committee, 1992, 1996, 1999  
Administrators Selection Committee, 1997 to 1999  
Search Committee for Office Secretary, 1997.  
Search Committee for Chair, 1997.  
Chair, Search Committee for ACCE, 1996  
Library Representative, 1993-1995  
Chair, Search Committee for Clinical Faculty, 1995  
Search Committee for Director/Chair, 1994  
Search Committee for ACCE, 1991

**Teaching Responsibilities in the Physical Therapy Program**

PTBS-39000 Biostatistics (2005 to present)  
PTBS-31400 Musculoskeletal Examination and Evaluation (1992-present)  
(Former title: Musculoskeletal Assessment)  
PTBS-40200 Therapeutic Exercise (1992-present)  
(Former title: Exercise, Muscle Physiology and Plasticity)  
PTBS-31500 Electrotherapeutic Modalities and Physical Agents (2005)  
PTBS-39900 Selected Topics in Physical Therapy: Functional Evaluation and Treatment  
of the Lower Extremity (1995-1999)  
PTBS-49900 Independent Study (1991-1995; 1997)  
PTBS-35100 Biomechanics (1989-1990)

