

Nia Irene Mensah PT, DPT, PhD, PCS
University of Colorado Anschutz Medical Campus
Physical Therapy Program – Hybrid Pathway Colorado Springs Campus
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Education

- 2017-2023 Teachers College, Columbia University – October 2023
Doctor of Philosophy, Kinesiology, Motor Learning Program
New York, NY.
- 2003-2006 University of Southern California
Doctor of Physical Therapy (DPT) Los Angeles, CA
- 1999-2003 Vanderbilt University
School of Arts & Science
B.S. Psychology Neuroscience track Nashville, TN

Professional Licenses

Physical Therapy License New York State # 029911-1
Physical Therapy License New Jersey State # 40QA02258000

Academic Appointments

- 2024-present Assistant Professor, Doctor of Physical Therapy Program, Hybrid Pathway
University of Colorado, Colorado Springs, CO
- 2023-present Adjunct Professor, Doctor of Physical Therapy Program
Kean University, Union, NJ
- 2019-present Associate Professor; Doctor of Physical Therapy Program
Long Island University, Brooklyn, NY.
- 2020-2023 Pediatric Lab Instructor, Doctor of Physical Therapy Program
Mercy University, Dobbs Ferry, NY

Professional Positions

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| 9/23- present | Per Diem Physical Therapist | Blythedale Children’s Hospital, Valhalla, NY |
| 10/23-present | Per Diem Physical Therapist | Physical Therapy 4 Kids, White Plains, NY |

6/21-present	Instructor: Navigating Race in the Health Care Setting	Rutgers's University Office of Professional Development, New Brunswick, NY
9/17- present	Neurorehabilitation Lab researcher	Teacher's College Columbia Univ. Neuro-Rehabilitation Lab, NY, NY
6/18-3/19	Clinical Director/Director of Related Services	International Institute of the Brain, NY, NY
1/15-5/18	Lab Instructor	Columbia University DPT Program, NY, NY
9/13-9/18	Director of Physical Therapy Department	International Academy of Hope, NY, NY
2/08-9/13	Staff Physical Therapist	Blythedale Children's Hospital, Valhalla, NY

Scholarly Agenda

The overall goal of my scholarship is to advance education, clinical practice and research related to the physical therapist's management of patients with pediatric conditions and specifically early detection of cerebral palsy and increasing physical activity and participation for children with cerebral palsy who are non-ambulatory.

Publications (Peer-reviewed journals)

1. States RA, Dewan B, Lynam P, **Mensah N**, Pottorf O. Group exercise for balance in people with Parkinson's disease: a systematic review with meta-analysis. *Physiother Theory Pract.* 2024 Jul 8:1-18. doi: 10.1080/09593985.2024.2374063.
2. **Toomer-Mensah N**, O'Neil M, Blacutt M, Quinn L. Measuring Physical Activity in Children Who Do Not Walk and With Cerebral Palsy: An Exploratory Case Series. *Pediatr Phys Ther.* 2024 1;36(3):353-362.
3. Kipnis D, Lin M, Pacheco A, **Mensah N**, Gu Y, Macpherson CE, Kempner K, Parker A, Coley RB, Coley D, Shah H, Quinn L. Identifying Barriers and Facilitators to Accessing Care for Historically Marginalized Communities Affected by Parkinson Disease: A Qualitative Study. *J Racial Ethn Health Disparities.* 2024 May 8. doi: 10.1007/s40615-024-02011-2. Epub ahead of print. PMID: 38717675.
4. Kipnis D, Pacheco A, Delfing D, **Toomer-Mensah N**, Macpherson CE, Rieger J, Parker A, Coley RB, Coley D, Shah H, Quinn L. Community-based participatory research approach to address healthcare disparities confronting members of the Black Diaspora with Parkinson's disease. *Parkinsonism Relat Disord.* 2024 Feb;119:105936. doi: 10.1016/j.parkreldis.2023.105936.

5. **Mensah NI**, Savage RC, Camejo MB, Kramer S, Lozada AJC, McAllister T, Romanelli LJ, Sanchez L, Scheider L, Donohue P. Does Multidisciplinary and Intense Rehabilitation in a Post-Acute Brain Injury School Produce Positive Outcomes? *JSM Pediat Child Health* 2019;4:11.

Publications (Books and Chapters)

1. Pediatric Physical Therapy for the PTA 2nd Edition (2024), O’Shea, Roberta; Elsevier Health
Chapter Contributor: Treatment Approaches

Publications (Non-peer-reviewed articles and monographs)

1. Good Health Cover “Flexibility as a way of life” Commentary Lady Life Magazine, May/June 2021 issue
<https://online.fliphtml5.com/nolio/mlgr/#.YLer2nBNEWk.gmail>

Scientific Platforms and Posters

1. Dewan B, Mensah N, Lynam P, States RA. APTA Combined Sections Meeting (CSM) 2023. “Group exercise for balance in people with Parkinson's disease: a systematic review with meta-analysis” Scientific Poster February 23, 2023, San Diego, CA
2. Mensah NI. AACPD 76th Annual Meeting: “Measuring physical activity in children with CP at GMFCS levels IV-V: an explorative observational case series” Scientific Poster; September 23-26, 2022, Las Vegas, NV
3. Mensah NI. AACPD 74th Annual Meeting: “Measuring physical activity in children with severe and profound disability: An exploratory study” Demonstration Poster Meeting: September 24-26, 2020, New Orleans, LA - virtual
4. Mensah NI “Effects of Underwater Treadmill Training in Child with Hemiplegic Cerebral Palsy: A Case Study” – Published in PT journal (online) Meeting cancelled due to COVID-19 (Phoenix, AZ) June 2020
5. Dodds C. Complex Pediatric Disabilities Online Course Enhance Life Quality for the Most Vulnerable Children. Poster CSM 2018
6. Mensah NI, Savage R, Camejo M et al. Does Multidisciplinary and Intense Rehabilitation in a post-acute Brain Injury School produce positive outcomes? A retrospective cohort review. Poster & Platform Presentation: NABIS Conference Tampa, FL March 2016.
7. Fieback L, Toomer-Mensah NI, Smith T, Felsenfeld M. A Balance Master ® Intervention providing sequence training to improve a child’s ability to cross a community traffic signal in a safe and timely manner. A Randomized Control Trial. Poster Presentation: American Physical Therapy Association NEXT Conference, Tampa, Fl. June 2012

Educational Presentations

1. Heathcock JC, Levac D, Prosser LA, Mensah NI, Cotton RJ. “Pediatrics Research Forum Precision Rehabilitation” Educational Session, February 13, 2025, Combined Sections Meeting (CSM) American Physical Therapy Association, Houston, TX.
2. Mensah NI, James D, Weeks-O’Neal: American Academy of Pediatric Physical Therapy Annual Meeting “Cross-Cultural Adaptability: Implementation of service learning experiences in Ghana and in the U.S.” Educational Session, November 23, 2024, Providence, RI.
3. O’neil MO, Ray L, Mensah NI, Wentzell E. American Academy of Pediatric Physical Therapy Annual Meeting “Promoting Physical activity participation in natural environments where children live, play and learn” Educational Session, November 23, 2024, Providence, RI.
4. Potts, L, O’neil MO, Noble E, Mensah NI. American Academy of Pediatric Physical Therapy Annual Meeting “Get Active: A School-Based Approach to promoting physical activity for children with disabilities”. Educational Session; October 29, 2023, Omaha, NE.
5. Mensah NI, O’neil MO, Dodds C, Quinn L. APTA CSM Annual Meeting: “Measuring and defining physical activity in children with CP functioning at GMFCS Levels IV and V. Educational Session; February 25, 2023, San Diego, CA
6. Mensah NI. “Navigating Racial Disparities within the Physical Therapy Profession”. Panel member of Plenary Presentation. Pediatric Section: Diversity, Equity, and Inclusion Task Force. Plenary Session/Presentation: Combined Sections Meeting (CSM) American Physical Therapy Association, Denver, Colorado February 2020.

Grants and Funding

American Academy of Pediatric Physical Therapy Mentored Research Grant

Mensah NI (PI); Mentors: Quinn, L and O’Neil, MO

Goal: Measuring Physical Activity in Non-Ambulatory Youth with CP, GMFCS IV-V during daily routines

\$10,000.00

Role: PI

- Grant Period 1/2021 – 3/2022
- Complete – Funded dissertation defended June 2023, published via ProQuest

Cerebral Palsy Alliance (Canada) \$1600.00 – Travel and Lodging

Mensah NI. Belize International Outreach: Volunteer Outreach Trip for PT and OT students.

Goal: Purpose: International clinical experience and survey student success

Role: PI

- Grant Period 8/2019 – 8/2020

- Cancelled due to Covid-19 pandemic

Webinars and Podcasts

1. Mentorship 101 – APTA APPT mentorship committee webinar event January 2021

Invited Presentations – Local

1. Navigating Racial Disparities within Health Professions. Harlem community/CAMPR CUIMC/TC project February 2021 (virtual)
2. Keynote Speaker 3rd Annual Kusudi International Brunch Fundraiser October 2019

Awards

1. Minority Faculty Development Award
American Physical Therapy Association
Leadership Congress, June 2022
2. Trailblazer Leadership Award, African American Graduation Ceremony
Vanderbilt University May 8, 2003
3. James Lawson Award for Leadership
Magnolia Award, Vanderbilt University April 2003

Membership in Scientific/Professional Societies

2003-present American Physical Therapy Association (APTA), Member
 2010-present Academy of Pediatric Physical Therapy (APPT), Member
 2015-present Neurodevelopmental Treatment Association (NDTA), Member

Leadership and Advisory Positions

2020-present	Founding Board Director	USC BKN/PT Black Alumni Association
2020-2021	Co-chair	Mentorship Committee APPT
2019-present	Member	Diversity, Equity, and Inclusion Committee APPT
2017-present	President	Kusudi International Incorporated
2025-present	Vice President	Kusudi International Incorporated

Teaching

University of Colorado (Anschutz and Colorado Springs) DPT Hybrid Pathway

- DPTR 5141 Human Growth and Development (Course Coordinator)
- DPTR 5501 Neurological evaluation and intervention (Guest Lecturer)
- DPTR

Long Island University

- PT 832 Pediatric Diagnosis and Neurological Management (Primary Faculty/Course Coordinator) Fall 2019, 2020, 2021, 2022, 2023
- PT 766 Test and Measures (Primary Faculty Instructor) Spring 2020, 2021
- PT 915 Clinical Reasoning (Guest Lecturer) Fall 2019, 2020, 2021
- PT 875 Clinical Seminar (Lab Assistant) Summer 2019, 2020
- PT 885 Specific Systems (Primary Faculty/Course Coordinator) Summer 2019-2021

- PT 764 Movement Analysis III (Lab Assistant) Spring 2019, 2020, 2021
- PT 766 Test and Measures (Lecturer & Lab Assistant) Spring 2019

Teachers College

- Guest Lecturer: Cerebral Palsy. Course: Movement Disorders, Fall 2020

Learning Center APTA

- Cohort Facilitator; American Physical Therapy Association: Complex Pediatric Disabilities Online Course; Enhance Life Quality for the Most Vulnerable Children; March 1-May 8, 2017 (20 Contact Hours)

Advising and Mentoring

1. Mentor: University of Southern California BKN/PT Black Alumni Association 2021 - present
2. Mentorship Subcommittee Co-chair: 2020-2021 APTA Academy of Pediatric PT

Committees

University of Colorado: Anschutz and Colorado Springs Hybrid DPT program

1. 2024

Long Island University Brooklyn

1. 2021-current Admissions
2. 2020-current Faculty Senate Search Committee
3. 2019-2021 Department Personnel Committee
4. 2019-2021 Student Progress Committee

Research Experience

1. “Measuring Physical Activity in Non-Ambulatory Youth with CP, GMFCS IV-V during daily routines” IRB approved 11/2023 - Current P.I. Nia Mensah, Sponsor: Dr. Lori Quinn; Teacher’s College
2. “Cross-Cultural Adaptability outcomes following International Service Learning Experience for OT and PT students” IRB reviewed via exempt procedures and approved 3/2020; Current, Data collection postponed due to Covid 19 precautions P.I. Nia Mensah; Long Island University
3. “Effects of Underwater Treadmill Training on gait in children with Cerebral Palsy: Case Series” IRB approved 10/2019 PROJECT ID NO: B 19/09-103; Current, Data collection postponed due to Covid 19 precautions P.I. Nia Mensah; Long Island University
4. “Measuring Physical Activity in Children with severe and profound disability, multiple baselines, single subject observational study” IRB approved 7/2019 – 10/2022 P.I. Nia Mensah, Advisor: Dr. Lori Quinn; Teacher’s College

5. “Effects of Underwater Treadmill Training in child with Hemiplegic Cerebral Palsy: Case Study” P.I. Nia Mensah, Ellen Godwin; Long Island University. In process: manuscript
6. Research Assistant : Data analysis with Vicon motion capture system and data collection during female Q-angle and ACL correlation pre post season research trial. USC Biomechanics Research Lab Fall 2004 - Spring 2005
7. Research Assistant "A Comparative Study of Laugh Acoustic in Children with and without Autism” Dr. William John Hudenko, Vanderbilt University, *Nashville, TN* Spring 2003
8. Lab Technician Neuroscience Dept. Dr. Jon Kaas Lab, Vanderbilt University Immunoassaying owl monkey cortex June 2002-January 2003

Continuing Education/Training

May 2021	Diversity, Equity and Inclusion in the Workplace Certificate University of South Florida Office of Corporate Training and Professional Education
November 2019	APTA Pediatric Faculty Institute I & II Anaheim, CA
January 5, 2017	IDEAS to GOALS Conference Stonybrook University, New York
June 26, 2017	DIYAbility Switch adaptation and electric remodeling Instructor: John Schimmel International Academy of Hope (8 Contact Hours)
September 2015	NDT/Bobath Certificate 8 Week Course in the Management and Treatment of Children with Cerebral Palsy and Other Neuromotor Disorders Neuro-Developmental Treatment Association (NDTA),
August 2013	Lois Bly NDT Baby course
February 2008	Lois Bly NDT 1-week Abnormal Development Workshop
Jan – Dec 2007	St. Augustine University, Manual Therapy Courses Upper Extremity 1, Spine 2, Spine 3

Current Teaching Responsibilities in the Entry-Level Program for Academic Year of Program Review

DPTR 5141	Human Growth and Development (Fall I) Course Coordinator
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