

Benjamin G Adams, PT, DPT, PhD, OCS, CSCS

Department of Physical Therapy
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Education

PhD Rehabilitation Sciences, MGH Institute of Health Professions, Boston MA	2023
Doctor of Physical Therapy (DPT), Emory University, Atlanta GA	2016
B.S. Neuroscience, University of Rochester, Rochester NY	2013

Certificates and Licensure

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

Academic Appointments

Assistant Professor, MGH Institute of Health Professions, Boston MA	2021-Present
Research Fellow, U.S. Army Research Institute of Environmental Medicine (USARIEM), Natick MA	2019-Present
Term Lecturer / Laboratory Instructor, MGH Institute of Health Professions, Boston MA	2020-2021

Clinical Appointments

Physical Therapist, Winn Army Community Hospital, Fort Stewart GA	2020-Present
Research Physical Therapist, Neuromotor Recovery Lab – Boston University, Boston MA	2018-2019
Physical Therapist, Performance Physical Therapy, Attleboro MA	2016-2019

Honors and Awards

Certificate of Appreciation (USARIEM)	2022
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Grants

Current

Defense Health Program, Joint Program Committee-5, PI: Richard Westrick Evaluation of US Army Master Fitness Trainer Utilization to Mitigate Musculoskeletal Injury and Enhance Physical Readiness \$1,800,000 Role: Co-Investigator (55% effort)	2022-Present
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Completed

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 (70-100% effort)	2019-2022
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Publications

Peer-reviewed articles

1. **Adams B**, Westrick R, Gochyyev P, Taylor K. Impact of Procedure Type on Time to First Injury Following Knee Surgery in U.S. Army Soldiers. *American Journal of Sports Medicine*. (Submitted)
2. **Adams B**, Cameron K, Zosel K, Hotaling B, Westrick R. Timing of Outcomes and Expectations Following Knee Surgery in the U.S. Military: A Scoping Review. *Knee Surgery, Sports Traumatology, Arthroscopy*. (Submitted)
3. **Adams B**, Taylor K, Ritland B, Cameron K, Westrick R. Predicting Post-Operative Injury & Military Discharge Status Following Knee Surgery in the U.S. Army. *American Journal of Sports Medicine*. (In Review)
4. Harbison S, Melton B, Hunt N, **Adams B**, Henderson N, Westrick R. The relationship between physical mobility and firefighter occupational task performance. *International Journal of Exercise Science*. (In Review)
5. 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)
6. Wechsler S, Kneiss J, **Adams B**, Wood MaGee L. Persistent Cancer-Related Fatigue After Breast Cancer Treatment Predicts Postural Sway and Postexertional Changes in Sit-to-Stand Strategy. *Rehabilitation Oncology*. 2022; 40(4): 162-171.
7. 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.
8. 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.
9. 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

- **Adams B**, Westrick R, Taylor K. *U.S. Army Knee Surgeries, Post-Operative Injuries, and Discharge from Military Service: 2017-2020*. APTA Combined Sections Meeting, San Diego CA, Poster Abstract #37170. 2023
- **Adams B**, Emberton J, Hotaling B, Wilburn K, Padgett K, Allen I, Westrick R. *Self-Assessed Military Readiness and Presence of Pain with Movement Testing in First-Term & Career Soldiers*. APTA Combined Sections Meeting, San Diego CA, Poster Abstract #37151. 2023
- **Adams B**, Taylor K, Westrick R. *A Descriptive Analysis of Knee Surgeries in the U.S. Army from 2017 to 2020*. ACSM Annual Meeting, San Diego CA. Poster Abstract #1726. 2022
- Hotaling B, **Adams B**, Richardson J, Theiss J, Westrick R. *Behavioral Factors Influencing Musculoskeletal Injury Reporting in Active-Duty U.S. Air Force Special Warfare Personnel*. ACSM Annual Meeting, San Diego CA. Poster Abstract #3708. 2022
- Westrick R, Stoneberger C, **Adams B**. *Science Meets Practice 14 – Firefighters and Military Tactical Operators: Keeping them in the Fight*. APTA Combined Sections Meeting, Denver CO. Session SP-2305. 2020

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- Rigel T, **Farmer B**, Sabatier M. *Greater Intensity of Downslope Walking Exercise Increases Walking EMG Activity and H-Reflex Depression*. ACSM Annual Meeting, Boston MA. Poster Abstract #3365. 2016

Invited Presentations

National

Using Big Data to Assess Outcomes after Knee Surgery in the U.S. Army, Military Injury Prevention Research to Practice Education Series, Virtual 2023

Regional

Using Big Data to Assess Outcomes after Knee Surgery in the U.S. Army, Georgia Southern University Military Research Conference, Savannah GA 2023

Educational Activities

Courses taught

Elevating Practice – Lower Quarter (Orthopedic PT Residency) 2023-Present
PT-607 Patient/Client Management: LE/Gait 2022-Present
PT-880-04 Clinical Anatomy Elective 2022-Present
Human Anatomy Thread (throughout curriculum) 2022-Present
PT-605 Patient/Client Management: CVP2 2021

Clinical supervision

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

Mentoring

Students

DPT Students, Doctor of Physical Therapy, Academic Advisor 2022-Present
Meredith Rogazzo, PhD Rehabilitation Sciences, Secondary Research Mentor 2022-Present
Stephen Grist, PhD Rehabilitation Sciences, Secondary Research Mentor 2022-Present

Professional Development

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

Institutional Service

Committee Member, Curriculum Committee, MGH Institute of Health Professions (Department of Physical Therapy) 2022-Present

Community Service

Pro Bono Physical Therapy Services, Volunteer Physical Therapist 2019-Present
Spaulding Adaptive Sports Program, Volunteer Physical Therapist 2018-2019