

# Lauren Pacho, PT, DPT, NCS, CSCS



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## Education and Training

### The Ohio State University

School of Health and Rehabilitation Sciences, Columbus, OH  
*PhD in Health and Rehabilitation Science, Neuroscience Minor*  
*Graduate Student Fellow*

August 2017-Present

*Adviser: Dr. D. Michele Basso, EdD, PT*

### University of Florida

August 2012 - April 2015

College of Public Health and Health Professions  
Gainesville, FL

*Doctor of Physical Therapy*

### NeuroRecovery Training Institute

January 2016- February 2017

University of Florida Health Shands Rehabilitation Hospital  
Gainesville, FL

*Neurologic Physical Therapy Resident*

### The George Washington University

August 2009 - May 2012

Elliott School of International Affairs  
Washington, D.C.

*Bachelor of Arts, International Affairs concentrating in European and Eurasian Studies, Minors in History and Music*

## Board Certification

American Board of Physical Therapy Specialties  
*Neurologic Clinical Specialist*

June 2017

## Licensure

Florida #PT30325  
Ohio, *in process*

## Clinical Positions

### UF Health Shands Rehabilitation Hospital

Lead Physical Therapist

June 2015 - April 2017

Spinal Cord Injury Specialty Team

- Member of an interdisciplinary team working with patients primarily with spinal cord injury and other neurologic disorders
- Clinical Instructor

### University of Florida Doctor of Physical Therapy Program

Clinician Mentor

Pro Bono Locomotor Training Clinic

October 2015 - Present

- Developed a pro bono locomotor training program in collaboration with the University of Florida DPT Program
- Mentored groups of UF students focusing on recovery gait following incomplete spinal cord injuries and CVA



Clinical Lab Instructor October 2015-November 2016

*Principles of Disease*, University of Florida Doctor of Physical Therapy Program

- Oversaw DPT students in simulated acute care labs to progress patient handling and critical thinking skills

## Research Positions

The Ohio State University April 2017 - August 2017

Research Assistant, School of Health and Rehabilitation Sciences

Center for Brain and Spinal Cord Repair

PI: Dr. D. Michelle Basso, PT, EdD

University of Florida October 2012 - August 2013

Research Assistant, College of Medicine Department of Pediatrics

PI: Dr. Marilyn Dumont Driscoll, MD, PhD

## Awards

University Fellowship August 2017

*The Ohio State University Graduate School*

Rick Shutes Award for Legislative Advocacy September 2016

*“For exceptional service in governmental advocacy on behalf of the Florida Physical Therapy Association”*

## Travel Awards

- Key Contact Legislative Fly-In, *American Physical Therapy Association*, 2 years
- Key Contact Legislative Fly-In and Advocacy Workshop, *Private Practice Section of the American Physical Therapy Association*
- Federal Advocacy Forum, *Florida Physical Therapy Association*, 2 years
- State Payment and Policy Forum, *Florida Physical Therapy Association*
- State Advocacy Days, *Florida Physical Therapy Association*, 4 years
- State Payment and Policy Forum, *Florida Physical Therapy Association*
- National Student Conclave, *Florida Physical Therapy Association*

## Professional Involvement

American Physical Therapy Association November 2011 - Present

### Positions

- *Federal Affairs Liaison* to Florida, 2 terms May 2015 - March 2017
- *Key Contact* to Senators Marco Rubio and Bill Nelson, inaugural Key Contact program September 2014 - March 2017

### Section Membership

- Neurology Section, *member* 2011 - present
- Education Section, *member* 2015 - present
- Research Section, *member* 2016 - present
- Private Practice Section, *member* 2012 - 2016

Florida Physical Therapy Association November 2011 - March 2017

- Strategic Planning Committee with focus on the Advocacy Pillar
- Athletic Trainer Legislation Taskforce



- Nominating Committee, *Northern District*
- Assembly Representative, *Northern District*

Ohio Physical Therapy Association January 2017 - present

- Abstract Reviewer, OPTA Scientific Symposium

American Society of Neurorehabilitation

Member January 2016 - present

## Presentations

Push Nation Festival 2016 Presenter April 2016

*“Keep Pushing: Navigating the Healthcare System for neurologic rehabilitation and optimal performance”*

- Invited speaker at inaugural Push Nation Festival to educate the paralysis community on navigating healthcare and advocacy

Continuing Education Presentations, UF Health Shands Hospital

- *“The Politics of Rehabilitation: What’s ahead for Rehab Policy, Payment, and Legislation”* October 2015
- *“Everything you forgot regarding Spinal Cord Injury: Integrating Evidence Based Practice in SCI Rehabilitation”* November 2015
- *“Wheelchair Mobility, Seating, and Positioning”* December 2016
- *“Advanced Pathological Gait Assessment and Orthotic Prescription”* March 2017

Guest Lecturer

*“Introduction to Physical Therapy Advocacy: Your Role as a DPT Student and Emerging Professional”* October 2016

- *Professional Issues I*, University of Florida Doctor of Physical Therapy Program

*“Autoimmune-Mediated Neuromuscular Disorders”* February 2017

- *Neurorehabilitation II*, University of Florida Doctor of Physical Therapy Program

Combined Sections Meeting, American Physical Therapy Association February 2015

*“Dual Task Performance as an Indicator of Falls Self-Efficacy in Older Adults”*

- Poster presentation for the Academy of Geriatric Physical Therapy

## Certifications

National Strength and Conditioning Association August 2012 - Present

*Certified Strength and Conditioning Specialist*