

CURRICULUM VITAE

Kira Eimiller PT, DPT, EdD
Board Certified Orthopedic Clinical Specialist
Certified in Mechanical Diagnosis and Therapy
4380 Main Street, SBHP 123
716-839-7350
Department of Physical Therapy; Daemen University

Education:

Concordia University, St. Paul
Saint Paul, MN
December 2024
Doctor of Education in Kinesiology

SUNY Upstate Medical University
Syracuse, NY
May 2011
Doctor of Physical Therapy

SUNY Environmental Science and Forestry
Syracuse, NY
May 2009
Bachelors of Science in Environmental Forest Biology

Licensure Information/Registration Number:

New York
License: 033913-01

Certifications:

Advanced Certification

Board Certified Specialist in Orthopedic Physical Therapy
American Physical Therapy Association
2015, Recertification completed in 2025

ACLS (Advanced Cardiovascular Life Support) Certification

September 2020

MDT (Mechanical Diagnosis and Therapy) Certification

Mckenzie Institute

September 2019

APTA Credentialed Clinical Instructor

American Physical Therapy Association
April 2014

August 2026

Sportsmetrics Certification

Cincinnati Sports Medicine

February 2013

CPR/AED for Professional Rescuers and Health Care Providers

The American Red Cross

Current- Recertified February 2025

Employment and Positions Held:

Assistant Professor

Tenure Track

Daemen University

Amherst, NY

9/2022-present

Physical Therapist- Per Diem

Sisters of Charity Hospital-St. Joseph's Campus Outpatient Clinic

Cheektowaga, NY

6/2023-present

Physical Therapist

McAuley Seton Homecare

Niagara County, NY

12/2021-9/2023

Hospital Service Attendant Supervisor

Catholic Health Systems COVID-19 Treatment Center

Cheektowaga, NY

3/2020-5/2021

Physical Therapist

Sisters of Charity Hospital-St. Joseph's Campus Outpatient Clinic

Catholic Health Credentialed Spine Center Therapist- Since 2019

Cheektowaga, NY

10/2011-12/2021

Adjunct Faculty

Daemen University

Amherst, NY

Fall 2016-Spring 2022

Physical Therapist

McAuley Residence and Kenmore Mercy Hospital Subacute and Acute Care

Kenmore, NY

6/2011-10/2013

August 2026

Peer Reviewed Publications:

Eimiller K, Cushing L, Kernin R, McDowell L, Pellicano F, Schoeppich O. Examining the relationship between hip flexor characteristics and low back pain in runners. *Journal of Bodywork & Movement Therapies*. 2026;48:603–609. doi:10.1016/j.jbmt.2026.07.020.

Eimiller K, Vraa M, Sigmund K, Zellmer M. Relationship between hip flexor tightness and low back pain in non-care-seeking individuals. *Clin Biomech*. 2026;132:106739. doi:10.1016/j.clinbiomech.2025.106739.

Eimiller K, Licata A, Bilotta A, Meagher G, Lahr S. Reliability of the modified Thomas test in those with low back pain. *J Bodyw Mov Ther*. 2026;46:134–138. doi:10.1016/j.jbmt.2025.10.038.

Eimiller K, LeFevre L, Robarge C, Strano C, Tarbrake K, Wittmann I. The core of the issue: Plank performance and pain in the lower back. *J Clin Med*. 2025;14(11):3926. doi:10.3390/jcm14113926.

Eimiller K, Stoddard E, Janes B, Smith M, Vincek A. Reliability of goniometric techniques for measuring hip flexor length using the modified Thomas test. *Int J Sports Phys Ther*. 2024;19(4):1-10. doi:10.26603/001c.120899.

Chimera NJ, **Kremer K**. Sportsmetrics™ training improves power and landing in high school rowers. *Int J Sports Phys Ther*. 2016;11(1):44-53.

Peer Reviewed Scientific and Professional Presentations:

Eimiller K., Cushing L., Kernin R., McDowell L., Pellicano F., Schoeppich O. “Are Hips To Blame? Examining The Link Between Hip Flexors And Low Back Pain In Runners.” Poster presentation, American College of Sports Medicine Annual Conference. Salt Lake City, UT. May 2026.

Eimiller K., LeFerve L., Strano C., Robarge C., Tarbrake K., Wittman I., “The Core of the Issue: Plank Performance and Lumbar Pain.” Poster presentation, APTA Combined Sections Meeting. Anaheim, CA. February 14, 2026.

Eimiller K., Lahr S., Meagher G., Licata A., Bilotta A. “Reliability of the Modified Thomas Test in Those with Low Back Pain.” Poster presentation, APTA Combined Sections Meeting. Houston, TX. February 14, 2025.

Eimiller K., Stoddard E., Smith M., Janes B., Vincek, A. “Reliability Of Goniometric Techniques For Measuring Hip Flexor Length Using The Modified Thomas Test.” Poster presentation, American College of Sports Medicine Annual Conference. Boston, MA. May 2024.

Funded/In Review Grant Activity:**Current/Active Research Activity:**

The relationship between hip muscle characteristics and low back pain

Membership in Scientific/Professional Organizations:

International Mckenzie Research Taskforce: since 2024

American College of Sports Medicine Member: since 2024

American Physical Therapy Association Member: since 2008

Member of the Orthopedic Section of APTA: since 2011

New York State Physical Therapy Association Member: since 2008

Non-Peer Reviewed Presentations

K Eimiller: 2025 Fall Faculty Scholarship Symposium hosted by the CETL “The Core of the Issue: Plank Time” Nov 17, 2025

K Eimiller: 2024 Spring Faculty Scholarship Symposium hosted by the CETL “The reliability of the Modified Thomas Test” Mar 25, 2024

K Eimiller: Catholic Health University “Manual Therapy in Geriatrics” August 2017

K Eimiller: D’Youville College entry level DPT program “Student Loan Repayment and Forgiveness Programs” April 2014 –2018

K Eimiller: Musculoskeletal Symposium- “Clinical Practice Guidelines for Neck Pain” November 2015

K Eimiller: Community Education “Taking Performance to the Next Level” August 2013

Service to the College

University Committees

Educational Policy Committee Fall 2025-Present

Subcommittee: Program

Retirement Committee Fall 2025-Present

StEP Committee Fall 2024-Spring 2025

PT Department Committees

Direct Entry Admissions Fall 2022- Present

Comprehensive Exam Committee Fall 2022- Present

Faculty Advisor SPTA Social Committee Fall 2022-Present

Faculty Advisor SPTA Pre-professional Committee Fall 2022-Present

Community Service

Town of Clarence Greenprint Committee Summer 2024-Present

Project Homeless Rehabilitation Lead 2016-2019

Professional Service

Mckenzie Institute- USA Advisory Group-Academic section 2025-Present

Mckenzie Institute Research Taskforce 2024-Present

Edd in Kinesiology Courses: Concordia St. Paul University (2022-2024)

KHS 7000 Current Issues and Trends in Kinesiology (3)

KHS 7120 Advanced Exercise & Sports Nutrition (3)

KHS 7130 Advanced Exercise and Sport Psychology (3)

KHS 7230 Advanced Exercise Prescription (3)

August 2026

KHS 7800 Action Research in Kinesiology (3)
 KHS 7810 Applied Measurement and Evaluation Techniques in Kinesiology (3)
 KHS 7900 Seminar in Kinesiology 1 – *Selection of Dissertation Topic and Advisor, Drafting the Introduction* (1)
 KHS 7901 Seminar in Kinesiology 2 – *Forming the Dissertation Committee and Drafting the Literature Review* (1)
 KHS 7902 Seminar in Kinesiology 3 – *Drafting the Methodology* (1)
 KHS 7903 Seminar in Kinesiology 4 – *Finalize Dissertation Prospectus; Comprehensive Examination* (1)
 KHS 7830 Advanced Research Seminar in Kinesiology – *Schedule and Present Dissertation Proposal*
 KHS 7950 Dissertation – *Introduction and Literature Review* (3)
 KHS 7950 Dissertation – *Methodology and Starting Research* (3)
 KHS 7030 Professional Ethics and Program Management in Kinesiology (3) *Submit IRB application*
 KHS 7950 Dissertation – *Finalizing Research, Analysis and Findings* (3)
 KHS 7950 Dissertation – *Dissertation Discussion and Defense* (3)

Conference Continuing Education

American College of Sports Medicine Conference, Salt Lake City Utah, May 2026

- Joseph B Wolffe Memorial Lecture: Molecules, Medals & Medicine: Maximizing Human Potential Through Exercise and Technology
- Morris/Paffenbarger/Blair EIM Keynote Lecture- Frontiers in Human Performance Research: Insights from Biomechanical Simulation and Machine Learning
- Josephine L. Rathbone & Barbara L Drinkwater Names Lecture- Because of Your Footsteps, More Women Will Follow

American Physical Therapy Associations Combined Sections Meeting,
Anaheim, CA February 2026

- Disability Accommodations in Clinical Education: Upholding Standards, Setting Expectations, and Addressing Concerns
- Piecing Together the Puzzle of Patellofemoral Pain
- 57th Mary McMillan Lecture: Movement Matters - The Path to Professional Impact
- Managing Lumbar Spine Pathology with Electrodiagnosis, MSK Ultrasound and Manual Therapies
- Navigating the Achilles Tendinopathy Clinical Practice Guidelines: Myths, Updates, and Implementation
- High Intensity Interval Training in Geriatrics: What the Evidence Says and Clinical Implementation
- Better PT Students with EMG: Have the Nerve to Teach Electrophysiology
- Is Hip-Spine Syndrome Real? Demystifying the Syndrome
- Gerofit: A Collaborative, Age-Friendly Approach to Engaging Older Adults in Physical Activity

American Physical Therapy Associations Combined Sections Meeting,
Houston, TX February 2025

- Research Platform 1

August 2026

- AOPT Platform Session II
- Entrance into Practice Performance Outcomes in Physical Therapy: The Full Framework
- Biomechanics Matters 3.0: Focus on Movement
- Backbone of Excellence: Crafting the Framework of Hospital Based Spine Programs, Optimizing Value and Research

American College of Sports Medicine Conference, Boston MA, May 2024

- Joseph B Wolfe Memorial Lecture: Physical Activity and Cardiorespiratory Fitness as Modulators of Health Outcomes: A Compelling Case Presented to the Medical Community
- The Physiology of Sedentary Behavior
- Resistance Training Biomechanics
- Exercise is Medicine

American Physical Therapy Associations Combined Sections Meeting, San Antonio, TX
February 2017

Continuing Education Courses

- Application of Ultrasound Imaging for Orthopaedic and Sports Conditions
- APTA CPI 3.0 – PT DCE Training
- Cardiac Rhythms
- Concussion and Cervicogenic Dizziness Management
- Current Concepts in Shoulder Function with Ben Kibler
- DEI: Foundational Series
- Geriatric Balance Examination & Interventions: Motivations
- Instrument Assisted Soft Tissue Manipulation: The Eclectic Approach to IASTM
- Introduction to Vestibular Rehabilitation: Great Lakes
- Kinesiology Taping
- McKenzie A-D, MDT Manual Skills Update
- Neuromobilization
- NDT Approach for Management of Adults with Hemiplegia
- Prenatal and Postpartum Exercise Design
- Rotator Cuff Dysfunction
- Specialist Certification Examination Item Writing: An Overview
- Spinal Manipulation with James Dunning –SMT-1
- Successful Rehab of the LE Amputee
- The BEST Exercise Program for Osteoporosis Prevention
- Therapeutic Pilates
- “Treatment of the Container”-Cervicothoracic
- World of Hurt: Course 1 and 2

Current Teaching Responsibilities in the Entry-Level Physical Therapy Program

First Year Professional Phase, fall semester

- PT 506 Kinesiology and Biomechanics
- PT 506/L Kinesiology and Biomechanics
- PT 514 Musculoskeletal Rehabilitation I
- PT 514/L Musculoskeletal Rehabilitation I

August 2026

PT 517 Clinical Medicine I
PT 551 Integrative Seminar in Physical Therapy I
PT 563 Clinical Exposure I

Second Year Professional Phase, fall semester

PT 516 Clinical Problem Solving in Musculoskeletal Rehabilitation

Third Year Professional Phase, fall semester

PT 555 Clinical Research II

First Year Professional Phase, spring semester

PT 507 Kinesiology and Biomechanics II

PT 507/L Kinesiology and Biomechanics II

PT 515 Musculoskeletal Rehabilitation II

PT 515/L Musculoskeletal Rehabilitation II

PT 517 Clinical Medicine I

PT 551 Integrative Seminar in Physical Therapy II

Second Year Professional Phase, spring semester

PT 545 Neuromuscular Rehabilitation II

PT 545/L Neuromuscular Rehabilitation II

PT 554 Clinical Research I

Third Year Professional Phase, spring semester

PT 680 Clinical Internship III

PT 690 Clinical Internship IV

Second Year Professional Phase, summer semester

PT 577 Clinical Internship I