

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

Department of Physical Therapy  
MGH Institute of Health Professions  
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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 & Licensure**

ABPTS Board-Certified Orthopaedic Clinical Specialist (OCS)	2019
Physical Therapy License, MA #PTL22539, RI #PT02950	2016
NSCA Certified Strength & Conditioning Specialist (CSCS)	2016

**Academic Appointments**

MGH Institute of Health Professions, Boston MA	
Assistant Professor, PhD Rehabilitation Sciences Program	2023-Present
Assistant Professor, Department of Physical Therapy	2021-Present
Term Lecturer, Online Prerequisites Program	2020-2021
Research Fellow, U.S. Army Research Institute of Environmental Medicine (USARIEM), Natick MA	2019-2025

**Clinical Appointments**

Physical Therapist, Winn Army Community Hospital, Fort Stewart GA	2020-2025
Research Physical Therapist, Neuromotor Recovery Lab – Boston University, Boston MA	2018-2019
Physical Therapist, Highbar (formerly Performance Physical Therapy), Providence RI	2016-2019

**Administrative Appointments**

Director, Clinical Residency in Sports Physical Therapy, MGH Institute of Health Professions, Boston MA	2025-Present
Director, Clinical Residency in Orthopaedic Physical Therapy, MGH Institute of Health Professions, Boston MA	2024-Present

**Honors & Awards**

Pillars of Excellence Award – Advancing Innovation & Progress (MGH IHP)	2024
Award for Excellence – Honorable Mention, Young Investigator Competition (Military Health System Research Symposium)	2023
Certificate of Appreciation (USARIEM)	2022

## Grants

### Current

NIH, R34 Small Business Innovation Research Grant, **PI: Benjamin Adams** Submitted  
AI-Enabled Gait Signature Discovery for Diagnostic Support in Orthopedic  
Injury Care  
\$303,000  
Role: Principal Investigator (30% effort)

### Completed

Defense Health Program, Joint Program Committee-5, PI: Richard Westrick 2023-2025  
Service-member Post-Operative Rehabilitation and Training to Improve  
Outcomes and Enhance Military Return-to-Duty after Surgery (SPORT)  
\$1,625,000  
Role: Co-Investigator (15-25% effort)

Military Operational Medicine Research Program, Biomedical Performance 2022-2025  
Enhancement Portfolio, PI: Kathryn Taylor  
Identification of Risk Factors for Re-Injury and Reduction in Performance  
Following Duty-Limiting Musculoskeletal Injuries  
\$2,791,000  
Role: Associate Investigator (5-10% effort)

Defense Health Program, Joint Program Committee-5, PI: Richard Westrick 2022-2025  
Evaluation of US Army Master Fitness Trainer Utilization to Mitigate  
Musculoskeletal Injury and Enhance Physical Readiness  
\$1,800,000  
Role: Co-Investigator (15-50% effort)

DHA Military Health System Research Program, PI: Kristen Zosel 2022-2024  
Examining the Role of Social Networks on Health-Related Behaviors and  
Musculoskeletal-Related Medical Discharges in the U.S. Army  
\$1,034,000  
Role: Associate Investigator (5-10% effort)

Military Operational Medicine Research Program, Biomedical Performance 2021-2024  
Enhancement Portfolio, PI: Kathryn Taylor  
Applicability of Machine Learning and Artificial Intelligence to Predict Soldier  
Readiness: Determining an Evidence-Based Framework  
\$1,556,000  
Role: Associate Investigator (5-10% effort)

Defense Health Program, Joint Program Committee-5, PI: Richard Westrick 2019-2022  
Rapid Access to Comprehensive Expertise and Education to Mitigate  
Musculoskeletal Injury (RACE2MSKI)  
\$3,000,000  
Role: Associate Investigator (70-100% effort)

## Publications

[\* denotes PhD student or clinical resident under direct mentorship of Adams B.; Adams B. denotes senior authorship; † denotes Adams B. significant contributions when not first/senior author]

### Peer-Reviewed Articles

1. Young M\*, Westrick R, Cameron K, Grist S, **Adams B.** Musculoskeletal Injury Incidence among U.S. Military Academy and Reserve officer Training Corps Cadets: A Scoping Review. *Sports Health: A Multidisciplinary Approach* (In Review).
2. Grist S\*, McClung H, Young M, Bartlett M, **Adams B.**, Taylor K. Hurt but Fit: Physical Fitness can Reduce the Risk of Recurrent Injury in Soldiers. *British Journal of Sports Medicine* (In Review).
3. Grist S\*, McClung H, Young M, Schmidt C, Bartlett P, **Adams B.**, Taylor K. Investigating Physical Fitness Performance after Musculoskeletal Injury: A Longitudinal Cohort Study. *American Journal of Sports Medicine* (In Review).
4. Grist S\*, Westrick R, Paradise S, Taylor K, Young M, **Adams B.** Military Physical Fitness Performance Following Musculoskeletal Injury: A Scoping Review. *Sports Health: A Multidisciplinary Approach* (Accepted).
5. **Adams B.**, Westrick R, Gochyyev P, Taylor K. Time to First Injury After Knee Surgery in U.S. Army Soldiers: A Survival Analysis. *Sports Medicine – Open* (Accepted).
6. Young M\*, **Adams B**<sup>†</sup>, Estevez C, Hyde C, Westrick R. (2025). Epidemiology of Musculoskeletal Injuries of U.S. Coast Guard Academy Cadets During Initial Military Training from 2018 to 2023. *Military Medicine*; usaf323. DOI: <https://doi.org/10.1093/milmed/usaf323>
7. **Adams B** & Kaur M. (2024). Predictors of daily physical activity, screen time, and sleep duration in children with and without Autism Spectrum Disorder (ASD). *Research in Autism Spectrum Disorders*; 115: 102398. DOI: <https://doi.org/10.1016/j.rasd.2024.102398>
8. Emberton J, **Adams B**<sup>†</sup>, Hotaling B, Zosel K, Grist S, Henderson N, Kardouni J, Westrick R. (2024). Prevalence of Pain with Movement in Active-Duty US Army Soldiers. *Military Medicine*; 189(7-8): e1523-1527. DOI: <https://doi.org/10.1093/milmed/usae048>
9. **Adams B.**, Rhon D, Cameron K, Zosel K, Hotaling B, Westrick R. (2023). Timing of Outcomes and Expectations After Knee Surgery in the US Military: A Systematic Review. *Sports Health: A Multidisciplinary Approach*; 16(6): 1009-1020. DOI: <https://doi.org/10.1177/19417381231217449>
10. **Adams B.**, Taylor K, Cameron K, Ritland B, Westrick R. (2023). Predicting Postoperative Injury and Military Discharge Status After Knee Surgery in the US Army. *American Journal of Sports Medicine*; 51(11): 2945-2953. DOI: <https://doi.org/10.1177/03635465231187045>
11. Harbison S, Melton B, Hunt N, **Adams B.**, Henderson N, Westrick R. (2023). The Relationship Between Physical Mobility and Firefighter Occupational Task Performance. *International Journal of Exercise Science*; 16(3): 1216-1227. DOI: <https://doi.org/10.70252/NUYZ9300>
12. Wechsler S, Kneiss J, **Adams B.**, Wood MaGee L. (2022). Persistent Cancer-Related Fatigue After Breast Cancer Treatment Predicts Postural Sway and Postexertional Changes in Sit-to-Stand Strategy. *Rehabilitation Oncology*; 40(4): 162-171. DOI: <https://doi.org/10.1097/01.reo.0000000000000308>
13. 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. DOI: <https://doi.org/10.26603%2F001c.23429>
14. Hutchinson K, Sloutsky R, Collimore A, **Adams B.**, Harris B, Ellis T, Awad L. (2020). 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. DOI: <https://doi.org/10.1177/1545968320961114>

15. Arnold E, **Farmer B<sup>†</sup>**, 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. DOI: <https://doi.org/10.1016/j.neulet.2016.12.048>

#### Peer-Reviewed Presentations & Abstracts

1. Young M\*, Grist S\*, Zosel K, **Adams B**. *A Whole Person Approach to Injury Surveillance Among Servicemembers*. APTA Combined Sections Meeting, Anaheim CA (Session Presentation). 2026
2. Young M\* & **Adams B**. *Implementing Holistic Factors into Injury Surveillance Protocols: Challenges and Opportunities*. APTA Massachusetts PT Annual Conference, Norwood MA (Session Presentation). 2025
3. Young M\*, Dummar A, Cameron K, Westrick R, **Adams B**. *Musculoskeletal Injury Epidemiology among U.S. Military Cadets: A Systematic Review*. Military Health System Research Symposium, Orlando FL (Poster Presentation). 2025
4. Young M\*, Dummar A, Estevez C, Hyde C, Westrick R, **Adams B**. *Musculoskeletal Injuries during Cadet Initial Military Training*. Military Health System Research Symposium, Orlando FL (Poster Presentation). 2025
5. Young M\*, Westrick R, Estevez C, **Adams B**. *Epidemiology of Musculoskeletal Injuries Among Cadets at U.S. Coast Guard Academy*. APTA Combined Sections Meeting, Houston TX (Poster Presentation). 2025
6. **Adams B**, Pham R, Naidoo K. *Interrupting the Ebbinghaus Forgetting Curve through the Use of an Integrated Cross-Curricular Anatomy Thread*. APTA Massachusetts PT Annual Conference, Norwood MA (Session Presentation). 2024
7. Young M\* & **Adams B**. *Utilizing Injury Surveillance in Military Populations: A First Step for Injury Prevention*. APTA Massachusetts PT Annual Conference, Norwood MA (Session Presentation). 2024
8. Gore S, Kim HJ, **Adams B**, Kimberley T, Lyons K, Olayinka O, Barr-Anderson D. *Determinants of Physical Activity Among Black Women with Cardiometabolic Disease – Data from National Health and Nutrition Examination Survey 2013-2020*. ACRM Annual Fall Conference, Dallas TX (Poster Presentation). 2024
9. **Adams B**, Pham R, Naidoo K. *Interrupting the Ebbinghaus Forgetting Curve by Using an Integrated Cross-Curricular Anatomy Thread*. ACAPT Physical Therapy Education Leadership Conference, Oakland CA (Poster Presentation). 2024
10. Gore S, **Adams B**, Kim HJ, Kimberley T, Lyons K, Olayinka O, Barr-Anderson D. *Determinants of Physical Activity Among Black Women with Cardiometabolic Disease – Data from National Health and Nutrition Examination Survey 2013-2020*. AACVPR Annual Meeting, Anaheim CA (Poster Presentation). 2024
11. **Adams B**, Cheung E, Andrada K, Erana AJ, Kaur M. *Biopsychosocial Determinants of Obesity in Children with Autism Spectrum Disorder*. APTA Combined Sections Meeting, Boston MA (Poster Presentation). 2024
12. Kaur M & **Adams B<sup>†</sup>**. *Lifestyle Behaviors (Physical Activity, Screen Time, Sleep) of Children with Autism Spectrum Disorder*. APTA Combined Sections Meeting, Boston MA (Poster Presentation). 2024
13. **Adams B**. *Risks Associated with Injury in Soldiers Following Knee Surgeries at On-post Versus Off-post Facilities*. International Congress on Soldiers' Physical Performance, London UK (Oral Presentation). 2023

14. **Adams B.** *Injury Risk after Knee Surgery in the U.S. Army: Establishing a Timeline.* Military Health System Research Symposium, Orlando FL (Platform Presentation, Young Investigator Competition Nominee). 2023
15. **Adams B,** Emberton J, Hotaling B, Zosel K, Mathis K, Beck C, Harbison S, Westrick R. *Mission-Ready Soldiers Report Pain with Basic Movements: A Comparison of Uninjured First-Term and Career Soldiers.* Military Health System Research Symposium, Orlando FL (Poster Presentation). 2023
16. Emberton J, Hotaling B, **Adams B<sup>†</sup>,** Zosel K, Salomone N, Cissell E, Westrick R. *Musculoskeletal Injuries, Functional Level, and Disposition of Soldiers Seeking Sports Medicine Care During Army Physical Readiness Training.* Military Health System Research Symposium, Orlando FL (Poster Presentation). 2023
17. Emberton J, Hotaling B, **Adams B<sup>†</sup>,** Zosel K, Amalfitano A, Westrick R. *Reliability and Time to Administer Tests to Identify Pain and Movement Dysfunction in Healthy U.S. Army Soldiers.* Military Health System Research Symposium, Orlando FL (Poster Presentation). 2023
18. **Adams B,** Taylor K, Westrick R. *Peak Injury Risk Timeframes in U.S. Army Soldiers after Knee Surgery.* ACSM Annual Meeting, Denver CO (Poster Presentation). 2023
19. **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 Presentation). 2023
20. **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 Presentation). 2023
21. **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 Presentation). 2022
22. Hotaling B, **Adams B<sup>†</sup>,** 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 Presentation). 2022
23. Westrick R, Stoneberger C, **Adams B<sup>†</sup>.** *Firefighters and Military Tactical Operators: Keeping them in the Fight.* APTA Combined Sections Meeting, Denver CO (Session Presentation). 2020
24. Rigel T, **Farmer B<sup>†</sup>,** Sabatier M. *Greater Intensity of Downslope Walking Exercise Increases Walking EMG Activity and H-Reflex Depression.* ACSM Annual Meeting, Boston MA (Poster Presentation). 2016

## Invited Presentations

### National

*Timing of Outcomes and Expectations After Knee Surgery in the US Military: A Systematic Review (Sports Health). A Peek Behind the Paper with the AASPT, Webinar/Podcast* 2024

*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

*What to Expect after Knee Surgery in the U.S. Army. Evans Army Community Hospital, Fort Carson CO* 2023

*Military Musculoskeletal Injury & Performance Research at Fort Stewart. Georgia Southern University Human Performance Optimization Conference, Savannah GA* 2023

## Educational Activities

### Courses Taught

Elevating Practice (Residency Program)  
Upper Extremity Modules 2025-Present  
Spine Modules 2024-Present  
Lower Extremity Modules 2021-Present  
PT-845 Clinical Reasoning (Residency Program) 2024-Present  
Human Anatomy Thread (throughout DPT curriculum) 2022-Present  
PT-880-04 Clinical Anatomy 2022-Present  
PT-607 Patient/Client Management: LE/Gait 2022-2025

### Clinical Supervision

Clinical Instructor, Highbar, Attleboro MA 2018-2019

### Curriculum Development

Clinical PT Residency Programs, MGH IHP 2025-2026

### External Educational Activities

Dry Needling Certification, APTA MA Continuing Education, MGH IHP 2025-Present

## Mentoring

### Faculty

Justin Wong, Department of Physical Therapy, New Faculty Mentor 2025-2026

Colleen Muse, Department of Occupational Therapy, New Faculty Mentor 2023-2024

### Clinical Mentors & Residents

Clinical PT Residency Programs, Program Mentor 2024-Present

### PhD Students

Justin Wong, PhD Rehabilitation Sciences, Co-Research Mentor 2025-Present

Meredith Young, PhD Rehabilitation Sciences, Co-Research Mentor 2023-2026

Stephen Grist, PhD Rehabilitation Sciences, Co-Research Mentor 2023-2025

### DPT Students

Department of Physical Therapy, Academic Advisor 2022-Present

## Professional Development

APTA Combined Sections Meeting	2026, 2024, 2023, 2020, 2016
APTA Massachusetts PT Annual Conference, Norwood MA	2025, 2024
APTA Massachusetts Orthopedic SIG Residency & Fellowship Case Presentations, Virtual	2025
MGB Sports Medicine Conference: LE Sports Medicine Summit, Virtual	2025
Connecting PT Practice, Social Justice, & Health Equity (IHP), Virtual	2025
Physical Therapy Faculty Development Workshop (APTA), Chicago IL	2024
International Congress on Soldiers' Physical Performance, London UK	2023
Military Health System Research Symposium, Orlando FL	2023, 2019
ACSM Annual Meeting	2023, 2022, 2016
GSU Human Performance Optimization Conference, Savannah GA	2023
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 & Activities

Committee on Belonging & Advancement, Member, American Physical Therapy Association (APTA) Orthopedics	2025-Present
Diversity, Equity, & Inclusion (DEI) Committee Member, American Physical Therapy Association of Massachusetts (APTA MA)	2025-Present
Reviewer for Professional Journals:	2023-Present
- American Journal of Sports Medicine	
- BMC Sports Science, Medicine and Rehabilitation	
- Journal of Physical Therapy Education	
- Knee Surgery, Sports Traumatology, Arthroscopy	
- Military Medicine	
- Orthopaedic Journal of Sports Medicine	
- Physical Therapy & Rehabilitation Journal	
- Sports Health: A Multidisciplinary Approach	
- Sports Medicine / Sports Medicine – Open	
American Physical Therapy Association (APTA)	2013-Present
- Education Section Member	
- Massachusetts Chapter Member	
- Orthopedics Section Member	
- Sports Section Member	
Tactical Athlete SIG – Education Committee Member, American Academy of Sports Physical Therapy (AASPT)	2020-2021

### **Institutional Service**

#### **Mass General Brigham**

Member & Co-Founder, MGH Physical Therapy Research Council 2025-Present

#### **MGH Institute of Health Professions**

Member & Co-Founder, SHRS Anatomy Curriculum Committee 2024-Present

Faculty Mentor, KinslHP (LGBTQ+ Student Club) 2024-Present

Strategic Planning Task Force 2023

#### **Department of Physical Therapy**

Chair, Residency Admissions Committee 2023-Present

Member, Outcomes & Assessment Committee 2023-Present

Strategic Planning Task Force 2023-2025

Member, Committee for Academic Policies & Procedures 2023-2024

Member, Curriculum Committee 2022-2023

### **Other Professional Service**

#### **Advisory Boards**

Faculty Advisory Board Member, Physical Therapy Lippincott Connect, Wolters Kluwer 2025

#### **Grant Review Panels**

Expert Reviewer, New Frontiers in Research Fund Transformation Competition (NFRFT), Canada Research Coordinating Committee 2024

### **Community Service**

Boston Pride for the People, Volunteer Physical Therapist 2025

Pro Bono Physical Therapy Services, Volunteer Physical Therapist 2019-2025

Spaulding Adaptive Sports Program, Volunteer Physical Therapist 2018-2019

Event Coverage & School Injury Screenings, Volunteer Physical Therapist 2015-2019