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Physical Therapy Education
Great Plains IDeA-CTR
Allied Health Professions Education, Research and Practice
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Research interests

Research focus:

Chronic disease prevention.

The goal of my research is to investigate the role of exercise in chronic disease prevention and management.

My research will make a difference because:

I'm currently involved in a study with Dr. Nancy Waltman, College of Nursing, which compares the effect of exercise on bone health in post-menopausal women. We hope the results of this study contribute to guidelines for management of early bone loss in women. I'm also a member of a research team that is exploring the link between obesity and poor outcomes in cancer survivors. My specific interest is the anti-inflammatory effects of exercise, which improves survival and decreases the risk of cardiovascular and metabolic disease.

Employment

Associate Professor

Associate Professor
Physical Therapy Education
University of Nebraska Medical Center
Aug 1 2013 → present

Member

Great Plains IDeA-CTR
University of Nebraska Medical Center
Aug 1 2013 → present

Associate Dean for Research

Allied Health Professions Education, Research and Practice
University of Nebraska Medical Center
Jul 1 2020 → present

Coordinator, Graduate Studies

Allied Health Professions Education, Research and Practice
University of Nebraska Medical Center
Jul 1 2020 → present