

Elizabeth Regan, PhD, DPT

eregan@mailbox.sc.edu
221 S Edisto Ave, Columbia, SC 29205
(704) 609-2409

EDUCATION

Doctoral Education	University of South Carolina; Columbia, SC. PhD in Exercise Science with a concentration in Rehabilitation (8/2016 - 5/2020) Elon University; Elon, NC. Doctor of Physical Therapy (DPT) (2003-2005)
Undergraduate	James Madison University; Harrisonburg, VA. BBA in Computer Information Systems (1992-1996)

ACADEMIC EMPLOYMENT

Clinical Associate Professor	Physical Therapy Program, University of South Carolina, Columbia, SC 2020-Present; Clinical Assistant Professor 7/2020-7/2025
Graduate Teaching Assistant	Physical Therapy Program, University of South Carolina, Columbia SC 2018-2019
Director of Clinical Education / Assistant Professor	Physical Therapy Program, Wingate University; Wingate, NC 2013-2015

TEACHING EXPERIENCE

Instructor of Record	<p>Doctor of Physical Therapy Program, University of South Carolina, Columbia, SC</p> <ul style="list-style-type: none">• Orthopedics I (Spring 2021, Spring 2022, Spring 2023, Spring 2024, Spring 2025)• Orthopedics II (Summer 2021, Summer 2022, Summer 2023)• Introduction to Examination, Evaluation & Treatment I (Fall 2023, Fall 2024)• Introduction to Examination, Evaluation & Treatment II (Spring 2024, Spring 2025)• Wellness and Health Promotion (Fall 2021, Fall 2022)• Therapeutic Exercise (Spring-Summer 2022, Fall 2022)• Foundations of Physical Therapy (undergraduate, Summer 2020) <p>Physical Therapist Assistant Program, Central Piedmont Community College, Charlotte, NC</p> <ul style="list-style-type: none">• Therapeutic Procedures (Spring 2016) <p>Doctor of Physical Therapy Program, Wingate University; Wingate, NC</p> <ul style="list-style-type: none">• Clinical Practice I&II (2014), Clinical Internship I (Spring 2015)
----------------------	--

Course Development	Physical Therapy Program, University of South Carolina, Columbia, SC <ul style="list-style-type: none">EXSC 201 Foundations of Physical Therapy (undergraduate curriculum; distributed learning format)
Co-Instructor	Physical Therapy Program, University of South Carolina; Columbia, SC <ul style="list-style-type: none">PHYT 777 Health Promotion and Wellness in Physical Therapy (Summer 2018, Summer 2019)
Guest Lecturer	Physical Therapy Program, University of South Carolina; Columbia, SC <ul style="list-style-type: none">Relaxation Techniques for PHYT 759: Therapeutic Exercise (Fall 2019)Psychosocial Aspects of Patient Care for PHYT 720: Fundamentals of Physical Therapy (Spring 2017, Spring 2018)Principles of Intervention for PHYT 145: Therapeutic Exercise (Fall 2017)Running Gait Evaluation for PHYT 145 Therapeutic Exercise (Fall 2015)
Mentoring	Physical Therapy Program, University of South Carolina; Columbia, SC <ul style="list-style-type: none">Secondary mentor PhD student in Exercise Science, Garrett Hainline (Fall 2021-Spring 2023), Kailyn Horn (Fall 2023-Present)Research mentor to DPT student research projects (Spring 2018-present)Undergraduate Honors Thesis Mentor (Fall & Spring 2021, 2023-present)Undergraduate Magellan Journey Award 2023-present

CLINICAL EMPLOYMENT

Physical Therapist (Part-time PRN)	Vertex Physical Therapy Specialists; Columbia, SC (2017-2020)
Physical Therapist / Yoga Therapist	Roper Physical Therapy; Charlotte, NC (2015-2017)
Physical Therapist	Novant Health Rehabilitation Center; Matthews, NC (2009-2013) Carolina Neurosurgery and Spine Associates; Charlotte, NC (2006-2009)

AWARDS

- Presidential Fellowship Recipient, University of South Carolina; Columbia, SC (8/2016 - 5/2020). \$8,000/year for 4 years. Role: Fellow
- NIH T-32 pre-doctoral research training grant, Behavioral-Biomedical Interface Program, University of South Carolina. (8/2016 - 8/2018). \$22,920/ year for 2 years. Role: Trainee
- Component Grants for Physical Activity, Exercise and Health Promotion. American Physical Therapy Association. *The NExT (Neurological Exercise Training) Step in Promoting Healthy Lifestyles after Stroke*. (12/2017 - 11/2018). \$10,000. Role: Co-Investigator
- Adopt-a-Doc Award. Academy of Physical Therapy Education. American Physical Therapy Association. (1/2019). \$3,000. Role: Recipient

- Breakthrough Scholar Award. University of South Carolina 2020.
- Doctoral Student Achievement Award, Arnold School of Public Health, University of South Carolina 2020.
- American Kinesiology Association Doctoral Scholar Award, University of South Carolina 2020.

GRANTS

- American Physical Therapy Association Health Policy and Administration Section Research Grant. *Integrating Stroke Survivors into Cardiac Rehabilitation*. (5/2018 - 5/2020). \$15,000. Role: Primary Investigator
- American Heart Association Pre-Doctoral Grant. *Integrating Stroke Survivors into Cardiac Rehabilitation*. (1/2019 - 12/2020). \$26,844/year for 2 years. Role: Trainee.
- Support to Promote Advancement and Creativity (SPARC) Grant, Office of the Vice President of Research. University of South Carolina. *Integrating Stroke Survivors into Cardiac Rehabilitation*. (4/2019 - 5/2020). \$5,000. Role: Primary Investigator
- Nielsen Foundation Community Grant to South Carolina Spinal Cord Injury Association. 2021-2023 *Wellness for Life*. \$119,000. Role: Co-investigator
- National Institute on Aging Grant (1R01AG070004-01A1) *Healthy Living After Knee Replacement*. 2021-2026 \$2,874,843. Role: Co-investigator
- Parkinson's Foundation *Optimizing Reach and Sustainability of PD REV+, and Established Community Program for People Living with Parkinson's Disease and their Care Partners*. 2022 \$9,987. Role: Co-investigator
- Foundation of Physical Therapy Research's Center of Excellence in Physical Therapy, Health Services and Health Policy Research and Training Grant. (7/2023 – 6/2025) \$120,000. Role: Fellow.
- University of South Carolina Brain Health Network. *Implementing USC Brain Health Fitness: an ongoing individual coaching and exercise intervention for people living with mild-moderate cognitive impairments in South Carolina*. (9/2024-8/2025). \$58,764. Role: Primary Investigator.
- Prisma Health Research Seed Grant. *Implementing Fit for Function in South Carolina: An Evidenced-based exercise program for people after stroke*. (1/2025 – 7/2026) \$17,897. Role: Primary Investigator.
- Center for Clinical and Translational Research. *Train Your Brain Fitness SC: An exercise intervention for people with cognitive impairments*. (7/2025 – 7/2026). \$75,000. Role: Primary Investigator.

PUBLICATIONS

1. **Regan EW**, Cameron K, Herrera-Venson A, Juarez GA, Perera S, Vincenzo J, Brach JS. Characteristics of Evidenced-Based Falls Prevention Program Completers and Non-Completers and Difference in Outcomes. *Journal of Aging and Health*. 0(0), 2025. doi:10.1177/08982643251327032
2. **Regan EW**, Burnitz O, Hightower J, Dobner L, Flach A. Rock Steady Boxing: A qualitative evaluation of a community exercise program for people with Parkinson's disease. *PLoSOne*, 19(12), 2024.
3. **Regan EW**, Toto P, Brach J. A Community Needs Assessment and Implementation Planning for a Community Exercise Program for Survivors of Stroke: A Protocol for a Pilot Hybrid Type I Clinical Effectiveness and Implementation Study. *JMIR Research Protocols*, 13(1), e55432, 2024.
4. Handlery, R., Handlery, K., Kahl, D., Koon, L., Cabe, L., **Regan, EW**. High Intensity Functional Training for People with Parkinson's & Their Care Partners: A Feasibility Study. *American journal of health promotion.*, no. 5: 648-660, 2024.
5. Handlery, K., McQueeney, S., Handlery, R., **Regan, EW.**, Fritz, SL. Factors Contributing to Physical Therapist Attrition: A Qualitative Study. *Journal of Allied Health*, 53(1), 1E-12E, 2024.

6. **Regan, EW**, & Fritz, SL. Key participant characteristics influencing completion of a phase II cardiac rehabilitation program: A cross-sectional analysis. *American Heart Journal Plus: Cardiology Research and Practice*, 2023.
7. Handlery, R. **Regan, E**. Lewis, AF, Larsen, C, Handlery, K, Flach, A and Fritz, S. Active Participation of Care Partners in a Physical Activity Intervention Alongside People with Stroke: A Feasibility Study. *Physiotherapy Canada*, 2022.
8. Salerno J, Tow S, **Regan E**, Bendziewicz S, McMillan M, Harrington S. Injury and Injury Prevention in United States Para swimming: a Mixed Method Approach. *International journal of sports physical therapy*, 17(2), 293, 2022.
9. **Regan EW**, Handlery R, Stewart JC, Pearson JL, Wilcox S, Fritz, SL. Feasibility of Integrating Survivors of Stroke into Cardiac Rehabilitation: A mixed methods pilot study. *PLOS ONE*, 2021.
10. **Regan EW**, Handlery R, Stewart JC, Pearson JL, Wilcox S, Fritz SL. Integrating Survivors of Stroke into Exercise-based Cardiac Rehabilitation Improves Endurance and Functional Strength. *Journal of the American Heart Association*, 2021.
11. **Regan, E**, Fredriksson J, Schaefer S, Rorden C, Bonilha L, VanGlider J, Steward JC. Neural Correlates of within-session practice effects in mild motor impairment after stroke: a preliminary investigation. *Experimental Brain Research*. 2021
12. Handlery R, **Regan EW**, Stewart JC, Pellegrini C, Monroe C, Hainline G, Handlery K, Fritz SL. Predictors of Daily Steps at 1-Year Poststroke: A Secondary Analysis of a Randomized Controlled Trial. *Stroke*. 2021.
13. McDonnell, K. K., Gallerani, D. G., Newsome, B. R., Owens, O. L., Beer, J., Myren-Bennett, A. R., **Regan, E.**, Hardin, J.W. & Webb, L. AA Prospective Pilot Study Evaluating Feasibility and Preliminary Effects of Breathe Easier: A Mindfulness-based Intervention for Survivors of Lung Cancer and Their Family Members (Dyads). *Integrative cancer therapies*, 2020.
14. **Regan EW**, Wende, M, Blake C, Fritz SL. Yoga for Everyone: A Qualitative Study of a Community Yoga Class for People with Disability. *Physiotherapy Theory and Practice Journal*. 2020.
15. **Regan E**, Middleton A, Stewart JC, Wilcox S, Pearson JL, Fritz SL. The Six-Minute Walk Test as a Fall Risk Screening Tool in Community Programs for Persons with Stroke: A Cross-Sectional Analysis. *Topics in Stroke Rehabilitation*. 2019.
16. **Regan EW**, Handlery R, Beets MW, Fritz SL. Are Aerobic Programs Similar in Design to Cardiac Rehabilitation Beneficial for Survivors of Stroke? A Systematic Review and Meta Analysis. *Journal of the American Heart Association*. 2019.
17. Bujak BK, **Regan E**, Beattie PF, Harrington S. The effectiveness of interdisciplinary intensive outpatient programs in a population with diverse chronic pain conditions: a systematic review and meta-analysis. *Pain Management*. 2019.
18. **Regan E**, Handlery R, Liuzzo D, Stewart JC, Burke A, Hainline G, Horn C, Keown J, McManus A, Lawless B, Purcell M, Fritz S. The Neurological Exercise Training (NExT) Program: A Pilot Study of a Community Exercise for Survivors of Stroke. *Disability and Health Journal*. 2019.
19. **Regan EW**, Fritz SL Commentary on: Considerations for the selection of time-limited walk tests post-stroke: A systematic review of test protocols and measurement properties. *Journal of Neurologic Physical Therapy*. 2016

RESEARCH PRESENTATIONS

1. Mayson, T, Nakhi, S, Carroll, S, Warren, J, **Regan EW**. Understanding the Association between Preoperative Exercise Level and Post-Operative Outcomes of Mixed-Major Abdominal Surgery. NC & SC American College of Surgeons Annual Meeting. 2025. Platform Presentation.

2. Cochcroft, C, Horn, K, **Regan, EW**. Using an Adaptive Rower for People Using Power Wheelchairs to Improve Cardiovascular Fitness. Discover USC. 2025 Poster Presentation.
3. Brown, K, **Regan EW**. Using an Adaptive Rower for a Manual Wheelchair User: A Case Study. Discover USC. 2025 Poster Presentation.
4. Nakhi, S, Mayson, T, Carroll, S, Warren, J, **Regan EW**. Understanding the Association between Preoperative Exercise Levels and Postoperative Outcomes of Mixed-Major Abdominal Surgery. Discover USC. 2025
5. **Regan, EW.**, Beganskas, N., Harvey, E., Porter, K., Medina-Reyes, A., Phillips, S. E., ... & Flach, A. D. (2025, February). Physical Therapists' Capability, Opportunity, Motivation and Behavior Related to Physical Activity and Nutritional Behavior Change. *Combined Sections Meeting (CSM)*. APTA. 2025. Poster Presentation.
6. Brantley K, Cummings K, Hackler M, Pellegrini C, **Regan E**. Do aerobic capacity and pain levels impact the ability to increase physical activity early after total knee arthroplasty? A secondary cross-sectional analysis. Discover USC, 2024. Poster Presentation.
7. **Regan, EW**, Ballard, Z, Johnson P, Handlery R, Handlery K, Hainline G, Fritz SF. Perceptions of Survivors of Stroke and Care-Partners of a Community-Based Exercise Program: A Qualitative Study. APTA Combined Sections Meeting Conference. Boston, MA. February 2024. Poster Presentation.
8. **Regan EW**, Devivo K, Fritz SL. Organizational Stakeholder Review and Potential Sustainability of Integrating Stroke Survivors into Hospital-Based Outpatient Cardiac Rehabilitation. Academy Health Dissemination and Implementation Science Conference. Washington, DC. December 2023. Poster Presentation.
9. **Regan E**, Handlery R, Sollman M, Gawler T, Delany E, East M, Schmidt R, Flach A. Education and Exercise Support for Individuals Newly Diagnosed with Parkinson Disease and Their Care Partners. World Parkinson Congress. Barcelona, Spain. July 2023. Poster Presentation.
10. **Regan EW**, Scott MJ, Forbes RE, Silverman-Moss C, Handlery K, Fritz SL. Race to Walk: A Qualitative Study of a Community Exercise Program for Individuals with SCI. American Physical Therapy Association Combined Sections Conference. San Antonio, TX Feb 2022. Poster Presentation.
11. Handlery K, McQueeney S, Handlery R, **Regan E**, Fritz S. Factors Contributing to Physical Therapist and Physical Therapist Assistant Attrition: A Qualitative Study. American Physical Therapy Association Combined Sections Conference. San Antonio, TX Feb 2022. Poster Presentation.
12. Hainline GM, Fritz SL, Handlery R, **Regan EW**. Rating of Perceived Exertion as a measure of aerobic exercise intensity for people with stroke. American Physical Therapy Association Combined Sections Conference. San Antonio, TX Feb 2022. Platform Presentation.
13. **Regan, EW**, Handlery, R, Wilcox, S, Stewart, JC, Pearson, JL, & Fritz, S. (2020). Outcomes From Integrating Stroke Survivors Into Cardiac Rehabilitation. American Heart Association Quality of Care and Outcomes Research Conference. (2020) Online. Poster Presentation.
14. **Regan, E**, Wilcox S, Stewart JC, Pearson JL, Fritz SL. Integrating Stroke Survivors into Cardiac Rehabilitation: Exploring Effectiveness, Feasibility, Physical Therapist Involvement and Policy Implications. (2020). Combined Sections Meeting of the American Physical Therapy Association. Denver, CO. Platform Presentation.
15. Salerno J, Bendziewicz SF, McMillan M, **Regan E**, Tow S, Harrington S. Injury Prevention in Paraswimming. (2020). Combined Sections Meeting of the American Physical Therapy Association. Denver, CO. Platform Presentation
16. **Regan, E**, Fritz, SL. The Six-Minute Walk Test as a Predictor for Fall Risk in Persons with Stroke. International Stroke Conference. Honolulu, HI. February 2019. Poster Presentation.
17. **Regan E**, Handlery R, Beets M, Fritz, S. Are Aerobic Programs Similar to Cardiac Rehabilitation Beneficial for Stroke Survivors' Aerobic Capacity? A Systematic Review and Meta-Analysis. American Physical Therapy Association Combined Sections Conference. Washington, DC. January 2019. Poster Presentation.

18. Wende M, **Regan E**. Yoga for Everyone: A qualitative study of a community yoga class for people with disability. USC Discovery Day, Columbia SC. 2018. Poster Presentation.
19. **Regan E**, Fridriksson J, Schaefer S, Rorden C, Boniha L, VanGlider J, Stewart JC. Neural correlates of within session changes on a simulated feeding task in individuals with mild motor impairment after stroke. American Society of Neurorehabilitation Annual Conference. Baltimore, MD November 2017. Poster Presentation.
20. **Regan E**, Merlo A, **Fritz SL**. Determine Responders vs. Non-Responders using the Six-Minute Walk Test to Measure Endurance after Intensive Therapy for Individuals with Post-Stroke Limitations. World PT Conference, Cape Town South Africa. July 2017. Poster Presentation.
21. **Regan E**, **Kline J**. Overcoming Fear of Feedback: Engaging for Improved Performance and Relationships. SCAPTA Spring Meeting, Asheville, NC. March 2015. Education Session.
22. **Regan E**, **Roper C**, **Ray L**. Medical Therapeutic Yoga for Lower Extremity Dysfunction. NCPTA Fall Meeting, Greensboro, NC. October 2016. Education Session.
23. **Regan E**, **Kline J**. Overcoming Fear of Feedback: Engaging for Improved Performance and Relationships. NCPTA Fall Meeting, Asheville, NC. October 2015. Education Session.
24. **Regan E**, **Swiggum M**. From the Crying Infant to the Anxious Adult: Strategies to Decrease Behavioral Distress During Physical Therapy Interventions. APTA NEXT Conference, Charlotte, NC. June 2014. Education Session.
25. **Regan E**. Addressing Stress and Anxiety in Patients. NCPTA Fall Meeting., Asheville, NC. October 2014. Education Session.

OTHER INVITED AND PEER-REVIEWED PRESENTATIONS

1. Baehr, L, Regan, EW, Handlery, K, Handlery R. FIT and SIT: Ramping up Seated Exercise Intensity, Variety, and Inclusivity for Older Adults. *American Physical Therapy Association Combined Sections Meeting*, Houston, TX. Educational Presentation & On-Demand Session, 2025. (refereed)
2. Regan EW. The Adaptive Rower for Building Aerobic Capacity for People with SCI: From Concept to Community, Co-Keynote for the SC Spinal Cord Injury Research Fund 2023 Scientific Conference, Fall 2023. (invited)
3. Regan EW and Flach A. Using TopHat Learning Platform to Engage Students and Promote Learning. Oktoberfest Teaching Symposium, University of South Carolina, Fall 2023 (refereed)
4. Regan EW. Research 101 for People with Spinal Cord Injury, South Carolina Spinal Cord Injury Association Wheeling in New Directions Conference, Fall 2022 (invited)
5. Regan, EW. Wellness and Health during Grief and Recovery. Operation Support our Troops America Leap of Faith Seminar. Annually 2014-2020. 2022-2023. (invited)
6. Regan, EW. Falls and Falls Prevention. Breathe Easier Club for Lung Cancer Survivors and their Caregivers. Leeza's Care Connection. Columbia, SC. October 2018 (invited)

PROFESSIONAL ASSOCIATIONS

- American Physical Therapy Association, Member since 2013
 - Sections: Orthopedics, Neurology, Education, and Health Policy and Administration
- South Carolina Physical Therapy Association, Member 2017-present
- North Carolina Physical Therapy Association, Member 2013-2017
 - Piedmont District Chair 2015-2017

REVIEWER FOR JOURNALS

- *Physiotherapy Canada*, October 2024, December 2024
- *Journal of the American Heart Association*, August 2023
- *Archives of Physical Medicine and Rehabilitation*, June 2022, October 2022, October 2023
- *BMJ Open*, April 2023, July 2023
- *Frontiers in Rehabilitation Sciences*, December 2022
- *Topics in Stroke Rehabilitation*, August 2020.
- *International Journal of Yoga Therapy*, July 2020.
- *PLOS One*, assisting mentor Stacy Fritz, August 2019.
- *Journal of Geriatric Physical Therapy*, assisting mentor Stacy Fritz, Sept 2016, February 2017, July 2018.
- *Journal of Neurologic Physical Therapy*, assisting mentor Stacy Fritz, August 2017.
- *Journal of Gerontology*, assisting mentor Stacy Fritz, November 2016.

PROFESSIONAL AND UNIVERSITY SERVICE

Professional

- Wheelchair Tennis Committee, United States Tennis Association South Carolina, September 2023-present
- Board Member, South Carolina Spinal Cord Injury Association. October 2020-March 2024
- Task Force on Physical Activity, American Physical Therapy Association Academy of Geriatrics July

2023-present

- Research Committee, Health Policy and Administration Section, American Physical Therapy Association 2019-2022. Chair, 2021-2022.
- Clinical provider of physical therapy services, Matthews Free Medical Clinic, Matthews, NC 2013-2017
- Member of the APTA Neurology Academy's Health Promotion and Wellness Task Force 2016-2017
- International PT Service-Learning Mission Trip to Dominican Republic, August 2015

University

- Faculty Senate Technology Committee, Fall 2023-present, co-chair Fall 2024-present
- Discover USC Research and Scholarship Symposium Reviewer, Spring 2023, Spring 2024
- Arnold School of Public Health Scholastic Standards and Petitions Committee, University of South Carolina 2020-2023
- Faculty Search Committee Member, Physical Therapy Program, University of South Carolina, Columbia, SC 2020-2021
- DPT Advocacy and Service Committee, Physical Therapy Program, University of South Carolina, Columbia, SC 2020-present
- DPT Curriculum Committee, Physical Therapy Program, University of South Carolina, Columbia, SC 2020-present
- DPT Admissions Committee, Physical Therapy Program, University of South Carolina, Columbia, SC Fall 2016-present
- DPT Accreditation Committee, Physical Therapy Program, University of South Carolina, Columbia, SC Fall 2016-2018
- Faculty Search Committee Member, Physical Therapy Program, University of South Carolina, Columbia, SC Fall 2017-Spring 2018
- Instructor for Gateway Freshmen Seminar (1 credit course) Wingate University, Wingate, NC Fall 2013 and Fall 2014
- Faculty Search Committee Member, Physical Therapy Program, Wingate University, Wingate, NC 2013-2014
- Policies and Procedures Committee (Chair), Physical Therapy Program, Wingate University, Wingate, NC 2013-2015
- Clinical Education Committee (Chair), Physical Therapy Program, Wingate University, Wingate, NC 2013-2015

PROFESSIONAL LICENSURE AND CERTIFICATIONS

- State of South Carolina Licensed Physical Therapist, #8515, 2017-present
- State of North Carolina Licensed Physical Therapist, #P10423, 2006- 2023
- Orthopedic Certified Specialist, American Board of Physical Therapy Specialties, APTA; 2008-present