

# Nichole Lowe

*Visiting Assistant Professor  
St. Thomas University  
nlowe@stu.edu  
O: 305.474.6802*

## Education

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### **Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences**

*Doctor of Physical Therapy*

*September 2017- April 2020*

### **Indiana University Purdue University Indianapolis - IUPUI**

*Bachelor of Science in Kinesiology*

*August 2012 - May 2016*

- *IUPUI Honors College,*
- *Certificate in Personal Training*
- *Honors/ Awards: Alpha Lambda Delta and Pi Eta Sigma Honor Society*

## Clinical Experience

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### **The Ohio State University-Wexner Medical Center- Columbus, OH**

Sports Physical Therapist

July 19, 2021 – December 30, 2021

- Outpatient Sports Medicine clinic provided physical therapy care to active and athletic young adult and adult population with musculoskeletal pathologies.
- Provided sports coverage to The OSU Club Men's Rugby, four times per week including practice and games.

## Student Clinical Experience

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### **Schwab Rehabilitation Hospital- Chicago, IL**

Outpatient Neuro Clinical Experience IV

January 06, 2020-March 27,2020

- Provided care to pediatric populations with neurological and musculoskeletal pathologies. As well as adult populations with neurological, vestibular, and musculoskeletal pathologies with complex comorbidities.
- Presented an in-service on Cervical Dystonia: Presentation, Examination, Diagnosis and Care

### **NovaCare DePaul University- Chicago, IL**

Outpatient Sports Clinical Experience III

September 03,2019- November 29, 2019

- Provided care to a primarily young adult and adult athletic population
- Presented an in-service on red flags and what an appropriate referral to a healthcare provider is.

### **Athletico Pilsen- Chicago, IL**

Outpatient Orthopedic Clinical Experience II

April 22, 2019- May 31, 2019

- Provided care to adult patients with primarily musculoskeletal pathologies and occasionally vestibular pathologies
- Presented an in-service on MIPS and related outcome measures and interventions for falls

### **Baptist Health Medical Center -Little Rock, AR**

Inpatient Acute Care Clinical Experience I

July 9/2018- August 17, 2018

- Provided care to adult patients in the general acute and cardiac floor in an urban hospital
- Presented an in-service on early mobilization and the association of positive health outcomes

## Research Experience

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### Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences -Chicago, IL

Doctoral Synthesis Project

January 2018- April 2019

Advisors: R. Tappan, PT, DPT and S. M. Lee, PhD

- The Effect of Visual Feedback on Muscle Activation and Cognitive Load in Chronic Stroke Population. M. Lallanilla, SPT, N. Roe, SPT, C. Ronson, SPT, M. Sherlock, SPT, N. Smith (Lowe), SPT
- Poster presentation at APTA Combined Sections Meeting, Denver, CO February 12- 15,2020

### Simon Cancer Center Summer Research Program at IUPUI -Indianapolis, IN

Research Intern

June 2011- July 2011, & June 2012- July 2012

Advisors & Principal Investigators: K.S. Mohammad and T.A. Guise.

- The Effect of SD-208 and Bisphosphonates on TGF-beta Signaling and Tumor Burden on Mice Affected by Breast Cancer

## Continuing Education

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- Acute Sports Injury and Illness management. July 23, 2021, Columbus, OH. 14.75 Contact Hours
- APTA Combined Sections Meeting 2020 in Denver, CO. 1.8 Contact Hours
- “BFR and Ischemic Pre-Conditioning: State of Science” Johnny Owens. July 31, 2019. 1 contact hour
- APTA Next Conference 2019 in Chicago, IL. 1.8 Contact Hours
- 12th Annual Kaleckas Lecture “Collaboration in Science and Practice: Why It Matters” Carollee Weinstein, PT, PhD, FAPTA. April 1, 2019. 1 contact hour
- “The Future of Sports Performance Today” Gregory D. Meyer. February 13, 2019. 1 contact hour
- APTA Combined Sections Meeting 2019 in District of Columbia, WA. 1.8 Contact Hours
- APTA Combined Sections Meeting 2018 in New Orleans, LA. 1.8 Contact Hours

## Teaching Experience

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### St Thomas University – Miami Gardens, FL

Visiting Assistant Professor

August 1, 2022- present

- Professor in the Bachelor of Health Science – Exercise Science and Human Performance & Allied Health and Sports Medicine programs

College Algebra Mentor

October 1, 2022-present

- Oversee College Algebra tutors and provide tutoring to undergraduate students

### The Ohio State University, School of Health and Rehabilitation Science, Physical Therapy Division - Columbus, OH

Lab Instructor

July 19, 2021 – December 30, 2021

- Musculoskeletal Diagnosis and Management Lab 1

### Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences – Chicago, IL

Teaching Assistant

January 2019 – March 2019

- Foundations of Physical Therapy and Examination & Evaluation.
  - Instructed first-year DPT students in learning bed mobility, transfers, wheelchair, gait training, range of motion and manual muscle tests
  - Directed students in providing safe application of skills with volunteer patients

## **Upward Bound at Indiana University Purdue University Indianapolis (IUPUI) – Indianapolis, IN**

Lab Instructor

June 15-July 22, 2015

- Served as a group fitness instructor for a class of 10 students 6 hours/week.
  - I designed a curriculum around student goals and needs; incorporated the ACSM recommendations for exercise; monitored student learning and progress through a pre and post assessment

## **Additional Rehabilitation Experience**

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### **Indy ProCare Physical Therapy- Indianapolis, IN**

Outpatient Orthopedic Intern

January 11, 2016- April 15, 2016

- Under the supervision of a Licensed Physical Therapist, I assisted with patient care. Other responsibilities included cleaning tables, equipment, and laundry.

## **Additional Academic Experience**

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### **Tutor - Lauderhill, FL**

Private tutor

February 21, 2022- present

- Implement intervention strategies, tutoring plans, and teach students enrolled in undergraduate Science, English, and Mathematics courses.
- Provide individual instruction to improve academic performance.

### **Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences – Chicago, IL**

AAOMPT sSIG Lecturer

August 03, 2020

- Presented a lecture on red flags during examination and evaluation in the outpatient setting.
- Presented a patient case (Popliteal Artery Entrapment Syndrome)

### **Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences – Chicago, IL**

Patient Role Player

October 14, 2020, October 31, 2020

- During student examinations, my responsibilities included role-playing different patient cases.
  - One case included a neurologic diagnosis with a psychosocial contributing factor for the evaluation and treatment of one movement problem. The second case was a full evaluation and treatment following a referral to PT post-stroke.
  - Each patient case was performed and evaluated in 35-minute increments

### **Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences – Chicago, IL**

Patient Role Player

July 31, 2020

- During student examinations, my responsibilities included role-playing different patient cases.
  - Cases included musculoskeletal injuries with at least 2 diagnoses/ body areas from the shoulder and cervical spine units.
  - Each patient case was performed and evaluated in 35-minute increments

## **Professional Experience**

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### **IUPUI School of Health and Rehabilitation Sciences- Indianapolis, IN**

Dean's Office Business Office Assistant

August 30, 2016-June 22, 2017

Department of Occupational Therapy Staff Assistant

June 30, 2014 – August 17, 2015

Promoted to Senior Staff Assistant

August 17, 2015-June 22, 2017

- Responsibilities included: clerical tasks, maintaining daily office operations, maintaining and organizing the Fiscal affairs files and documents, cleaning and organizing office spaces and

classrooms, maintaining inventory levels, monitoring equipment operation, assisting in event planning and preparation, assisting Department faculty and staff, and managing other staff assistants.

## **Volunteer Experience**

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### **St Thomas University – Miami Gardens, FL**

MSIEP Volunteer

October 1, 2022- present

- Volunteering with undergraduate students at Ingram Elementary to provide interactive learning opportunities in science

### **Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences – Chicago, IL**

Black Student & Alum Affinity Group

June 30, 2020

- Co-hosted and organized the Black Excellence Physical Therapy Panel to connect Black physical therapy students to Black professionals. Panelists included: Aben Cooper, PT, MPT, MBA; Billy-Joe Voltaire DPT, CSCS; Chandi Edmonds, PT, DPT, PCS; Corlette Luke- Cambridge PT, CCL, Cert LSVT, DN, VRT, FCE; Michael Ashton, DPT, ATC, CSCS, OCS, SCS, FAAOMPT, COMT, CES; Sean Johnson, PT, DPT, OCS; Tasha Weatherspoon, PT, DPT

Black Student & Alum Affinity Group

June 5, 2020

- Co-hosted and organized an open forum within the NUPTHMS community to discuss social justice following the public events of the George Floyd Protests.

Social Committee Member

January 2018- January 2019

- Planned and organized social events for 1st and 2nd year students
- Planned and organized fundraising efforts for Marquette Challenge

### **Chicago Youth Programs- Chicago, IL**

Saturday Dreams Volunteer

May 2018- April 06, 2019

- Lead sessions to provide education, promotion, and participation in physical Activity for pre-adolescent youth.

### **Warren Central High School -Indianapolis, IN**

Girl's Track and Field Assistant

2016/2017 Season

- Assisted team during both the indoor and outdoor season with practice and meet events. As well as participated with fundraising efforts.

### **IUPUI Men's Swimming and Diving Team**

Meet Volunteer

October 2015- January 2016

- Assisted at each meet (home and away) to time individual races.

### **Live, Laugh, Dance Camp for Children with Down Syndrome at IUPUI- Indianapolis, IN**

Dancer

June 2015- July 2015

- Worked one-on-one with a child with Down Syndrome, developing fine motor movements, rhythm, and coordination through dance and functional activities.

## **Professional Memberships**

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- National Association of Black Physical Therapists, July 2020 – present
- American Council of Academic Physical Therapy, July 2020 - present
- American Academy of Orthopedic Manual Physical Therapists, January 2019- December 2021
- APTA, October 2017-present
  - Sections sports & orthopedics
- Illinois Physical Therapy Association, October 2017- present
- Indiana Physical Therapy Association, October 2017- October 2020

## **Professional Leadership**

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### **Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences – Chicago, IL**

Executive Board Member

January 2019 – January 2021

- Served as the primary contact for current students and alumni in the Inaugural Black Student & Alum Affinity Group.

### **Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences – Chicago, IL**

Secretary

2018/2019 School year

- American Academy of Orthopedic Manual Physical Therapists Secretary

## **Certifications**

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- BLS Provider (CPR & AED) through American Heart Association- Expires July 2023
- Emergency Response for the Athlete- Expires July 2023

## **Licensure**

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- Licensed Physical Therapist – Illinois #070025491 (Renewal date 9/30/2024), Florida #PT36945 (Renewal date 11/30/2023), Ohio #PT019400 (Not active 01/31/2022)