

Catherine T. Schmidt, PT, DPT, MS, PhD

Department of Physical Therapy
MGH Institute of Health Professions
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Education

PhD in Rehabilitation Sciences, MGH Institute of Health Professions, Boston, MA	2012-2017
Advanced Master of Science in Physical Therapy, MGH Institute of Health Professions, Boston, MA	2003-2006
Transitional Doctor of Physical Therapy, MGH Institute of Health Professions, Boston, MA	2003-2006
Bachelor of Science, Physical Therapy (Magnum Cum Laude), Quinnipiac College, Hamden, CT	1994-1999

Postdoctoral Training

Center on Health Services Training and Research (CoHSTAR) Postdoctoral Research Fellow, Brown University School of Public Health, Providence, RI	2017-2019
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Certificates and Licensure

Physical Therapists MA 15627	2001-Current
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Academic Appointments

Assistant Professor, MGH Institute of Health Professions, Boston MA	2019-Current
Adjunct Assistant Professor, Brown University School of Public Health, Providence, RI	2019-2021
Researcher, VA Providence Medical Center, Providence, RI	2017-2023
Lecturer, University of Rhode Island, South Kingstown, RI	2018
Adjunct Lecturer, Assistant Professor, MGH Institute of Health Professions, Boston, MA	2001-2018

Clinical Appointments

Managing Partner, APTA credentialed: Center Coordinator for Clinical Education (CCCE) Bay State Physical Therapy, Kingston, MA.	2003-2012
Physical Therapist, Wellesley Therapeutics, Framingham, MA	2001-2003
Physical Therapist, Rehabilitation Hospital of Rhode Island, N. Smithfield, RI	2001-2001
Physical Therapist (per diem), New England Baptist Hospital, Boston, MA	2001-2004
Physical Therapist, Vencor, Geer Nursing and Rehabilitation, Canaan, CT	1999-2001
Physical Therapist, (per diem), Beacon Brook Health Center, Naugatuck, CT	2000-2001
Physical Therapist, Therapy Resources Management, Whitney Manor, Hamden, CT	1999-2000

Honors and Awards

Marjorie Ionta Award: MGH Institute of Health Professions, Boston, MA	2006
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Grants

Current

Altec, Inc. (Industry grant), PI: Julie Keysor Title: Augmented Reality Platform for Telehealth Rehabilitation. \$25,000 Role: Consultant (10% effort)	08/2021-
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Completed

2020-2022

Center of Biomedical Research and Excellence (COBRE) on Opioids and Overdose funded by the National Institute of General Medical Sciences (P20GM125507), PI: Rich

Title: Utilization and Outcomes of Opioid, Non-opioid and Non-drug Treatments for Chronic Pain in Rhode Island.

\$40,000

Role: Consultant

7/2019-6/2021

Center for Large Data Research and Data Sharing in Rehabilitation (CLDR) Pilot Project Award

PI: Catherine Schmidt

Title: Utilization of Outpatient Physical Therapy and the Impact on Opioid Use and Healthcare Utilization for Older Adults with Osteoarthritis

\$25,000

Role: PI, (10% effort)

2/2018-2/2020

Center on Health Services Training and Research (CoHSTAR) Pilot Funding Program, PI: Catherine Schmidt

Title: Patterns of Initial Intervention and Subsequent Healthcare Utilization and Pain for Veterans with Low Back Pain.

\$25,000

Role: PI, (25% effort)

Not Funded

PI: Schmidt Submitted April, 2017 (Not funded)

Risk Factors Associated with Long-term Opioid Use Among Patients with Low Back Pain

APTA, Optum Labs and United Healthcare, Conservative Therapies for Low Back Pain Project

PI: Schmidt Submitted August, 2017 (Not funded)

Is Early Physical Therapy Associated with Improved Outcomes and Lower Healthcare Utilization among Veterans with Low Back Pain

Foundation for Physical Therapy, Health Services Research Pipeline Grant

Publications

Peer-reviewed articles

1. Shiwani B, Roy SH, Keysor J, Gross KD, Karim R, Clock C, **Schmidt CT**, Kline J. Augmented Reality Platform for Synchronous Telehealth Assessment of Knee Osteoarthritis: A Feasibility Study. *BMC Musculoskelet Disord*. June 2024; in review with journal.
2. **Schmidt CT**, Knox S, Baldwin J, Gross KD, Tang J, Jette DU. Designing and Implementing a Competency-based Outcomes Process for Doctor of Physical Therapy Education. *Health Prof Educ*. July 2024; accepted.
3. Choudry E, Rofe' KL, Konnyu K, Marshall BDL, Shireman TI, Merlin JS, Trivedi AN, **Schmidt CT**, Bhondoekhan F, Moyo P. Treatment Patterns and Population Characteristics of Nonpharmacologic Management of Chronic Pain in the United States' Medicare Population: A Scoping Review. *Innov Aging*. 2023 Aug;igad085, <https://doi.org/10.1093/geroni/igad085>.
4. Baldwin J, **Schmidt CT**, Plummer L, Gochyyev P, Battista JE, Kaur S, Naidoo K. How Doctor of Physical Therapy Students Overcome Academic Challenges to Achieve First-Attempt Success on

the National Physical Therapy Examination: A Mixed Methods Study. *Educ Sci.* 2023 Apr 22;13(5):430. <https://doi.org/10.3390/educsci13050430>.

5. Schmidt CT, Borgia M, Shireman T, Zhang T, Gochyyev P, Resnik L. Initial Treatment Approaches and Healthcare Utilization Among Veterans with Low Back Pain. *BMC Health Serv Res.* 2023 Mar 21;23(1):275. doi: 10.1186/s12913-023-09207-y.
6. Rofé K, Marshall BDL, Merlin JS, Trivedi AN, Shireman TI, Schmidt C, Moyo P. Nonpharmacologic Management of Chronic Pain in the United States' Medicare Population: A Scoping Review Protocol. *JBI Evid Synth.* 2022 Aug 18; 20(3):1-9. doi: 10.11124/JBIES-21-00467.
7. Moyo P, Schmidt C, Lee Y, Joshi R, Mukhdomi T, Trivedi A, Shireman TI. Receipt of Physical Therapy and Chiropractic Care by Adults Diagnosed with Chronic Pain: Analysis of the 2016-2018 Rhode Island All Payer Claims Database. *R I Med J.* 2022 May 2;105(4):51-56. PMID: 35476739.
8. Schmidt CT, Ogarek J, Resnik L. Physical Therapy and Healthcare Utilization for Older Adults with Lumbar Spinal Stenosis. *J Geriatr Phys Ther.* Sept 2021. DOI: 10.1519/JPT.0000000000000328
9. Schmidt CT, Ward RE, Suri P, Kiely D, Ni P, Anderson D, Bean JF. Which Neuromuscular Attributes are Associated with Changes in Mobility Among Community-dwelling Older Adults with Symptomatic Lumbar Spinal Stenosis. *Archives of PM&R.* April 2018. DOI: 10.1016/j.apmr.2018.04.019
10. Schmidt CT, Ward RE, Suri P, Kiely D, Ni P, Anderson D, Bean JF. The Association of Neuromuscular Attributes and Performance-based Mobility among Primary Care Patients with Symptomatic Lumbar Spinal Stenosis. *Archives of PM&R.* 2017;98(7):1400-1406. PMID: 28377110.
11. Schmidt CT, Ward RE, Suri P, Kurlinski LG, Anderson DE, Kiely DK, Bean JF. Health characteristics, neuromuscular attributes, and mobility among primary care patients with symptomatic lumbar spinal stenosis: a secondary analysis. *J Geriatr Phys Ther.* 2017;40(3):135-142. PMID: 27007991.
12. Brown LG, Ni M, Schmidt CT, Bean JF. Evaluation of an Outpatient Rehabilitative Program to Address Mobility Limitations Among Older Adults. *Am J Phys Med Rehabil.* 2017;96(8):600-606. PMID: 28079616.
13. Beauchamp MK, Schmidt CT, Pedersen MM, JF Bean, Jette AM. Psychometric properties of the Late-Life Function and Disability Instrument: a systematic review. *BMC Geriatr.* 2014;14(12). PMID: 24476510; PMCID: PMC3909447.

Peer-Reviewed Presentations and Abstracts

Karim R, Shiwani B, Roy S, Talmage O, Clock C, Schmidt CT, Gross KD, Keysor J. Augmented Reality and Clinical Assessments: Examining and Feasibility for Older Adults with Knee Osteoarthritis. *APTA Combined Sections Meeting*, San Diego, CA. February 2023.

Karim R, Schmidt CT, Clock CC, Gross KD, Keysor J, "Augmented Reality for PT Clinical Assessments: Examining Feasibility in Older Adults with Knee OA." Poster presented at the IHP Research and Scholarship Day, Boston on January 10, 2023.

Frigon W, Schmidt CT, Gore S. Identifying Factors Associated with Outpatient Physical Therapy Utilization for Older Adults with Osteoarthritis Using EHR. *APTA Combined Sections Meeting*, Virtual Conference. February 2021.

Schmidt CT, Kumar A, Keeney T, Falvey J. Rehabilitation Utilization Among High-Need Patient Populations: Advancing the Physical Therapy Health Services Research Agenda. *APTA Combined Sections Meeting*, Denver, CO. February 2020.

Schmidt CT, Kumar A, Keeney T, Karmarkar A. Harnessing Administrative Data to Examine Rehabilitation Use and Outcomes in High Need Patient Populations. educational session. ACRM Conference, Chicago, IL. November 2019.

Knox S, Naidoo K, Westrick R, Baldwin J, **Schmidt CT**, Gross KD. "Development of Domains of Competence for Student Outcomes in a Doctor of Physical Therapy Program." Presentation to the Educational Leadership Conference, Bellevue, WA on October 18, 2019.

Schmidt CT, Falvey J, Middleton A, Horn M. Leveraging Big Data to Inform Clinical Decisions and Drive Quality Improvement. Educational Session. *APTA Combined Sections Meeting*, Washington, DC, February, 2019.

Schmidt CT, Ogarek J, Mor V, Resnik L. Physical Therapy or Surgery for Lumbar Spinal Stenosis: Associating Factors and Healthcare Utilization. *GSA Annual Conference*, Boston, MA, November, 2018.

Schmidt CT, Kumar A, Keeney T, Karmarkar, A. Demonstrating the Value of Rehabilitation in the Era of Value Based Care Using Medicare Data. *ACRM 2018*, Dallas, TX, September, 2018.

Schmidt CT, Mor V, Resnik L. Healthcare Utilization for Patients Receiving Physical Therapy vs Surgery Following Incident Lumbar Stenosis Diagnosis: Who Has Higher Consumption? *2018 Institute on Health Services Research: Quality Strategies in Rehabilitation: Advancing Health Services Research*, Boston, MA, April 2018.

Schmidt CT, Mor V, Resnik L. Evaluating the Utilization of Physical Therapy and Spinal Surgery among Older Adults with Lumbar Spinal Stenosis. Platform presentation. *APTA Combined Sections Meeting*, New Orleans, LA, February 2018.

Schmidt CT, Ward RE, Suri P, Kiely D, Ni P, Anderson D, Goldstein, R, Bean JF. Symptomatic Lumbar Spinal Stenosis: Neuromuscular Attributes Associated with Mobility among Older Adults. Paper Session, *ACRM 94th Annual Conference, Progress in Rehabilitation Research (PIRR)*, Atlanta, GA, October 2017.

Schmidt CT, Mor V, Resnik L. Physical Therapy Utilization among Medicare Beneficiaries with Lumbar Spinal Stenosis. *CoHSTAR Summer Institute on Health Services Research/APTA NEXT Meeting*, Boston, MA, June 2017.

Schmidt CT, Keeney T, Ward R, Suri P, Kiely, D, Bean JF. Symptomatic Lumbar Spinal Stenosis: Measuring Health, Impairment, Mobility and Disability. *J Orthop Sports Phys Ther* 2017;47(1): A58-A161. doi:10.2519/jospt.2017.47.1.A58. *APTA Combined Sections Meeting*, San Antonio, Texas, February 2017.

Schmidt, CT. Health Characteristics, Mobility Limitations, and Neuromuscular Attributes among Older Primary Care Patients with Symptomatic Lumbar Spinal Stenosis. *VA Boston Healthcare System: Research Day* Poster Presentation, Elks Club, West Roxbury, May 18th 2016.

Schmidt CT, Ward RE, Suri P, Kurlinski LG, Anderson DE, Kiely DK, Bean JF. The health and functional characteristics of older adult primary care patients with lumbar spinal stenosis. *Gerontologist*. 2014; 54 Suppl 2:751-52. *GSA Annual Meeting*, Washington, D.C., 2014.

Schmidt CT, Harris BA, Klein AB. The effectiveness of physical therapy intervention in the management of patients following rotator cuff repair: A Systematic Review. *JOSPT*; 38(1): A59. APTA, Combined Sections Meeting, Nashville, TN, 2008.

Teaching

Courses

PT 602: Fundamentals of Patient/Client Management 2	2020-Current
PT 709: Patient/Client Management: Upper Extremity	2019-Current
PT 815: Patient/Client Management: Policy, Practice, Leadership	2019
Advanced Manual Therapy	2018
PT 671: Clinical Management of Musculoskeletal Disorders: Extremities	2012-2014
PT 773: Therapeutic Exercise: Advanced Principles and Practice	2015-2016
Functional Anatomy	2015-2016
PT 657: Teaching Procedural Interventions	2015
Principles of Teaching and Learning/Therapeutic Exercise	2014-2015
Clinical Seminar III	2015

Professional Development

Accreditation PT Self-study Workshop, online	2021
NPTE Item Writing Workshop, online	2024-2025

Mentoring

Wallace Frigon, MGH Institute of Health Professions Orthopedic Residency Program, Research Mentor	
Physical Therapist, Physical Therapy Plus, East Bridgewater, MA	2020
Aimee Perron, MGH Institute of Health Professions Department of Physical Therapy Faculty, Faculty Mentor.	2021-2022

Professional Memberships

Geriatric Society of America	2013-2016
APTA and MA Chapter	1997-Current
Orthopedic Section	2003-2012
Geriatric Section	2013-2015
Education Section	2015-2016
Academy Health	2017-2019
ACRM	2017-2020

Professional Service

Elected

APTA Southern Metro District Assembly Representative	2024-Current
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Invited

Manuscript Review for Archives of Physical Medicine and Rehabilitation	2020-Current
Manuscript Review for Physical Therapy Journal	2023-Current
Manuscript Review for Physical Medicine & Rehabilitation Journal	2023-Current
Conference Abstract Review, APTA, Academy of Orthopedic Physical Therapy	2021-Current

Additional Professional Service

FSBPT Item Writer Educator's Workshop	2024
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Institutional Service

Elected

Chair, Outcomes Committee, Department of Physical Therapy, MGH Institute of Health Professions	
	2021-Current

Appointments and Promotions Committee, MGH Institute of Health Professions 2023-Current
Invited

Task Force, Institutional Research & Effectiveness Committee, MGH Institute of Health Professions 2023-Current

Task Force, New Program Development (Data Analytics), MGH Institute of Health Professions 2022

Additional Institutional Service

Task Force, Strategic Planning, MGH Institute of Health Professions 2023-Current

Community Service

Kingston Senior Center. Monthly information session, “Ask the PT”, Volunteer 1/2012-8/2021

Kingston Park and Recreation Program, Volunteer Youth Boys Soccer and Basketball Coach

2013-Current