

# Mitch Wolden, PT, DPT, PhD

---

4190 26<sup>th</sup> Ave S  
Fargo, ND 58104

701.356.2136  
mwolden@uj.edu

## Education

---

### **Doctor of Philosophy**

North Dakota State University, Fargo, ND  
Education (emphasis: Institutional Analysis)  
May 2018

### **Doctor of Physical Therapy**

University of North Dakota, Grand Forks, ND  
Physical Therapy  
May 2009

### **Bachelor of Science, Physical Therapy**

University of North Dakota, Grand Forks, ND  
Physical Therapy  
May 2007

## Licensure Information/Registration Number

Licensed Physical Therapist in North Dakota, number 1534  
2009 - current

## Professional Experience

---

### **Associate Professor**

University of Jamestown Physical Therapy Program, Fargo, ND  
July 2018 - current  
Director, Pro bono Clinic at Family Healthcare, Fargo, ND  
July 2015 – current

### **Appointed Honorary Research Fellow**

The Clinical Research Institute (Westmead, Australia)  
December 2021 - current

### **Appointed Honorary Faculty: Adjunct Senior Lecturer**

University of New England (Australia) School of Science and Technology  
July 2021 - current

### **Assistant Professor**

University of Jamestown Physical Therapy Program, Fargo, ND  
July 2014 - 2018

### **Adjunct Associated Faculty**

University of Jamestown Physical Therapy Program, Fargo, ND

August 2013 – May 2014

### **Physical Therapist**

ProRehab Physical & Occupational Therapy, Fargo, ND  
Main Outpatient Clinic: June 2009 – June 2014  
Edgewood Vista: January 2010 – January 2012  
Touchmark: January 2011 – June 2013  
Trollwood Village: January 2014 – July 2014

### **Certifications**

Board-Certified Orthopaedic Clinical Specialist, June 2013

Certified Exercise Expert for Aging Adults, Academy of Geriatric Physical Therapy, August 2017

### **Scholarly Work**

---

#### **Peer Reviewed Publication**

1. **Wolden M.** Anderson B. Student self-efficacy in pediatrics: evaluation and modification of the Pediatric Communication and Handling Self-Efficacy Scale. *Pediatric Physical Therapy*. 2022; (in-press).
2. Schanandore J. **Wolden M.** Smart NA. The accuracy and reliability of the Suchey-Brooks pubic symphysis age estimation method: systematic review and meta-analysis. *Journal of Forensic Sciences*. 2022; 67: 56-67. DOI: 10.1111/1556-4029.14911.
3. Wood GN. Taylor E. Ng V. Murrell A. Patil A. van der Touw T. Sigal R. **Wolden M.** Smart NA. The effect size of aerobic exercise training on blood lipids in sedentary adults with Metabolic Syndrome: A systematic review and meta-analysis of randomized controlled trials. *British Journal of Sport and Medicine*. 2021; (online ahead of print) DOI: 10.1136/bjsports-2021-104667.
4. Wood GN. Taylor E. Ng V. Murrell A. Patil A. van der Touw T. **Wolden M.** Smart NA. Determining the effect size of aerobic exercise training on the standard lipid profile of adults diagnosed with, and free of, Metabolic Syndrome: A protocol for two systematic reviews with univariate meta-analyses and meta-regression of randomised controlled trials. *Journal of Clinical Exercise Physiology*. 2021; 10(2): 42-50. DOI: 10.31189/2165-6193-10.2.42.
5. **Wolden M.** Drevyn E. Flom-Meland C. Gusman LM. Evaluation and modification of the physical therapist clinical performance instrument. *Journal of Physical Therapy Education*. 2021; 35(2): 85-94. DOI: 10.1097/JTE.000000000000180.
6. **Wolden M.** Gusman LM. Drevyn E. Flom-Meland C. Does the length of student physical therapists clinical educational experiences matter? *Journal of Physical Therapy Education*. 2021; 35(2): 113-120. DOI: 10.1097/JTE.000000000000175.

7. Ajuogu PK. Al-Aqbi MA. Hart RA. **Wolden M.** Smart NA. McFarlane JR. The effect of dietary protein intake factors associated with male infertility - a systematic review and meta-analysis of animal clinical trials in rats. *Nutrition and Health*. 2020; 1-12. DOI: 10.1177/0260106019900731.
8. Ajuogu PK. **Wolden M.** McFarlane JR. Hart RA. Carlson DJ. Van der Touw T. Smart NA. Effect of low and high protein maternal diets during gestation on reproductive out-comes in the rat: a systematic review and meta-analysis. *Journal of Animal Science*. 2020; 98(1): DOI: 10.1093/jas/skz380.
9. **Wolden M.** Hill B. Voorhees S. Predicting success on the National Physical Therapy Examination (NPTE): systematic review and meta-analysis. *Physical Therapy*. 2020; 100(1): 73-89. DOI: 10.1093/ptj/pzz145.
10. **Wolden M.** Anderson B. Enhancing pediatric education for physical therapy students: through the development of community partnerships to facilitate experiential learning: a case report. *Journal of Physical Therapy Education*. 2019; 33(3): 236-242. DOI: 10.1097/JTE.0000000000000096.
11. **Wolden M.** Hil, B. Farquhar-Voorhees S. Meta-Analysis in Physical Therapy Education Research: Using the Pearson's Product-Moment Correlation Coefficient as a Measure of Effect Size. *Journal of Physical Therapy Education*. 2019; 33(1): 78-84. DOI: 10.1097/JTE.0000000000000075.
12. **Wolden M.** Anderson A. Ray C. Changes in Perceived Self-Efficacy of Physical Therapy Students Following a Pediatric Experiential Learning Opportunity. *Pediatric Physical Therapy*. 2019; 31(1): 115-120. DOI: 10.1097/PEP.0000000000000550.

### **Peer Reviewed Scientific and Professional Presentations**

1. **Wolden M.** Anderson B. Reliability and Validity of the Pediatric Communication and Handling Self-Efficacy Scale. February 2022. Poster Presentation. Combined Sections Meeting. San Antonio, TX.
2. **Wolden M.** Schanandore J. Madsen J. Palm D. Swarowsky A. Comparing Lumbar Peri-Musculature Connective Tissue Thickness and Pain in People with and without Parkinson's Disease. February 2022. Poster Presentation. Combined Sections Meeting. San Antonio, TX.
3. **Wolden M.** Flom-Meland C. Gusman L. Drevyn E. McCallum C. Clinical Learning: What is the Optimal Length for Clinical Educational Experiences in DPT education? October 2021. Educational Session. Educational Leadership Conference. Atlanta GA.
4. **Wolden M.** Gusman LM. Drevyn E. Flom-Meland C. The long road ahead: does the length of clinical educational experiences affect students clinical learning. February 2021. Platform Presentation. Combined Sections Meeting. Orlando, FL.

5. **Wolden M.** Schanandore J. The Relationship between Echo Intensity and Chronic Low Back Pain. February 2021. Poster Presentation. Combined Sections Meeting. Orlando, FL.
6. Glasoe W. Allen M. Harris J. Higgins M. Jewett S. Rucker M. **Wolden M.** Effects of Functional Foot Orthoses and Taping Interventions for Adult Hallux Valgus. February 2021. Poster Presentation. Combined Sections Meeting. Orlando, FL.
7. Anderson B. Emmel L. Lundeen H. **Wolden M.** Partner up! Developing pediatric experiential learning & assessing outcomes to prepare students for clinical practice. November 2020. Educational Session. Academy of Pediatric Physical Therapy Annual Conference. Omaha, NE.
8. **Wolden M.** Drevyn E. Flom-Meland C. Gusman LN. Validation study of the physical therapist clinical performance instrument via confirmatory factor analysis. October 2020. Platform Presentation. Educational Leadership Conference. Milwaukee, WI.
9. Anderson B. **Wolden M.** Madsen J. Comparing pediatric faculty and clinical instructors expectations for student performance in transfers and handling techniques. February 2020. Poster Presentation. Combined Sections Meeting. Denver, Colorado.
10. Anderson B. **Wolden M.** Madsen J. Pediatric Transfers and Handling Techniques in Physical Therapy Education: A Comparison of Pediatric Faculty and Clinical Instructors. November 2019. Poster Presentation. Academy of Pediatric Physical Therapy Annual Conference. Anaheim, CA.
11. Haj T. **Wolden M.** Wolden B. Directors of Clinical Education and Clinical Instructor's Perspectives on the Physical Therapist Clinical Performance Instrument. October 2019. Poster Presentation. Education Leadership Conference. Bellevue, WA.
12. **Wolden M.** Hill B. Farquar Voorhees S. Predicting Success on the National Physical Therapy Examination: Systematic Review and Meta-Analysis. January 2019. Platform Presentation. APTA Combined Sections Meeting. Washington, DC.
13. **Wolden M.** Hill B. Voorhees S. Relationship of Clinical Performance Scores with NPTE Performance: A Systematic Literature Review and Meta-Analysis. October 2018. Poster Presentation. Education Leadership Conference. Jacksonville, FL.
14. Haj T. **Wolden M.** Greenwood K. The Status of Acute Care Clinical Experiences in Physical Therapy Education: A Survey Report. October 2018. Platform Presentation. Education Leadership Conference. Jacksonville, FL.
15. Haj T. **Wolden M.** Nuzzo N. Increasing PT Students Self-Confidence in the Acute Care Setting. May 2018. Poster Presentation Bridging the Acute Care Gap: Advancing Acute Care Physical Therapy Education. Indianapolis, IN.
16. **Wolden M.** Hill B. Confirmatory factor analysis of the Physical Therapist Clinical Performance Instrument. February 2018. Poster Presentation APTA Combined Sections Meeting. New Orleans, LA.

17. **Wolden M.** Anderson A. Ray C. Changes in perceived self-efficacy of physical therapy students following pediatric experiential learning opportunities. November 2017. Poster Presentation. Academy of Pediatric Physical Therapy Annual Conference. Cincinnati, Ohio.
18. Heyne-Lindholm P. Haj T. **Wolden M.** Will a structured 6-week module of Motivational Interviewing improve the level of empathy in 2nd year physical therapy students? October 2017. Poster Presentation Education Leadership Conference. Columbus, OH.
19. Voorhees S. Munns A. **Wolden M.** Rubric use to implement professional behaviors assessment across a physical therapy curriculum and guide student advisement. June 2017. ExamSoft Assessment Conference. Denver, Colorado.

### **Funded Grant Activity**

1. Anderson B. **Wolden M** (Co-PI). Gibbens Memorial Grant. Mobile Therapy Unit / Therapy on the GO. North Dakota Association for the Disabled. House of Everyday Learning 501(c)3. October 2021. Awarded \$5,000
2. **Wolden M.** The Relationship Between Echo Intensity and Low Back Pain. North Dakota Physical Therapy Association. July 2019. Awarded \$650

### **In Review Research Activity**

1. de Campos T. Vertzyas N. **Wolden M.** Hewawasam D. Douglas B. McIlhatton C. Hill J. Molnar C. Solomon MI. Gass GC. Mungovan SF. Orthostatic Intolerance Events Following Hip and Knee Arthroplasty: A Systematic Review with Meta-Analysis. The Journal of Arthroplasty. (in-review)  
Submitted March 2022
2. Karlik S. **Wolden M.** Women in Soccer Coaching: Identifying Barriers and Challenges. Soccer and Society. (in-review)  
Submitted November 2021

### **Non-Peer Reviewed Presentations**

1. Chronic/Persisting Pain. Presentation to Patients and Athletes at Elevate Human Potential, Fargo, ND; June 2021. <https://youtu.be/SIDTGjr8yLo>
2. The Relationship between Echo Intensity and Chronic Low Back Pain. Presentation to American Physical Therapy Association of North Dakota. Spring Business Meeting 2021, April 16, 2021.
3. What to Expect When You Are Dissertating, Presented to North Dakota State University Education Doctoral Program Students, October 2018.

4. Predicting Success on the National Physical Therapy Examination: A Systematic Review of the Literature and Random Effects Meta-Analysis, Presented to University of Jamestown Physical Therapy Program Faculty and Students (Class of 2019 & 2020), March 2018.
5. Capstone Defense Panel, North Dakota State University Fall Education Conference, October 2017.
6. Voorhees SF, Munns A, **Wolden M**: Using Rubrics to Implement Professional Behaviors Assessment and Guide Student Advisement. ExamSoft Webinar; May 10, 2017
7. Physical Therapy's Approach to Chronic Pain, Presented to providers at Family HealthCare, Fargo, ND October 2016.

### **Honors & Awards**

**Stanford Award 2022** for "Does the Length of Student Physical Therapists' Clinical Educational Experiences Matter?"

Journal of Physical Therapy Education in recognition of the manuscript containing the most influential educational ideas published in the Journal of Physical Therapy Education for 2021.

### **Outstanding Research Abstract Award 2022**

Reliability and Validity of the Pediatric Communication and Handling Self-Efficacy Scale. APTA Pediatrics Section. 2022. Combined Sections Meeting. San Antonio, TX.

### **Consultative and Advisory Positions Held**

External evaluator; *Implementing Integrative STEM Education in the Classroom*; September 2016.

Great Plains STEM Education Center at Valley City State University  
Grant funded through the North Dakota Department of Public Instruction through the Math and Science Partnership federal program

### **Interviews**

1. Wolden et al "Does the length of student physical therapists clinical educational experiences matter?" *Journal of Physical Therapy Education*. 2021. Featured article with video synopsis. <https://twitter.com/JOPTJournal/status/1399742775877324801?s=20>.
2. Podcast interview with Dr. Alan Jette on Wolden et al "Predicting success on the National Physical Therapy Examination (NPTE): systematic review and meta-analysis." *Physical Therapy*, March 26, 2020. <https://academic.oup.com/ptj/pages/ptj-podcast-2020#e2afbb3b09e6ef8d2420>.

## **Teaching Experience**

---

### **University of Jamestown Physical Therapy Program**

PT 711: Anatomy –Course Instructor  
Fall 2014, 2015

PT 741: Clinical Assessment I –Course Instructor  
Fall 2014, 2015

PT 752: Biomechanics –Course Coordinator  
Fall 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021

PT 753: Therapeutic Interventions –Course Coordinator  
Spring 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022

PT 861 Musculoskeletal I – Co-course Coordinator  
Spring 2015, 2016, 2019, 2020, 2021, 2022

PT 862 Musculoskeletal II – Co-course Coordinator  
Summer 2015, 2019, 2020, 2021

PT 891 Community Experience I –Course Coordinator  
Spring 2016  
Fall 2016, 2017

PT 892 Community Experience II –Course Coordinator  
Summer 2016  
Spring 2017, 2018

PT 893 Community Experience III –Course Coordinator  
Fall 2016, 2017  
Fall 2018 – assistant instructor

PT 893 Advanced & Specialty Topics in Physical Therapy - Co-course Coordinator  
Fall 2020

PT 894 Clinical Imaging for Physical Therapy – Co-course Coordinator  
Summer 2021

## **Selected Leadership and Service**

---

### **Academic Advisory Experience**

Tara Haj. EdD in Education Leadership. Minnesota State University Moorhead. Dissertation Committee Member. 2020 – present.

Mitch Wolden, PT, DPT, PhD  
(701) 356-2136  
[mwolden@uj.edu](mailto:mwolden@uj.edu)

---

Wendy Kopp. Defended Dissertation in Fall 2018. PhD in Adult and Occupational Education.  
North Dakota State University. Dissertation Committee Member

**Services to the University– Physical Therapy Program**

University of Jamestown Higher Learning Commission Criterion 4 Assurance Argument Task Force

Member: August 2019 – September 2020

University of Jamestown Assessment Committee

Member: July 2018 - present

Physical Therapy Program Search Committee

Member: July 2014 – present

Physical Therapy Program Assessment Committee

Member: July 2014 – present

Physical Therapy Program Advisory Committee

Member: July 2014 – present

**Services to the Profession– Physical Therapy**

Federation of State Boards of Physical Therapy.

Item Writer for the National Physical Therapy Examination.

March 2019 – December 2020

Item Writing Task Force for the National Physical Therapy Examination

3-year appointment: January 2021 – December 2023

American Physical Therapy Association North Dakota.

Diagnostic Imaging Task Force: February 2020 - present

Continuing Education Committee: October 2018 – present

American Board of Physical Therapy Specialists. Specialization Academy of Content Experts (SACE). Item writer

2016 - 2018

**Community Service**

Data analyst. Lutheran Church of the Cross, West Fargo, ND, June 2018 – present

Ronald McDonald House, Minneapolis, MN, November 2016; April 2017; April 2018

Ronald McDonald House, Fargo, ND. August 2015 - present.

Physical Therapy Pro Bono Clinic at Family Healthcare, Fargo ND. July 2014 – July 2020.

Health Career Edventures (HCE), in collaboration with NDSU Nursing Program, Fargo, ND, 2 hours, July 15, 2015; June 20, 2016.

Health Occupations and Professions Exploration (HOPE) Camp, NDSU College of Health Professions in collaboration with Sanford Health of Fargo, Fargo, ND, 1 hour

June 16, 2015  
June 21, 2016.  
June 20, 2017  
June 18, 2019

## **Professional Development and Affiliations**

---

### **Continuing Education Attended**

Academy of Pediatric Physical Therapy Annual Conference. November 2020. Online.

Educational Leadership Conference. October 2020. Online

Federation of State Boards of Physical Therapy. *Item Writing and Test Development Workshop*. August 14-16, 2020 presented online.

APTA Combined Sections Meeting, February 13-15, 2020 in Denver, CO (examples of meetings attended below)

- Implementation Science, Innovation, and Clinical Outcomes
- Traversing the mountains of data
- Rehabilitation Utilization Among High-Need Patient Populations: Advancing the Physical Therapy Health Services Research Agenda
- Physical Therapists Who Order Diagnostic Imaging: Updates From the Field
- Turning the Road to Success Into a Highway: Strategies to Facilitate Success for Young Professionals
- A Closer Look: Four Months into PDPM - What Do We Know?

Federation of State Boards of Physical Therapy. *Item Writing and Test Development Workshop*. March 22-24, 2019 in Alexandria, VA.

APTA Combined Sections Meeting, January 23-26, 2019 in Washington, DC (examples of meetings attended below)

- Unlocking the Mysteries of Diffuse Elbow Pain
- Academy of Physical Therapy Education Platform Presentations 1
- Quantifying Noncognitive Traits of Learners in a Holistic Admissions Review
- Prognostic Approach for Managing Adverse Outcomes in Upper Extremity Fractures
- The Pauline Cerasoli Lecture: Developing Habits of the Heart
- Academy of Physical Therapy Education Platform Presentations 4

Academy of Physical Therapy Education, APTA, *Faculty Development Workshop*. July 12-15, 2018 in Chicago, IL

APTA Combined Sections Meeting, February 2018 in New Orleans, LA (examples of meetings attended below)

- When patient and providers misbehave: The role of behavioral economics in therapy
- The chronic pain epidemic: National research, education, and practice initiatives
- High-speed Training: Applications to improve function

Five-dimensional model of ethics: In search of the moral commons  
Global health education: What is, What could be, What should be

American Academy of Pediatric Physical Therapy Conference, November 2017 in Cincinnati, OH

Academy of Geriatric Physical Therapy, APTA, *Exercise and Physical Activity Prescription*. Course #2. May 20-21, 2017 in Fargo, ND.

Academy of Geriatric Physical Therapy, APTA, *Exercise and Physical Activity Prescription*. Course #1. April 1-2, 2017 in Fargo, ND.

APTA Combined Sections Meeting, February 16-18, 2017 in San Antonio, TX (examples of meetings attended below)

Ready for (R)evolution? PTs role in Prevention and Population Health  
Navigating the Connections between Research and Clinical Practice  
Pediatric PT Educational Research: Best Practices in Teaching and Learning  
PT's Role in Chronic Pain Management for Military Service Members and Veterans

APTA Combined Sections Meeting, February 17-20, 2016 in Anaheim, CA (examples of meetings attended below)

Biophysical Agents – Review of Evidence on Determinants of Efficacy  
Demystifying the Writing for Publication Process  
Educational Research in PT  
Excellence in Education  
The Good, the Bad, and the Ugly: Are we choosing the best Neuromuscular Re-education Exercises for Our patients?  
Why and How Exercise is the Best Treatment for Tendinopathy  
SACE Item writing workshop I

Integration of Biomechanics and Movement Classification in the Shoulder Region, Paula Ludwig, University of Jamestown Physical Therapy, Fargo, ND, October 23 & 24.

APTA Self-Study Workshop, Indianapolis, IN, February 3-4, 2015.

APTA Combined Sections Meeting, February 5-7, 2015 in Indianapolis, IN (examples of meetings attended below).

Orthopaedic Section Platform Session I  
Integration of an Expanded Pro Bono PT Clinic Into the DPT Curriculum: Making the Leap  
Orthopaedic Section Platform Session III  
Intra-articular, Prearthritic Hip Disease: Effectiveness of Motor Pattern Training  
Building Future Practice Through Leadership Development: Why Me, Why Now?  
Referring Out for Lumbar Surgery: Using Science, Eliminating Guesswork  
Dynamic Neuromuscular Stabilization in Spinal Rehabilitation and performance

Mitch Wolden, PT, DPT, PhD  
(701) 356-2136  
[mwolden@uj.edu](mailto:mwolden@uj.edu)

---

High Velocity Low Amplitude for Clinical Instructors, University of Jamestown Physical Therapy, Fargo, ND, March 2014.

Therapeutic Neuroscience Education, International Spine & Pain Institute, Minneapolis, MN, December 2013.

Applied Techniques of Manual Therapy, Comprehensive Treatment of the Knee, Great Lakes Seminars, Fargo, ND, December 2013.

Strain Counterstrain III: Cranial & Advanced Techniques, Jones Institute, Fargo, ND, October 2013.

EIM 310 OCS Prep Course, Evidence In Motion Institute of Health Professionals, Online, 2012 – 2013.

Applied Techniques of Manual Therapy – Comprehensive Treatment of the Shoulder, Great Lakes Seminars, Fargo, ND, February 2012.

Current Concepts in the Scientific and Clinical Rationale Behind Exercises for Glenohumeral and Scapulothoracic Musculature, JOSPT, Online, October 2011.

Aging Joints, APTA, Online, October 2011.

Strain Counterstrain II: For the Extremities, Jones Institute, Fargo, ND, October 2010.

Muscle Energy Techniques: Pelvis, Sacrum, Lumbar Spine and Muscles of the Hip, Alternative Healthcare Solutions, Fargo, ND, March 2010.

### **Membership in Scientific/Professional Organizations**

American Physical Therapy Association

2006 – current

Section Member

Education (February 2015-current)

Orthopaedic (February 2010 – 2019)

Pediatric (January 2017 – 2018)

North Dakota Physical Therapy Association

2006 – current

Specialization Academy of Content Experts (SACE)

2016 – 2018

American Education Research Association (AERA)

2014 – 2016