

CURRICULUM VITAE

Blair Saale, PT, DPT
Board-Certified Neurologic Clinical Specialist
301 Wire Road • Auburn, AL 36849
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Education

Belmont University
Nashville, TN
Doctor of Physical Therapy, August 2006- August 14, 2009

Middle Tennessee State University
Murfreesboro, TN
Pre-requisites for Physical Therapy School, September 2005- June 2006

Furman University
Greenville, SC
Bachelor of Arts in Business Administration August 2000- May 2004

Licensure and Certification

Licensed Physical Therapist
State of Alabama Board of Physical Therapy
Physical Therapy License # PTH6963, October 2013- Present

State of Tennessee, Department of Health, Bureau of Health Licensure and
Regulation, Division of Health-Related Boards
Physical Therapy License # 8498, September 2009- January 31, 2016

Neurologic Clinical Specialist (NCS)
Board Certified Specialist in Neurologic Physical Therapy, American Board of
Physical Therapy Specialties, Certification Number 42601, May 2013- Present

APTA Credentialed Clinical Instructor, January 2010

Honors and Awards

Faculty Award for Excellence in Service
Pat Capps Covey College of Allied Health Professions, University of South Alabama
March 2024

Faculty Award for Excellence in Teaching
Pat Capps Covey College of Allied Health Professions, University of South Alabama
March 2021

Community Engagement Fellow
University of South Alabama
2020-2021

Top Prof Award
Sally Steadman Chapter, University of South Alabama Mortar Board
2018

Faculty Scholar
Parkinson's Foundation Physical Therapy Faculty Scholar Program
Boston, University
2018

Professional Work Experience

Auburn University Department of Physical Therapy, Auburn AL
Associate Clinical Professor May 2025-

University of South Alabama Department of Physical Therapy, Mobile AL
Assistant Professor, October 2016-May 2025
Chair of Admissions, August 2023-May 2025
Chair of Curriculum, August 2018-May 2025
Assistant Director of Clinical Education, October 2016-22, Aug 2023-Jan 2024
Interim Department Chair and Program Director, August 2021- August 2022
Interim Director of Clinical Education, August 2019- December 2019
Part Time Instructor, June 2014-September 2016

Springhill Inpatient Rehab, Mobile, AL
PRN Physical Therapist
November 2023- December 2024

University of South Alabama Physical Therapy Faculty Clinic, Mobile, AL
January 2016- Present (as needed)

Mobile Infirmary Medical Center/ Rotary Inpatient Rehab, Mobile AL
Physical Therapist
November 2013- September 2018 (Flex time)

University of Tennessee Medical Center, Knoxville TN
Physical Therapy Clinical Specialist, June 2013- October 2013 (Full time)
Staff Physical Therapist, September 2009- May 2013 (Full time)

Professional Development

DEI: Foundational Series. Web-based CE Course. American Physical Therapy Association, January 20, 2025
Academy of Neurologic Physical Therapy 4th Annual Conference. Columbus, OH,

September 19-21, 2024
Health Promotion in Neurologic Physical Therapy. Web-based CE course. Medbridge, June 21, 2024
Functional Neurological Disorders: Examination, Diagnosis, and Education. Web-based CE course. Medbridge, April 15, 2024
Hippotherapy Treatment Principles Part II. American Hippotherapy Association, Rehoboth, MA, October 20-23, 2023
The Ten-Minute Neurologic Screening Examination. Web-based CE course. Medbridge, September 27, 2023
Autonomic Dysfunction in Neurologic Physical Therapy. Web-based CE course. Medbridge, September 26, 2023
Neuroanatomy for Rehabilitation Professionals, Web-based CE course. Medbridge, September 25, 2023
Spinal Cord Injury Overview, Web-based CE course. Medbridge, September 20, 2023
Barbell Training 101. Synchronous online course. ALAPTA Fall Conference, August 25, 2023
Hippotherapy Treatment Principles Part 1b Workshop, Synchronous online course, American Hippotherapy Association, October 6-7, 2022
Hippotherapy Treatment Principles Part 1a Workshop, Synchronous online course, American Hippotherapy Association, September 8-9, 2022
Reducing Health Disparities: Strategies to Positively Influence Social Determinants of Health. Synchronous online course. APTA Alabama Annual Conference, August 5, 2022
American Physical Therapy Association Combined Section Meeting 2022, San Antonio, TX, March 2022
Clinical Management of Cerebellar Dysfunction, Web-based CE course. Medbridge. September 23, 2021
Neurologic Treatments Part 5: Gait Interventions, Web-based CE course. Medbridge. September 23, 2021
Getting to the Heart of the Matter: Integrating Mental and Spiritual Wellbeing in PT Practice, Alabama Chapter of the APTA Fall Conference, August 6, 2021
World Confederation of Physiotherapy Conference, Virtual Attendance, April 9-11, 2021
Improving HEP Compliance: Motivating the Patient, Web-based CE course. Medbridge. September 21, 2020
Jurisprudence Essentials for Alabama Physical Therapists, Physical Therapist Assistants, and Students- 2020 Version, APTA Learning Center, July 24, 2020
Cognitive Impairments- Executive Dysfunction, Web-based CE course, Medbridge. July 24, 2020
Recent Advances in Treatment and Diagnosis Horizontal Canal BPPV, Web-based CE course, Medbridge. June 30, 2020
Recent Advances in Treatment and Diagnosis of Posterior Canal BPPV, Web-based CE course, Medbridge June 24, 2020
Interventions for Neurological Diagnoses: Postural Transitions and Gait, Web-based CE course. Medbridge. June 23, 2020
American Physical Therapy Association Combined Section Meeting, Denver, CO, February 12-15, 2020

World Confederation for Physical Therapy Congress, Geneva, Switzerland, May 10-13, 2019
Myofascial Trigger Points and Referred Pain, Mobile Area Physical Therapy Organization. April 30, 2019
American Physical Therapy Association Combined Section Meeting, New Orleans, LA. February 22-24, 2018
Introduction to Instrument Assisted Soft Tissue Mobilization, Alabama Physical Therapy Association, Mobile, AL. January 23, 2018
Motivational Interviewing: An Introduction to Facilitating Behavior Change, Mobile Area Physical Therapy Association, Mobile, AL
World Confederation for Physical Therapy Congress, Cape Town, South Africa, July 2-4, 2017
American Physical Therapy Association Combined Section Meeting, San Antonio, TX, February 15-18, 2017
American Physical Therapy Association Combined Section Meeting, Anaheim, CA February 17-20, 2016
American Physical Therapy Association Combined Section Meeting, Las Vegas, NV February 3-6, 2014

Selected Teaching and Academic Development

Federation of State Board of Physical Therapy NPTE Item Writing Workshop, October 1-3, 2021
CAPTE Self-Study Workshop, Synchronous Online Course, September-October 2021
Symbiosis Instructional Design Program sponsored by the University of South Alabama Innovation in Learning Center to improve Introductory PT Skills Course, May-August 2021
Camtasia Training Workshop, USA Innovation and Learning Center, 2021
ACUE Micro-Credentialing Course: Effective Online Teaching, September 2020-January 2021
Parkinson's Foundation Faculty Scholars Program, Boston, MA. June 11-14, 2018 (41 hours)
Faculty Development Day, University of South Alabama, Fall 2018
Small Teaching, University of South Alabama Innovation and Learning Center, April 2018
Utilizing Technology in your TBL Course, University of South Alabama Innovation and Learning Center, March 28, 2018
Developing Modules for your TBL Course, University of South Alabama Innovation and Learning Center, September 27, 2017
Getting started with TBL Faculty Workshop, University of South Alabama Quality Improvement Initiative, July 21, 2017
University of South Alabama New Faculty Scholars Program, University of South Alabama, 2017-2018

Teaching Responsibilities

(* indicates course coordinator)

Current Teaching Responsibilities

Summer Semester 2025 (Entry-level DPT program)

KNPT 9050: Physical Therapy Foundations, Therapeutic Exercise I

Fall Semester 2025 (Entry-level DPT program)

KNPT 9060: Physical Therapy Foundations, Therapeutic Exercise II

Past Teaching Responsibilities

Entry-level DPT

PT 602 Lifespan Human Development, 2018-2020*
PT 603 Neuroanatomy 2014-2024
PT 604 Pathophysiology I, 2016-2018*
PT 607 Pathophysiology II, 2014-2024
PT 605 Human Learning, 2016-2018*
PT 611 Research Proposal Development, 2016-2022
PT 612 Research Project, 2017-2023
PT 613 Clinical Case Report* 2017-2025
PT 614 Measurement in PT, 2016
PT 621 Introductory PT Skills* 2014-2024
PT 640 Neuromuscular PT Examination/Evaluation* 2015-2024
PT 642 Neuromuscular PT Interventions* 2014-2025
PT 672 Clinical Case Studies II, 2016*
PT 673 Clinical Case Studies III, 2017-2018, 2020*
PT 674 Clinical Synthesis and Patient Management* 2022-2024
PT 675 Comprehensive Capstone, 2017-2021
PT 676 Elective- Advanced Neuromuscular PT Topics* 2018-2024
PT 680 Professionalism, 2015-2016
PT 683 PT Internship II, 2019

MSPT Program for International Students

PT 504 Physical Therapy Exam, 2019*
PT 507 Neurologic Physical Therapy, 2019-2020*

Undergraduate

PT 499 Undergraduate Honors Thesis, 2018
BMD 430 Neuroscience, 2018*-2021

Post-Graduate Continuing Education Taught

Saale B, Coale T. Functional Neurologic Disorder: Examination, Evaluation, and Intervention Strategies. University of South Alabama Department of Physical Therapy, Mobile, AL. August 29, 2024

Saale B. Physical Therapy for Fall Prevention. USA Health Neuroscience Symposium, Pensacola, FL, April 28, 2024

Saale B, White L, Andrews T. Spinal Cord Injury- Interventions to Improve Mobility Infirmity Health, Mobile, AL, September 14, 2023

Andrews T, **Saale B.** Evaluation and Treatment of Concussion: Exploring the Clinical Practice Guidelines. University of South Alabama Department of Physical Therapy, Mobile, AL, September 7, 2023

White L, **Saale B.** Spinal Cord Injury- The ABCs of Rehabilitation. Infirmity Health, Mobile, AL, August 3, 2023

Saale B, Fell DW. Understanding the Clinical Practice Guideline for Parkinson's Disease, University of South Alabama Department of Physical Therapy, Mobile, AL, September 15, 2022

Fell DW, **Saale B.** Understanding the Clinical Practice Guideline to Improve Locomotor Function following Chronic Stroke, Incomplete Spinal Cord Injury, and Brain Injury, University of South Alabama Department of Physical Therapy, Mobile, AL, September 14, 2021

White L, **Saale B.** Making Outcome Measures Work for You and Your Patient in Adult Neurorehabilitation Across the Continuum of Care. Mobile Infirmity Medical Center, Mobile, AL, October 22, 2019.

Fell DW, **Saale B.** Movement System Diagnoses and Functional Interventions for Sit-to-Stand and Upright Mobility. University of South Alabama Department of Physical Therapy, Mobile, AL, September 12, 2019

Saale B, Andrews T. Multiple Sclerosis: Evidence Based Examination and Intervention, University of South Alabama Department of Physical Therapy, Mobile, AL, September 5, 2019

Fell DW, **Saale B.** Highlights from IV STEP Conference: Focus on Prediction, Plasticity, Prevention, and Participation in Neurologic and Pediatric Therapy, University of South Alabama Department of Physical Therapy, Mobile, AL, September 6, 2018, 0.4 CEU

Saale B, Fell DW. Evidence Based Exam and Intervention for Parkinson's Disease, University of South Alabama Department of Physical Therapy, Mobile, AL, August 30, 2018

Saale B, Parkinson's Disease and Parkinsonism: Overview, Non-Motor Signs, and Differential Diagnosis, Mobile Area Physical Therapy Association, Mobile, AL, July 10, 2018

Fell DW, **Saale B.** Understanding Pusher Syndrome After Stroke- What do we do about it? University of South Alabama Department of Physical Therapy, Mobile, AL, August 31, 2017

Saale B, Fell DW. Update on Intervention for Motor Control, University of South Alabama Department of Physical Therapy, Mobile, AL, August 17, 2017

Fell DW, **Saale B**. Intentional Progression in Neuro- and Geriatric Rehab Part II, University of South Alabama Department of Physical Therapy, Mobile, AL, August 30, 2016

Fell DW, **Saale B**. Intentional Progression in Neuro- and Geriatric Rehab Part I, University of South Alabama Department of Physical Therapy, Mobile, AL, August 23, 2016

Invited Presentations

Saale B. The Importance of Movement for Individuals with Parkinson's Disease. The Gulf Coast Region Wellness for PD: Social Distancing at Home. Parkinson's Foundation. Virtual Presentation. November 12, 2020

Saale B. The Role of Exercise for Individuals with Multiple Sclerosis. The National MS Society Conference in Ocean Springs, MS, January 25, 2019

Baugh E, **Saale B**. Stroke Rehab: A Physical Therapy Perspective, Mobile Infirmary Stroke Symposium, Mobile, AL, March 24, 2017

Saale B. Post Hospital Rehabilitation: Compensatory vs. Recovery Techniques, University of Tennessee Medical Center at Knoxville Stroke Symposium, University of Tennessee Conference Center, Knoxville, TN, August 19, 2014

Scholarly Activities

Peer Reviewed Publications

White LW, Smith KG, Bates C, **Saale B**, Choi D, Drake SM, Thompson T, Davis TM. The Bright Ideas TBI Camp: Fostering innovation in interprofessional education and collaborative practice for traumatic brain injury by students in rehabilitation professions. *J Interprof Care*. (in press)

White L, Dawson N, **Saale B**, Lemley T. Physical Therapists' and Physical Therapist Students' Experiences and Views on the Provision of Physical Therapy Services to People with Dementia: A Scoping Review. *J Geriatr Phys Ther*. 2022;46(3): 174-182.

Pitts DH, **Saale BP**, Fell DW. Compendium on Adult Neuromuscular Diagnoses. In: Fell DW, Lunnen KY, Rauk RP. Lifespan Neurorehabilitation: A Patient-Centered Approach from Examination to Interventions and Outcomes. Philadelphia: FA Davis. January 2018.

Kluding PP, **Saale BP**. Intervention for Limited Passive Range of Motion. Chapter 23. In: Fell DW, Lunnen KY, Rauk RP. Lifespan Neurorehabilitation: A Patient-Centered

Approach from Examination to Interventions and Outcomes. Philadelphia: FA Davis. January 2018.

Morris DM, Vogtle LK, **Saale BP**, Fell DW. Intervention for Impaired Movement Control. Chapter 25. In: Fell DW, Lunnen KY, Rauk RP. Lifespan Neurorehabilitation: A Patient-Centered Approach from Examination to Interventions and Outcomes. Philadelphia: FA Davis. January 2018.

MacKay-Lyons M, **Saale BP**. Interventions for Cardiovascular and Pulmonary Impairments in Neurologic Populations. Chapter 32. In: Fell DW, Lunnen KY, Rauk RP. Lifespan Neurorehabilitation: A Patient-Centered Approach from Examination to Interventions and Outcomes. Philadelphia: FA Davis. January 2018.

Peer-Reviewed Professional Presentations

Fell DW, **Saale B**. Redesigning Neuro PT exam/intervention curriculum according to ICF to optimize clinical decision-making: Moving away from the medical model. World Physiotherapy Congress 2025 in Tokyo. May 29-31, 2025. (accepted)

Redding S, Andrews T, Flagge A, **Saale B**. Incorporating Mindfulness Within Vestibular Rehabilitation for Vestibular Migraine- A Case Study. Platform Presentation. 17th Annual American Balance Society Meeting. Scottsdale, Arizona. February 28, 2025 (

Redding S, Andrews T, Flagge A, **Saale B**. Examining the Validity of BPPV Screening Tools in Community-Dwelling Individuals with Chronic TBI. Poster Presentation. 17th Annual American Balance Society Meeting. Scottsdale, Arizona. February 28, 2025 (accepted)

Davis TM, White LW, Smith KG, Bates C, **Saale B**, Choi D, Drake SM, Thompson T. Fostering interprofessional practice through an on-campus camp model: The Bright Ideas TBI Camp. 2024 Association of Schools Advancing Health Professions (ASAHP) Annual Conference. Atlanta, GA. October 8, 2024. (accepted)

Fell DW, **Saale B**, Andrews T. Motor Control Stability: Evidence for PT Exam and Intervention for this forgotten piece of the puzzle. Academy of Neurologic Physical Therapy (ANPT) Annual Conference. Columbus, OH September 20, 2024

Saale B, Childers TC. Utilizing Canvas Discussion Boards to Promote Reflective Practice, Identify “Muddy Concepts,” and Encourage Student Community. Workshop. Conference on Teaching and Learning. University of South Alabama. May 9, 2023.

White L, Dawson N, **Saale B**, Lemley T. Therapists’ and Students’ Experiences and Views on Working with People with Dementia; A Scoping Review. Platform Presentation. APTA Combined Sections Meeting. February 3, 2022. San Antonio, TX.

Tremblay SS, Henning J, Pittman J, Cummings R, Wu S, **Saale B**, Manders J.

Embracing Engagement to Advance Learning and Scholarship in Challenging Times. Flipped Forum. Conference on Teaching and Learning. University of South Alabama. May 12, 2021.

Saale B, Fell D, Lewis M. Assessing Selective Motor Control Using a Modified Boyd And Graham Scale. Presented poster at the World Physiotherapy Congress 2021. Virtual Meeting. April 2021.

Brewer L, Dixon S, Meadows H, Remitera A, Worley T, **Saale B**. Effects of Clinical Coursework on Attitudes Towards Dementia of Physical Therapy Students in the University of South Alabama DPT Program. Poster Presentation. Combined Section Meeting 2021. Virtual Meeting. February 2021.

Saale B, Fell D, Lewis M. Assessing Selective Control Using the Modified Boyd and Graham Scale. Poster presentation, Combined Section Meeting 2020. Denver, Colorado. February 13, 2020.

White L, **Saale B**, King B. Making outcome measures work for you and your patient in neurorehabilitation. Educational Session. Alabama Chapter of the APTA Fall Conference 2019, Birmingham, AL, August 16, 2019.

Saale B, Fell D, Flickinger E, Jones M, McInnis A, Roddy N. Determining the Validity of the 4-meter walk test IOS app in measuring comfortable gait speed. Poster presentation, World Confederation for Physical Therapy Congress 2019. Geneva, Switzerland. May 13, 2019.

Saale B, Fell D, Burns S, Colson K, Howard E, Lucas C. Factors that Influence the Frequency of Gait Speed Measurements. Presented poster at the World Confederation for Physical Therapy Congress 2019. Geneva, Switzerland. May 13, 2019.

Fletcher J, Gubler C, **Saale B**. Dancing without Limits: Service Learning with a Twist. Poster presentation, World Confederation for Physical Therapy Congress 2019. Geneva, Switzerland. May 13, 2019.

Lewis M, **Saale B**. Assessing Selective Motor Control Using a Modified Boyd and Graham Scale. Honors student poster presented at Southern Regional Honors Conference. Memphis, TN. March 30, 2019.

Saale B, Fell D, Burns S, Colson K, Howard E, Lucas C. Factors that Influence the Frequency of Gait Speed Measurements. Poster Presentation. Combined Sections Meeting. Washington D.C. January 23-26, 2019.

Fell DW, **Saale B**. Intentional and Measured Progression of Interventions in Neuro and Geriatric Rehab. Louisiana Physical Therapy Association. August 25-26, 2018 (11 contact hours)

Fell DW, Girardeau S, Nix G, Roddam S, **Saale B**, Salisbury L. Validating Smartphone Applications to Measure Control of Volitional Movements in Patients Following Cerebrovascular Pathology. Poster Presentation. Combined Sections Meeting. New Orleans, LA. February 24, 2018.

Fell DW, **Saale B**. Smartphone Applications Using 2-D Video/Accelerometer to Measure Motor Control Deficits Following Cerebrovascular Accident (CVA). Presented poster at the World Confederation of Physical Therapy Conference 2017. Cape Town, South Africa. July 4, 2017.

Henderson SB, **Saale B**. How Implementation of the ABCDE Bundle Affects Functional Outcomes. Presented poster at the World Confederation of Physical Therapy Conference 2017. Cape Town, South Africa. July 3, 2017.

Fletcher JC, **Saale B**. Dancing Without Limits: Service Learning with a Twist Presented poster at Strengthening the Community Engaged Research and Scholarship “Tool Box” forum, Mobile, AL. January 13, 2017

Fell DW, Morris DM, **Saale B**. Intentional and Measured Progression of Interventions in Neuro and Geriatric Rehab. Alabama Physical Therapy Association Spring Conference, Orange Beach, AL, April 15-17, 2016 (11 hours)

Henderson SB, **Saale B**. Current Physical Therapy Practice in the Intensive Care Unit at an Academic Medical Center and How Implementation of a Multidisciplinary Bundle Affects Functional Outcomes. Poster presentation, Combined Sections Meeting, Anaheim, CA, February 2016.

Current/Active Research Activity

Role: Co-Investigator

Title: Characteristics, Assessment, and Treatment of BPPV in Patients with Chronic TBI in an Interprofessional Event Setting

Primary Investigator: Andrews T

Role: Co-Investigator

The Influence of Vestibular rehabilitation on Objective and Subjective Measures of Balance and Mental Health in Patients with Vestibular Migraine

Primary Investigator: Flagge A

Professional Membership and Activities

American Physical Therapy Association, 2006- Present

Alabama Physical Therapy Association, 2013- Present

Tennessee Physical Therapy Association, 2006-2016

Academy of Neurologic Physical Therapy, American Physical Therapy Association, 2013-present

Academy of Physical Therapy Education, American Physical Therapy Association,
2018-present

Service Activities

Service to the Profession

Member, Education Committee, Alabama Physical Therapy Association,
August 2024-present

PT Representative at Large, Alabama Chapter of the APTA.
August 2020-August 2024

Chair, Bylaws Committee, Alabama Physical Therapy Association,
2017-present

ANPT Movement System Task Force Focus Group, CSM,
February 14, 2020

President, Mobile Area Physical Therapy Organization,
2017-2021

Alabama Advocacy Liaison, APTA Academy of Neurologic Physical Therapy
2016-2019

Service to the Community

Parkinson's Foundation Moving Day South Alabama
Participant 2022-2024
Planning Team 2019-2021
Committee Lead 2019

Regional Grant Reviewer for Parkinson's Foundation, 2019-2021

Speaker, St. Luke's Episcopal School Biomedical Program, 2019, 2024

Pro-Bono Therapy Services/Victory Health Partners, USA DPT Faculty Clinic,
2017-2024

Homeless Connect, 2016-2019, 2021-2022

Student Run Free Clinic, Faculty Liaison
2018-2020

Transitions, Equine Assisted Activities and Therapies
President of the Board, March 2017-2018
Advisory Board Member, March 2018-2020