

**Sonia Young, PT, EdD, DPT**

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**Western Kentucky University**

**Education:**

EdD	University of the Cumberlands, Williamsburg, KY	2013	Education
tDPT	Shenandoah University, Winchester, VA	2008	Physical Therapy
BHS	University of Louisville, Louisville, KY	1997	Physical Therapy

**Licensure Information/Registration Number:** Kentucky # PT003330

**Employment and Positions Held:**

**Academic Employment:**

Aug. 2014 – Present	<b>Associate Director</b> (July 2016 – Present), <b>Associate Professor</b> , Doctor of Physical Therapy Program, Western Kentucky University; Bowling Green, KY
Dec. 2009 – June 2014	<b>Associate Director, Associate Professor</b> , Academic Coordinator of Physician Assistant Program, Assistant Dean School of Physician Assistant Studies, University of the Cumberlands; Williamsburg, KY
Aug. 2013 – Dec 2013	<b>Associate Professor, Program Director</b> , Physical Therapist Assistant Program, University of the Cumberlands; Williamsburg, KY
Mar. 2009 – Dec. 2009	<b>Associate Professor, Director/Director of Clinical Education</b> Physical Therapy Program, University of the Cumberlands; Williamsburg, KY

**Clinical Employment:**

January 2016 – Present	<b>PRN Staff Physical Therapist</b> , Pediatric, Neurologic, Outpatient Physical Therapy, TJ Samson Community Hospital, Glasgow, KY
April 2015 – April 2017	<b>PRN Staff Physical Therapist</b> , Neurologic, Geriatric, Orthopedic, Orthotics and Prosthetics, Southern Kentucky Rehabilitation Hospital, Bowling Green, KY
July 2013 – June 2014	<b>PRN Staff Physical Therapist</b> , Acute Care Unit, Physical Rehabilitation Unit, Outpatient Center, Extended Care Facility, Baptist Health Corbin, Corbin, KY
2012 – June 2014	<b>PRN Staff Physical Therapist</b> , Orthopedic, Pediatric, Geriatric, Neurologic, Obstetric, and Workman's Compensation, Hometown Physical Therapy, Corbin, KY

2004 – 2011	<b>Part-Time Physical Therapist</b> , Outpatient Physical Therapy, Jellico Community Hospital, Jellico, TN
2003 – 2005	<b>Contract Physical Therapist</b> , First Steps Early Intervention, Home based early intervention program for children ages birth to three years State of Kentucky
2002 – 2010	<b>Contract Physical Therapist</b> , Nursing Home Residents, Healthcare Therapy Services, Inc., Greenwood, IN
1999 – 2010	<b>PRN Staff Physical Therapist</b> , Acute Care Unit, Physical Rehabilitation Unit, Outpatient Center, Extended Care Facility, Baptist Health Corbin, Corbin, KY
1999 – 2010	<b>Staff Physical Therapist</b> , In-patient Physical Rehabilitation, Baptist Health Corbin, Corbin, KY

**Research Activity:**

**Peer-Reviewed Publications:**

- Massey SL, Lee L, **Young S**, Holmerud D. The Relationship between Formative and Summative Examination and PANCE Results: A Multi-Program Study. *J Physician Assist Educ*; 24(1):24-34, 2013.  
<http://www.paeaonline.org/index.php?ht=a/GetDocumentAction/i/148806>

**Peer-Reviewed Publications Submitted:**

- **Young SN**, VanWye WR, Wallmann HW. Sport Simulation Activities Improve Balance and Coordination in a Geriatric Athlete After Stroke: A Case Report. Submitted to *Physiotherapy Theory and Practice: An International Journal of Physical Therapy* on September 5, 2017.
- Furgal K, Norris E, **Young SN**, Wallmann HW. Psychometric Properties of the Professionalism in Physical Therapy Core Values-Self Assessment Tool. Submitted to *Journal of Allied Health* on June 30, 2017.
- **Young SN**, Norris E, Taylor L, Mahoney B, Le D, McCandless S. Prevalence of and Risk Factors Associated with Congenital Anomalies of the Nervous System in Kentucky 2000-2010. Submitted to *Annals of Epidemiology* on September 2, 2017.

**Book Chapter Submitted and Under Review:**

- **Young SN**, Clark CM. Evaluation and Rehabilitation of Spinal Stability and Motor Control. Slack Incorporated for *Foundations of Orthopedic Physical Therapy*. Submitted on May 31, 2017.

**Peer-Reviewed Scientific and Professional Presentations:**

- Ambekar A, Davis A, **Young S**. Motor Profile of Individuals with Agenesis of the Corpus Callosum: A Systematic Review. Pediatric Section Abstracts: Poster Presentations at the APTA 2017 Combined Sections Meeting – San Antonio, Texas – February 18, 2017.
- Taylor L, **Young S**, Le D, Mahoney B, McCandless S, Norris E. Prevalence of and Risk Factors Associated with Congenital Anomalies of the Nervous System in Kentucky 2000-2010. Poster Presentation at the 2016 Academy of Pediatric Physical Therapy Annual Conference: Denver, Colorado; November 13, 2016.

- **Young SN**, VanWye WR, Wallmann, HW. Sport Simulation Improves Balance & Coordination in a Geriatric Athlete After Stroke: A Case Study. Poster Presentation. Exercise and Physical Activity in Aging Conference II. Indianapolis, IN. July 28, 2016.
- Vittitow K, Baston A, Smith W, **Young S**, and Wallmann HW. The Effectiveness of Dr. Scholl's Custom Fit Orthotic Inserts. Orthopaedic Section Abstracts: Poster Presentations from the APTA 2016 Combined Sections Meeting – Anaheim, California – February 20, 2016. *J Orthop Sports Phys Ther* 2016;46(1):A58–A157. doi:10.2519/jospt.2016.46.1.A58
- Massey S, **Young S**, Lee L, Holmer D, Martin H, White S, Becker R. The Relationship Between Formative and Summative Examination and PANCE Results: Can the Past Predict the Future: A Multi-Program Study to Determine External Validity of Testing Instruments. Poster Abstracts from the PAEA 2012 Annual Education Forum — Seattle, Washington — November 7–11, 2012. *J Physician Assist Educ*; 24(2):58e-67e, 2013.  
<http://www.paeaonline.org/index.php?ht=a/GetDocumentAction/i/149145>

### **Peer-Reviewed Abstracts:**

#### **Published Abstracts:**

- Ambekar A, Davis A, **Young S**. Motor Profile of Individuals with Agenesis of the Corpus Callosum: A Systematic Review. Abstracts of the Academy of Pediatric Physical Therapy Poster Presentations at the Combined Sections Meeting. Pediatric Physical Therapy: [January 2017 - Volume 29 - Issue 1 - p E7](#). doi: 10.1097/PEP.0000000000000357
- Taylor L, **Young S**, Le D, Mahoney B, McCandless S, Norris E. Prevalence of and Risk Factors Associated with Congenital Anomalies of the Nervous System in Kentucky 2000-2010. Abstracts of Poster Presentations at the 2016 Academy of Pediatric Physical Therapy Annual Conference. *Pediatric Physical Therapy*: [Winter 2016 - Volume 28 - Issue 4 - p E4-5](#). doi: 10.1097/PEP.0000000000000323
- Vittitow K, Baston A, Smith W, **Young S**, and Wallmann HW. The Effectiveness of Dr. Scholl's Custom Fit Orthotic Inserts. Orthopaedic Section Abstracts: Poster Presentations from the APTA 2016 Combined Sections Meeting – Anaheim, California – February 20, 2016. *J Orthop Sports Phys Ther* 2016;46(1):A58–A157. doi:10.2519/jospt.2016.46.1.A58
- Massey S, **Young S**, Lee L, Holmer D, Martin H, White S, Becker R. The Relationship Between Formative and Summative Examination and PANCE Results: Can the Past Predict the Future: A Multi-Program Study to Determine External Validity of Testing Instruments. Poster Abstracts from the PAEA 2012 Annual Education Forum — Seattle, Washington — November 7–11, 2012. *J Physician Assist Educ*; 24(2):58e-67e, 2013.  
<http://www.paeaonline.org/index.php?ht=a/GetDocumentAction/i/149145>

### **Open Access/Non-Peer-Reviewed Publications:**

- Furgal KE, Harrington J, and **Young SN**. The Effect of Elastic De-Rotation Straps on Functional Ambulation in Cerebral Palsy: A Clinical Case Report. *EC Neurology* 2016. 3(4): 438-444. <https://www.econicon.com/ecne/pdf/ECNE-03-000066.pdf>
- **Young SN** and Furgal K. Exercise Effects in Individuals with Autism Spectrum Disorder: A Short Review. *Autism Open Access* 2016, 6:3. <http://dx.doi.org/10.4172/2165-7890.1000180>

- **Young SN**, Wallmann HW, Baston A, Smith W, and Vittitow K. Effectiveness of a Commercially Available Orthotic Insert. *Int J Neurorehabilitation* 2016, 3:2. <http://dx.doi.org/10.4172/2376-0281.1000200>
- **Young SN**, Furgal K. Effectiveness and Implication of Sensory Integration Therapy on School Performance of Children with Learning Disabilities. *Int J Neurorehabilitation* 2016, 3:1. <http://dx.doi.org/10.4172/2376-0281.1000198>

#### **Non-Peer Reviewed Presentations:**

**Young, S** and Furgal, K. Functional and Fun: Practical Pediatric Therapy Interventions, Presentation, Kentucky Physical Therapy Association Student Conclave 2015, Louisville, KY Sept.12, 2015

Cotton R, **Young S**, Wallmann H. Western District Education Series: PT Residency 101, **Fall Risk Assessment**, Balance & Lower Extremities, Presentation, Kentucky Physical Therapy Association Western District Meeting, Bowling Green, KY April 23, 2015

Young, S. Physical Therapy Overview, University of the Cumberlands Communication Council; Spring 2009 Meeting; Lexington, KY April 2, 2009

#### **WKU REACH Week Presentations:**

- Clayton M, VanArsdall N, Downing T, Chumbley A, Watson C, **Young SN**, VanWye WR, Norris E. The Effects of Orthotics and Whole Body Vibration on Gait and Gross Motor Function in Children with Down Syndrome. Poster Presentation. WKU REACH Week. Bowling Green, KY. March 25, 2017.
- Chumbley A, Watson C, Downing T, Clayton M, VanArsdall N, **Young SN**, VanWye WR, Norris E. The Effect of Foot Orthotics and Whole Body Vibration on Balance and Gross Motor Skills in Children with Down Syndrome. Poster Presentation. WKU REACH Week. Bowling Green, KY. March 25, 2017.
- Ambekar A, Davis A, **Young S**. Motor Profile of Individuals with Agenesis of the Corpus Callosum: Development and Initial Stages of a Systematic Review. Poster Presentation. WKU REACH Week. Bowling Green, KY. April 2 & 22, 2016.
- Taylor L, Le D, Mahoney B, McCandless S, and **Young S**. Prevalence of and Risk Factors Associated with Congenital Anomalies of the Nervous System in Kentucky 2000-2010: Development and Initial Stages of a Prevalence Study. Poster Presentation. WKU REACH Week. Bowling Green, KY. April 2 & 22, 2016.
- **Young SN**, Norris E, Furgal K, and Wallmann HW. Effects of Community Service Projects on the Development of Professional Behaviors in Physical Therapy Students. Poster Presentation. WKU CHHS REACH Week. WKU Academic Complex; Bowling Green, KY. April 5, 2016.

#### **Current Projects:**

Preparing Manuscript for Submission:

- Principal Investigator; **Young SN**; Norris E; Furgal K; Wallmann HW. Effect of a Community Service Project on the Development of Professionalism in Student Physical Therapists

- Principal Investigator; **Young SN**; (Students)..Motor Profile of Agenesis of the Corpus Callosum: A Systematic Review
- Principal Investigator; **Young SN**; (Students), Norris E. Prevalence of and Risk Factors Associated with Congenital Anomalies of the Nervous System in Kentucky 2000-2010
- Furgal K, Norris E, **Young SN**, Wallmann HW. Psychometric Properties of the Professionalism in Physical Therapy Core Values Self-Assessment Tool.

**In Progress:**

- Principal Investigator; **Young SN**; Norris E; (Students); VanWye WR. Effects of Foot Orthotics and Whole Body Vibration on Gait and Balance in Children with Down Syndrome
- Principal Investigator; **Young SN**; (Students). The Effects of Whole Body Vibration on Self-Care, Home Management, and Balance in an Individual with an Incomplete Spinal Cord Injury
- Principal Investigator; **Young SN**; (Students). Interaction Effects of Whole Body Vibration on LSVT BIG® on Gait and Balance in Parkinson's Disease

**Previous Project:**

- Young, SN. (2013). *Undergraduate Major as a Predictor of Physician Assistant Student Success*. (Unpublished doctoral dissertation). University of the Cumberlands.

**Funded Grant Activity:**

- Young S, Norris E, Furgal K. (2015). Effect of a Community Service Project on the Development of Professionalism in Student Physical Therapists. Western Kentucky University College of Health and Human Services Research and Grants Committee. Amount: \$2,291.00

**Membership in Scientific/Professional Organizations:**

- Member, American Physical Therapy Association, Education Section, Section on Pediatrics, Neurology Section
- Member, Humanities, Ethics, and Professional Consortium of the American Council of Academic Physical Therapy
- Member, Kentucky Physical Therapy Association
- Chapter-Student Liaison and Committee Chair, Kentucky Physical Therapy Association, Fall 2014 – Present
- Committee Chair; Eastern District Chapter; Kentucky Physical Therapy Association, 2009
- Board Member; Kentucky Physical Therapy Association, 2009

**Certifications:**

Certified to Administer LSVT BIG®; LSVT Global, Inc.

Issued: February 7, 2017

Expires: February 6, 2019

CPR for the Healthcare Provider; American Heart Association

Issued: January 2017

Expires: January 2019

### **Community Service:**

- Presenter; Balance; Health Ministries Program; St. Mary Catholic Church in Franklin, KY on April 18, 2017
- Assist in Organizing WKU DPT participation; Nubability – Pediatric Amputee Running Clinic. Spring 2017
- Organizer for WKU DPT participation; Natcher Elementary Career Day. Spring 2017
- Organizer; Toy Drive for Natcher Elementary; December 2016
- Organizer; WKU DPT Students participation in Open House at Natcher Elementary; Bowling Green, KY; August 8, 2016
- Proctor; District Written Assessment Kentucky Governor’s Cup; Lost River Elementary; Bowling Green, KY; February 11, 2016
- Organizer and Participant; WKU DPT Toy drive for the Hope House’s Affordable Christmas Program; Bowling Green, KY; November 2016
- Organizer and Participant; WKU DPT Ramp It Up – Wheelchair ramp building project for two community members; Warren County, KY; August 2015 and October 2015
- Co-organizer and Participant; Regency Apartments’ Back to School Bash and School Supply Drive - in cooperation with Natcher Elementary Family Youth Resource Center; Warren County, KY; August, 2015
- Member; Natcher Elementary Family Resource Advisory Council; Jan. 2015-Present
- Organizer and Presenter; Career Day for Natcher Elementary School; 2015
- Organizer; Toy and Food Drive for Natcher Elementary Family Resource Center, November 15-December 13, 2014
- Organizer, DPT Student Mentor and Presenter; “Brain” Presentation to Natcher Elementary Fourth Grade Students, November 17, 2014
- Parent Member; Williamsburg Independent School District Local Facilities Planning Committee, January 2013 - February 2013
- Parent Member; Williamsburg Family Youth Resource Center Board, 2009 – 2014
- Co-Leader, Children’s Church; Main Street Baptist Church; Williamsburg, KY; 2008-2014
- Scoliosis Screening; Williamsburg Independent School; 2010-2013
- Home Room Volunteer; Williamsburg Independent School; Williamsburg, KY; 2006-2014
- Coach, Upwards Basketball; Williamsburg, KY 2010

### **Services to the University/College on Committees/Councils/Commissions:**

- Chair; Western Kentucky University Doctor of Physical Therapy (DPT) Program Search Committee; Spring 2017 - present
- Chair and Member; Western Kentucky University College of Health and Human Services Career Day Committee; Fall 2016 – present
  - Organized CHHS Career Day – March 2017
- Guest Instructor; DPT 782 Research; listening to and providing feedback for oral presentations of three research groups. May 2, 2017.
- Guest Lecturer; DPT 779 PT Across the Lifespan – Early intervention: Examination and Treatment and Congenital Muscular Torticollis and Plagiocephaly. February 21, 2017.
- Guest Lecturer and Lab Instructor; DPT 722/723 Gross Anatomy/Lab; August 2016.
- Chair; Western Kentucky University DPT Scholarship Committee; 2016-present

- Chair; Western Kentucky University Doctor of Physical Therapy (DPT) Program White Coat Program Committee; Sept. 2014- Present
- Member; Western Kentucky University DPT Program Academic Review Committee; Aug. 2014- Present
- Chair; Western Kentucky University DPT Program Curriculum Review Committee; Aug. 2014- Present
- Member and Former Chair; Western Kentucky University DPT Service Committee (formerly Program Ramp It Up Committee); Jan. 2015- Present
- Member; Western Kentucky University College of Health and Human Services Homecoming Committee; Sept. 2014- Present
- Member; Western Kentucky University College of Health and Human Services Dean's Coordinating Council; March 2016 – May 2016
- Member; Western Kentucky University College of Health and Human Services Honors Committee; Sept. 2014
- Third Reader for WKU Honors College Capstone Experience/Thesis; Spring 2015, Spring 2016
- Committee Chair; University of the Cumberlands Physician Assistant Program Admissions Committee; 2009 – 2014
- Member; Physician Assistant Advisory Committee Member; University of the Cumberlands; Williamsburg, KY; 2009 – 2014
- Member; Ethics in Human Research Committee; University of the Cumberlands; 2012-2013

### **Services to the Profession**

- Reviewer; Home Health Care Management & Practice Journal; 2016 - present
- Participant and WKU DPT Organizer; Therapy Alliance Day 2017 sponsored by the Kentucky Physical Therapy Association, Frankfort, KY, February 8, 2017.
- Chapter-Student Liaison and Committee Chair, Kentucky Physical Therapy Association, Fall 2014 - Present

### **Honors and Awards:**

- Honorable Order of Kentucky Colonels: April 20, 2009

### **Professional Conferences Attended/Continuing Education :**

- APTA Combined Sections Meeting; February 16-18, 2017; San Antonio, TX
- LSVT BIG®; LSVT Global, Inc. (Parkinson's Disease Treatment); Online Course Certification; Issued: February 7, 2017 - Expires: February 6, 2019.
- Education Leadership Conference 2016; Education Section of the APTA; October 6-9, 2016; Phoenix, Arizona
- Kentucky Conclave 2016; KPTA; September 9-10, 2016, Lexington, KY
- Exercise and Physical Activity in Aging Conference II: Blending Research and Practice, Academy of Geriatric Physical Therapy, APTA; July 28-30, 2016, Indianapolis, IN
- Neuroanatomical Dissection: Human Brain and Spinal Cord – Marquette University; July 20-23, Milwaukee, Wisconsin
- APTA Combined Sections Meeting; February 17-20, 2016, Anaheim, CA
- Kentucky Physical Therapy Association Fall FUNction; September 11, 2015, Louisville,

## Kentucky

- Neuroanatomical Dissection: Human Brain and Spinal Cord – Marquette University; July 16-18, 2015, Milwaukee, Wisconsin
- APTA Combined Sections Meeting; February 4-7, 2015, Indianapolis, IN
- Self-Study Workshop; CAPTE; February 3-4, 2015, Indianapolis, IN
- Kentucky Physical Therapy Association Fall FUNction; September 26-27, 2014, Lexington, Kentucky
- Neuroanatomical Dissection: Human Brain and Spinal Cord – Marquette University; July 17-19, 2014, Milwaukee, Wisconsin
- Annual Conference – APTA, June 27-29, 2013, Salt Lake City, UT
- CAPTE Developing and Self-Study Workshop for Accreditation, June 22-24, 2013, Salt Lake City, UT
- PAEA (Physician Assistant Educational Association) Annual Conference, November 7-8, 2012, Seattle, WA
- Annual Conference – APTA, June 6-9, 2012, Tampa, FL
- PAEA (Physician Assistant Educational Association) Annual Conference, October, 2010, Baltimore, MD
- Basic Skills Faculty Development Workshop; Physician Assistant Education Association Faculty Development Institute; March 18-19, 2010, Chicago, IL
- New Faculty Development Workshop; Education Section, APTA; June 18-21, 2009, Loyola, IL
- APTA Annual Conference; June 10-13, 2009; Baltimore MD
- Self-Study Workshop; CAPTE; June 7-8, 2009; Baltimore MD
- APTA Clinical Instructor Credentialing Course; University of Evansville; Evansville, IN
- Developing Program Workshop; CAPTE; March 24, 2009, Alexandria, VA
- Chairing the Academic Department: A Workshop for Division and Department Chairs and Deans; American Council on Education; February 18-21, 2009; San Diego, CA

## Courses taught at Western Kentucky University:

<i>Number</i>	<i>Title</i>	<i>Times Taught</i>	<i>Credits</i>
DPT 700	Orientation to Physical Therapy	2	1 Credit
DPT 736	Neuroanatomy	3	3 Credits
DPT 748	Prosthetics and Orthotics	3	2 Credits
DPT 749	Neurological Assessment	1	1 Credit
DPT 760	Professional Issues	3	2 Credits
DPT 762	PT Management & Administration (instructor of record – 2015, assistant - 2016)	2	3 Credits
DPT 771	Neurological Rehabilitation	3	4 Credits
DPT 779	PT Across the Lifespan (lab instructor)	2	3 Credits
DPT 784	Research IV	2	1 Credit
DPT 785	Research V	2	1 Credit
DPT 790	PT Seminar	1	1 Credit

Guest Lecturer/Lab Instructor in DPT 722/723 in August 2015 and July 2016. Guest lecturer in



DPT 779 PT Across the Lifespan in February 2017.

**Courses taught at University of the Cumberland:**

<i>Number</i>	<i>Title</i>	<i>Times Taught</i>	<i>Credits</i>
MPAS 511	Clinical Anatomy I	4	2 Credits
MPAS 512	Clinical Anatomy II	4	2 Credits
MPAS 513	Clinical Anatomy III	4	2 Credits
MPAS 521	Health Care Issues I	1	2 Credits
MPAS 523	Health Care Issues III	1	2 Credits
MPAS 551	Pathology/Pathophysiology I	1	2 Credits

Guest Lecturer in the following courses:

ESS 133 Introduction to Exercise Science, HLTH 492 Public Health Field Internship, HLTH 431 Administration of Public Health, PSYC 324 Adult Development