

Neuro Recovery Symposium Agenda

Friday, May 2, 2025 • Sheltering Arms Institute • Richmond, VA

8 - 8:30 a.m.	Registration/Check In
8:30 - 9 a.m.	Opening Remarks Haily Cook, PT, DPT; Therapy Team Lead – Stroke and Brain Injury
9 - 9:50 a.m.	Attention and Intention: Neuroplasticity, Mindfulness and Functional Recovery Alison Shapiro, MBA
10-10:50 a.m.	Keeping a High Bar with Low Function: Intensive Therapy for Persons with Stroke Zach Crump, PT, DPT, NCS and Madeline Runyen, OTR/L, CSRS
11-11:50 a.m.	Vestibular Deficits in Patients with Acquired and Traumatic Brain Injury Rosie Kelly, PT, DPT, NCS and Preeti Verma, MSPT
12-1:00 p.m.	LUNCH AND TOURS
1 - 1:50 p.m.	Make it a Combo: Dual Tasking in Rehabilitation Brad Hill, PT, DPT, NCS and Paige Carroll, PT, DPT, AIB-VRC, Cert DN
2 - 2:50 p.m.	Vision in Neurorehabilitation Becky Alwood, MHS, OTR/L and Isabel Badeau, OTR/L
3 - 3:50 p.m.	The Road to Recovery: A Therapist's Role in Driving Safety Michaela Torraca, OTD, OTR/L and Lillie Neal, OTD, OTR/L
4 - 4:50 p.m.	Closing Remarks Larry Volz

Speaker Bios

Alison Bonds Shapiro, MBA

Alison Shapiro is a mindfulness and stroke recovery teacher whose passion is bringing mindfulness skills to people with disabilities, their caregivers and their care providers. She herself is the survivor of 2 brain stem strokes and has lived and continues to live the power of mindfulness practices in changing recovery outcomes and shaping a life post injury. Alison has been practicing mindfulness for more than 35 years and is trained both as a Mindfulness Based Stress Reduction (MBSR) teacher and as a Metta Institute End of Life Practitioner. She is the creator of the Mindful Stroke Recovery course, the author of the Mindful Stroke Recovery Workbook, the author of the book *Healing into Possibility* and the co-producer of the film *What Now? Sharing Brain Recovery Lessons*.

Alison has been teaching in various medical and educational facilities across the country since 2005. Her current teaching commitments include Sheltering Arms Institute, The Innerwork Center, Kaiser Permanente Healthcare, Sportable, and the Insight Meditation Community of Washington DC. Alison is a member of the Community Advisory Council of Sheltering Arms Institute and a leader in supporting Sheltering Arms Institute's Community Engagement Vision for stroke patients.

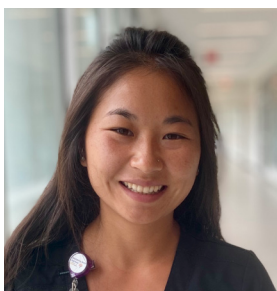
Zach Crump, PT, DPT, NCS



Zachary Crump has served as a Physical Therapist at Sheltering Arms for the past 14 years. He graduated from Old Dominion University with his Doctor of Physical Therapy in 2010 and became board certified in neurologic physical therapy in 2015. He currently serves as the Locomotor Specialist at the Sheltering Arms Institute- a novel role that involves transdisciplinary collaboration, extra practice coordination, advanced rehab technology coaching, and research creation. In 2021 he received the APTA Virginia John L. Echternach Research Award for top researcher in the state of Virginia. His research involvement includes extra functional electrical stimulation cycling

for persons with stroke, heart rate monitor implementation during inpatient rehabilitation, and cardiovascular intensity for walking recovery for persons with sub-acute stroke and spinal cord injury.

Madeline Runyen, OTR/L, CSRS



Madeline Runyen is the Upper Extremity Recovery Specialist at Sheltering Arms Institute in Richmond Virginia. She received her Master's in Occupational Therapy at Thomas Jefferson University before completing her neurologic residency at The Ohio State University. She enjoys working with complex patients across the continuum of care, developing evidence-based programs, and supporting other clinicians.

Speaker Bios cont.

Rosie Kelly, PT, DPT, NCS



Rosie has been a practicing Physical Therapist since 2018, with a specialization in neurological rehabilitation since 2020. As a Board-Certified Neurologic Specialist (NCS), Rosie has dedicated her career to improving the quality of life for individuals with neurological and vestibular conditions, focusing on advancing clinical practices for those living with strokes and brain injuries as well as serving the general neurologic population. She became certified in Vestibular Rehab in 2019 through the American Physical Therapy Association and is well versed in treating both central and peripheral vestibular disorders.

Currently, Rosie serves as the outpatient Stroke and Brain Injury Clinical Leader for Sheltering Arms Institute. She is also a member of the Vestibular team where she is actively working to expand and implement evidence-based best practices for individuals with the above diagnoses ensuring a holistic approach to care.

Preeti Verma, MSPT



Preeti Verma is a Physical Therapist and Vestibular Specialist in the Outpatient Program at Sheltering Arms in Richmond, VA. Her Clinical practice is focused on treating patients with vestibular and balance disorders. She is one of the principal therapists involved in the development and implementation of the vestibular disorders program and in the writing of a clinical practice guideline for treatment of patients with vestibular and balance disorders. Preeti has previously worked at HealthSouth Rehab Hospital in Richmond VA and in Morgantown WV as well as Virginia Commonwealth University Health Systems. She has also worked at WVU School of Physical

Therapy, Morgantown, WV as an Adjunct Professor while teaching physical therapy students the "Rehabilitation" course with emphasis on Vestibular Disorders, Traumatic Brain Injury and Spinal Cord Injury.

Preeti graduated with a BS in Physical Therapy from GS Medical College in Mumbai, India. She obtained her Advanced Masters in Physical Therapy from the Virginia Commonwealth University, Virginia. She has attained her competency certification in "Vestibular Rehabilitation" through the APTA at Emory University Atlanta, Ga."

Speaker Bios cont.

Brad Hill, PT, DPT, NCS



Brad Hill has been a Physical Therapist since 2015 and currently holds the position of Clinical Leader and Physical Therapist for the Neuro Unit at Sheltering Arms Institute. He has worked in outpatient setting and is currently working in inpatient rehabilitation. His clinical expertise is treating patients with Neurological diseases and injuries and is board-certified through the Academy of Neurological Physical Therapy as a Neurological Specialist. He has held educational adjunct positions at South University as well as formal mentoring for the VCU/SAI Physical Therapy Neurological Residency. He has

held the position of Clinical Scientist with SAI for the past 2 years looking into use of technology use in critically ill patients and perception and access to inpatient services for Stroke patients. Brad holds degrees in Health-Science from Pensacola Christian College and Doctor of Physical Therapy from Touro University Nevada.

Paige Carroll, PT, DPT, AIB-VRC, Cert DN



Paige Carroll, PT, DPT, AIB-VRC, Cert DN has been a physical therapist at Sheltering Arms since 2014. Paige received her BS in biology and minor in chemistry from Virginia Commonwealth University in 2010 and DPT from Lynchburg College in 2014. She has worked in inpatient and outpatient settings treating many diagnoses. She has been the team lead of the outpatient concussion interdisciplinary team since 2022. She completed additional education and training over the years including dual tasking, dry needling, spinal manipulation, and vestibular and concussion rehabilitation

certification. Using her orthopedic and neurologic skillset, she has enjoyed the complexity of the mTBI diagnosis and opportunity to treat all age groups. Highlights of her leadership have included mentorship, revising the concussion clinical practice guidelines, co-facilitating the SAI concussion support group, developing a neuromuscular training warm-up protocol, and serving as a Virtualis VR technology champion.

Becky Alwood, MHS, OTR/L



Becky Alwood, MHS, OTR/L is an outpatient occupational therapist at Sheltering Arm Institute's Bon Air campus where she is part of a multidisciplinary team treating clients with orthopedic and neurologic conditions. She has worked at Sheltering Arms since 2018 and serves as the team lead for the Bon Air and SAI outpatient locations. Professionally, Becky also participates in research and teaching related to objective strength testing using hand-held dynamometry. Becky graduated from the University of New Hampshire (BS 2002) and the University of Indianapolis (MHS 2009).

Speaker Bios cont.

Isabel Badeau, OTR/L



Isabel is an occupational therapist with three years of experience in a variety of settings, working with patients across the lifespan. She is originally from Rhode Island and has called SAI and Richmond home for the last 6 months. Her professional interests include neurological rehabilitation, sensory processing, and executive functioning. Outside of work, she enjoys hiking, tennis, and photography!

Michaela Torraca, OTD, OTR/L



Michaela Torraca, OTD, OTR/L, is an occupational therapist at Sheltering Arms Institute's Hanover outpatient center and the Outpatient Occupational Therapy Stroke & Brain Injury Clinical Leader. She works with a variety of patients experiencing neurological and orthopedic conditions and provides creative, evidence-based interventions focused on restoring function and occupational balance. Specialty areas include driving readiness, neurological rehab, and Vivistim, paired vagus nerve stimulation. Michaela is an alumna of VCU and received her doctorate from Mary Baldwin University. Michaela enjoys running, playing piano, cooking, and playing with her sweet dog, Honeybee.

Lillie Neal, OTD, OTR/L



Lillie started working at Sheltering Arms Institute as an Occupational Therapist float in July 2022, providing services at the various outpatient clinics based on need. She transitioned to solely working at the Hanover location in May of this past year, where she treats a variety of populations, including a high concentration of neurological conditions as well as conducting driving safety evaluations. Prior to working at SAI, she attended the University of Virginia where she received her undergraduate degree in Kinesiology, followed by obtaining her Doctorate of Occupational Therapy from Virginia Commonwealth University. In her free time, she loves to explore Richmond, including going to trivia with friends, playing pickleball, and trying new restaurants.