

## CURRICULUM VITAE

### Charles Thomas Anthony Costello, Ph.D., P.T., C.H.T.

August, 2006

#### Education

Ph. D.	1993	Physical Therapy	Texas Woman's University
M. S.	1980	Physiology	Wayne State University
Certificate in Physiotherapy	1969	Physiotherapy	Army School of Physiotherapy (England)

#### Professional Licensure / Certification

Physical Therapist (licensed, Texas)

Certified Hand Therapist

#### Employment

September 2006 to present	Associate Professor	Texas Woman's University, School of Physical Therapy, Houston, Texas 77030
September, 2005 to May, 2006	Visiting Associate Professor, part time	Texas Woman's University, School of Physical Therapy, Houston, Texas 77030
April, 2001 to May, 2006	Director of Hand Therapy	Access Rehab Centers, 1501 River Pointe Drive, Suite 130, Conroe, Texas 77304
August, 1999 to March, 2001	Physical Therapist / Hand Therapist	Concentra Medical Centers, Houston, Texas
August 1995 to 1999	Professor; Program Coordinator, 1995 to 1998	Montgomery College, Physical Therapist Assistant Program, Conroe, Texas
June 1994 to 2005	Adjunct Assistant Professor	Texas Woman's University, School of Physical Therapy, Houston, Texas 77030
December 1994 to May, 1996	Part time Physical Therapist	CareMark Inc, Orthopedic Services Division, Houston Hand Rehabilitation Center, Houston, Texas
August 1992 to August, 1995	Assistant Professor	University of Texas Medical Branch, Department of Physical Therapy, Galveston, Texas
June 1991 to 1994	Contract Physical Therapist	Houston Hand Rehabilitation Center Inc.
January, 1991 to August, 1992	Supplemental Learning Lab Instructor	Texas Woman's University, School of Physical Therapy, Houston, Texas 77030
August, 1990 to December, 1990	Graduate Student Teaching Assistant	Texas Woman's University, School of Physical Therapy, Houston, Texas 77030
August, 1987 to August, 1990	Physical Therapist / Research Coordinator	Houston Hand Rehabilitation Center, Inc. Houston, Texas
July, 1987 to August, 1987	Adjunct Instructor	University of Texas Medical Branch, Department of Physical Therapy, Galveston, Texas
July, 1986 to August, 1987	Staff Physical Therapist	St. Luke's Episcopal Hospital, Houston, Texas
July, 1982 to June, 1985	Director of Physical Therapy Clinic	Northern Arizona University, Flagstaff, Arizona
July, 1980 to June, 1986	Assistant Professor	Northern Arizona University, Department of Physical Therapy, Flagstaff, Arizona
January, 1979 to June, 1980	Coordinator of Cardio- pulmonary Physical Therapy	Mount Carmel Mercy Hospital, Respiratory Care Department, Detroit Michigan
April, 1976 to December, 1978	Instructor	Wayne State University, Department of Physical Therapy, Detroit, Michigan

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July, 1974 to March, 1976	Supervisor, Chest Physical Therapy	Henry Ford Hospital, Detroit, Michigan
September, 1973 to March, 1974	Chief Physical Therapist	Sacred Heart Rehabilitation Hospital, Milwaukee, Wisconsin
February, 1972 to August, 1973	Director, Physical and Respiratory Therapy	West Side Hospital, Milwaukee, Wisconsin
January, 1971 to February, 1972	Physical Therapist	St. Francis Hospital, Respiratory Therapy Department, Milwaukee, Wisconsin
October, 1969 to October, 1970	Staff Physiotherapist	Royal Cornwall Hospital, Truro, England

### **Dissertation**

Optimization of Drug Delivery with Iontophoresis. 1993. Director: Mohamed Sabbahi, PhD, PT, ECS

### **Teaching**

PT 5015	Gross Human Anatomy
PT 5111	Applied Orthopedic Management
PT 5113	Therapeutic Activities for the Orthopedic Patient
PT 5223	Clinical Management of Cardiovascular/Pulmonary Conditions
PT 5623	Anatomy and Function of the Upper Extremity

### **Master's Professional Papers**

Effect of Light Therapy on Nerve Conduction Velocity	In progress	Chair
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## **SCHOLARSHIP/CREATIVE ACHIEVEMENTS**

### **Refereed Publications**

Costello, C., Jeske A. Iontophoresis: Applications in transdermal medication delivery. *Physical Therapy*, June, 1995.

### **Presentations at Professional Meetings**

Annual Conference: American Society of Hand Therapists. San Antonio, TX. September 2005. Update on Physical Agents.

Annual Conference: Texas Occupational Therapy Association. Galveston, TX. October, 1999. Electrotherapy in Rehabilitation.

Annual Conference: Louisiana Occupation Therapy Association. New Orleans, LA. May, 1999. Physical Modalities.

Annual Conference: Texas Occupational Therapy Association. Dallas, TX. October, 1998. Thermal Modalities.

Annual Conference: American Physical Therapy Association. Denver, CO. July, 1992. Penetration of Lidocaine into the Deep Tissues with Iontophoresis.

Costello, C., Emran, A., Sabbahi, M. Penetration of lidocaine into the deep tissues with Iontophoresis. (Abstract) *Physical Therapy*, 1992; 72, 6 (supplement): S105. Abstract.

Annual Conference: American Physical Therapy Association / Canadian Physiotherapy Association Annual Conference. Toronto, Ontario, Canada. June, 1994. Optimization of Drug Delivery by Iontophoresis. (Invited, 90 minute presentation).

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Annual Conference: American Physical Therapy Association / Canadian Physiotherapy Association Annual Conference. Toronto, Ontario, Canada. June, 1994. A method for reducing skin irritation by iontophoresis Sabbahi M., Costello C., Emran A. A method for reducing skin irritation by iontophoresis. (Abstract) *Physical Therapy*, 1994; 74, 6 (supplement): S156.

Annual Conference: Arizona Physical Therapy Association. Phoenix, AZ. October, 1983. Data Analysis.  
Annual Conference: Arizona Physical Therapy Association. Rio Rico, Arizona. October, 1981. Research Design.

Annual Conference: Federation of American Societies or Experimental Biology. Anaheim, California. April, 1980. Cardiovascular and Body Fluid Distribution Changes in the Dog. Following Tricuspid Valvectomy.

Annual Meeting: American College of Chest Physicians. Washington, D.C. October, 1978. Physical Therapy for Respiratory Problems.

Annual Meeting: Michigan Physical Therapy Association. Jackson, Michigan. May, 1976. Mechanics of Breathing.

### **Grants**

<u>Project</u>	<u>Fund source</u>	<u>Period</u>	<u>Amount</u>	<u>Role</u>
Optimization of Drug Delivery with iontophoresis	Life-Tech. Inc., Houston, Texas	1990 - 1993	\$12,000	Co-principle investigator
Doctoral student Scholarship Award	Foundation for Physical Therapy	1989	\$4,000	Principle investigator
Basic Life Support, Northern Arizona University	American Heart Association, Arizona Affiliate, Professional Community Involvement Program	1984	\$3,400	Co-principle investigator
Nerve Conduction Velocity and EMG Studies on Muscularly Hypertrophied Humans	Northern Arizona University Research Grant	1982 - 1983	\$130	Principle investigator

### **Non-Scholarly Awards:**

Physical Therapist Assistant Program – Lab Assistant	Perkins Local Improvement Plan	1998	\$4,000	Principle investigator
Physical Therapist Assistant Program – Lab Assistant	Perkins Local Improvement Plan	1997	\$3,150	Principle investigator

### **Other Creative Achievements**

#### **Professional Development Courses Presented (by invitation)**

HealthSouth, Houston, TX. April, 2006. Manual Therapy Techniques for the Hand and Wrist.

HealthSouth, Houston, TX. May, 2005. Upper Extremity Articular Assessment and Mobilization Techniques.

TWU/ASHT Hand Conference and Research Seminar. Houston, TX. February, 2005. Science, Physiology and Clinical Applications of Electrical Agents.

M. D. Anderson Hospital, Division of Hand Therapy, Houston, TX. December, 2003. Electrotherapy and Thermal Modalities.

Texas Institute for Rehabilitation and Research, Division of Hand Therapy, Houston, TX. July, 2000. Electrotherapy and Thermal Modalities.

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Advanced Practice Institute, American Occupational Therapy Association. Orlando, FL. January, 1997; Minneapolis, MN. May, 1997; Atlanta, GA. December, 1997; Las Vegas, NV. March 1999. Physical Agent Modalities: Indications and Applications for Occupational Therapists.

Houston, TX. November 1992, June 1993, January, 1994, November 1995. Thermal Modalities in the Treatment of Upper Extremity Problems: A Workshop for Occupational Therapists.

Houston, TX. November 1992, June 1993, January, 1994, November 1995. Electrotherapy in the Treatment of Upper Extremity Problems: A Workshop for Occupational Therapists.

Second Houston Upper Extremity Rehabilitation Conference, Houston, TX. July, 1990. Therapeutic Modalities with Application to Flexor Tendon Injuries.

Houston Upper Extremity Rehabilitation Conference, Houston, TX. July, 1988. Data Analysis in Clinical Research. in”

Comparative Functional Anatomy Symposium - the Trunk. Flagstaff, AZ. March, 1985. Thoracic and Abdominal Anatomy.

Clinical Evaluation Skills Update. Scottsdale, AZ. November, 1983. Cardiopulmonary Evaluation.

Continuing Education in Nursing. Holbrook, AZ. April, 1983. Management of the COPD Patient.

American Lung Association of Michigan. December, 1979. Physical Assessment of the Respiratory System.

Developing Clinical Expertise in Medical and Surgical Respiratory Conditions for Physical Therapists. Henry Ford Hospital, Detroit, MI. September 1977, 1978, 1979. 1) Thoracic Anatomy and Breathing Mechanics; 2) Pulmonary Physical Therapy Techniques;

### **Courses Organized**

“Houston Upper Extremity Rehabilitation Conferences.” Houston, Texas. July, 1988, July, 1990.

“Optimal Electrode Placement.” Flagstaff, Arizona. July, 1985.

“Manual Therapy of the Extremity Joints.” Kaltenborn, Flagstaff, Arizona. June, 1985.

“How Healthy Are You.” student health assessment program, Northern Arizona University, Flagstaff, Arizona. September, 1982.

Chairman, Arizona Physical Therapy Association meetings. October 1981, October, 1983, May, 1986.

“Comparative Functional Anatomy.” annual series of symposia, Northern Arizona University, Flagstaff, Arizona. March 1982, 1983, 1984, 1985.

“Physical Assessment of the Respiratory System.” American Lung Association of Michigan, Saginaw, Michigan. December, 1979.

“Developing Clinical Expertise in Medical and Surgical Respiratory Conditions for Physical Therapists.” Henry Ford Hospital, Detroit, Michigan. September 1977, 1978, 1979.

## **PROFESSIONAL SERVICE**

### **Service to School or Department**

- Transition to DPT Committee, 2006- present
- Post-Professional Programs Committee, 2006-present

### **Membership and Service in Professional Societies**

Chartered Society of Physiotherapy, England: Member 1969 to present.

American Physical Therapy Association (APTA): Member, 1976 to present:

Orthopedic and Sports Physical Therapy Section, APTA, 1976 to present.

Hand Therapy Section, APTA, 1987 to present.

Section on Education, APTA, 1980 to 1986, 1995 to present.

Section on Electrophysiology, APTA, 1992 to present

Cardiopulmonary Section, APTA, 1978 to 1988.

Ob-Gyn Section, APTA, 1982 to 1986.

Texas Physical Therapy Association: Member, 1986 to present

American Society of Hand Therapists: Member, 1999 to present

Texas State Chapter, American Society of Hand Therapists: Member, 2001 to present

Texas Alliance of Physical Therapist Assistant Educators: Member, 1996 to 1999.

Treasurer, 1998 to 1999

Arizona Physical Therapy Association: Member, 1980 to 1986.

Chairman, Research Committee, 1982 to 1986.

Member, Programs Committee, 1980 to 1986.

State Meeting Chairman: Fall 1981, 1983, Spring 1986.

### **Community Services**

- Christ the Good Shepherd Catholic Community, 1986-present.
  - Coordinator, Greeter / Hospitality Ministry
  - Lector
- Knights of Columbus Council 10872, 2002 - present
  - Officer, 2004 - 2005
- CPR Instruction through American Heart Association, 1983-1987.
- Superintendent's Parent Advisory Committee, Flagstaff Unified School District: Marshall School Representative. 1985-1986.

## **OTHER**

### **Recent / Significant Professional Development**

Combined Sections Meeting, American Physical Therapy Association. San Diego, Ca. February 2006.

American Society of Hand Therapists, Annual Meeting. San Antonio, Tx. September 2005.

Combined Sections Meeting, American Physical Therapy Association. New Orleans, La. February 2005.

“Scientific Principles for the Clinical Use of LASER and Light Therapy.” C. Enwemeka, PhD. Houston, Tx. February 2005.

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“LASER and Light Therapy.” J. Kleinkort, PhD. San Antonio, Texas. December 2004.

“Annual Conference – Texas State Chapter American Society of Hand Therapists. Major Topic: Thoracic Outlet Syndrome.” Dallas, Texas. April, 2004

“Surgery and Rehabilitation of the Hand – 2004: Tendon and Nerve Injuries.” Philadelphia, Pennsylvania. February, 2004

“N.A.I.O.M.T. Course 600 – Level II: Intermediate Upper Quadrant.” Conroe, Texas. February, 2004

“N.A.I.O.M.T. Equivalent – Level I: Differential Diagnosis and Clinical Reasoning in Orthopedic Manual Therapy.” Conroe, Texas. July, 2003

“Annual Conference – Texas State Chapter American Society of Hand Therapists. Major Topic: Diagnosis and Management of Lateral Elbow Pain.” Houston, Texas. April, 2003

“Surgery and Rehabilitation of the Hand – 2003: With Emphasis on the Wrist.” Philadelphia, Pennsylvania. February, 2003

“Ethics in Physical Therapy.” Texas Physical Therapy Association, Southeastern District, Houston, Texas. January, 2003

“Biomechanics of the Hand.” Houston, Texas. November, 1999

“Current management of Tendon Injuries.” Houston, Texas. July, 2001

APTA-approved Clinical Instructor Certification Workshop. Bryan, Texas. July 1999.

American Society of Hand Therapists, National Meeting. Seattle, Washington. October, 1999

Accreditation Workshop. Dallas, Texas. February, 1997.

“Seven Habits Update.” Galveston, Texas. January, 1995.

“Seven Habits of Highly Effective People: Steven Covey workshop.” Galveston, Texas. December, 1994.

National Conference APTA and CPA. Toronto, Canada. June, 1994.

American College of Hand Surgeons: “Hand Surgery Update.” Houston, Texas. July, 1990.

“Evaluating Student/Employee Performance: Perspectives, Procedures and Legalities.” T.I.P.S. Workshop. Flagstaff, Arizona. April, 1986.

“Basic Life Support Instructor-Trainer.” American Heart Association. Phoenix, Arizona. April, 1985.

“Teaching Techniques.” Teaching Improvement Project System (T.I.P.S.) Workshop. Flagstaff, Arizona. March, 1984.

“Mechanical Therapy of the Spine.” Robin McKenzie. Scottsdale, Arizona. June, 1983.

“Basic Life Support Instructor.” American Heart Association. Prescott, Arizona. October, 1983.

“Head, Neck and Dentistry - I.” Mariano Rocabado. Phoenix, Arizona. June, 1982.