

Curriculum Vitae

Andrea Richtel Branas PT, DPT, MSE

Temple University
College of Public Health
Department of Health and Rehab Sciences
Program in Physical Therapy

Contact Information:
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Education:

2014	DPT	Arcadia University (transitional DPT)
1998	MPT, BHS	University of the Sciences in Philadelphia (Physical Therapy)
1991	MSE	University of Pennsylvania (Systems Engineering)
1990	BA	Franklin and Marshall College (Mathematics)

Employment Experience:

2020-Present	Temple University Assistant Professor of Instruction in Physical Therapy Assistant Director of Clinical Education
2015- Present	Children's Hospital of Philadelphia, Division of Rehabilitation Medicine 2020 – present: Physical Therapist III Clinical specialties include treatment for pediatric and adolescent: <ul style="list-style-type: none">• Primary and secondary lymphedema• Pelvic floor disorders• Oncologic diagnoses 2015-2020: Education and Development Coordinator Site Coordinator of Clinical Education Chair of the Physical Therapy Continuing Education Committee Member of the Neonatal Fellowship Leadership Team Provision of physical therapy in clinical specialties Quality improvement leader Graduate of CHOP Improvement Leadership Course, 2018
2000-2015	University of Pennsylvania Health System/Good Shepherd Penn Partners 2009-2015 Lead Therapist, Abramson Cancer Center 2012-2014 Interim Site Manager, multiple locations, Penn Therapy & Fitness 2006-2009 Site Manager, Penn Therapy & Fitness 2005-2006 Team Leader, Pelvic Floor Rehabilitation Team 2003-2005 Lead Physical Therapist 2001-2003 Senior I Physical Therapist

2000-2001	Staff Physical Therapist
2018-Present	Survivorship Solutions, Consultant, Oncology Rehabilitation
2014-2015	On Q Health, Consultant, Lymphedema
2010-2015	Arcadia University, Adjunct Instructor. Glenside, PA
2000-2007	Arcadia University, Adjunct Instructor. Glenside, PA
1999-2000	General Healthcare Resources, Inc. Plymouth Meeting, PA
1999	Community Rehab Centers. Philadelphia, PA
1998-1999	Physiotherapy Associates. San Francisco, CA
1998-1999	Veterans Affairs Health Care System. Research Physical Therapist. Palo Alto, CA
1996-1997	University of the Sciences in Philadelphia. Research Interviewer. Philadelphia, PA
1996	Thomas Jefferson University. Research Assistant. Philadelphia, PA
1994-1995	Environex, Inc. Senior Project Engineer. Wayne, PA
1992-1994	Dames & Moore International. Staff Environmental Analyst. Willow Grove, PA
1991-1992	Environex, Inc. Project Engineer. Wayne, PA

Certifications and Licenses:

Current	Pennsylvania Physical Therapy License Number PT-012666-L Expiration 12/31/20
Current	New Jersey Physical Therapy License Number QA 09467 Expiration 1/31/22
2010	Certified Lymphedema Therapist. Norton School of Lymphatic Studies
2010	CITI, Human Research Curriculum Completed. Expires December, 2022
Current	Heartsaver CPR AED Certified. Expires April, 2021

Professional Societies, Scientific Review Groups, and Other Professional Activities:

1998-Present	American Physical Therapy Association Member Current Section Membership: Pediatrics, Oncology, Women's Health
2020- Present	Pennsylvania Physical Therapy Association Continuing Education Committee
2019	APTA Percutaneous Tibial Neuromodulation (PTNM) Scientific/Practice Review Committee
2012-2014	Member of APTA Section on Women's Health task force created to determine content guidelines for entry level education in women's health
2014	University of Otago, Department of Physiotherapy Consultant for creation of intake form and outcome tools for their Physiotherapy based exercise class for cancer survivors Education for Physiotherapists working with cancer survivors
2013	Invited member of CARF International Standards Advisory Committee for creation of CARF standards for Cancer Rehabilitation Programs

Reviewer Positions:

2016-Present	Reviewer, Rehabilitation Oncology
2015-Present	Reviewer, Neurology and Urodynamics

Classroom Teaching:

2016-2020	Lecturer, Cancer Rehabilitation and Lymphedema. Delaware Technical & Community College Physical Therapy Assistant Program
2015-2019	Lecturer, Cancer Rehabilitation. University of Pennsylvania School of Nursing
2018	Lecturer, Cancer Module. University of the Sciences
2011-2013	Lecturer, Cancer Module, University of Dentistry and Medicine Department of Physical Therapy
2011-2014	Lecturer, Physiologic changes during pregnancy, Arcadia University
2013-2014	Management of sacroiliac joint and low back pain in pregnancy, Arcadia University
2010	Lecturer, Physical Therapy Interventions for Pelvic Floor Dysfunctions, Arcadia University
2001-2007	Lecturer, Physical Therapy Interventions for Pelvic Floor Dysfunctions, Arcadia University
2002-2005	Lecturer, Exercise for the Childbearing Year. Widener University
2001-2005	Lecturer, Physical Therapy Interventions for Pelvic Floor Dysfunctions, Widener University.
2002	Lab Assistant. APTA Section on Women's Health Course Intermediate Pelvic Floor Dysfunctions.

Lectures by Invitation:

Mar 2020	<i>Differential Diagnosis of Edema.</i> Interdisciplinary Case-Based Approach to Medical Screening for the Physical Therapist. Arcadia University. Glenside, PA
Oct 2018	<i>PT Treatment for Pediatric and Adolescent Incontinence.</i> Philadelphia Regional Pelvic PT Alliance. Philadelphia, PA
Aug 2018	<i>Biofeedback Assisted Pelvic Floor Muscle Training in Adults & Children - Case Presentations.</i> International Continence Society Annual Meeting. Philadelphia, PA
Aug 2018	<i>Incontinence and Technology.</i> International Continence Society Annual Meeting. Philadelphia, PA
Aug 2017	<i>Pediatric Oncology</i> Webinar. CARF International.
June 2017	<i>Rehab of the Pelvis and Core.</i> International Exstrophy Conference. Philadelphia, PA
Sept 2016	<i>Biofeedback for Pediatric Incontinence.</i> Pediatric Urology Nursing Symposium. Dallas, TX
Oct 2015	<i>Prevention of Impairment across the Client Spectrum,</i> PPTA Annual Conference. Seven Springs, PA
Nov 2013	Evidence for Exercise in Cancer Related Fatigue. Webinar. PhysicalTherapy.com
Oct 2013	Evidence for Exercise in Breast Cancer Survivors. Webinar. PhysicalTherapy.com
Jan 2013	<i>Evidence-Based Approach to Strength Training in Breast Cancer Survivors.</i> Education Session. APTA Combined Sections Meeting. San Diego, CA
Apr 2013	<i>Cancer Survivorship: Role of PT.</i> Webinar presented on behalf of APTA
Apr 2013	<i>Physical Therapy and exercise.</i> Gilda's Club. Buck County, PA
Apr 2013	<i>Insomnia and Fatigue.</i> Living Beyond Breast Cancer Metastatic Disease conference. Symptom management for gynecologic cancers. Philadelphia, PA
Oct 2010	<i>Women's Health Physical Therapy,</i> APTA Student Conclave, Cherry Hill NJ
Dec 2005	<i>The Lesser Known Causes of Chronic Pelvic Pain: Evaluating and Managing</i>

- Oct 2004 *Musculoskeletal Disorders*. 3rd Annual Conference on Urogynecology and Pelvic Floor Dysfunction, University of Pennsylvania Health System. Philadelphia, PA
- Oct 2004 *Physical Therapy Interventions for Pelvic Floor Dysfunctions*. 2nd Annual Conference on Urogynecology and Pelvic Floor Dysfunction, University of Pennsylvania Health System. Philadelphia, PA
- Jan 2004 *Physical Therapy Interventions for Pelvic Floor Dysfunctions*. Presented to the PPTA Southeastern District Meeting. Philadelphia, PA
- 2002-2004 *Symptom management for gynecologic cancers*. University of Pennsylvania Cancer Center Focus on Gynecologic Cancers. Philadelphia, PA
- Feb 2001 *Taking Control of your Bladder: Dealing with Urinary Incontinence*. Penn Partners in Healthy Living, Philadelphia, PA
- Jan 2001 *Physical Therapy Interventions for Pelvic Floor Dysfunctions*. Presented to the PPTA Southeastern District Meeting. Philadelphia, PA
- Mar 1999 *Physical Therapy Intervention for Pelvic Floor Dysfunctions*. Presented before the University of California at San Francisco, Department of Obstetrics, Gynecology & Reproductive Sciences. San Francisco, CA

Intra and Interdepartmental Lectures:

- 2016-2019 Children’s Hospital of Philadelphia
 - Biofeedback for Urologic Disorders
 - Pediatric Lymphedema
 - Electrical Stimulation for Pediatric Urinary Incontinence
 - Biofeedback for Pediatric Gastrointestinal Disorders
 - Constipation
 - Outpatient Physical Therapy Journal Club
 - 2000 – 2015 University of Pennsylvania Health System/Good Shepherd Penn Partners
 - Physical Therapy following allogeneic bone marrow transplant
 - Physical Therapy for Cancer Related Fatigue
 - Rehabilitation for Cancer Survivors
 - Physical Therapy Following Gynecologic Cancers
 - Sexuality from a Physical Therapy Perspective
 - Physical Therapy Interventions for Pelvic Pain and Sacroiliac Dysfunctions
 - Physical Therapy Interventions for Urinary Incontinence
 - Physical Therapy Interventions for Painful Pelvic Floor Dysfunctions
 - Physical Therapy for Gastrointestinal Disorders
 - Physical Therapy as Complementary and Alternative Medicine
 - Exercise during the Childbearing Year
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Contributions to Funded Grants:

Collaborator on NIH funded Dissemination study, “The Physical Activity and Lymphedema (PAL) Program”. Funded by NCI grant R21CA152451 (PI: Schmitz) and NIMH grant K23MH099179 (PI: Beidas)

Collaborator on “iCAN” study – evaluating use of a web-based weight loss intervention in young adult cancer survivors. Funded by grants from the American Cancer Society and the Abramson Cancer Center

Awards:

Special Recognition. APTA Annual Conference. June 2013. Oeffner J, **Branas A**. *Physician Referral to Outpatient Physical Therapy for Cancer Related Fatigue*.

Innovative Practice Model, top innovator. APTA Innovation Summit. March 2013. **Branas, A**, Cohn, J, Dugan, N, Schmitz, K. *Strength After Breast Cancer*.

Bibliography:

Peer Reviewed Publications:

1. Beidas RS, Paciotti B, Barg F, **Branas AR**, Brown JC, Glanz K, DeMichele A, DiGiovanni L, Salvatore D, Schmitz KH. A Hybrid Effectiveness-Implementation Trial of an Evidence-Based Exercise Intervention for Breast Cancer Survivors. *Journal of the National Cancer Institute*. 2014;(50): 338-345.
2. Lynch SM, Stricker CT, Brown JC, Berardi JM, Vaughn D, Domchek S, Filseth S, **Branas A**, Weiss-Trainor E, Schmitz KH, Sarwer DB. Evaluation of a web-based weight loss intervention in overweight cancer survivors aged 50 years and younger. *Obesity Science & Practice*. 2017.

Other Publications:

1. **Branas, A**. Strength After Breast Cancer: Empowering Survivors to Reduce the Risk of Lymphedema. *Oncology Times*. Oncology-times.com. November 25, 2014.
2. **Branas A**. Evidence for exercise in cancer related fatigue. *physicaltherapy.com*. June 5, 2014.
3. **Branas A**. Transitioning to a high-growth practice in pelvic floor rehab is easier than you think. *Advance for Directors in Rehabilitation*. 2009. Vol. 18, Issue 7, Page 27

Abstracts:

1. Flannigan E, **Branas A**, Burkhardt M. *Relationship of Hematologic Lab Values and Execution of Occupational and Physical Therapy*. Leadership Education in Neurodevelopmental Disabilities (LEND) fellowship research day. May 2019.

2. **Branas A**, Cooper S. *Rehabilitation Following Complete Bladder Exstrophy Repair*. APTA Combined Sections Meeting. January 2019.
3. Ryninger M, Caviston S, DeVirgilio K, **Branas A**, Eilbacher J. *Improving the Efficiency and Effectiveness of Physical Therapy Care for Patients Actively Undergoing Treatment for Pediatric Cancers*. APTA Combined Sections Meeting. February 2018.
4. Eilbacher J, **Branas A**, Caviston A, DeVirgilio K, Ryninger R, Rheingold S. *Improving the Patient and Family Experience: Physical Therapy within the Oncology Clinic*. American Congress of Rehabilitation Medicine. October 2017
5. **Branas A**, Cross C, Pehnke M. *Modified Complete Decongestive Therapy for treatment of Pediatric Klippel-Trenaunay Syndrome*. APTA Combined Sections Meeting, February 2017 and AOTA Annual Meeting March 2017.
6. Stricker CT, Lynch SM, Brown JC, **Branas A**, Palmer SC, Schmitz KH. *Pilot study of a web-based weight-loss intervention for young adult (ya) cancer survivors*. *Oncology Nursing Forum*. 39(6):E544, Nov 2012
7. Oeffner J, **Branas A**. *Physician Referral to Outpatient Physical Therapy for Cancer Related Fatigue*. APTA Annual Conference. June 2013. Selected for special recognition by the APTA.
8. **Branas, A**, Cohn, J, Dugan, N, Schmitz, K. *Strength After Breast Cancer*. APTA Innovation Summit. March 2013. Selected as one of top five innovative practice models.
9. **Branas AR**, O'Mara G, Perakash I, Kiratli BJ, *Changes in the Demographics of Spinal Cord Injury: 1942-1955*. APTA Combined Sections Meeting, February 2000 and the Veterans Affairs National Rehabilitation Research and Development Service meeting, February 2000.
10. **Branas AR**, O'Mara G, Perakash I, Kiratli BJ, *Changes in the Demographics of Spinal Cord Injury: 1942-1955*. Veterans Affairs National Rehabilitation Research and Development Service meeting, February 2000.
11. **Branas AR**, Muntzer S, *An Exploration of the Negative Correlation Between Two Methods of Measuring Hamstring Length in Adults with Tight Hamstrings*. Philadelphia College of Pharmacy and Science, Sigma Xi Poster Presentation, April 1998.

Contributions to publications, participation cited but not by authorship:

1. Chen LX, Mao JJ, Fernandes S, et al. Integrating acupuncture with exercise-based physical therapy for knee osteoarthritis: a randomized controlled trial. *J Clin Rheumatol*. 2013;19(6):308-16.
2. Nelson P, Boissonnault JS, Anderson K, Figuers C, Dockter MK. Survey on Curricular Content for Doctor of Physical Therapy Guidelines for Women's Health Content in Professional Physical Therapist Education: 2014 Update. *J Women's Health Physical Therapy*: May/August 2016 - Volume 40 - Issue 2 - p 61-76

3. Boissonnault JS, Anderson K, Dockter MK, Nelson PR, Figuers C. Comparison of Section on Women's Health, American Physical Therapy Association, Guidelines for Women's Health Content in Professional Physical Therapist Education; 2005 to 2014. *J of Women's Health Physical Therapy*: May/August 2016 - Volume 40 - Issue 2 - p 89–100
4. Figuers C, Boissonnault JS, Nelson PR, Dockter MK, Anderson K. Technical Report on Using the Systems and Patient Management Model in Women's Health DPT Curricular Guideline. *J of Women's Health Physical Therapy*: May/August 2016 - Volume 40 - Issue 2 - p 77–83