

BIOGRAPHICAL SKETCH

NAME Julie M. Fritz, PhD, PT, ATC		POSITION TITLE Professor, Department of Physical Therapy, University of Utah	
eRA COMMONS USER NAME juliefritz			
EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Hope College, Holland, Michigan	BA	1986-1990	Biology/Phys Ed
University of Indianapolis	MS	1990-1992	Physical Therapy
University of Pittsburgh	PhD	1994-1998	Health & Rehabilitation Science

A. Personal Statement

I am a physical therapist and researcher who has specialized in interventional studies and health services research related to care of patients with musculoskeletal conditions. This research has spanned the lifespan from evaluating adolescents with spinal conditions through older adults with various musculoskeletal problems including lumbar spinal stenosis. The focus of my research has been on comparative effectiveness research examining different treatment strategies for individuals with musculoskeletal conditions funded through AHRQ. I also have worked with large datasets to evaluate patterns of health service for patients with spinal problems and how these patterns relate to future health care costs and utilization. I have had numerous opportunities to mentor doctoral and post-doctoral trainees. I also have experience leading large clinical trials and participating in multi-site projects.

B. Positions and Honors

Positions

1993 – 1994	Physical Therapist, Healthsouth Sports Medicine, Birmingham, Alabama
1994 – 1995	Physical Therapist, University of Pittsburgh Medical Center, Center for Sports Medicine and Rehabilitation, Pittsburgh, Pennsylvania
1995 – 1997	Graduate Student Assistant, Department of Physical Therapy, School of Health and Rehabilitation Sciences, University of Pittsburgh, Pittsburgh, Pennsylvania
1997 – 1998	Research Associate, Department of Physical Therapy, University of Pittsburgh
1998 – 2003	Assistant Professor, Department of Physical Therapy, University of Pittsburgh
2004 – 2006	Assistant Professor, Division of Physical Therapy, University of Utah, Salt Lake City
2004 – present	Clinical Outcomes Research Scientist, Intermountain Healthcare, Salt Lake City
2006 – 2012	Associate Professor, Department of Physical Therapy, University of Utah, Salt Lake City
2012 – present	Professor, Department of Physical Therapy, University of Utah, Salt Lake City

Other Experiences and Professional Memberships

- Member, Dissemination and Implementation Research in Health Study Section, Center for Scientific Review, National Institutes of Health
- Member, Patient-Centered Outcomes Research Institute (PCORI) Back Pain Working Group, March 21, 2013
- Member, Burden of Musculoskeletal Disease Steering Committee, sponsored by the United States Bone and Joint Initiative, September 14, 2012
- Ad Hoc Study Section Reviewer NCCAM, Health Literacy Study Section, NIH
- Member, American Physical Therapy Association, American Academy of Orthopaedic Manual Physical Therapy
- Editor, *Journal of Orthopaedic and Sports Physical Therapy*, 2010-present, Associate Editor 2001-2010
- Editorial Board Member, *European Spine Journal*, 2006 - present, *Journal of Athletic Training*, 2004 - present
- Advisory Board Member, Cochrane Collaboration Back Review Group, 2007 – present
- Member, Scientific Review Committee, Foundation for Physical Therapy, 2011 - present

Honors

- Richard W. Bowling - Richard E. Erhard Orthopaedic Clinical Practice Award, Orthopedic Section, American Physical Therapy Association, 2014
- Chattanooga Research Award for best article published on clinical research in *Physical Therapy*, American Physical Therapy Association, 2010
- Marian Williams Award for Research in Physical Therapy, American Physical Therapy Association, 2010
- Jules M. Rothstein Golden Pen Award for Scientific Writing, American Physical Therapy Association, 2009
- The University of Utah, College of Health, Senior Researcher Award, 2007
- Erhard Research Abstract Award, American Academy of Orthopaedic Manual Physical Therapy, 2005
- Rose Excellence in Research Award, 2007, 2006, 2004, and 2003, Orthopaedic Section of American Physical Therapy Association
- Dorothy Briggs Memorial Scientific Inquiry Award, American Physical Therapy Association, 1999

C. Publications Most Relevant to Proposed Research (selected from 114 peer-reviewed publications)

1. Fritz JM, Lurie JD, Zhao W, Whitman JM, Delitto A, Brennan GP, Weinstein JN. Associations between physical therapy and long-term outcomes for individuals with lumbar spinal stenosis in the SPORT study. *Spine J*. 2013 Oct 23. Epub ahead of print.
2. Fritz JM, Brennan GP, Hunter SJ, Magel JS. Initial management decisions following a new consultation for low back pain: implications of the usage of physical therapy for subsequent health care costs and utilization. *Arch Phys Med Rehabil*. 2013, 94:808-816
3. Apeldoorn AT, Ostelo RW, van Helvoirt H, Fritz JM, Knol DL, van Tulder MW, de Vet HC. A randomized controlled trial on the effectiveness of a classification-based system for sub-acute and chronic low back pain. *Spine*. 2012;37:1347-56.
4. Fritz JM, Koppenhaver SL, Kawchuk GN, Teyhen DS, Hebert JJ, Childs JD. Preliminary investigation of the mechanisms underlying the effects of manipulation: exploration of a multi-variate model including spinal stiffness, multifidus recruitment and clinical findings. *Spine* 2011, 36:1772-1781.
5. Fritz JM, Childs JD, Wainner RS, Flynn TW. Primary care referral of patients with low back pain to physical therapy: impact on future healthcare utilization and costs. *Spine*. 2012;37:2114-21
6. Fritz JM, Hunter SJ, Tracy DM, Brennan GP. Utilization and clinical outcomes of outpatient physical therapy for Medicare beneficiaries with musculoskeletal conditions. *Phys Ther* 2011;91:330-345.
7. Fritz JM, Clifford SN. Low back pain in adolescents: a comparison of clinical outcomes in sports participants and non-participants. *J Athl Train*. 2010;45:61-6.
8. Fritz JM, Cleland JA, Speckman M, Brennan GP, Hunter SJ. Physical therapy for acute low back pain: associations with subsequent healthcare costs. *Spine* 2008;33:1800-1805.
9. Asche CV, Kirkness CS, McAdam-Marx C, Fritz JM. The societal costs of low back pain: data published between 2001 and 2007. *J Pain Palliat Care Pharmacother* 2007;21:25-33.
10. Fritz JM, Cleland JA, Brennan GP. Does adherence to the guideline recommendation for active treatments improve the quality of care for patients with acute low back pain delivered by physical therapists? *Med Care*, 2007;45:973-80
11. Brennan GP, Fritz JM, Hunter SJ. Impact of continuing education interventions on clinical outcomes of patients with neck pain who received physical therapy. *Phys Ther*. 2006;86:1251-62.
12. Whitman JM, Flynn TW, Childs JD, Wainner RS, Gill HE, Ryder MG, Garber MB, Bennett AC, Fritz JM. A comparison between two physical therapy treatment programs for patients with lumbar spinal stenosis: a randomized clinical trial. *Spine*. 2006;31:2541.
13. Brennan GP, Fritz JM, Hunter SJ, Thackeray A, Delitto A, Erhard RE. Identifying sub-groups of patients with acute/subacute "non-specific" low back pain: results of a randomized clinical trial. *Spine*. 2006;31:623-631.
14. Childs JD, Fritz JM, Flynn TW, Irrgang JJ, Johnson KK, Majkowski GR, Delitto A. A clinical prediction rule to identify patients with low back pain who will benefit from spinal manipulation: a validation study. *Ann Intern Med*. 2004;141:920-8.

15. Fritz JM, Erhard RE, Delitto A, Welch WC, Nowakowski P. Preliminary results of the use of a two-stage treadmill test as a clinical diagnostic tool in the differential diagnosis of lumbar spinal stenosis. *J Spinal Dis* 1997;10:410-6.

Research Support

Ongoing Research Support

OR100037 (Rhon)

Department of Defense Peer-Reviewed Orthopedic Research 09/01/2011 – 7/31/2014

Treatment-Based Classification versus Usual Care for Management of Low Back Pain

This project is a career development award for the PI. The major goals are to develop skills as a clinical researcher through a randomized clinical trial examining the effectiveness of early access to physical therapy versus a usual care approach in a military health care setting

Role: Primary Mentor

1R18HS018672-01A1 (Fritz)

9/01/2010 – 8/31/2014

AHRQ

Comparative Effectiveness of Management Strategies for Patients with Acute Low Back Pain

The major goals of this project are to examine the cost-effectiveness of an early intervention program compared with usual care for individuals with acute low back pain.

1R01HS019624-01 (Fitzgerald)

9/01/2010 – 8/31/2014

AHRQ

Enhancing the Effectiveness of Physical Therapy in People with Knee OA

The major goal of this project is to the clinical benefits and cost-effectiveness of different physical therapy treatment strategies for individuals with osteoarthritis of the knee.

Role: co-investigator

Recently Completed Research

EMPI, Inc. PI (Fritz)

6/01/2009 – 5/31/2012

Research Contract

“The Value of Adding Traction to Standard Treatment for Patients with Back or Neck Pain.”

This study is a multi-center randomized trial examining the benefit of adding traction to standard treatment for patients with back or neck pain, and examine the validity of previously-identified sub-grouping criteria.

Effectiveness will be based on pain and disability scores after 6 weeks. Outcomes after 6 months and 1 year will be examined.

RO1 HD040909-01

PI (Henry)

9/23/09 – 9/22/11

NIH-NICHD, NCMRR

“Mechanisms of Specific Trunk Exercises in Low Back Pain”

The goal of this study is to examine if outcomes differ among three different treatments for a subgroup of people with low back pain who respond to stabilization exercise.

Role: Consultant

Orthopedic Section, American Physical Therapy Association PI (Fritz)

5/1/2009 – 4/30/2011

Research Grant

“Examining the effectiveness of a post-operative rehabilitation program emphasizing restoration of multifidus muscle function for individuals undergoing lumbar discectomy: a randomized clinical trial.”

This study is a randomized clinical trial comparing the effectiveness of two different strengthening protocols for post-operative rehabilitation following lumbar discectomy. Effectiveness will be based on self-report measures of disability and pain evaluated 8 weeks and 6 months after surgery.

1R21AT004221-01A1

PI (Fritz)

5/1/2008 – 2/28/2010

NIH/NCCAM

“Biomechanical and Neurophysiological Effects of Spinal Manipulative Therapy”

This study examines the biomechanical and neurophysiologic effects underlying spinal manipulation in individuals with low back pain by comparing clinical outcomes to changes in deep trunk muscle activation and spinal stiffness measures.