

Eric Joseph Folmar, PT, DPT, OCS

Northeastern University

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- Department of Physical Therapy, Movement, and Rehabilitation Sciences

Education

Northeastern University, Boston, Massachusetts

June 2012-June 2014

Doctor of Physical Therapy

Quinnipiac University, Hamden, CT

June 1999-January, 2001

Master of Physical Therapy

Quinnipiac College, Hamden, CT

September 1995- May 1999

Bachelors of Health Sciences

Licensure

- #15610 Massachusetts Board of Allied Health Professions

Certifications

- #18033 - Board Certified Specialist in Orthopedics (OCS), American Board of Physical Therapy Specialties. Certified through June 1, 2019; Re-certification pending
- Certified Kinesio Taping Practitioner (CKTP)– Kinesio Taping Association (KTA), 2011 – present
- Certified E- Learning Instructor, Northeastern University Online and Distance Learning Program
- CPR Certified, American Heart Association
- Functional Movement Screen Certified, 4/1/16-present

Employment

Associate Clinical Professor

Department of Physical Therapy, Movement, and Rehabilitative Sciences

Northeastern University

Boston, MA

July 2020-Present

Associate Department Chair

Department of Physical Therapy, Movement, and Rehabilitative Sciences
Northeastern University
Boston, MA
May 2019 – Present

Assistant Clinical Professor

Department of Physical Therapy, Movement, and Rehabilitative Sciences
Northeastern University
Boston, MA
January 2015-June 2020

Director, Transitional Doctor of Physical Therapy Program

Department of Physical Therapy, Movement, and Rehabilitative Sciences
Northeastern University
Boston, MA
January 2015-May1, 2019

Senior Physical Therapist/Resource Clinician

Mass Sport & Spine Physical Therapy
Walpole & Westwood, MA
June 2105-Present

Owner & Physical Therapist

Folmar Physical Therapy & Performance, Inc.
Westwood, MA
October 2018-Present

Consultant

Zimmet Healthcare Services Group, LLC
New Jersey
October 2016- present

Director of Rehab

Orthopedic Care Physicians Network, LLC
Easton, MA & Plymouth, MA
September 2003-June 2015

Adjunct Clinical Faculty

Department of Physical Therapy, Movement, and Rehabilitative Sciences
Northeastern University
Boston, MA
January 2011 – December 2014

Seminar Instructor

Summit Professional Education
May 2010 – May 2015

Course Assistant

APRN – When the Feet Hit the Ground, Everything Changes
2007-2009 (various course offerings)

Per Diem Physical Therapist

Aegis Rehab
Norwood, MA
January 2008-September 2009

Staff Physical Therapist

New England Physical Therapy Plus, Inc.
Raynham, MA
July 2002-September 2003

Orthopedic Senior Physical Therapist

Spaulding Rehabilitation Hospital
Boston, MA
February 2001-January 2008 (F/T & Per Diem)

Per Diem Physical Therapist

Mount Auburn Hospital
Cambridge, MA
March 2002-February, 2003

Peer Reviewed Publications:

1. Qian S, Yen SC, **Folmar EJ**, Chou CA. Self-Expressive Subspace Learning to Recognize Motion Dynamics for Chronic Ankle Instability. *IEEE Transactions on Healthcare Systems Engineering*, 2019 (In Press Nov 2019 – Featured Article)
2. Yen SC, **Folmar EJ**, Friend KA, Wang YC, Chui KK. Effects of kinesiotaping and athletic taping on ankle kinematics during walking in individuals with chronic ankle instability: A pilot study. *Gait & posture*. 2018;66:118-123.
2. Dumas HM, Fragala-Pinkham MA, Rosen EL, **Folmar EJ**. Physical Therapy Dosing: Frequency and Type of Intervention in Pediatric Postacute Hospital Care. *Pediatric Physical Therapy*. 2017;29(1):47-53.
3. Hunt C, Paez A, **Folmar EJ**. The Impact of Attentional Focus on the Treatment of Musculoskeletal and Movement Disorders. *International Journal of Sports Physical Therapy*. 2017;12(6):901-907.4.

5. Yen SC, Qian S, **Folmar EJ**, Hasson CJ, Chou CA. Recurrence quantification analysis of ankle kinematics during gait in individuals with chronic ankle instability. *Gait & Posture*, 2019 (Currently under review)

Non-Peer Reviewed Publications: N/A

Text Chapters

1. **Folmar EJ**, Jennings H, Lusardi MM. 9 Principles of Lower Extremity Orthoses. In: Chui CC, Jorge M, Yen SC, Lusardi MM. *Orthotics and Prosthetics in Rehabilitation*. 4th ed. St. Louis, MO: Elsevier 2019.
2. **Folmar EJ**, Gans M. Rehabilitation of Peroneal Tendon Injuries. In: Sobel M. *Peroneal Tendon Injuries*. Springer Nature Switzerland AG (2019 – In Press)
3. Anderson RB, Sobel M, **Folmar EJ**, Gans M. *Peroneal Tendon Injury in the Elite Athlete*. In: Sobel M. *Peroneal Tendon Injuries*. Springer Nature Switzerland AG (2019 – In Press)

Peer Reviewed Scientific and Professional Presentations:

1. **Folmar EJ**, Dirado I. Out of the classroom and into the studio. Considerations for management of the dance athlete. *American Physical Therapy Association of Massachusetts Fall Conference*, October 2018
2. **Folmar EJ**, Lindsay-Brisbin L. Taping Strategies for the Management of Patellofemoral Pain Syndrome. *American Physical Therapy Association of Massachusetts Fall Conference*, October 2017.

Peer Reviewed Scientific and Professional Poster Presentations:

1. Yen SC, **Folmar EJ**, Friend KA, Wang YC, Chui KK. Effects of kinesiotaping and athletic taping on ankle kinematics during walking in individuals with chronic ankle instability: A pilot study. *American Physical Therapy Association of Massachusetts Fall Conference*, October 2018
2. **Folmar EJ**, Yen SC, Thomas A. A Comparison of Kinesiology and Athletic Taping on Ankle Range of Motion. *American Orthopaedic Foot & Ankle Society Annual Meeting*. July 2018.
3. Cesario C, Hubbard J, Knisely S, Marella L, **Folmar EJ** Assessing the Reliability of Hudl Technique Software with SPORTSMETRICS™ Valgus Digitizer Software in the Identification of “High Risk” Female Soccer Players. Poster. *Boston Children’s Hospital Female Athlete Conference*. Wellesley, MA. June 2017
4. **Folmar EJ**, Thomas A, Yen S. A comparison of kinesiology tape to athletic taping on ankle and knee kinematics. *American Physical Therapy Association of Massachusetts Fall Conference*. October 2016.
5. Goff J, **Folmar EJ**, Elkins JA, Galvin S. The Effectiveness of a Group Gross Motor Intervention on Preschoolers with Autism Spectrum Disorder. *American Physical Therapy Association of Massachusetts Fall Conference*. October 2016.

Non-Peer Reviewed Presentations:

1. **Folmar, EJ.** Bay State Physical Therapy Continuing Education Conference: Taping Strategies for the Upper and Lower Extremity. (Invited Speaker) Boston, MA. August, 2019
2. **Folmar EJ.** 2017. Rehab Considerations for Lateral Ankle Reconstruction. *Mass General Sports Medicine Conference.* Boston, June 2017
3. **Folmar EJ,** Kinesiotaping for the Upper Extremity, *Blackstone Valley Physical Therapy,* May 2017
4. **Folmar EJ,** Kinesiotaping strategies for common lower extremity conditions. *American Physical Therapy Association of Massachusetts Central District Annual Meeting,* Worcester, MA October 2016.
5. **Folmar EJ,** Thomas A, Yen, S. A comparison of kinesiology tape to athletic taping on ankle and knee kinematics – *Northeastern University RISE 2016*
6. Goff J, **Folmar EJ,** Elkins JA, Galvin S. The Effectiveness of a Group Gross Motor Intervention on Preschoolers with Autism Spectrum Disorder – *Northeastern University RISE 2016* ** Best student research award winner
7. **Folmar EJ.** Rehab Considerations for the Throwing Athlete (Invited Speaker & Conference Director). *Current Concepts in the Surgical and Rehab Management of the Young Athlete Conference.* Boston, MA. October 2015
8. **Folmar EJ.** Selected Taping Techniques for Shoulder Dysfunction (Invited Speaker). *American Physical Therapy Association of Massachusetts Shoulder Special Interest Group.* Boston, MA. August 2015
9. **Folmar EJ.** Selected Taping Techniques for Lower Extremity Dysfunction *Bay State Physical Therapy Continuing Education Conference. Lower Extremity Biomechanics Forum.* (Invited Speaker) 2014
10. **Folmar, EJ.** Selected Taping Techniques for Shoulder Dysfunction. *The Shoulder Complex: Evidence Based Practice and Gross Anatomy Implications for the Physical Therapist.* (Invited Speaker) Boston, MA. June 2013
11. **Folmar, EJ.** Selected Taping Techniques for the Spine. *Bay State Physical Therapy Continuing Education Conference: Spine Rehabilitation Symposium.* (Invited Speaker) Boston, MA. March 2013
12. **Folmar EJ.** Selected Taping Techniques for Lower Extremity Dysfunction. *Bay State Physical Therapy Continuing Education Conference. Lower Extremity Rehabilitation Symposium.* (Invited Speaker) Boston, MA. September 2012

Invited Presentations/Talks

1. Panelist. Clinical Practice Symposium. Does strengthening the foot matter? American Orthopaedic Foot & Ankle Society Annual Meeting. Boston 2018

Not Funded/In Review Grant Activity:

1. **Folmar E** (Co-investigator), Corkery M, (Co-investigator), Yen SC (PI)). APTA Orthopaedic Section Clinical Research grant. An error driven approach to rehabilitate individuals with chronic ankle instability. Proposed \$40,000. Submitted November 2017. Not funded.

2. Farjadian A, Yen SC, **Folmar EJ**. NIH. AnkleX: Ankle exercise robot for early proprioception training. Proposed \$250,000. Submitted 2017. Not funded
3. **Folmar EJ, Thomas A**. Is kinesiology tape (KT) a more effective prophylactic ankle support than white ankle tape (WAT) in limiting ankle ROM associated with ankle sprains without limiting performance or without increasing knee valgus angle? Proposed \$10,000. Submitted 2015. Not Funded

Current / Active Research Activity:

1. **Folmar EJ**, Thomas A, Yen, SC. Effect of a novel kinesiology taping method on knee and ankle kinematics.
2. Farjadian A, Yen SC, **Folmar EJ**. Ankle X: Ankle exercise robot for early proprioception training
3. **Folmar EJ**, Stefanik J, Yen SC. Effect of corrective sub-talar joint taping on lower extremity kinematics
4. Qian S, Yen SC, **Folmar EJ**, Chou CA. Self-Expressive Subspace Clustering to Recognize Motion Dynamics of a Multi-Joint Coordination for Chronic Ankle Instability
5. Qian S, Yen SC, **Folmar EJ**, Chou CA. Self-Expressive Subspace Clustering to Recognize Motion Dynamics for Chronic Ankle Instability.

Membership in Scientific/Professional Organizations:

- American Physical Therapy Association (APTA): 2003 – Present
- APTA Education Section Member: 2018 - Present
- APTA Orthopedic Section Member: 2003 – Present
- APTA Sports Section Member: 2003 – Present
- APTA Health Policy and Administration Member: 2003 – Present
- APTA Foot and Ankle Special Interest Group 2012-Present
- APTA Performing Arts Special Interest Group: 2017 - Present
- APTA of Massachusetts (APTA of MA): 2003 – Present
- APTA of MA Shoulder SIG: 2011 – Present
- APTA of MA Manual Therapy SIG: 2011 – Present

Consultative and Advisory Positions Held:

- Physical Therapy Consultant – Dirt Dawgs Baseball Academy – 2013-present
- Physical Therapy Consultant – Greenway Academy of Irish Dance – 2004-present
- Physical Therapy Consultant – Smith Houlihan Irish Dance Academy – 2016-present

Community Service:

- **Board of Trustees, Haley Cremer Foundation; 2014-present**
 - o Chair, Physical Therapy Scholarship Committee – 2014-present

Service to the Profession:

- APTAMA – President – June 2019-Present
- APTAMA – President Elect – January 2019 – June 2019
- APTAMA - Central District Chief Assembly Representative: 2015-2018
- APTAMA - Board of Directors – 2015 – Present
- APTAMA – Education Committee – Annual Conference: 2016-present

- APTAMA – NEXT Planning Committee - 2017
- APTA (National) – Chair, Foot and Ankle Special Interest Group Nominating Committee, Orthopedic Section.
- APTA National Student Conclave – Resume Reviewer, October 2019

Teaching Responsibilities in the Entry-Level Program:

Professional Year 3, Fall :

1. PT5506 Musculoskeletal Management I Lab; Lab Instructor (2014, 2018)
2. First Year Seminar (2018)
3. PT6141 Screening for Medical Conditions in PT (2015)

Professional Year 3, Spring:

1. PT5132 Gross Anatomy Palpation Lab (2011-current, Coordinator 2018-present)
2. PT5132 Gross Anatomy Cadaver Lab (2018-present)

Professional Year 3, Summer:

1. PT5134 Kinesiology Lab (2011-current; Coordinator 2016-present)
2. PT5133 Kinesiology (2018-present)

Current Teaching Responsibilities in the tDPT Program (College of Professional Studies):

1. PTH6900 Comprehensive Case Analysis (co-instructor) (fall, winter, spring) (2015-2019)

Capstone Project Mentor

1. Keefe A, **Folmar EJ**. Effects of ankle taping and foot orthotics in the management of patellofemoral pain syndrome: A literature review. (April 2018)
2. Shah A, **Folmar EJ**, Elkins JA. Effects of Neuromuscular and Proprioception Training in the Prevention of Recurrent Ankle Injuries among Athletes – A case study (November 2016)
3. De Guzman S, **Folmar EJ**. Variation of Ankle Inversion Angles in those with Ankle Instability (November 2016)
4. Hunt C, Paez A, **Folmar EJ**. The Impact of Attentional Focus on the Treatment of Musculoskeletal and Movement Disorder. (March 2016)
5. Hunt MA, **Folmar EJ**. Case Report: Differential Diagnosis and Clinical Implications in a Case of Undiagnosed Tibialis Anterior Rupture (March 2016)
6. Dolan B, **Folmar EJ**. An Analysis of Anatomical and Biomechanical Risk Factors Associated with UCL Injuries in Overhead Throwing Athletes (March 2016)
7. Dumas HM, **Folmar EJ** Physical Therapy Dosing: Frequency and Type of Intervention in Pediatric Post-Acute Hospital Care (March 2016)
8. Goff J, **Folmar EJ**, Elkins JA, Galvin S. The Effectiveness of a Group Gross Motor Intervention on Preschoolers with Autism Spectrum Disorder. (March 2016)
9. Dolan C, **Folmar EJ**. A literature Review of the reliability and validity of clinical tests in identifying a UCL tear in throwing athletes. (March 2016)
10. Wezel M, **Folmar EJ**. The Effects of Manual Therapy, Therapeutic Exercise and Patient Education on a Patient with Whiplash-Associated Disorder: A Case Report (March 2016)

11. Campbell TS, **Folmar EJ**. The Utilization of Cell Phone Activity Tracker Data in the Development of Functional Goal Setting and Monitoring in Outpatient Rehabilitation: A Case Report
12. Edwards S, Elkins, J **Folmar EJ**,. The efficacy of arch retraining exercises for the treatment of symptomatic flexible flatfeet: A narrative review (Dec.2015)

Service to the University / College / School on Committees / Councils / Commissions:

Northeastern University Department of Physical Therapy:

1. Non-Tenure Track Research Task Force, (Chair) 2018
2. Continuing Education Committee, 2015-Present
3. Awards Committee, 2015-present (Chair, 2017-2019)
4. Admissions Committee, 2016-present
5. Academic Standing Committee, 2015-2017
6. DPT Graduate Admissions Committee, 2019-Present
7. PTMRS Administrative Council, 2019-Present

College of Professional Studies:

1. Dean's Medal Award Committee – 2015-2019

Honors and Awards:

1. Nominated for Signe Brunnstrom Clinical Instructor of the Year, APTA 2018
2. Nominated for Faculty Member of the Year, Northeastern University 2016-17
3. Nominated for Signe Brunnstrom Clinical Instructor of the Year, APTA 2017
4. Best Student Research Award Winner *Northeastern University RISE 2016* Goff J, **Folmar EJ**, Elkins JA, Galvin S. The Effectiveness of a Group Gross Motor Intervention on Preschoolers with Autism Spectrum Disorder
5. Nominated for Faculty Member of the Year, 2015-16
6. APTA of MA 2015 Outstanding Achievement in a Clinical Practice Award, November 2015

Continuing Education Attended/Coordinated:

1. APTA Combined Sections Meeting & Component Leadership Meetings, Denver, CO (February, 2020)
2. APTA of MA Fall Conference, 6 hours, Norwood, MA (October, 2019) (Course Planning Committee, and Attendee)
3. Education Leadership Conference, Bellevue, WA (October, 2019)
4. National Student Conclave, Albuquerque, NM (October 2019)
5. Essentials of Management, Northeastern University (2019)
6. APTA Combined Sections Meeting & Component Leadership Meetings, Washington D.C. (January, 2019)
7. ADVANCE/CATLR Non-Tenure Track Mentoring Group, Northeastern University, 24 hours (2018)
8. APTA of MA Fall Conference, 6 hours, Norwood, MA (October, 2018) (Course Planning Committee, Presenter, and Attendee)
9. American Orthopaedic Foot & Ankle Society Annual Meeting. Boston (July 2018)

10. APTA NEXT Conference 2018, Orlando, FL (June 2018)
11. APTA Combined Sections Meeting 2018, New Orleans, LA. (February, 2018)
12. APTA of MA Fall Conference, 6 hours, Norwood, MA (October, 2017) (Course Planning Committee, Presenter, and Attendee)
13. NAIOMT – Thoracic Spine Level II, 12 hours (+7 hours online) (September 2017)
14. FitBux Student Loan Seminar, August, 2017 (Course Coordinator)
15. NU/MGH Sports Medicine Conference, Boston, MA (June 2017)
16. Conference for Advancing Evidence-Based Teaching (CATLR), 6 hrs, Northeastern University, Boston, MA (May 2017)
17. APTA Combined Sections Meeting 2017, San Antonio, TX. (February 2017)
18. Putting Gait Retraining for Runners into Practice, 7 hrs., San Antonio., TX (February 2017)
19. LAMP Leadership Conference, 14 hrs, Worcester, MA (January 2017)
20. NAIOMT – Cervical Level 1, 12 hours (+7 hours online) (November 2016)
21. APTA of MA Fall Conference, 7 hours. Norwood, MA (November, 2016) (Course Planning Committee)
22. APTA of MA Central District Meeting and Kinesiotaping Lecture, 2 hours. Worcester, MA (October 2016)
23. NAIOMT – Lumbar Pelvis Level 1, 12 hours (+7 hours online) (October 2016)
24. Functional Movement Screen Certification (Online) – April 2016
25. Geriatric Pharmacology, APTA of MA Geriatric SIG, 2 hours. Live Stream (March 2016)
26. APTA Combined Sections Meeting 2016, Anaheim, CA. February 2016
27. APTA of MA 2015 Annual Conference and Exposition, 6 hours. Norwood, MA. November 14, 2015
28. Current Concepts in the Surgical and Rehab Management of the Young Athlete, 6.5 hours. Boston, MA October 2015 (Course Director)
29. The Micheli Lectures: Throwing Injuries in the Young Athlete, 7.5 hours. Boston, MA September 2015
30. APTA Combined Sections Meeting 2015, Indianapolis, IN. February 2015.
31. Northeastern University Online E-Learning Training. Boston, MA March 2015
32. APTA of MA Shoulder SIG Meeting; 2 hours, Waltham, MA. June 2015.
33. Graston Technique M2, 12 Hours, Easton, MA. March 2015 (Course Director)
34. Graston Technique M1, 12 hours, Providence, RI. November 2014 (Course Director)
35. ACL Injuries and Other Knee Pathologies, 7.5 hours. Providence, RI Thomas Dubuque, PT, MSPT, CSCS. 2013
36. Evidence-Based Assessment and Treatment of Shoulder Disorders & Other Related Shoulder Pathologies, 7.5 hours. Providence, RI. Robert McCabe, MS, PT, OCS. 2012
37. Management of the Foot & Ankle Complex; 12.5 hours. Boston, MA. David Nolan, PT, DPT, OCS, SCS, CSCS. June 2012
38. Recent Advances in the Treatment of the Knee and Shoulder. 22 hours. Hilton Head, SC May 2012
39. Sportsmetrics Certification Course. 15 hours, Hilton Head, SC May 2012
40. Kinesio Taping: Fundamentals & Advanced Concepts (KT1 & KT2), 16 hours. Easton, MA. October 2011 (Course Director)
41. The First Link in the Chain: The Pelvic Girdle; 15 hours, Scott Burch, MS, PT, David Volkringer, PT, OCS, Easton, MA. October 2010. (Course Coordinator)

42. Recent Advances in the Treatment of the Shoulder, 7.5 hours. Boston, MA. Kevin Wilk, PT
43. Vasyli Lower Limb Biomechanics and Assessment of the Rearfoot, 7.5 hours. Boston, MA, Brian Hoke, DPT, SCS, 2008
44. Drayer Conference, Hilton Head, SC. October 2007
45. When the Feet Hit the Ground, Take the Next Step. 22 hours. Boston MA 2004
46. When the Feet Hit the Ground, Everything Changes. 22 hours. Boston, MA 2003, 2005
47. Clinical Evaluation and Treatment of the Shoulder Complex. Boston MA 2005
48. Running Medicine: Focus on the Biomechanics of the Foot & Ankle, 20 hours. Charlottesville, VA. 2005
49. Diagnostic Imaging (Graduate Level Course). 3 credits. MGH Institute of Health Professions. 2005
50. Clinically Relevant Neuroplasticity: Implications for Motor Recovery and Learning 2005
51. On Step Ahead: An Integrate Approach to Lower Extremity Prosthetics and Amputee Rehabilitation, 15 hours. Boston, MA 2005
52. Creative Approaches for Therapeutic Exercise. 6.5 hours. Michael Stare DPT, CSCS, FAAOMPT, CNS

Individual Student Mentoring – APTA Orthopedic Section

1. Janis Konkle, Upstate Medical NY (Jan-July, 2019)