

# AARON KEIL PT, DPT, OCS

## EDUCATION / SPECIALIST CERTIFICATIONS

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### Doctor of Physical Therapy

*August 2011*

- University of New England

### Board Certified Orthopedic Clinical Specialist

*March 2002 and April 2013*

- American Physical Therapy Association

### Bachelor of Science Physical Therapy

*May 1994*

- California State University Long Beach

## PRACTICE HISTORY

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### Clinical Associate Prof. / Asst. Head of Clinical Affairs:    **UIC**    *Chicago, IL Sept 2014 Current*

- Responsible for creation, modification and instruction of various aspects of academic program curricula within UIC's doctor of physical therapy program
- Primary Course Coordinator for Diagnostic Imaging and Modalities
- Serve as Faculty Advisor to students
- Director: Faculty Practice
- Director :Orthopedic Residency
- Leadership oversight of UIC Fellowship in Orthopaedic Manual Physical Therapy

### Outpatient Rehab Manager: The Johns Hopkins Hospital    *Baltimore, MD June 2012 – Sept 2014*

- Oversee outpatient clinical and administrative activities for Physical Therapy, Occupational Therapy and Speech and Language Pathology services (45 FTEs)
- Serve as Clinical Faculty for Orthopedic Residency Program
- Participate in screening, interviewing and selection of orthopedic residency candidates
- Provide administrative input for the outpatient neurologic residency program
- Determine annual plan for hosting onsite continuing education courses for staff
- Develop, oversee and manage outpatient budget
- Oversee performance improvement initiatives related to cost containment, clinical excellence (best practices), employee engagement, patient satisfaction and productivity
- Ensure department-wide compliance with Federal and State regulations and hospital policies
- Provide direct patient care for patients with orthopaedic conditions

**Clinical Leader: Georgetown University Hospital**

*Washington D.C. Jan 2009 – June 2012*

- Oversee daily operations of hospital-based outpatient physical therapy clinic
- Serve as Clinical Faculty for Orthopedic Residency Program
- Serve as clinical consultant to staff members for complex foot and ankle cases
- Provide clinical in-services to staff therapists
- Conduct annual performance reviews of senior clinical staff
- Oversee program development and quality improvement initiatives
- Conduct interviews and select candidates for employment
- Provide direct patient care (approximately 25 hrs / wk) Adult orthopedic population: discogenic LBP, lumbar radiculopathy, cervical sprain / strain, ankle sprain / fxs, ACL tear, significant exposure to post-op ankles (tendon reconstructions, fusions, etc.)

**Rehab Department Supervisor – P.A.C.E**

*San Diego, CA March 2008- Dec 2008*

- Oversee daily operations of rehab dept. (OT, PT and ST).
- Coordinate staff and patient scheduling.
- Responsible for training all staff on appropriate documentation and billing procedures.
- Represent OT, PT and Speech at all Interdisciplinary Team Meetings.
- Track Quality Assurance Indicators and report as necessary.
- Provide direct patient care (30 hours / week): (senior patient population, general debility, CHF, COPD, CVA, etc.)

**Owner / Director - Aaron Keil Physical Therapy, Inc.**

*San Diego, CA*

*2005-2008*

- Private Duty, home care
- Physical Therapy services provided to multiple referring agencies.
- Evaluation and treatment of patients with a variety of movement disorders (post-op THR, TKR, COPD, etc.)

**Owner / Director - PainFreeRunning**

*San Diego, CA*

*2005-2006*

- Private practice dedicated solely to the running athlete.
- Responsible for financial forecasting, marketing, hiring and training of staff.
- Biomechanical analysis of runners using slow motion digital video analysis.
- Direct patient care for patients with running-related injuries (approximately 20 hours / week)
- Provided shoe wear analysis and recommendations, specialized exercise programs, custom orthotics.

**Physical Therapy Specialist - Sharp Rees-Stealy Orthopedics San Diego, CA**

1996-2004

- Running Analysis Clinic Coordinator
- Clinical Instructor to multiple graduate students.
- Clinical mentor to staff physical therapists.
- Functioned in primary care role for patients suffering from Acute Back Pain (ABC clinic).
- Lectured for in-house peer continuing education: Multiple subjects related to Foot and Ankle Complex.
- Provide direct patient care for patients with various orthopedic diagnosis (40 hours / week)

**QUALITY IMPROVEMENT / PROGRAM DEVELOPMENT / LEADERSHIP**

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**Director: UIC Orthopaedic Physical Therapy Residency: UIC, Chicago, Chicago II**

- Oversight of IRB-approved research projects:
  - “Structure Meets Function: The Relationship of Real-Time Ultrasound Findings and Biomechanical Changes in Patients with Plantar Heel Pain” (Faculty Sponsor)
  - "Patient and therapist perceptions of physical contact differ significantly and may influence therapeutic alliance." (Principle Investigator)
  - "The Relationship Between Thoracic and Lumbar Spine Repositioning Error in Asymptomatic Young Adults". (Mentor)
  - “Confidence of physical therapists' diagnostic clinical decision-making using special tests during a shoulder evaluation: A qualitative study.” (Mentor)

**Director: UIC Physical Therapy Faculty Practice – The University of Illinois at Chicago, Chicago II**

- Oversaw opening of new PT Faculty Practice at UIC
  - Enhancement of patient through-put
  - Oversight of scheduling, documentation and billing procedures
  - Creation of policies and procedures
  - Maintain adherence to Joint Commission Regulations
  - Demonstrated reduction in no-show rate from ~30% to <15%

**No Show Reduction Initiative: - The Johns Hopkins Hospital, Baltimore MD**

- Reduced department no-show rate by 10% (25% to 15%) in 3 months
- Decreased total no show appointments by ~200 missed visits per month
- Resulted in significant improvement in patient access and decreased wait times
- Increased net monthly revenue by ~\$30,000.

**Employee Access Initiative: The Johns Hopkins Hospital, Baltimore MD**

- Spearheaded collaborative effort with leadership from the departments of Employee Health, Nursing, Facilities / Environmental Services and The Johns Hopkins Hospital Employer Health Programs (EHP) in order to:
  - Improve Hopkins employee awareness of outpatient therapy services
  - Expedite employee access to outpatient services by creation of dedicated employee hotline
  - Increased Employee referrals by 25% in 3 months.

**Outpatient clinic space re-design: The Johns Hopkins Hospital, Baltimore MD**

- Provided project oversight for re-design of ~6,000 square feet of clinic space
- Responsible for overall design of clinic space and the selection, purchasing and installation of new equipment and supplies

**Direct Access Initiative / Program leader: - Georgetown University Hospital, Washington D.C.**

- Responsible for creating and overseeing initiative to incorporate direct access provisions for physical therapy patients at Georgetown University Hospital
- Responsible for submitting proposal for updates to Hospital Bylaws
- Developed all Clinical Competencies required for therapists to function as Direct Access Providers
- Secured District of Columbia PT Board approval for direct referral by physical therapists for advanced radiology studies

**Foot and Ankle Specialty Clinic – Georgetown University Hospital, Washington D.C.**

- Responsible for collaborating with foot and ankle surgeons in order to integrate physical therapy services within the department of foot and ankle surgery
- Develop new methods / pathways to expedite patient access into outpatient therapy
- Promote improved inter-departmental communication between surgeons and rehab services
- Provide quarterly teaching sessions to entire outpatient orthopedic staff

**Acute Back Care (ABC) Clinic - Sharp Rees-Stealy, San Diego, CA**

- Collaborative effort between physical therapy and rehab medicine to provide expedited acute care evaluation, diagnosis, and treatment of the orthopedic spine patient.
- Develop procedures for the co-examination by Physical Therapist and Physiatrist.
- Altered referral process to streamline patient entry into rehab services.
- Conduct Physician education related to ABC clinic model and availability.

## **Rehab Department Supervisor - P.A.C.E., San Diego, CA**

- Responsible for original design and implementation of multiple systems related to standard operating procedures, clinical performance measurements, inter-departmental communication, coordination of services and patient scheduling.
- Quality Assurance Team Member – Rehab Department Representative: responsible for selection and implementation of appropriate indicators to track quality of care.
- Design and implementation of disability-specific group therapy classes.

## **MENTORING EXPERIENCE**

- **Orthopaedic Section Mentorship Program (APTA)** (2016-present)
- **Clinical Faculty**: The University of Illinois at Chicago Residency Program (2015-present)
- **Clinical Faculty**: The Johns Hopkins Hospital Orthopedic Residency Program (2013-2015)
- **Clinical Faculty** – Georgetown University Hospital Orthopedic Residency (2010-2012)
- **Clinical Instructor** for multiple graduate students (1996-2016)

## **PROFESSIONAL MEMBERSHIP**

- American Physical Therapy Association
  - Orthopedic Section
  - Foot and Ankle Special Interest Group
  - Imaging Special Interest Group

## **STATE LICENSES**

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|------------------------|-----------|---------------|------|
| • Illinois             | 2015      |               |      |
| • Maryland             | 2012      | Massachusetts | 1996 |
| • District of Columbia | 2009      | Hawaii        | 1996 |
| • California           | 1994-2008 | New Jersey    | 1995 |

## CONFERENCE PRESENTATIONS / SPEAKING:

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- **Invited Speaker:** Washington D.C. Board of PT Examiners 2017
  - Linking Direct Access with Diagnostic Imaging
- **Educational Session:** APTA Next Conference 2017
  - *Direct Ordering of Diagnostic Imaging by Physical Therapist*
- **Educational Session:** APTA Next Conference 2017
  - *How to Make Your Residency Program Financially Viable*
- **Educational Session:** Illinois APTA State Conference 2017
  - *Implementation of Hospital-Based Direct Access - Highlighting Direct Referral For Radiology and Reimbursement: An Administrative Case Report.*
- **APTA-Sponsored Webinar** 2017
  - *Implementation of Hospital-Based Direct Access Highlighting Direct Ordering of Diagnostic Imaging*
- **Platform Presentation:** APTA Combined Sections Meeting 2016
  - *Direct ordering of diagnostic imaging by physical therapists. Now is the time.*
- **Educational Session:** APTA Next Conference 2015
  - *The Use of Imaging to Guide Care*
- **Educational Session:** APTA Combined Sections Meeting 2015
  - *Pursuit and Implementation of Hospital-Based Direct Access – Highlighting Direct Referral for Radiology and Reimbursement: An Administrative Case Report*
- **Platform Presentation:** APTA Combined Sections Meeting 2014
  - *Pursuit and Implementation of Hospital-Based Direct Access – Highlighting Direct Referral for Radiology and Reimbursement: An Administrative Case Report*
- **Guest Clinical Expert** – American Physical Therapy Association, National Headquarters, Alexandria, Virginia. National Tweet Chat on Foot and Ankle Health 2010

- **Guest Lecturer** – National Pitching Association. “The Biomechanics of the Throwing Athlete.”
- **Guest Lecturer** – Sharp Rees-Stealy Physical Therapy (2004). “Differential Diagnosis Related to Pathologies of the Foot and Ankle Complex – a.k.a. Funky Feet.”
- **Guest Lecturer** – American Physical Therapy Association, San Diego Chapter  
“Evaluation, Diagnosis, and Treatment of Common Biomechanical Faults of the Forefoot and Rearfoot.”
- **Guest Lecturer** – California State University Long Beach – Department of Physical Therapy.  
“Clinical Decision Making in the Real World.”

#### **PUBLICATIONS / POSTERS:**

- *McInerney S, Keil A, Kim J “Cervical Myelopathy Presenting as Bilateral Upper Extremity Weakness” JOSPT 2017 47:9, 691-691*
- *Keil A, Brown S “US Hospital-Based Direct Access with Radiology Referral: An Administrative Case Report” Physiotherapy Theory and Practice: 2015;31(8):594-600*
- *Wielechowski A, Keil A, Chen Y, Hamstra-Wright K “Current decision making of physical therapists in the management of patients with foot drop secondary to nerve root compromise due to acute lumbar disc herniation: a survey study.” (in review)*
- *Hazle C, Kirsch N, Keil A, White D “Diagnostic and Procedural Imaging in Physical Therapist Practice” May, 2016 APTA White Paper*
- *Arena A, Girolami G, Alexander A, Keil A, Sainsbury J, Phillips S “Integrated approaches to physical therapy education: a new comprehensive model from the University of Illinois at Chicago” Physiotherapy Theory and Practice: 2017;33(5)*

#### **AWARDS / HONORS:**

- **Delphi Panel Content Expert:** 2016
  - Development of Musculoskeletal Imaging Competency Examination
  - Rocky Mountain University
- Georgetown University Hospital **Employee of the Month:** (PM&R)
  - May 2009
  - November 2009 2009
- Elected to **APTA House of Delegates:** San Diego Chapter APTA 2005
- **Employee of the Quarter** - Sharp Rees-Stealy 2000

- **Class speaker:** Graduation Ceremonies – Dept. of Physical Therapy, CSULB 1994
- **Deans list** CSULB 1994
- **APTA Student Representative:** American Physical Therapy Association 1993-94
- United States Army Reserves – **Combat Engineer** 1989-1991
- Proficient in **Spanish**

## **VOLUNTEER / COMMUNITY SERVICE**

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- Red Cross Chaplain – Disaster Response Team 2007
- Guest Invocator: San Diego City Council Meetings 2006-2007
- Ministry Overseer: Horizon Christian Fellowship: Young Adults 2004-2008
  - Oversee 25 leaders of various small groups
  - Coordinate community outreaches
  - Facilitate leadership training
- Pastoral Care Intern: Horizon Christian Fellowship 2004-2008
  - Provide pastoral care counseling
  - Facilitate wedding ceremonies and funerals
- Team Leader: Disaster Response Team: Horizon USA Oct 2005
  - *Hurricane Katrina* – Bay St. Louis Mississippi
- Team Member: Disaster Response Team: Horizon USA Dec 2001
  - *911*, New York - Ground Zero
- Team Member: *Hurricane Mitch* Relief Efforts: Dec 1998
  - Leon, Nicaragua