

Benjamin Adams, PT, DPT, PhD(c), OCS, CSCS

Department of Physical Therapy
MGH Institute of Health Professions
36 1st Avenue
Boston, MA 02129-4557
(617) 643-6339
bgadams@mghihp.edu

Education

PhD Rehabilitation Science, MGH Institute of Health Professions, Boston, MA	2022 (anticipated)
Doctor of Physical Therapy, Emory University, Atlanta, GA	2016
B.S. Neuroscience, University of Rochester, Rochester, NY	2013

Certificates and Licensure

ABPTS Orthopedic Clinical Specialist (OCS)	2019
Physical Therapy License, MA #22539, RI #PT02950	2016
NSCA Certified Strength & Conditioning Specialist (CSCS)	2016

Academic Appointments

Assistant Professor, MGH Institute of Health Professions, Boston, MA	2021-Present
Adjunct Faculty, Tufts University School of Medicine, Boston, MA	2021-Present
Research Fellow / Physical Therapist, U.S. Army Research Institute of Environmental Medicine, Natick, MA	2019-Present
Term Lecturer / Laboratory Instructor, MGH Institute of Health Professions, Boston, MA	2020-2021
Research Physical Therapist, Neuromotor Recovery Lab – Boston University, Boston, MA	2018-2019

Clinical Appointments

Physical Therapist, Winn Army Community Hospital, Fort Stewart, GA	2020-Present
Physical Therapist, Performance Physical Therapy, Attleboro, MA	2016-2019

Grants

Current

Defense Health Program, Joint Program Committee-5, PI: Richard Westrick Rapid Access to Comprehensive Expertise and Education to Mitigate Musculoskeletal Injury (RACE2MSKI) \$3,000,000 Role: Associate Investigator (70% effort)	2019-Present
--	--------------

Publications

Peer-reviewed articles

1. Stanwood M, Melton B, Jordan E, Ryan G, **Adams B**, Cohen B, Hotaling B, Feldtmann J, Westrick R. Evaluation of Special Operations Aviation Soldiers' Musculoskeletal Injury Reporting Using the Theory of Planned Behavior. *Journal of Special Operations Medicine*. (In Review)
2. Wechsler S, Kneiss J, **Adams B**, Wood MaGee L. Persistent cancer-related fatigue after breast cancer treatment predicts postural sway and post-exertional changes in sit-to-stand strategy. *Rehabilitation Oncology*. (In Review)
3. Zosel K, Dummar M, **Adams B**, Henderson N, Westrick R. (2021). Upper Extremity Superficial Vein Thromboses Presenting as Acute Neck Pain in a Young and Healthy Male: A Case Report. *International Journal of Sports Physical Therapy*, 16(3), 854-861.
4. Hutchinson K, Sloutsky R, Collimore A, **Adams B**, Harris B, Ellis T, Awad L. (2021). A Music-Based Digital Therapeutic: Proof-of-Concept Automation of a Progressive and Individualized Rhythm-Based Walking Training Program After Stroke. *Neurorehabilitation & Neural Repair*, 34(11), 986-996.
5. Arnold E, **Farmer B**, Keightley M, Lee D, Rigel T, Hoque M, Sabatier M. (2017). Walking duration and slope steepness determine the effect of downslope walking on the soleus H-reflex pathway. *Neuroscience Letters*, 639, 18-24.

Peer-Reviewed Presentations and Abstracts

- Westrick R, Stoneberger C, & **Adams B**. Science Meets Practice 14 – 2020
Firefighters and Military Tactical Operators: Keeping them in the Fight. APTA Combined Sections Meeting, Denver, CO. Presentation, Session SP-2305.
- Rigel T & **Farmer B**. Greater Intensity of Downslope Walking Exercise 2016
Increases Walking EMG Activity and H-Reflex Depression. ACSM Annual Meeting, Boston, MA. Presentation, Board #7, Abstract #3365.

Educational Activities

Courses taught

- PT-605 Patient/Client Management: CVP2 2021-Present
PT-607 Patient/Client Management: LE/Gait 2021-Present

Clinical supervision

- Clinical Instructor, Performance Physical Therapy, Attleboro, MA 2018-2019

Professional Development

- Credentialed Clinical Instructor Program (APTA), Springfield, MA 2018
Orthopedic Physical Therapy Residency (Evidence In Motion), Providence, RI 2017
Functional Dry Needling – Level 1 (KinetaCore), Providence, RI 2017

Professional Memberships and Activities

- Orthopedics Section & Massachusetts Chapter Member, American Physical Therapy Association (APTA) 2013-Present
Tactical Athlete SIG Education Committee Member, American Academy of Sports Physical Therapy (AASPT) 2020-2021

Community Service

- Spaulding Adaptive Sports Program, Volunteer Physical Therapist 2018-2019