

## CURRICULUM VITAE

Leslie N. Russek  
Clarkson University

### Education

Transitional Doctorate  
Simmons College  
Physical Therapy  
5/2006

Bachelor of Science, Summa Cum Laude  
University of Vermont  
Physical Therapy  
5/1991

Doctor of Philosophy  
Johns Hopkins School of Medicine  
Biomedical Engineering  
12/1987

Bachelor of Arts, Magna Cum Laude  
Harvard University  
Applied Mathematics, minor Biomechanics  
5/1983

### Licensure Information

State of New York, Physical Therapist #17154-1  
1997 to Present

State of Maryland, Physical Therapist #17178  
1991 to 1997, voluntarily inactivated license

### Certifications

Board-Certified Clinical Specialist in Orthopaedic Physical Therapy (OCS)  
American Physical Therapy Association  
1997-2007, 2007-2017, 2017-2027

Advanced Clinical Instructor Credentialing  
American Physical Therapy Association  
2009

### Employment and Positions Held

Faculty, Department of Physical Therapy  
Professor Emeritus

2018+

Semi-retired from teaching as of 2021. Continuing research & scholarship.

Interim Physical Therapy Department Co-Chair

Clarkson University

2017-2018

Visiting Scholar

Body in Mind Institute

University of South Australia

Adelaide, SA, Australia

August, 2014-March, 2015

Tenured

Clarkson University

Potsdam, NY

2003 - Present

Faculty, Department of Physical Therapy

Assistant Professor

Tenure track

Clarkson University

Potsdam, NY

1997-2003

Staff Physical Therapist

Per Diem, specializing in hypermobile Ehlers-Danlos, fibromyalgia, chronic pain.

Saint Lawrence Health System (formerly Canton Potsdam Hospital)

Potsdam, NY

1998 - Present

Executive Officer

Department of Physical Therapy

Clarkson University

Potsdam, NY

1998-1999 & 2004

Interim Director, Rehabilitation Engineering

Clarkson University

Potsdam, NY

2002-2003

Physical Therapist/Researcher

Burch, Rhoads & Loomis, which merged with Physiotherapy Associates

Baltimore, MD

1991-1997

Assistant to the Dean  
School of Natural Resources  
University of Vermont  
Burlington, VT  
1990-1991

Financial Assistant  
School of Natural Resources  
University of Vermont  
Burlington, VT  
1988-1990

Tutor in Mechanical Engineering, Electrical Engineering, and Biostatistics  
Student Services  
University of Vermont  
Burlington, VT  
1989-1991

Postdoctoral Research Associate  
Department of Physiology and Biophysics  
University of Vermont  
Burlington, VT  
1988

Research Assistant  
Departments of Physiology and Biomedical Engineering  
Johns Hopkins School of Medicine  
Baltimore, MD  
1983-1988

Teaching Assistant  
Department of Biomedical Engineering  
Johns Hopkins School of Medicine  
Baltimore, MD  
1985-1986

Research Assistant  
Department of Engineering  
Harvard University  
Cambridge, MA  
1981-1983

## Peer Reviewed Publications

### Journal Articles

**Russek LN**, Block NP, Byrne E, Chalela S, Chan C, Comerford M, Frost N, Hennessy S, McCarthy A, Nicholson LL, Parry J, Simmonds J, Stott PJ, Thomas L, Treleaven J, Wagner W and Hakim A (2023) Presentation and physical therapy management of upper cervical instability in patients with symptomatic generalized joint hypermobility: International expert consensus recommendations. *Front. Med.* 9:1072764. doi: 10.3389/fmed.2022.1072764

Berryman C, Wallwork SB, Heredia-Rizo AM, Knight E, Camfferman D, **Russek LN**, Moseley GL. Are You Listening? Facilitation of the Auditory Blink Response in People with Fibromyalgia. *J Pain.* Sep 2021;22(9):1072-1083. doi:10.1016/j.jpain.2021.03.141

Madden VJ, Kamerman PR, Catley MJ, Bellan V, **Russek LN**, Camfferman D, Lorimer Moseley G. Variability in experimental pain studies: nuisance or opportunity? *Br J Anaesth.* 2021 Feb;126(2):e61-e64. doi: 10.1016/j.bja.2020.11.005. Epub 2020 Dec 17. PMID: 33341221.

Grabherr L, **Russek LN**, Bellan V, Shohag M, Camfferman D, Moseley GL. The disappearing hand: vestibular stimulation does not improve hand localisation. *PeerJ.* 2019;7:e7201.

**Russek LN**, Stott P, Simmonds J. Recognizing and Effectively Managing Hypermobility-Related Conditions. *Phys Ther.* Sep 1 2019;99(9):1189-1200. doi:10.1093/ptj/pzz078

Madden VJ, Kamerman PR, Bellan V, Catley MJ, **Russek LN**, Camfferman D, Moseley GL. Was That Painful or Nonpainful? The Sensation and Pain Rating Scale Performs Well in the Experimental Context. *J Pain.* 2019;20(4): 472.e471-472.e412.

**Russek LN**. Diagnosing and Managing Hypermobility Syndrome. *Continuing EDUCATION.com.* 2019. <https://www.continuingeducation.com/course/pt64/diagnosing-and-managing-hypermobility-syndrome-/> Accessed 3/18/19.

Fritz HL, **Russek LN**, Dillon MM, &. Humor use moderates the relation of stressful life events with psychological distress. *Personality and Social Psychology Bulletin.* 2017;43(6):845-859.

Karran, E. L., McAuley, J. H., Traeger, A. C., Hillier, S. L., Grabherr, L., **Russek, L. N.**, Moseley, G. L. Can screening instruments accurately determine poor outcome risk in adults with recent onset low back pain? A systematic review and meta-analysis. *BMC medicine.* 2017;15(1):13.

Engelbert RHH, Juul-Kristensen B, Pacey V, de Vandeke I, Smeenk S, Woinarosky N, Sabo S, Scheper MC, **Russek L**, Simmonds JV. The Evidence-based rationale for physical therapy treatment of children, adolescents and adults diagnosed with joint hypermobility syndrome/hypermobility Ehlers Danlos Syndrome. *Am J Med Genet C Semin Med Genet.* 2017;175(1):158-167.

Madden VJ, **Russek LN**, Harvie DS, Vlaeyen JWS, Moseley GL. Classical Conditioning Fails to Elicit Allodynia in an Experimental Study with Healthy Humans. *Pain Medicine* 2017;18(7):1314-1325.

Madden VJ, Bellan V, **Russek LN**, Camffermann D, Vlaeyen JWS, Moseley GL. Pain by association? Experimental modulation of human pain thresholds using classical conditioning. *Journal of Pain*. 2016;17(10):1105-1115.

**Russek LN**, Errico DM. Prevalence, injury rate and, symptom frequency in generalized joint laxity and joint hypermobility syndrome in a "healthy" college population. *Clin Rheumatol*. 2016;35(4):1029-39.

**Russek LN**, LaShomb EA, Ware AM, Wesner SM, Westcott V. United States Physical Therapists' Knowledge About Joint Hypermobility Syndrome Compared with Fibromyalgia and Rheumatoid Arthritis. *Physiotherapy Research International*. 2016;21(1):22-35.

Jayawardana V, Giffin A, Mondal S, **Russek L**. Bayesian analysis of factors associated with fibromyalgia syndrome subjects. *AIP Conference Proceedings*. June, 2015;1641:471-478.

**Russek L**, McManus C. A Practical Guide to Integrating Behavioral and Psychologically Informed Approaches into Physical Therapist Management of Patients with Chronic Pain. *Orthopaedic Physical Therapy Practice*. Jan 2015;27(1:15):8-16.

**Russek LN**, Gardner S, Maguire K, Stevens C, Zaluski-Brown E, Mondal S, Jayawardana VN. A cross-sectional survey assessing sources of movement-related fear among people with fibromyalgia syndrome. *Clinical Rheumatology*. June 2015;34(6):1109-1119.

**Russek LN**, Fulk GD. Pilot Study Assessing Balance in Women with Fibromyalgia Syndrome. *Physiotherapy Theory and Practice*. 2009;25(8)555-565.

**Russek LN**, Starling K. Fehlende somatosensorische Kontrolle und Gleichgewichtsdefizite bei Frauen mit symptomfreier Gelenkhypermobilität. [German] Lack of Somatosensory Control and Balance Deficits in Females with Asymptomatic Joint Hypermobility. *Physioscience*. 2007;3(1).

**Russek LN**. Factors affecting interpreting of reliability coefficients. *JOSPT*. 2004;34(6):341-347.

**Russek LN**. Examination and Treatment of a Patient with Hypermobility Syndrome. *Physical Therapy*. 2000;80:386-398.

**Russek LN**. Hypermobility Syndrome. *Physical Therapy*. 1999; 79(6):591-599.

**Russek LN**, Wooden M, Ekedahl S, Bush A. Attitudes Towards Standardized Data Collection, *Physical Therapy*. 1997; 77(7):714-729.

Lapidot SA, Huang BK, **Russek LN**, Brooks AE, Fayazi A, Phair RD. Mechanisms for Ca signaling in vascular smooth muscle: resolved from <sup>45</sup>Ca uptake and efflux experiments. *Cell Calcium*. 1996;19:167-184.

Strickberger AS, **Russek LN**, and Phair RD. Evidence for increased aortic plasma membrane calcium transport caused by experimental atherosclerosis in rabbits. *Circulation Research*. 1988, 62:85-89.

### **Book Chapters**

**Russek LN**. Pain Mechanisms in Hypermobility. Di Bon, J. *The Integral Movement Method – An Approach to Hypermobility Management*. Jessica Kingsley Publishers, London. In Press, 2023.

**Russek LN**. Musculoskeletal headaches in EDS. In Henderson et al, *EDS Case Studies*. In Press, 2023.

**Russek, LN**. Chronic Pain. In: O’Sullivan S, Schmitz T, and Fulk G, eds. *Physical Rehabilitation, 7<sup>th</sup> ed.* Philadelphia, PA: F.A. Davis; 2019. Updated for on-line version in 2022.

**Russek LN**. Closed Kinetic Chain and Gait. In Donatelli R, ed. *Biomechanics of the Foot and Ankle, 2<sup>nd</sup> ed.* Philadelphia, PA; F.A Davis; 1996.

### **Conference abstracts/papers**

**Russek LN**. Di Bon J, Vivlamore-Zion C, Jandrew T, Simmonds J. Preliminary analysis of an on-line Pilates program for people with hypermobility. Ehlers-Danlos Society's 2021 Global Learning Conference, Virtual, 2021.

**Russek LN**, Purdin H. The Impact of Group Feldenkrais Training on People with Hypermobility Spectrum Disorder – A Pilot Study. Ehlers-Danlos Society's 2021 Global Learning Conference, Virtual, 2021.

*Berryman CF*, Campfferman D, Knight E, Wallwork S, **Russek L**, Moseley GL. People with Fibromyalgia Show an Enhanced and Less Variable Response to Prepulse Facilitation than Healthy Controls. Poster at International Association for the Study of Pain 18<sup>th</sup> World Congress on Pain, Boston, MA, 2018.

*Madden V.J.*, Kamerman, P., Bellan, V., Catley, M.J., **Russek, L.N.**, Camffermann, D., Moseley, G.L. “The stimulus-response characteristics of the Sensation and Pain Rating Scale (SPARS) for rating non-painful and painful experiences” Poster, Australia and New Zealand Pain Societies’ Annual Scientific Meeting, Sydney, Australia, April 2018.

*Madden V*, Catley M, Bellan V, **Russek L**, Camfferman D, Moseley L. The FESTNRS: A new numerical rating scale to assess nonpainful and painful experiences in humans. Poster at International Association for the Study of Pain 16<sup>th</sup> World Congress on Pain, Yokohama, Japan. September 27, 2016

*Berryman C, Camfferman D, Wallwork S, **Russek L**, Moseley L.* Does the ability to filter information differ between people with fibromyalgia and healthy controls? Poster at International Association for the Study of Pain 16<sup>th</sup> World Congress on Pain, Yokohama, Japan. September 28, 2016

*Zeigler S, Fulk G, **Russek L**, Minor S, Rigsbee J, LaFay V, Martin R, Towler C.* Development and Utilization of a Professional Development Assessment Process Across a Doctor of Physical Therapy Curriculum. Poster at Combined Sections Meeting, Anaheim, CA, 2/18/16.

***Russek L**, Berryman C, Cofferman D, Moseley L.* Do people with fibromyalgia show altered somatosensory processing? Poster, Section on Research 2015 Research Retreat Piecing Together the Pain Puzzle: The Biopsychosocial Model, Smithfield, RI, July 26-30, 2015.

*Madden VJ, **Russek LN**, Harvie DS, Vlaeyen JW, Moseley GL.* Can classical conditioning elicit allodynia responses in healthy humans? Poster, European Meeting on Human Fear Conditioning, Bochum, Germany, May 2015.

*Jayawardana V, **Russek L**, Mondal S.* Factors Associated with Function Among Individuals with Fibromyalgia. Statistics and Probability Conference. College Park, MD. May, 2014.

*Errico DM, **Russek LN**.* Comparison of joint hypermobility measures in female college athletes from various sports. Poster at Eastern Athletic Training Association Conference, Saranac Lake, January 11, 2014.

*Errico DM, **Russek LN**.* Comparison of joint hypermobility measures in female college athletes from various sports. Poster at New York State Athletic Training Association Conference, Saranac Lake, June, 2013.

***Russek LN**, Errico DM.* Prevalence of generalized joint hypermobility and hypermobility syndrome in female college athletes. Combined Sections Meeting, January 22, 2013, San Diego, CA. JOSPT, 2013;43(1):A6 doi:10.2519/jospt.2013.43.1.A1

***Russek LN**, Gardner S, Maguire K, Stevens C, Zaluski-Brown E.* A cross-sectional survey assessing movement-related fear, psychological distress and function among community-based people with fibromyalgia syndrome. Combined Sections Meeting, January 24, 2013, San Diego, CA.

***Russek LN**, Starling K.* Lack of somatosensory and balance deficits in females with asymptomatic joint hypermobility. Poster, Combined Sections Meeting, February 2006. JOSPT. 2006;36(1):A55.

*Fulk GD, **Russek L**, Searleman J and Thacher E.* Designing and building a virtual reality power wheelchair. Poster, Combined Sections Meeting, February 2004.

***Russek LN.*** Pain and Symptom Patterns Seen In Headaches. Accepted for platform presentation at Combined Sections Meeting, February 2004. (unable to attend due to late notification)

**Russek LN.** Reliability and Responsiveness to Change of Short- and Long-Term Headache Quality of Life Measures. Submitted for poster presentation at APTA Combined Sections Meeting, February 2003.

**Russek LN.** Reliability and Sensitivity to Change of Short- and Long-Term Headache Quality of Life Measures. Poster presentation at NYPTA Annual Conference, October 2002, Melville, NY.

**Fritz HL, Bolio MM, & Russek LN.** Humor use moderates the relation of stressful life events with psychological distress. International Conference on Personal Relationships. July, 2002. Nova Scotia, Canada.

**Banz J, Russek LN.** Reliability of ankle dorsiflexion measurements. Student McNair project. Accepted for professionally-reviewed national student research conference. 2002.

**Russek LN.** Reliability of Orthopedic Data, a Multisite Study, Platform Presentation at APTA Combined Sections Meeting. Boston, MA. 1997.

**Russek LN.** Patient Health Care Choices for Musculoskeletal Problems. Poster presentation at 1991 Annual APTA Conference, Boston, MA.

**Russek LN,** and Phair RD. Effects of reduced extracellular calcium on calcium metabolism in vascular smooth muscle (Abstract). In: Regulation and Contraction of Smooth Muscle, edited by Siegman, MJ, Somlyo, AP, Stephens, NL. New York, Alan Liss Inc. 1987, p 481.

Other:

**Russek L.** Overly flexible connective tissue causes problems in joints and throughout the body – and is often missed by doctors. *The Conversation*. Posted 9/1/2023 Available at: <https://theconversation.com/overly-flexible-connective-tissue-causes-problems-in-joints-and-throughout-the-body-and-is-often-missed-by-doctors-209194>

**Russek L.** Cervical Instability in Hypermobile Patients: When Orthopedic Problems Cause Neurological Issues. J. Orth. Phys. Ther blog. Posted 9/17/23. Available: <https://www.jospt.org/doi/10.2519/jospt.blog.20230917/full/>

**Russek L.** First do no harm. Why you should identify hypermobile patients. J. Orth. Phys. Ther blog. Posted 5/10/23. Available: <https://www.jospt.org/doi/10.2519/jospt.blog.20230510/full/>

**Russek L.** Is It Really Fibromyalgia? Recognizing Mast Cell Activation, Orthostatic Tachycardia, and Hypermobility. *Orthopaedic Practice*. 2018;30(3):186-193. Invited submission for APTA Orthopaedic Section Pain Management SIG.

**Russek L, Simmonds J.** The Evidence-based rationale for physical therapy treatment of children, adolescents and adults diagnosed with joint hypermobility syndrome/hypermobile Ehlers Danlos Syndrome (For Non-Experts). Posted 9/2018. Accessed 10/1/18. Available at:



<https://www.ehlers-danlos.com/2017-eds-classification-non-experts/evidence-based-rationale-physical-therapy-treatment/>.

**Russek L.** Vertebrobasilar insufficiency test for cervicogenic headache. PTNow available at <http://www.ptnow.org>. Accepted 12/2015.

**Russek L.** Craniocervical flexion test for cervicogenic headache. PTNow available at <http://www.ptnow.org>. Accepted 7/2015.

**Russek L.** Cervical range of motion for cervicogenic headache. PTNow available at <http://www.ptnow.org>. Accepted 7/2015.

**Russek L.** Cervical flexion-rotation testing for cervicogenic headache. PTNow available at <http://www.ptnow.org>. Accepted 7/2015.

**Russek L.** Cervical joint position error testing for cervicogenic headache. PTNow available at <http://www.ptnow.org>. Accepted 7/2015.

Russek LN. Aikido and the 7 Habits of Highly Effective People. Aikido Today Magazine, June, 2004, vol #94.

#### Peer Reviewed Scientific and Professional Presentations

Jeong HJ, **Russek L**, Slavens BA. Children with hypermobility spectrum disorder: Pathway to a better diagnosis & treatment.  
APTA Combined Sections Meeting, San Diego, CA  
February 23, 2023

**Russek LR**, Purdin H, Stott P.  
When patients “fail” exercise. Challenges for prescribing exercise for hypermobile Ehlers-Danlos syndrome and dysautonomia. 2 hr Educational Session.  
APTA Combined Sections Meeting, San Antonio, TX  
February 2, 2022

*Tramposh S*, **Russek LR**.  
What is Hypermobility? A Case Study in Awareness and Instruction for Upper String Students. 1 hr platform. American String Teachers Association National Conference.  
Orlando, FL.  
March, 6, 2020.

**Russek LR**, Purdin H  
Diagnosis and Management of Hypermobility Spectrum Disorders. 1-day preconference course.  
APTA NEXT, Orlando, FL  
Scheduled for June 27, 2018, but cancelled due to insufficient advance registration.

**Russek LR**, Purdin H, Simmonds J, Sabo S.

A Zebra Among Us: Recognition & Management of Hypermobility Spectrum Disorders. 2 hr Educational Session.

APTA Combined Sections Meeting, New Orleans, LA.

February 23, 2018

Purdin HA, **Russek LR**.

Ehlers-Danlos Syndrome – Succeed with Complex Cases. 2 hr Educational Session.

APTA NEXT, Boston, MA

June 24, 2017

**Russek LR**, McManus C.

Integrating Behavioral Management into PT for Patients with Chronic Pain.

APTA Combined Sections Meeting. Las Vegas, NV.

February 6, 2014

**Russek LN**.

Problem-Based Learning for Student Engagement.

Effective Engagement Techniques. Teaching Effectiveness Conference, Associated Colleges, Potsdam, NY.

November, 2012

**Russek LN**, Errico DM.

Managing the consequences of hypermobility syndrome: Proprioceptive deficits in the cervical spine and shoulder.

New York State Athletic Trainers Association conference, Lake Placid, NY.

June, 2012

**Russek LR**.

Headache Classification Using Subjective Examination Information That May Guide Physical Therapy Intervention. (Received Salant Research Award for this presentation)

New York Physical Therapy Association Annual Conference, Melville, NY.

October, 2002.

**Russek LR**.

Headaches: Causes, Classification, and Physical Therapy Intervention.

PT 2000, Annual APTA conference. Indianapolis, IN.

June 2000

#### Funded/In Review Grant Activity

Leslie Russek, PT, DPT, PhD, OCS, Primary Investigator

Heather Purdin, PT, MS, CMPT, Good Health Physical Therapy & Wellness, Portland, OR

**Assessing the Impact of Feldenkrais Training on People with Hypermobility Spectrum Disorder**

\$2,225  
Fully funded, 5/12/18

Leslie Russek, PT, DPT, PhD, OCS, Primary Investigator  
Natasha Kohlgade Banerjee, PhD, Department of Computer Science  
Sean Banerjee, PhD, Department of Computer Science  
\$12,436

**Developing Methodology for Using Virtual Reality to Assess Cervical Proprioception**  
New York Physical Therapy Association Research Committee, Arthur J. Nelson Research  
Designated Fund  
Submitted 2/1/18, Unfunded

Leslie Russek, PT, DPT, PhD, OCS, Primary Investigator  
\$798

**Explain Pain self-management workshops for both physical therapists and individuals with chronic pain.**

Canton-Potsdam Hospital Guild  
8/2015-7/2016, Funded

Leslie Russek, PT, DPT, PhD, OCS, Primary Investigator  
\$280

**Chronic Pain and Stress Management Course**

Canton-Potsdam Hospital Guild  
8/2009-7/2010, Funded

Contributor  
\$6.5 million endowment  
2001-2002 Coulter School of Engineering Rehabilitation Engineering focus

P.I.: E. Thacher, PhD, Mechanical and Aeronautical Engineering  
Leslie Russek, PT, DPT, PhD, OCS, Co-Investigator  
\$23,125

**The Clarkson Invention Institute.**

NCIIA Grants Program.  
1/2001, Funded

Leslie Russek, PT, DPT, PhD, OCS, Primary Investigator  
\$1,000

**Headache Classification and Quantification.**

New York State Physical Therapy Association.  
3/2000-2/2002, Funded

Leslie Russek, PT, DPT, PhD, OCS, Primary Investigator  
\$2,500

Section on Research Demonstration Grant  
American Physical Therapy Association  
1996, Funded

Primary Investigator

\$10,831

National Research Support Award for research on muscle mechanics,  
National Institute of Health.

1988 Grant # 1 F32 AR08038-01

Graduate Student Fellowship

Tuition and stipend

Biomedical Engineering Training Program Fellowship

National Institute of General Medical Sciences.

1983-1987 Fellowship # 5 T32 GM07057-12

### **Current/Active Research Activity**

#### **Accepted**

None

#### **Under Review**

None

#### **Active**

Russek LN... DPT Education regarding hypermobile Ehlers-Danlos Syndrome... Data collected, draft of paper written. 2022.

Russek LN, Di Bon J, Simmonds J. The effects of an on-line Pilates program for people with hypermobility spectrum disorders. Data collected, data analysis in process. 2023

Russek LN, Mustizer T, Enright A, Shattuck H, LePage M. Validity of virtual-reality for measuring cervical proprioception in a hypermobile and non-hypermobile college population. Revising the manuscript.

Russek LN and Errico DM: Hypermobility and injury rates among female athletes with hypermobility syndrome compared to non-hypermobile athletes. Submitted to J Athletic Training. In revision for submission elsewhere.

Russek LN, Bergus L, Rinker J. Factors that influence function and quality of life in people with hypermobile Ehlers-Danlos syndrome (EDS). Non-significant results.

Russek LN, Mondal S, Jayawardana VN. Factors contributing to falls and disability status in community-based population with fibromyalgia. Planned submission to Clinical Rheumatology. Data analysis complete.

Russek LN, Errico DM. Validity of the 5-item questionnaire for diagnosing hypermobility syndrome in a 'healthy' college population. In data analysis phase.

Russek LN. Prevalence of hypermobility syndrome and comorbidities in a population of physical therapy patients. Data collection complete, in data analysis

Byington-Bicknell J, Minichello J, Paulhamus T, Pierce S, Russek LN. The Experiences of Women with Fibromyalgia during the Alexander Technique: A Phenomenological Study. No recent activity.

Russek LN, Hoose G, Knight B, Bunker G. Assessing the Validity of Neurodynamic Testing for Carpal Tunnel Syndrome. No recent activity.

Membership in Scientific/Professional Organizations

International Association for the Study of Pain (IASP)  
2016-present

American Physical Therapy Association  
1989-present

American Physical Therapy Association Orthopedics Section  
1989-present

American Physical Therapy Association Research Section  
1994-present

American Physical Therapy Association Education Section  
1998-present

National Headache Foundation  
1996-2015

American Council on Headache Education  
2002-2015

American Headache Society  
2002-2015

International Headache Society  
1999-2007

IEEE Biomedical Engineering Section  
1997-2007

Associate Member

Consultative and Advisory Positions Held

Scientific Advisor, The Zebra Club exercise app for people with hypermobility. 2023.

Member: Dissertation Committee, Elizabeth Hornsby, University of Queensland. 2022-2023.

Chair: Allied Health Working Group of the International Consortium of Ehlers-Danlos Syndromes and Hypermobility Spectrum Disorders, which works to further research and clinical management for hEDS. Member 2016 to 2022. Chair of Educational component, 2023-present

Member: National Academies of Sciences, Engineering, and Medicine's Committee on Selected Heritable Connective Tissue Disorders and Disability. The role of this committee is to provide the Social Security Administration with evidence-based information regarding disability in Ehlers-Danlos Syndrome. 2021-22.

Consultant: Hemophilia Treatment Center, University of Michigan Medical Center. My role is to advise the group regarding Ehlers-Danlos Syndrome and hypermobility-related issues associated with bleeding disorders. Active 2021-2022.

Federation of State Boards of Physical Therapy, licensure exam item writer, 2016-2017.

Grant reviewer:

Research Foundation Flanders' (FWO) support to postdoctoral researchers.  
Project 20-FWO-PDOC-0613 entitled ENTRAINER: Employment participation in patients with the Ehlers-danlos syndromes. 2021. European Science Foundation

Health Research Board, Research Training Fellowships for Healthcare Professionals, Dublin, Ireland. 2015.

Journal Reviewer

Frontiers in Medicine, 2020-2022  
BMC Musculoskeletal Disorders, 2020  
Pilot and Feasibility Studies, 2019  
PeerJ, 2019, 2020, 2022  
South African Journal for Research in Sport, Physical Education and Recreation, 2018  
Lupus, Ad Hoc, 2016  
Health Quality Life Outcomes, Ad Hoc, 2014-present  
Physiotherapy Research International, Ad Hoc, 2013-present  
Physiotherapy, Ad Hoc, 2009-present  
Physical Therapy Journal, Ad Hoc, 2013-present  
Arthritis Care & Research, Ad Hoc, 2012-present  
Headache, Ad Hoc, 2012-present  
Arthritis Research & Therapy, Ad Hoc, 2011-present

Journal of Advanced Research, Ad Hoc, 2010-present  
The British Journal of Sports Medicine, Ad Hoc, 2009-present  
Athletic Training and Sports Healthcare (Editorial Review Board member), Ad Hoc, 2002-present  
Advances in Aging Research, Ad Hoc, 2015-present.

#### Textbook Reviewer

Lippincott, Williams & Wilkins:  
Kendall, McCreary, Provance, Rodgers & Romani – Muscles Testing and Function, 5<sup>th</sup> ed.  
Ford - Musculoskeletal Special Tests CD-ROM;  
Hall & Brodie – Functional Exercise;  
Cole B, Finch E, Gowland C, Mayo N – Physical Rehabilitation Outcome Measures;  
(Author unknown) – Research text proposal;  
Hertling & Kessler – Management of Common Musculoskeletal Disorders.  
Pearson Health Science: Psychosocial Aspects of Health Care  
Jones & Bartlett Learning: The Fundamental Physical Therapy Examination: Patient Interview and Tests & Measures.

#### Advisory Positions

Wellness Program Instructor: Preventing Headaches.  
Contracted by WellCall Wellness and Complementary Care.  
Provided to SUNY Canton on 1/12/07.

Member, founded and established policies and procedures  
Institutional Review Board  
Physiotherapy Associates  
1995-present

Consultant in development of Sports Medicine Clinic,  
Canton-Potsdam Hospital.  
1998

Design consultant for IBM in the design and construction of a problem oriented computerized documentation system.  
Physiotherapy Associates and IBM  
1994-1997

Outcomes Research Coordinator, created standardized physical therapy evaluation forms, Data Collection Tools, created comprehensive operational definitions manual and videos for hand and spine outcomes research. 1993-1995  
Mid-Atlantic Region clinics of Physiotherapy Associates.  
1994-1997 Research Coordinator  
1993-1997 Research Contributor

Developed Chronic Pain Management program  
Physiotherapy Associates, Glen Burnie clinic.  
1997

Consultant, Hand therapy  
Mid-Atlantic Region of Physiotherapy Associates.  
1995-1997

Developer: Neck School program and Back School program. These programs served as a model for other area clinics.  
Physiotherapy Associates  
1996

Initiated regular Quality Assurance and Peer Review program  
Burch Rhoads & Loomis  
1993

#### **Non-Peer Reviewed Invited Presentations**

Russek, panel chair. EDS ECHO Summit Series: Hypermobility Spectrum Disorders. Virtual 1-day conference for patients and healthcare providers. April 1, 2023.

2021- present. Russek, LN. Ehlers-Danlos Society ECHO series for North America Allied Health Professionals. Served as session facilitator, presenting introductory material, selecting and facilitating case discussions: Ongoing series. About 55 sessions facilitated as of 9/23.

Regular presentations to EDS ECHO series other than the one I facilitate:

- Russek, LN. Ehlers-Danlos Society ECHO series, guest presenter on PT Management of Headaches and Temporomandibular Joint Problems for Clinician series: 6/11/20, 9/24/20, 1/28/21, 2/4/22, 9/1/22, 1/26/23.
- Russek, LN. Ehlers-Danlos Society ECHO series, guest presenter on Pain Mechanisms in Hypermobility for Fundamentals of Integral Movement Method series. 3/30/2022, 10/17/22.

Russek LR. EDS Global Learning, Scottsdale, AZ.

- Managing Deconditioning, August 4, 2022
- Jr Zebras Keeping Kids Active (August 5, 2022)
- Zebra Teens: Creative Movement for Teens (August 4, 2022)

Russek LR. Managing Lumbar Instability – a Physical Therapy Perspective. EDS ECHO Summit: Neurological Complications. Virtual conference presentation for health care providers. September 25<sup>th</sup>, 2021

Russek LR. How Your Physical Therapist Can Help You Manage Lumbar Instability. EDS ECHO



Summit: Neurological Complications. Virtual conference presentation for patients. September 26<sup>th</sup>, 2021

Russek LR. Physical Therapy for Managing Daily Life with HSD/EDS. EDS ECHO Global Learning Conference. Virtual conference. Interactive presentation for patients/family. June 26, 2021.

Russek LR. Jr Zebras Kids: Staying Active is Fun. EDS ECHO Global Learning Conference. Virtual conference. Interactive presentation for children/family. June 26, 2021.

Russek LR. Jr Zebras Teens: How to Stay Active with HSD/EDS. EDS ECHO Global Learning Conference. Virtual conference. Presentation for patients/family. June 27, 2021.

Russek, LN. Principles of Physical Therapy. Global Learning Conference. 7/12/20, virtual conference.

Russek, LN. Ehlers-Danlos Society ECHO series, guest presenter on PT Management of Headaches and Temporomandibular Joint Problems: 6/11/20, 9/24/20, 1/28/21, 2/4/22.

Russek, LN. Ehlers-Danlos Society ECHO series for Nurses, guest presenter on Physical Therapy Management of hEDS. 12/10/20.

Russek LN, DeWandele I. Physical Therapy Management of EDS. 60 min. EDS Global Learning Conference. 7/30/19. Nashville, TN.

Russek LN. Physical Therapy Management for Children with EDS. 45 min. done twice. EDS Global Learning Conference Medical Professionals Day. 7/31/19. Nashville, TN.

Russek LN, DeWandele I. Physical Therapy for Adolescents with EDS. 40 min. EDS Global Learning Conference. 8/1/19. Nashville, TN.

Russek LN. Basic Principles of Physical Therapy Management. 40 min. EDS Global Learning Conference Medical Professionals Day. 8/2/19. Nashville, TN. Certified for CEU.

Russek LN. Shared Decision-Making. 60 min. Canton-Potsdam Hospital inservice for physical rehabilitation staff. 7/11/19

Russek LN. Headache and Pain Management for HSD. 30 min. lecture. Masterclass for Hypermobility: Continuing education course. 5/18/19. London, England.

Russek LN, Shepherd C. Headache and Pain and Fatigue Management. 45 min done twice. Masterclass for Hypermobility: Continuing education workshop. 5/18/19. London, England.

Russek LN. Preventing and Managing Injuries Among Musicians. 30 min. Crane School of Music, Potsdam, NY. Wellness Day. 4/1/19.

DPT students (Melissa, Kelsey, Christin, Suzanne), Russek LN. Injury Prevention Workshop for Musicians. 120 min twice. Crane School of Music, Potsdam, NY. Wellness Day. 3/29/19 and 3/30/19.

Russek LN. Managing Patients with Headaches, Focus On Biofeedback Devices. 60 min. Canton-Potsdam Hospital inservice for physical rehabilitation staff. 12/18/18.

Russek LN. Evaluating Patients with Headaches. 45 min. Canton-Potsdam Hospital inservice for physical rehabilitation staff. 8/21/18

Russek LN. Basic Principles of Physical Therapy and Pain Management. 40 min. EDS Global Learning Conference Medical Professionals Day. 8/5/18. Certified for CEU.

Russek LN. Pain Management for EDS. 30 min. EDS Global Learning Conference: Rare Types Day. Certified for CEU.  
Baltimore, MD, 8/5/18.

Russek LN. How Can Physical Therapy Help My EDS/HSD Symptoms? 45 min. EDS Global Learning Conference. Certified for CEU.  
Baltimore, MD, 8/3/18 and 8/4/18.

Russek LN. Using Why You Hurt Patient Education Materials in the PT Clinic. Canton-Potsdam Hospital inservice for physical rehabilitation staff. 4/19/18

Russek LN. Managing patients with Hypermobility Spectrum Disorder. 2 hr. Fort Drum and Carthage Area Hospital inservice. 4/18/18. Certified for CEU.

Russek LN. Physical Therapy Examination and Management of Hypermobility Spectrum Disorders. 45 min. Canton-Potsdam Hospital inservice for physical rehabilitation staff. 9/26/17.

Russek LN. Physical Therapy Examination and Management of Hypermobility Spectrum Disorders. 60 min. Ehlers-Danlos Syndrome, Complex Regional Pain Syndrome and Mast Cell Activation Syndrome. Lakewood Health Systems. Certified for CEU.  
St. Cloud, MN, 9/16/17

Russek LN. hEDS Self-Care for Children and Teens, 45 min. Ehlers-Danlos Society, Ehlers-Danlos Syndrome Global Learning Conference. Certified for CEU.  
Las Vegas, NV, 9/11/17

Russek LN. How to Manage your Hypermobility Spectrum Disorder. Ehlers-Danlos Society, 45 min. Ehlers-Danlos Syndrome Global Learning Conference. Certified for CEU.  
Las Vegas, NV, 9/9/17

Russek LN. Hypermobility Spectrum Disorders. NYPTA Regional Student Conclave, 60 min. Syracuse, NY. 3/25/17.

Engelbert R, Juul-Kristensen B, Pacey V, de Wandele I, Smeenk S, Woinarosky N, Sabo S, Scheper M, Russek L, Simmonds J. Hypermobility EDS Physiotherapy Management and Care. 60 min. Ehlers-Danlos Society Global Learning Conference. Certified for CEU. Baltimore, MD, USA. Jul 15, 2016.

Russek LN. Preventing and Managing Injuries Among Musicians. 30 min. Crane School of Music, Potsdam, NY. Wellness Day. 4/1/16.

Russek LN, Pain management for people with Parkinson's. Parkinson's Support Group. Potsdam, NY. Feb 15, 2016.

Butler D, Russek LN. Explain Pain, Darwin, AU. Neuro-Orthopedic Institute. Assisted primary speaker, (2-day continuing education course) Nov 22-23, 2014

Russek LN. Hypermobility Syndrome, University of South Australia School of Health Sciences, Dec 5, 2014

Russek LN. Identifying and managing patients with hypermobility syndrome, to CPH rehabilitation staff. Jul 22, 2014

#### Community Service:

Russek LN. Hypermobility 101 lecture series, now provided virtually on Zoom with one session almost every week. 2019-present. Participants join from all over the country and some internationally. Recordings and slides available at:

<https://webspaces.clarkson.edu/~lrussek/hsd.html>

- Hypermobility 101: Basics of HSD/hEDS and self-care
- Hypermobility 102: POTS and POTS self-care, basics of MCAS
- Hypermobility 103: Pain management in HSD/hEDS
- Hypermobility 104: Safe exercise selection and progression with HSD/hEDS
- Hypermobility 105: HSD/hEDS in children and teens
- Hypermobility 106: Gut issues in HSD/hEDS, POTS, MCAS
- Hypermobility 107: Managing Fatigue in HSD and POTS.
- HSD 108: Headaches, migraines, and TMJ pain associated with HSD, POTS and MCAS.
- HSD 109: Breathing with HSD.
- HSD 110: Lumbar Instability.
- HSD 111: Cervical Instability: PT Management.
- HSD 112: The Vagus Nerve in HSD.
- HSD 113: Fascia.

SOAR Lifelong Learning in the North Country, 4-week virtual workshop: "Chronic Pain Self-Management 101." February, 2021.

Medical Minute: Five 1-minute educational presentations for CPH and radio station B99.3. Series on Fibromyalgia initially aired 2/19-2/23/19, replayed week of 8/6-8/10/18. Series on headaches initially aired 4/2-4/6/18.

Founder, facilitator of monthly meetings, newsletter writer, website manager.  
Potsdam Fibromyalgia Support Group. Renamed Fibromyalgia/Ehlers-Danlos Syndrome (F/EDS) Support Group in 2018.  
1998-present

Founder, co-facilitator  
Chronic pain cognitive behavioral therapy (CBT) structured support group.  
2009-2009

Founder and co-facilitator (for first 2 years)  
Massena Fibromyalgia Support Group  
2002-2004

Founder and facilitator  
Potsdam Headache Support Group.  
1998-2000

Participant  
Athletic preparticipation screenings for area high schools.  
1994-1996

Aikido instructor; san-dan (5<sup>th</sup> degree black belt)  
Aikido Schools of Ueshiba.  
1988-present

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

##### University Committees

Member, Clarkson Institutional Review Board 2011-present  
Chair, Clarkson Institutional Review Board 2005-2011  
Member, Clarkson Research Compliance Committee 2005-2009  
Member, Campus-Wide Assessment Committee 2003-2005  
Member, Director of Biomedical and Rehabilitation Engineering Search Committee 2002-2004  
Member, Dean of Engineering Search Committee 2002-2003  
Member, SPEED Advisory Committee 2002  
Member, Clarkson Institutional Review Board 2001-2005  
Member, Clarkson Invention Institute Advisory Committee 2000-2005  
Faculty Advisor, Clarkson Aikido Club. 1999-present  
Member, Clarkson Technology Committee. 1999-2000  
Chair, Bioengineering Committee, University-wide. 1998-1999

Member, Computer Services Working Group, University-wide. 1997-1998  
Member, BioSafety Policy Development Committee, University-wide. 1997-1998

#### School of Arts and Sciences

Member, Dean of Arts & Sciences Search Committee 2003-2004  
Member, Psychology Faculty Search Committee. 2000-2001

#### Department

Curriculum Coordinator, Physical Therapy Department 2004-2005, 2016-present  
Member, DPT Admissions Committee 2015-2016  
Instructor: PBL Tutor training (1-2x/year) 2000-present  
Member, Physical Therapy Chair/Associate Dean Search Committee 2002-2005  
Coordinator, Health Sciences option of Master of Science in Basic Science. 1999-2005  
Master of Physical Therapy, Master of Science, Doctor of Physical Therapy advising. 1999-present  
Health Sciences Research Committee. Chair 1999-2003; member 2003-2005. 1999-2005  
Chair, Physical Therapy Admissions Committee. 1997-1999  
Chair, Physical Therapy Faculty and Department Chair Search Committee. 1997-1999  
Pre-Physical Therapy student advising. 1997-2012  
Executive Officer, Department of Physical Therapy. 1998-1999, 2004

#### Honors and Awards:

ECHO Exceptional Facilitator Award  
Ehlers-Danlos Society  
August, 2022

Distinguished Teaching Award  
Clarkson University  
May, 2019

Dr. Marilyn Moffat Distinguished Service Award  
New York American Physical Therapy Association  
July 2014

Salant Research Award,  
New York American Physical Therapy Association,  
Oct. 2002

Clarkson Student Life Award for Outstanding Faculty Advisor of North Country Aikido Club,  
Phalanx Student Organization, Clarkson University,  
May 2001

Appreciation Award,  
Potsdam Fibromyalgia Support Group,  
July 2000

Mary McMillan Scholarship Award for potential to contribute to the field of physical therapy,  
American Physical Therapy Association,  
1991

Dean's list, School of Allied Health,  
University of Vermont,  
1989-1991

Harvard College Scholarship  
Harvard College  
1979-1983

Agassiz Certificate of Merit  
Radcliffe College  
1979-1983

Harvard Dean's List  
Harvard College  
1979-1983

CONFERENCES AND CONTINUING EDUCATION COURSES ATTENDED: (past 5 yrs)

Dysautonomia International Virtual Conference 2020.

EDS Comorbidities Conference, 10/2-10/3/20. Virtual. (13.5 CEU)

EDS Global Learning Conference. 7/10-7/12, 2020. Virtual.

Reframing Instruction for Success Everywhere: Basics of Online Course Design and Delivery.  
May, 2020. On-line training through Clarkson University.

EDS Global Learning Conference, including Medical Professionals Day. 7/30-8/2/19. Nashville,  
TN.

Readiness for Integrating Yoga Therapeutics into Rehabilitation for PTs. On line training  
completed 12/31/18. 1.0 CEU.

International Association for the Study of Pain 18<sup>th</sup> World Congress on Pain, Boston, MA,  
9/13/18-9/16/18. Included sessions on:

- Innovative Teaching and Assessment Strategies for the Pain Educator
- Guiding Pain and Interprofessional Education Through Competencies
- Virtual Reality and Chronic Pain
- The Global Burden of Disease

Ehlers-Danlos Syndrome Global Learning Conference, Las Vegas, NV. 8/3-8/5/18. (Attendee: 0.6 CEU for Medical Professionals Day)

Achieving Clinical Correlates: Imaging Implications for Physical Therapists. APTA CSM pre-conference course, 2/21/18. (0.8 CEU)

APTA Combined Sections Meeting, New Orleans, LA. 2/21-2/24/18

Muscle Energy Techniques: Pelvis, Sacrum, Lumbar Spine and Muscles of the Hip. Tom Ockler; Potsdam, NY. 11/4-11/5/17. (1.65 CEU)

"Updates in Ehlers-Danlos Syndrome, Complex Regional Pain Syndrome and Mast Cell Activation Syndrome," St. Cloud, MN. 9/16/17 (Attendee: 0.55 CEU)

Ehlers-Danlos Syndrome Global Learning Conference, Las Vegas, NV. 9/7-9/9/17. (Attendee: x CEU)

"Learning How to Learn: Powerful mental tools to help you master tough subjects." Coursera. (on-line, 12 contact hours). 8/2017

"Dealing with uncertainty: a diagnostic approach to fatigue." NPS MedicineWise. 8/28/17. (on-line, 0.1 CEU)

"Cultural Competence: Providing Culturally Competent Care", HealthStream. 7/11/17. (on-line, 0.1 CEU)

APTA NEXT, Boston, MA. (1.25 CEU)

    Pillow Talk: The Effect of Sleep on Physical Functioning in Neurological Rehabilitation (0.15)

    ...

Mechanisms and Management of Pain for the Physical Therapist, Read2Learn, Orthopaedic Section. Completed June 22, 2017. (3.0 CEU)

Integrating Cognitive Behavioral Skills into Clinical Practice, June 21, 2017, Boston, MA. 9 hrs. Preconference course at APTA NEXT. (0.9 CEU)

FSBPT Licensure Item-Writing Workshop, Alexandria, VA, March 17-19, 2017. (2.0 CEU)

FSBPT Licensure Item-Writing Regional Workshop, Canton, NY, October 21-22, 2016.

Ehlers-Danlos Society Global Learning Conference 2016, Baltimore, MD, July 14-16, 2016.

Core Principles of Instrument Assisted Soft Tissue Mobilization (7 hrs). Potsdam, NY Nov. 7, 2015

RECENT ACADEMIC TEACHING ACTIVITIES:

Semester 1

PT 505 Foundational Science for Physical Therapy; Course Coordinator, Tutor, Lecturer.

Semester 3

PT 525, Musculoskeletal Physical Therapy; Tutor, Lecturer, Lab Coordinator/Instructor.

Semester 4

PT618: Research Practicum; course coordinator.

Semester 5

PT 615/616, Integrated Systems; Lab Assistant, Lecturer for pain-related modules

Semester 7

PT 645, Practice Management in an Autonomous Environment; Lab Assistant. For pain-related modules