
CURRICULUM VITAE

Ellen Costello, PT, PhD

Work: (202) 994-0056

Fax: (202) 994-8400

hspexc@gwumc.edu

The George Washington University
Program in Physical Therapy

EDUCATION

New York University
School of Education, Health, Nursing and Arts Profession
Washington Square, New York, New York 10003
Degree: Doctor of Philosophy: Clinical Research
1990-1998

New York Medical College
Valhalla, New York 10595
Degree: Master of Science Anatomy
1982-1986

Ithaca College
Division of Physical Therapy
Ithaca, New York 14850
Degree: Bachelor of Science Physical Therapy
1978-1982
Magna Cum Laude

PROFESSIONAL REGISTRATIONS, LICENSES, CERTIFICATIONS

2006 – present	District of Columbia-PT870637
2003 – 2006	Virginia - #2305203609
1982 -2004	New York State- 007414-1

EMPLOYMENT: ACADEMIC

12/04 - present	The George Washington University Program in Physical Therapy 900 23 rd St. NW Washington, DC 20037 Assistant Professor/Tenure Track
Summer 2004/ Summer 2003	Uniformed Services University of the Health Sciences Bethesda, Maryland Adjunct Instructor-Gross Anatomy

Spring 2004	Marymount University Program in Physical Therapy 2807 North Glebe Road Arlington, Virginia 22207-4299 Adjunct Instructor-Gross Anatomy
1997 - June 2003	Columbia University Program in Physical Therapy 710 West 168 th St. New York, New York 10032 Assistant Professor of Clinical Physical Therapy Academic Coordinator of Clinical Education (1995-1997)
1993 - 1995	Columbia University Program in Physical Therapy Adjunct Instructor of Clinical Physical Therapy
1986 – 1991	Ithaca College Division of Physical Therapy 953 Danby Rd. Ithaca, New York 14805 @AECOM, Bronx, New York Assistant Professor
1982 – 1986	Ithaca College Division of Physical Therapy @AECOM, Bronx, New York Adjunct Clinical Instructor

EMPLOYMENT: CLINICAL

9/03 – 12/04	INOVA VNA Home Health Services Backlick Rd. Springfield, Va. Home Care Physical Therapy
1991- June 2003	Private Practice Home Care Physical Therapy School Based Physical Therapy
1983-1995	Calvary Hospital (Advanced Cancer Care) 1740 Eastchester Rd. Bronx, New York 10461 Lead Physical Therapy Consultant (1993-1995) Physical Therapy Consultant (1983-1993)
1982 –1986	Bronx Municipal Hospital Center 1400 Pelham Parkway South Bronx, New York 10461 Senior Physical Therapist (1984-1986) Clinical Coordinator of Clinical Education Staff Physical Therapist (1982-1984)

PEER REVIEWED PUBLICATIONS

Maring J, **Costello E**. Education Program and Student Characteristics associated with pass rates on the national physical therapy examination for physical therapist assistants. *Journal of Physical Therapy Education*. 2009. 23(1):3-11/

Costello E, Raivel K, Wilson R. The effects of a twelve-week home walking program on cardiovascular parameters and fatigue perception of individuals with multiple sclerosis: A pilot study. *Cardiopulmonary Physical Therapy Journal*. 2009;20(1):5-12.

Costello E, Edelstein J. Update of falls prevention for community-dwelling older adults: Review of single and multifactorial intervention programs. *Journal of Rehabilitation Research and Development*. 2008;45(8):1135-1152.

Maring J, **Costello E**, Plack M. "Student outcomes in a pathophysiology course based on mode of delivery: distance versus traditional classroom learning." *Journal of Physical Therapy Education*. 2008: 22(1): 22-30.

Costello, E., Curtis, C., Sandel, I., & Bassile, C. Exercise Prescription for Individuals with Multiple Sclerosis. *Neurology Report*, 1996; 20(2): 24-29.

Book Chapters

Alexander, J.A., & **Costello, E**. Physical and Surgical Therapy. In L.C. Scheinberg & N.J. Holland, ed., *Multiple Sclerosis: A Guide for Patients and Their Families*: New York, Raven Press, 1987, p. 79-107.

PEER REVIEWED SCIENTIFIC AND PROFESSIONAL PRESENTATIONS

- 2008 **Costello E**, Maring J. "Factors predicting success of physical therapist assistant graduates on the National Physical Therapy Examination".
Accepted for: Platform Presentation at the Combined Sections Meeting of the American Physical Therapy Association, Nashville, Tennessee, February 2008.
- Poster presentation 14th Annual GW Health Sciences Research Day, The George Washington University, April, 2009.
- 2007 **Costello E**, Embrack T, Halvaksz J, Harris-Love M, Livingston S, Maring J, Plack MM, Rogers G "Research Initiatives in the Doctor of Physical therapy Program"
Poster Presentation at the Inauguration Week Research Day, The George Washington University, Washington DC, November 2007.
- 2007 Maring, J., **Costello, E.**, "A Comparison of Student's Performance in an Undergraduate Course based on Format of Delivery :Distance internet based versus traditional classroom instruction",
Poster Presentation a Combined Sections Meeting of the American Physical Therapy Association, Boston, MA., February, 2007.
- Poster presentation at the Educational Symposium for Research and Innovations, The George Washington University Graduate School of Education and Human Development, Washington, DC, February, 2006.
- 2007 Melson, J., Maring, J., **Costello, E.**, Plack, MM., "Comparison of Faculty Expectations to Student Performance on a Clinical Skills Performance Instrument" Poster Presentation at the 16th Annual clinical and Professional poster Session, American Academy of Physician Assistants 35th Annual Conference, Philadelphia, Pa.

- Poster presentation at the 11th Annual GW Health Sciences Research Day, The George Washington University, March, 2006.
- 2006 **Costello, E.**, Haskins, S., Raivel, K., Riley, J., Sloan, N., Tsui, A., Vittenson, M., Wilson, R. “The Effects of a Twelve Week Home Exercise Program on Cardiovascular Parameters and Fatigue Perception of Individuals with Multiple Sclerosis: A Pilot Study.”, Poster Presentation at the Combined Sections Meeting of the American Physical Therapy Association, San Diego, CA., February, 2006.
- Poster Presentation at the 10th Annual GW Health Sciences Research Day, The George Washington University, March, 2005.
 - Platform Presentation at New York Chapter, APTA Annual Conference, Rye Brook, NY., October, 1999.
- 2003 Porath, M., Brunner, S., Schiowitz, R., Sigman, B., Hayes, S., **Costello, E.**, “Assessing the Validity of the Timed Up and Go Test and its Ability to Predict Falls in the ALS Population.”, Poster Presentation at the Combined Sections Meeting of the American Physical Therapy Association, Tampa, Fla., February, 2003.
- Platform Presentation at the New York Chapter, APTA Annual Conference, Long Island, NY. October, 2002.
- 2000 **Costello, E.**, Collum A., Washington, A. “The Relationship between Standing Balance, Lower-Extremity Spasticity, and Lower-Extremity Muscle Strength and Walking Ability in Individuals with Multiple Sclerosis, New York Chapter, APTA Annual Conference/Platform Presentation, Long Island, NY., October, 2000.
- 1998 Riley, J, Vittenson, M., **Costello, E.**, “The Effects of Home Exercise Walking Program on the Aerobic Capacity and Fatigue Perception of an Individual with Multiple Sclerosis”, New York Chapter, APTA Annual Conference, Rochester, NY. , October, 1998.
- 1989 Babyar, S., **Costello, E.**, Krasinski, d., Moller, W., Patel, S., “Reliability and Validity of the Schleihaf Kinematic Analysis Software”, New York Chapter, APTA, Annual Conference, New York, NY, April 1989.
- 1989 **Costello, E.**, Babyar, S., Nemias, P., and Phelan, N. “Kinematic and Sequential Analysis of Sit to Stand”, New York Chapter APTA Annual Conference, New York, NY., April 1989.
- 1988 **Costello, E.**, Gay, E. Greene, P., Krasinski, D., “A Comparative Retrospective Study of Active Range of Motion in Burned Hands, With and Without Kirschner Wire Splinting”, New York Chapter APTA Annual Conference, Buffalo, NY., May 1988.
- 1988 Keaveny, E., Wolfner, M., Babyar, S., **Costello, E.**, “The Influence of Physical Therapist’s Attire on Perceived Clinical Competence”, New York Chapter APTA Annual Conference, Buffalo, NY., May, 1988.
- 1988 March, H., **Costello, E.**, “The Effects of a Short-Term Exercise Program on Physical Work Capacity of Subjects with Multiple Sclerosis”, American Academy of Physical Medicine and Rehabilitation/American Congress of Rehabilitation Medicine, Seattle, Wa., October, 1988.
- 1986 March, H., Alexander, A., **Costello, E.**, “Effect of a Short-term Exercise Program on Physical Work Capacity of Subjects with Multiple Sclerosis. American Physical Medicine and Rehabilitation Annual Conference, Baltimore, Md., October, 1986.

ABSTRACTS

Costello, E., Haskins, S., Raivel, K., Riley, J., Sloan, N., Tsui, A., Vitenson, M., Wilson, R. (2005). The Effects of a Twelve Week Home Exercise Program on Cardiovascular Parameters and Fatigue Perception of Individuals with Multiple Sclerosis: A Pilot Study. Cardiopulmonary Physical Therapy Journal, 2005:16(4), 27.

Porath, M., Brunner, S., Schiowitz, R., Sigman, B., Hayes, S., **Costello, E.**, (2002). Assessing the Validity of the Timed Up and Go Test and its Ability to Predict Falls in the ALS Population. Journal of Neurologic Physical Therapy, 2002:26(4), 191.

GRANTS AWARDED

- 2009: “Establishing the validity and reliability of selected measures of physical performance for an older population with Intellectual and Developmental Disabilities”.
The National Collaborative on Aging: GWU
Co-PI: Maring J., **Costello E.**
Funded: \$25,977
- 2008 “Evaluation of Senior Friendly Neighborhood Program”
The Weinberg Foundation
Principal Investigator: Bocchino J.
Co-PI: Corcoran M., **Costello E.**, Turley C.
Funded: \$100,000
- 2007 “Investigating Aspects of the Physical Dimension of the Wellness Model Among Independent Living Residents of Asbury Methodist Village, A Continuing Care Retirement Community”
Asbury Method Village
Principal Investigator: **Costello, E.**
Funded: \$3,700
- 2006 “Sure Feet: A Comprehensive Falls Prevention Program for DC Area Seniors”.
Tikum Women’s Foundation
Iona Senior Services./Consultant: **Costello, E.**
Funded: \$10,000
- 2005 “Factors Predicting Success of Physical Therapist Assistant Graduates on the National Physical Therapy Examination”.
Federation of State Boards of Physical Therapy, Maring, J, **Costello E.**
Funded: \$6,324
Co-PI: 5%
- 1999 “The Effect of a 12-Week Home Exercise Program on the Aerobic Capacity and Fatigue Perception of Individuals with Multiple Sclerosis”
New York Chapter Research Designated Fund
Funded: \$1,082
PI
- 1991 “The Effects of Baclofen on Ambulation Proficiency of Individuals with Multiple Sclerosis”
The National Multiple Sclerosis Society.

Smith, C., LaRocca, N., **Costello, E.**
Funded: \$ 14,000
Co-PI

1989 Ithaca College Instructional Development Fund. "Development of Expertise in Evaluation of Back Pain".
Funded: \$2,000
PI

1988 "Kinematic and Sequential Analysis of Sit to Stand"
New York Chapter Research Designated Fund:
Babyar, S., **Costello, E.**, Nemia, P., Phelan, N.
Co-PI

OTHER SCHOLARLY PRODUCTS

Audio-Video Materials

New York City Chapter, Multiple Sclerosis Society: "The MS Wheelchair Workout"; 1989. Author of exercise regime and physical therapist leading the exercise regime. Available through the New York City Chapter, Multiple Sclerosis Society.

CONTINUING EDUCATION WORKSHOPS

- 2005 **Costello, E.**, "Rehabilitation Considerations for Patients with Upper Extremity Orthopedic and Neurologic Pathology", Organization of Health Care Professionals, Manassas, Va., November, 2004.
- 2004 **Costello, E.**, "Autonomic Nervous System Review: Clinical Applications", 2nd Annual Rehab Therapy Roundtable/INOVA Home Health, Springfield, Va., April, 2004.
- 1990 Susman, W., **Costello, E.**, "Physical Therapy Intervention in a Specialized Hospital Setting for Terminally Ill Cancer Patients", Two hour lecture at Combined Section Meeting of the American Physical Therapy Association, New Orleans, LA., February, 1990.

MEMBERSHIP IN SCIENTIFIC/PROFESSIONAL ASSOCIATIONS

- 2007 - present Alpha Eta Honor Society
- 1982 - present American Physical Therapy Association
1982-1985 New Jersey Chapter
1985-2004 New York Chapter
2004-present Virginia Chapter
Education Section
Cardiopulmonary Section
Neurology Section
- 1989 NYS Delegate at APTA National Conference
- 1986 – 1990 New York Chapter Physical Therapy
1995 – 1997 Academic Coordinators Clinical Education
Special Interest Group/Secretary

CONSULTANT POSITIONS

2006 Iona Senior Services
Consultant: Grant application "Sure Feet"

COMMUNITY AND PROFESSIONAL SERVICE

2006 – present Volunteer weekly at the GWU Community Fitness Program

2006 Invited Lecture: Anatomy at Oakton High School, Vienna Virginia

2006 Naval Postgraduate Dental School Annual Research Symposium Judge, Bethesda, Md., May, 2006.

1989 National Multiple Sclerosis Society Super Cities Walk: Coordinator of Warm-Up Activities, NY, NY.

1988 New York City Chapter of the National Multiple Sclerosis Society: Exercise Coordinator of Retreat Weekend. Ct.

SERVICES TO THE UNIVERSITY

HEALTH SCIENCES:

Ad Hoc Subcommittee on Professional Comportment, 2006

DEPARTMENTAL:

Physical Therapy Admission Committee Co-Chair 2005 – Present
Physical Therapy Research Committee Co-Chair 2005 – Present
Physical Therapy Curriculum Committee, 2005 – Present

HONORS AND AWARDS

2007 Alpha Eta Honor Society

2006 APTA Cardiovascular and Pulmonary Section Research Award

2005 Faculty Research Award: School of Health Sciences
10th Annual GW Health Sciences Research Day

2000 APTA New York Chapter Robert S. Salant Award for Outstanding Research

1990 Ithaca College, Dana Fellow Teaching Award

1989 The National Multiple Sclerosis Society, New York Chapter Award

1982 – 1990 Phi Kappa Phi National Professional Honor Society

CURRENT TEACHING RESPONSIBILITIES

Clinical Conference I (PT 461) (Fall)
(Course Director & Developer)

Foundations of Examination (PT 411) (Fall)
(4 hours lecture)
Functional Anatomy for Rehabilitation (PT403) (Spring)
(Course Director & Developer)
Clinical Medicine & Pharmacology (PT406) (Summer)
(Course Director & Developer)
Management of Cardiopulmonary Dysfunction (PT414) (Fall)
(Course Director & Developer)
Clinical Internship (site visits)