

# Curriculum Vitae

Antonia Silva, PT, DPT, NCS, OCS  
Clinical Assistant Professor  
Baylor University, Department of Physical Therapy  
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## EDUCATION:

Degree: Doctor of Physical Therapy  
Institution: Old Dominion University, Norfolk VA  
Major: Physical Therapy  
Date Awarded: May 2013

Degree: Bachelor of Science  
Institution: Old Dominion University, Norfolk VA  
Major: Exercise Science  
Date Awarded: December 2009

## LICENSURE:

Texas Physical Therapy License #1257303 *2015 - Present*  
Virginia Physical Therapy License #2305207965 *2013 - 2015*

## CERTIFICATIONS:

- CITI Program – Human Subjects Research, Group 2 SBE Research *2026*
- MoCA Cognitive Assessment *2024*
- ABPTS Board Certified Orthopedic Clinical Specialist (OCS) *2023*
- Dry Needling Level 1 *2022*
- CITI Program – COI, Human Biomedical Researcher *2022*
- ABPTS Board Certified Neurological Clinical Specialist (NCS) *2018*
- LSVT-BIG *2016*

## EMPLOYMENT AND POSITIONS HELD (CLINICAL & ACADEMIC):

Title/position: Clinical Assistant Professor  
-Assistant Director of Clinical Education  
Institution: Baylor University  
City and State: Waco, TX  
Duration: Aug 2025-Present

Title/position: Associate Lecturer  
Institution: Baylor University  
City and State: Waco, TX  
Duration: Sept 2020-Aug 2025

Title/position: Staff Physical Therapist  
-Coordinator, Staff Education and Mentorship Programs  
-Coordinator & Mentor, Neurologic PT Residency  
Institution: Baylor Scott & White Healthcare  
City and State: Waco, TX  
Duration: Jul 2015-Present

Title/position: Staff Physical Therapist  
Institution: Chesapeake Health & Rehabilitation  
City and State: Chesapeake, VA  
Duration: Apr 2014-Jul 2015

Title/position: Staff Physical Therapist  
Institution: Tidewater Physical Therapy  
City and State: Suffolk, VA  
Duration: Jun 2013-Jul 2014

Title/position: Petty Officer Second Class, Aerographer  
Institution: United States Navy  
City and State: Norfolk, VA  
Duration: Apr 2022-Apr 2006

#### **PEER REVIEWED PUBLICATIONS:**

*None*

#### **PEER REVIEWED SCIENTIFIC AND PROFESSIONAL PRESENTATIONS:**

- Poster presentation: Boddy A, **Silva A**. Title: *The impact of high-intensity training using a non-motorized treadmill on neuroplastic changes in individuals with Parkinson Disease*. Assisting in the preparation of research materials, collected and analyzed data.
- Invited Presentation: *Decoding the Cord – Elevating Acute Management of the Spinal Cord Injured Patient*: Baylor Scott & White Healthcare, Waco, TX. November 2nd, 2024 [8 hours]. Lead Instructor. Approval #111199
- Invited Presentation: *Reconciling the Locomotor Clinical Practice Guideline (CPG) with Clinical Reality – A Packaged Approach to High Intensity Gait Training (HIGT)*: Texas Physical Therapy Association Annual Conference, Irving, TX. October 26th, 2024 [2 hours]. Lead Instructor.
- Invited Presentation: *Pathological Gait – Promoting Plasticity and Recovery*: Baylor Scott & White Healthcare, Waco, TX. April 29<sup>th</sup>, 2023 [8 hours]. Assistant Instructor. Approval #75239TX.
- Invited Presentation: *Decoding the Cord – Elevating Acute Management of the Spinal Cord Injured Patient*: Baylor Scott & White Healthcare, Waco, TX. April 29-30, 2022 [10 hours]. Lead Instructor. Approval #76028TC.

- Invited Presentation: *Pathological Gait – Promoting Plasticity and Recovery*: Baylor Scott & White Healthcare, Waco, TX. May 1<sup>st</sup>, 2021 [8 hours]. Assistant Instructor. Approval #75239TX.
- Invited Presentation: *Mentorship Seminar*: Baylor Scott & White Healthcare, Waco, TX. November 5<sup>th</sup>, 2020 [2 hours]. Lead Instructor.

#### **FUNDED/IN REVIEW GRANT ACTIVITY:**

- Research Assistant - Boddy A, **Silva A**. *The impact of high-intensity training using a non-motorized treadmill on neuroplastic changes in individuals with Parkinson Disease*. Assisting in the preparation of research materials, collected and analyzed data. Funding: Grant. Status: Ongoing.

#### **CURRENT/ACTIVE RESEARCH ACTIVITY:**

- Research Assistant – Baylor University, ongoing June 2024 – May 2025. Boddy AH, Smith C, Salmon O, Mastrodicasa M, **Silva A**. & Barrett T. Functional and Neuroplastic Changes Following a 4-Week Non-Motorized Treadmill Training Program: A Pilot Study. Poster Presentation International Congress of Parkinson’s Disease and Movement Disorders. October 2025. Funding: Grant. Status: Ongoing.
- Associate Investigator – Baylor University, July 2025 – Present. Ardolino E, Carver C, Boddy A, **Silva A**. Title: Reliability and Validity of the Pressure Relief Frequency Scale (PReFS). Assisting in the preparation of research materials, collected and analyzed data. Funding: Non-funded. Status: Ongoing.
- Associate Investigator, Co-Creator of research concept - Longbottom T, Cook L, **Silva A**, Hollingsworth A, Jackson, C, Boddy, A. Title: *Reliability and Validity of the Modified Four-Square Step Test with Rotation*. Funding: Non-funded. Status: IRB Application in process.
- Associate Investigator - Boddy, A, Vasher, K, **Silva, A**. Title: *Relationship between 3MBWT and 3MBWT Cognitive*. Funding: Non-funded. Status: IRB Application in process.
- Principal Investigator - Silva, A, Bachman, T. Title: *Effects of Gamification in Graduate Hybrid Learning Using Zoom Badges*. Funding: TBD. Status: IRB Application in process.

#### **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:**

- APTA Neurology Section 2018 – Present
- American Physical Therapy Association 2014 – Present

#### **CONSULTATIVE AND ADVISORY POSITIONS:**

- Advisor/Program Coordinator – Fearless Ventures, Waco, TX - 2024 – Present
- Clinical Mentor – Baylor Scott & White/University of Mary-Hardin Baylor Neurologic Physical Therapy Residency – Waco, TX – 2020 - Present

- Platform Reviewer – APTA CSM, *Characterization of the Cerebrovascular Response to High Intensity Interval Exercise in Individuals with Chronic Stroke* - 2022
- Course Reviewer – *Parkinson's Disease*, ANPT SEC, 2021

### **COMMUNITY SERVICE:**

- Youth Girls Soccer Coach – *Heart of Texas Soccer Association, Waco, TX 2021 – Present*
- Volunteer – Baylor Scott & White Hillcrest Annual Rehab Reunion, Waco, TX 2020 - 2024

### **SERVICES TO THE UNIVERSITY:**

- Department
  - Admissions Committee *2025 – Present*
  - Student Affairs Committee *2025 – Present*

### **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:**

- APTA - Neurology Section *2018 – Present*
- American Physical Therapy Association *2014 – Present*

### **CONTINUING EDUCATION ATTENDED:**

- APTA Combined Sections Meeting – February 2025, Houston TX. [18 CCUs]
  - Taking the next steps in Neurologic Rehabilitation: Critical Variables and Perceived Barriers during Inpatient Implementation
  - Platform I: Research in Stroke and Gait
  - A Prescription for Slowing the Progression of Parkinson's Disease: Results from the CYCLE-II Clinical Trial
  - Anne-Shumway-Cook Lectureship: Learning and Relearning Human Movement
  - Backward walking as a Mobility Assessment and Exercise Intervention for Individuals with Neurologic Disorders
  - Acute/Subacute Clinical Practice Guideline for SCI, TBI, and Stroke Locomotor Recovery: Process and Outcomes Update
  - Fostering Research in Acute Care Residency Education
  - Integrating Spinal Cord Injury Clinical Prediction Rules into Practice: Determining Long-Term Complex Rehab Technology
  - One Size Does Not Fit All: Exploring Residency Models for Applicants, Faculty, Mentors, and Sponsors

- MoCA Cognitive Assessment – *Certification for Administration Training*, July 27, 2024. Virtual. [1 CCU]
- Baylor Scott & White Hillcrest – *Pain Neuroscience*, January 12, 2023. Waco, TX. [3.5 CCUs]
- MedBridge – *OCS Certification Prep Course*, Sept 2022 – Feb 2023. Virtual. [30 CCUs]
- APTA Combined Sections Meeting - March 9, 2022, San Antonio TX. [18 CCUs]
  - Knowledge Translation Lecture: Where the Rubber Meets the Road: Teaming up to Implement Best Practice
  - Neurology Platform Session I: Stroke Rehabilitation
  - Dual Task Assessment in Concussion Management: Are We Ready to Jump in With Both Feet?
  - Vestibular Rehabilitation for Peripheral Vestibular Hypofunction: Clinical Practice Guideline Update
  - Rethinking the Tools in the Toolbox? Evidence-Based Strategies to “Move Forward” in Neurological Rehabilitation.
  - For Better or Worse: Is Stretching Beneficial or Detrimental for Function After Spinal Cord Injury?
  - A Motor Control-Based Framework for Movement Analysis of Tasks Across Patient Populations
  - A Curricular Model for Integrating Leadership, Knowledge, Skills and Abilities into Residency Training
  - Competency-Based Education in Physical Therapy 101
- Baylor Scott & White Hillcrest with Shane Koppenhaver – *Basic Dry Needling: An Evidence and Anatomy Based Lab Course*, September 23-25, 2022. Waco, TX. [27 CCUs]
- Baylor Scott & White Hillcrest – *Cupping Therapy for Myofascial Decompression*, January 13, 2021. Waco, TX. [2 CCUs]
- APTA – *Successful Mentorship for Residency and Fellowship Education*, February 15, 2021. Virtual. [8 CCUs]
- ANPT – *Physical Therapy Considerations of Neurologic Presentations in COVID-19*, April 25, 2021. Virtual. [2 CCUs]
- Evidence In Motion/Neuro Recovery Training Institute – *Manual Therapy Interventions for Neuro Patients*, April 13-14, 2019. Louisville, KY. [24 CCUs]
- UT Southwestern Medical Center – *A Systematic Approach to Neurologic Patient Management*, October 3-5, 2019. Dallas, TX. [22.25 CCUs]
- LSVT Global – *LSVT BIG Training and Certification Workshop*, January 23-24, 2016. Phoenix, AZ. [12 CCUs]

- Evidence in Motion/Tidewater Physical Therapy – Management of Lumbo-Pelvic Disorders, November 2-3, 1013. Newport News, VA. [24 CCUs]

**CURRENT TEACHING RESPONSIBILITIES IN THE ENTRY-LEVEL PROGRAM FOR ACADEMIC YEAR OF SITE VISIT:**

- DPT 6450 Applied Neuroscience – Co-Lead Instructor
- DPT 6531 Neuromuscular Systems – Co-Lead Instructor
- DPT 6441 Clinical Experience I – Assistant Director of Clinical Education
- DPT 6360 Clinical Integration II – Co-Lead Instructor
- DPT 6442 Clinical Experience II – Assistant Director of Clinical Education
- DPT 6710 Clinical Experience III – Assistant Director of Clinical Education