

EILEEN (RUNTZ) HUFFMAN MS, PT, DPT, CLT

EDUCATION

Northwestern University, Evanston, IL

Doctor of Physical Therapy, 2002
Masters of Physical Therapy, 2002

Benedictine University, Lisle, IL

Masters of Science in Exercise Physiology, graduated with honors, 1999
Bachelor of Science in Health Sciences, 1998

Truman State University, Kirksville, MO

Coursework towards Bachelor of Science, 1993-1996

PROFESSIONAL EXPERIENCE

Physical Therapist

Rhonda Kotarinos Physical Therapy, Ltd, Oakbrook Terrace, IL

2018–present

Physical Therapist

Stay Fit Physical Therapy & Core Wellness Inc., Mt Prospect, IL

2011-present

- Evaluate and treat orthopedic, pre/post-op pathologies, lymphedema, sports specific training, pelvic floor treatment, weight loss and general wellness patients in an orthopedic wellness model
- Developed a Pelvic Floor Physical Therapy program
- Perform Wellness Fitness Evaluations and develop wellness programs for clients after discharge from PT
- Develop and instruct Wellness classes (Core Conditioning, Lower/Upper Extremity, Heart Rate training, Pilates for Women's Health and Senior classes)
- Analyze Stay Fit patient functional outcome results in order to examine clinic success and changes needed for intervention strategies
- Assist with training of Physical Therapy Assistants, Rehab Aides, Personal Trainers and Massage Therapists
- Implemented and led Physical Therapy Journal Club

Physical Therapist

The Association for Women's Health Care, Chicago, IL

2014-present

- Provide direct patient care to a women's healthcare facility
- Treatment of incontinence, vulvodynia, dyspareunia, constipation, and prolapse
- Treatment of pre/post-partum musculoskeletal pathologies

Physical Therapist

Loyola University Medical Center, Maywood, IL

2003-2011

- Provided direct patient care in an orthopedic environment to a variety of patient populations across life spans, socioeconomic diversity, often with multiple medical co-morbidities
- Treatment of orthopedic pre/post-op pathologies, sports specific training, patients experiencing burns, Lymphedema, cancer, amputations, and general orthopedic pathologies
- Co-developer of Loyola's Lymphedema program
- Member of Loyola's Sports Medicine Team
- Mentored new staff and medical students in addition to serving as Clinical Instructor to a Doctor of Physical Therapy student
- Organized/Participated in Community Health Fairs, Loyola Health Fairs, American Cancer Society Walk, and Palos Hills Half-Marathon Medical Tent
- Member of Orthopedic/Sports Medicine Journal Club

EILEEN (RUNTZ) HUFFMAN MS, PT, DPT, CLT

-
- Physical Therapist for MD directed Burn Clinic, JOBST Clinic, and Amputee Clinic
 - Performed Isokinetic knee evaluations pre/post ACL surgeries
 - Served as Product and In-service Coordinator to Rehab Staff
 - Instructed Total Joint Class

Research Assistant

1999-2001

Northwestern University, Chicago, IL

- Prepared IRB submission and Review practices
- Recruited study participants and administered research experiments
- Prepared data for presentations and participated in manuscript presentations

PROFESSIONAL LECTURES

- Huffman, EF (2017), "Pelvic Floor Lecture: "Building Strength from the Inside Out." Stay Fit Physical Therapy and Wellness, Inc. Community Lecture.
- Huffman, EF (2015, 2016, 2017), "Pelvic Floor Therapy." Stay Fit Physical Therapy and Wellness, Inc. Community Lecture.
- Frisbie Senior Center. Community Lecture.
- Huffman, EF (2014), "When to Refer to Pelvic Floor Therapy." Stay Fit Physical Therapy and Wellness, Inc. Professional Staff Lecture.
- Huffman, EF (2011), "When to Refer Wound Patients to Lymphedema Therapy." Loyola Outpatient Physical Therapy Department.
- Huffman, EF and Nelson, J (2010), "Neurodynamics in the Athlete." Sports Medicine Update Symposium: Continuing Education Presentation to MD, PT, PTA and ATC population.
- Huffman, EF (2008), "Musculoskeletal Teaching Session." Loyola University Medical School Second Year Students.
- Huffman, EF (2006), "Running: Transtibial Amputees." Loyola Outpatient Physical Therapy Department.
- Huffman, EF (2006), "Burn Symposium." Schools of Physical Therapy at Northern Illinois University and Rosalind Franklin University.
- Huffman, EF (2005, 2006), "Musculoskeletal Assessment and Lab." Loyola Advanced Nurse Practitioners Program.
- Huffman, EF (2004), "Lymphedema: Breast Cancer Care." Loyola Outpatient Physical Therapy Department.

RESEARCH PUBLICATIONS

- Clinical Data Collector for Published Article - Ragonese, J. A Randomized Trial Comparing Manual Physical Therapy to Therapeutic Exercises, to a Combination of Therapies, for the Treatment of Cervical Radiculopathy. *Orthopaedic Practice*. 2009;21,3:71-76.
- Pavol MJ, Runtz EF, Pai YC. Diminished stepping responses lead to a fall following a novel slip induced during a sit-to-stand. *Gait and Posture*, 2004;20:154-162.
- Pavol MJ, Runtz EF, Pai YC. Young and older adults exhibit proactive and reactive adaptations to repeated slip exposure. *Journal of Gerontology: Medical Sciences*, 2004;59:494-502.
- Pai YC, Wening JD, Runtz EF, Iqbal K, Pavol MJ. Role of feed forward control of movement stability in reducing slip-related balance loss and falls among older adults. *Journal of Neurophysiology*, 2003;90:755-762.
- Pavol MJ, Runtz EF, Edwards BJ, Pai YC. Age influences the outcome of a slipping perturbation during initial but not repeated exposures. *Journal of Gerontology: Medical Sciences*, 2002;57A:M496-503.

CO-AUTHOR OF RESEARCH POSTER PRESENTATIONS

- Pai, YC, Wening JD, Runtz EF, Iqbal K, Pavol MJ. Young and older adults exhibit proactive and reactive adaptations to repeated slip exposure. 3rd International Posture Symposium, Smolenice, Slovakia, 2003.
- Pai YC, Wening JD, Runtz EF, Iqbal K, Pavol MJ. Role of movement stability in reducing slip-related balance loss and falls among older adults. IEEE Engineering in Medicine and Biology Society, 1st Conference on Neural Engineering, Capri, Italy, 2003.
- Pavol MJ, Runtz EF, Pai YC. Diminished stepping responses lead to falls in both young and older adults. IV World Congress of Biomechanics, Calgary, Alberta, Canada, 2002.

EILEEN (RUNTZ) HUFFMAN MS, PT, DPT, CLT

- Pavol MJ, Runtz EF, Pai YC. Diminished stepping responses lead to a fall following a novel slip induced during a sit-to-stand. Neural Control of Movement, 11th Annual Meeting, Seville, Spain, 2001.
- Pavol MJ, Runtz EF, Pai YC. Initial center of mass state does not determine the outcome of a novel slip induced during a sit-to-stand. American Society of Biomechanics, 24th Annual Meeting, Chicago, IL, 2000.

PROFESSIONAL CERTIFICATIONS/SPECIALIZATIONS/MEMBERSHIPS

- Certified Lymphedema Therapist (Klose Trained)
- Pelvic Floor Therapy
- Chicago Pelvic Floor Research Consortium