

**Nicholas R. Espinosa, PT, DPT**

University of Maryland Rehabilitation & Orthopaedic Institute

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Nick was interested in pursuing a career in professional sports until he discovered a passion for anatomy and physiology as they relate to human movement. His interest in the return to function in physical therapy encouraged him to pursue physical therapy as a career, and his work focuses on the connections among medical research, human movement, community engagement and progressive return to function for patients experiencing impairments in neuro-musculoskeletal function and its impact on their daily lives.

He focuses on improving impairments in locomotor function through the implementation of High Intensity Gait training. He identified an opportunity to improve functional outcomes for walking capacity in patients with neurologic populations and began to implement a HIT program utilizing continuous heart rate monitoring and targeting training at higher intensities.

Nick has worked with both orthopedic and neurologic diagnoses in an outpatient physical therapy site, practicing skills such as differential diagnosis, musculoskeletal techniques and vestibular screens that assess and address symptoms of pain, weakness, and dizziness.

Currently, Nick is continuing implementation projects in an effort to pull evidence into practice, including working on frameworks for implementation of high intensity gait training, projects to improve falls reduction and possibly further research opportunities in patients with brain injury. He also serves as a mentor to PT students.

**PRESENT POSITIONS**

Senior Physical Therapist: University of Maryland Rehabilitation & Orthopaedic Institute, Baltimore MD

Adjunct Faculty, University of Maryland Eastern Shore: Department of Physical Therapy, Princess Anne, MD

Neurologic Physical Therapy Residency Program Mentor, University of Maryland Medical Center, Baltimore, MD

**EDUCATION**

University of Mary Washington – 2010  
Degree: Bachelor of Science – Biology

University of Maryland Eastern Shore, DPT – Physical Therapy, 2016

## **PROFESSIONAL LICENSE**

Physical Therapist, State of Maryland, Department of Mental Health and Hygiene

## **PROFESSIONAL EXPERIENCE**

- Physical Therapist, State of Maryland, Department of Mental Health and Hygiene
- University of Maryland Rehabilitation and Orthopaedics Institute
- Senior Physical Therapist - Brain Injury Unit, 2021 to Present
- Luminis Healthcare Enterprises: Anne Arundel Medical Group Physical Therapy
- Staff Physical Therapist, 2016 to 2021
- Anne Arundel Medical Center
- COVID unit prone team, April to May 2020

## **PRESENTATIONS**

### **Invited Presentations**

“University of Maryland Rehabilitation & Orthopaedics Institute High Intensity Gait Training Implementation Plan.” University of Maryland Rehabilitation & Orthopaedic Institute Physical Therapy Clinical Practice, Baltimore, MD. Nov 15, 2022.

“BPPV: screening and treatment.” University of Maryland Rehabilitation & Orthopaedic Institute brain injury, stroke, spinal cord injury, and neurologic outpatient units, Baltimore, MD. Sept 12, 2022.

“Thrower’s education: Screening and Prevention” Annual Crofton Baseball Association Coaches Meeting. Sept 17, 2019.

“Throwing Rehabilitation: Screening, Evaluation, and Treatment” Luminis Health: Anne Arundel Medical Group Physical Therapy company inservice. Annapolis, MD. June 14, 2019.

“Throwing Rehabilitation” Emerging Concepts in Orthopedic Surgery CME Conference hosted by Anne Arundel Medical Group Orthopedic and Sports Medicine Specialists. Annapolis, MD. October 21, 2017.

“Thrower’s education: Screening and Prevention” Annual Crofton Baseball Association Coaches Meeting. Sept 12, 2017.

### **Poster Presentations**

**Espinosa N & Leonard A.** Using Knowledge Translation to Implement Evidence-Based Practice in Stroke and Brain Injury Rehabilitation. *Combined Sections Meeting for the American Physical Therapy Association. 2024*

**Espinosa N, Smith W, Gittings J, Zinnert L, Klima DW.** A comparison of performance on baseline concussion testing in collegiate football and soccer teams – A pilot study. *Combined Sections Meeting for the American Physical Therapy Association. 2017.*

## **HONORS AND AWARDS**

University of Maryland Rehabilitation & Orthopaedic Institute Center for Innovation Grant, 2022

AAMC Champion Award– for excellence in patient care, 2015

## **TEACHING**

University of Maryland Eastern Shore Department of Physical Therapy, Princess Anne, MD

PHYT 670: Introduction to Health Care Systems & Patient Care, 30 DPT students,

Invited Lecturer (1-2 hour lecture/discussion)

Topics Included: Billing

2022 to present

PHYT 642: Patient Management – Neuromuscular I, 30 DPT students

Invited Lecturer (1–2-hour lab)

Topics Included: Neurologic Examination, Intensity Matters

2021 to 2022

PHYT 643: Patient Management – Neuromuscular II, 30 DPT students

Invited Lecturer (5-6 hour lecture/lab)

Topics Included: Serial Casting, Disorders of Consciousness

2018 to present

PHYT 644: Patient Management – Neuromuscular III, 30 DPT students,

Invited Lecturer (4 hour student evaluation)

Topics: comprehensive testing of patients with peripheral vestibular disorders and balance impairment

2018 to present

PHYT 645: Selected Topics in Patient Management, 30 DPT students,

Invited Lecturer (1-2 hour lecture/discussion)

Topics: Billing

2021to 2022

## **MEMBERSHIPS**

American Physical Therapy Association – Sections on Neurology Academy of Neurologic Physical Therapy, Section on Orthopedics Academy of Orthopedic Physical Therapy, Section on Geriatrics Academy of Geriatric Physical Therapy