

## CURRICULUM VITAE

### **Karolyn Lyphout, PT, DPT, GCS**

St. Ambrose University  
Physical Therapy Department  
518 W Locust St.  
Davenport, IA 52803  
563-333-6432

#### Education:

Doctor of Education  
Creighton University, Omaha, NE  
Interdisciplinary Leadership  
May, 2021

Doctor of Physical Therapy  
St. Ambrose University, Davenport, IA  
Physical Therapy  
December, 2012

Bachelor of Science  
St. Ambrose University, Davenport, IA  
Exercise Science  
May, 2011

#### Licensure Information

State of Iowa / 005298

#### Certifications:

ABPTS Geriatric Clinical Specialist, 2018

#### Employment and Positions Held:

##### **Academic:**

Instructor  
Physical Therapy Department  
St. Ambrose University  
Davenport, IA  
7/2018 to Present

Adjunct Instructor  
Physical Therapy Department  
St. Ambrose University  
Davenport, IA  
01/2018 to 05/2018

**Professional/non-Academic:**

Per Diem Physical Therapist  
 Manor Care Skilled Nursing Facility  
 Bettendorf, IA  
 03/01/2018 to Present

Per Diem Physical Therapist  
 Reliant Rehabilitation  
 Muscatine, IA  
 08/28/2017 to Present

Traveling Physical Therapist  
 Cariant Health Partners  
 Multiple Locations (See below)  
 03/03/2014 to 07/28/2017

Good Samaritan (Skilled Nursing/Outpatient)  
 Fennimore, WI  
 5/2017 – 7/2017

Bonita Springs Sports and Physical Therapy (Outpatient)  
 Estero, FL  
 12/2016 – 4/2017 and 12/2015 – 4/2016

RiverRidge Center (Outpatient TBI Adult Day Program)  
 Kennebunk, ME  
 10/2016 – 11/2016

Sprinbrook Center (Skilled Nursing)  
 Westbrook, ME  
 8/2016 – 10/2016

Marengo Hospital (Acute, Swing Bed, Outpatient, Home Health)  
 Marengo, IA  
 5/2016 – 7/2016

Windward Gardens (Skilled Nursing)  
 Camden, ME  
 7/2015 – 10/2015 and 7/2014 – 10/2014

Ottumwa Regional Health Center (Outpatient, Acute, Inpatient Rehab)  
 Ottumwa, IA  
 12/2014 – 6/2015

Windsor Place (Skilled Nursing, Outpatient)  
Iola, KS  
3/2014 – 6/2014

Per Diem Physical Therapist  
UnityPoint at Home  
1/2014 – 2/2014 and 11/2014 – 12/2014

Traveling Physical Therapist  
Med Travelers  
Multiple Locations (See below)  
03/2013 – 12/2013

Kindred Transitional Care and Rehabilitation (Skilled Nursing)  
Milwaukee, WI  
9/2013 – 12/2013

Cascade Rehabilitation (Outpatient Orthopedic)  
Everett, WA  
4/2013 – 8/2013

Summit Rehabilitation (Outpatient Orthopedic)  
Snohomish, WA  
3/2013 – 4/2013

Non-Peer Reviewed Presentations:

Lyphout KA. Pilates Integrated for Core Stability in the Outpatient Clinic. Cascade Rehabilitation, Everett, WA, 05/2013

Membership in Scientific/Professional Organizations:

American Physical Therapy Association, 2010 to present, Member  
Iowa Physical Therapy Association, 2010 to present, Member

Community Service:

Member, St. John Vianney Catholic Church, 2018 to present

Instructor, Community Pilates Class, Thrive Allen County, KS, 4/2014 - 6/2014

Mentor, Circles for “Bridges out of Poverty,” Thrive Allen County, KS, 3/2014 – 6/2014

Volunteer, Willow Creek Ranch Hippotherapy, 5/2012 – 6/2012

Services to the University/College/School on Committees/Councils, Commissions:

**Department**

- Curriculum Committee, Physical Therapy Department, St. Ambrose University, 07/2018 to Present

Continuing Education Attended: (last 5 years)

- Faculty Development Workshop, APTA, Chicago, IL, 07/2018
- Upper and Lower Extremity: Spinal Surgical Techniques with Orthotic Intervention, Davenport, IA, 04/2018, 8 hours
- Evidence Based Practice Institute: Integrating Evidence Based Practice in a Physical Therapy Educational Program, Davenport, IA, 03/2018, 15 hours
- Nutrition and Aging: The Basics, Medbridge, 03/2018, 2.5 hours
- Bladder Control Basics: Adult and Geriatric, Medbridge, 03/2018, 1.5 hours
- The Aging Spine, Medbridge, 03/2018, 2 hours
- The Aging Brain, Part A: Mild Cognitive Impairment and Dementia, Medbridge, 03/2018, 2 hours
- Essentials of Professionalism in Geriatric Physical Therapy, Medbridge, 03/2018, 4 hours
- Medical Complexity Part 2: Defining Frailty and Age-Related Changes, Medbridge, 03/2018, 2 hours
- Medical Complexity Part 1: Defining Frailty and Age-Related Changes, Medbridge, 03/2018, 3 hours
- The Impact of Diabetes Mellitus in Geriatric Care: Part 2, Medbridge, 03/2018, 1 hour
- The Impact of Diabetes Mellitus in Geriatric Care: Part 1, Medbridge, 03/2018, 1.5 hours
- Geriatric Syndrome – A Common Profile in Practice, Medbridge, 03/2018, 1.5 hours
- Using the International Classification of Function, Disability and Health (ICF) as a Map for Geriatric Care, Medbridge, 03/2018, 2.5 hours
- Considerations for the Older Post-Operative Orthopedic Patient, Medbridge, 03/2018, 1 hour
- Diet and Exercise Considerations for Cardiopulmonary Disease Management, Medbridge, 02/2018, 1 hour
- Comprehensive Care Plan for the Older Adult with Osteoporosis, Medbridge, 02/2018, 1.75 hours
- Interventions for Neurological Diagnoses: Postural Transitions & Gait, Medbridge, 2/2018, 2.5 hours
- Psychosocial Considerations in the Aging Adult, 01/2018, 1 hour
- Assessing Risk of Falls: Too Many Choices!, Medbridge, 01/2018, 2 hours
- Pharmacology for Geriatric Practice, Medbridge, 12/2017, 2.5 hours
- Evidence Based Practice Symposium, Davenport, IA, 04/2017, 2.75 hours
- Leading the Team-A Practical Guide to Working with PTAs, APTA Learning Center, 02/2017, 2 hours
- Medical Screening for Oncology Issues in Outpatient Physical Therapy, APTA Learning Center, 12/2016, 2 hours
- Developing Exercise Programs for Individuals with Chronic Heart Disease, APTA Learning Center, 11/2016, 2 hours

- Bridging to Best Practice: Translating Evidence to Improve Efficiency, Effectiveness, and Marketability, APTA Learning Center, 11/2016, 3 hours
- Amelioration of Physical Frailty, APTA Learning Center, 08/2016, 2 hours
- Vestibular Rehabilitation: Evaluation and Treatment of Dizziness and Balance, Iowa City, IA, 07/2016, 14 hours
- Kinesio-taping II – Pin, “itis” and Posture, Ottumwa, IA, 06/2015, 3 hours
- Kinesio-taping I – The Basics, Ottumwa, IA, 06/2015, 3 hours
- CSM Programming, Indianapolis, IN, 02/2015, 18 hours
  - Linking Neuroanatomy to Function in MS: Mechanisms Driving Gait Deviations
  - BF SIG: Fall Risk Assessments: Measures for Special Populations
  - Get a Kick Out of Gait Analysis: Implications for Manual Therapy and Therapeutic Exercise Interventions for the Foot and Ankle
  - Falls in Parkinson Disease: Causes, Prediction, and Prevention
  - A Skilled Physical Therapist Approach to Alzheimer’s Disease
  - Health Promotion and Wellness SIG: Arthritis: Exercise and Behavior Change
  - I Have Arthritis. Is My Running Career Over? Evidence-Based Management of the Runner with Osteoarthritis
  - Current Concepts in Scapula Stabilization: Is it Time to Move on?
  - NET: Model to Engage Clients with Cognitive Impairment
- Biopsychosocial Implications of Treating Older Adults, APTA Learning Center, 02/2015, 3 hours
- Measurement Hierarchy to Optimize Function: We Are Designed to Move, APTA Learning Center, 01/2015, 2 hours
- CSM Programming, Las Vegas, NV, 02/2014, 18 hours
  - Same-Day Outpatient Total Joint Replacement and Treatment
  - Motor Control of the Spine and Low Back Pain
  - Falls: Screenings vs Assessments Versus Outcome Measures
  - Running Shoe Recommendations for Patients
  - Motivating Apathetic and Depressed Clients
  - Proper Transitioning to Barefoot/Minimal Footwear Running
  - Reducing Readmission for Heart Failure
  - Pilates Functional Outcome Measurement
  - Outcomes Toolbox: MDC & MCID

Current Teaching Responsibilities in the Entry-level Physical Therapy Program:

**St. Ambrose University**

- Fall Year 1                      DPT 560 – PT Procedures I  
    Lab Assistant
- Fall Year 1                      DPT 531 – Functional Anatomy  
    Co-Coordinator
- Fall Year 2                      DPT 640 – Cardiopulmonary Therapeutics  
    Lab Assistant and Guest Lecturer

- Spring Year 2      DPT 760 – PT Procedures II  
Instructor for Geriatric Content
- Spring Year 2      DPT 670 – Orthotics and Prosthetics  
Instructor