
Balance and Falls SIG: Secretary



Beth Castellini, PT

My name is Beth Castellini, and I would be honored to be your Secretary for the Balance and Falls SIG. This position aligns well with my core values of balance, fairness, passion, responsibility, and respect – values that led to my co-advocate and I being recognized in February 2021 as the APTA Geriatrics State Advocates of the Year for our efforts on behalf of Geriatric Advocacy in Colorado. I graduated from Texas Woman's University in 1988, and I currently work as the inpatient physical therapist at the VA Medical Center in Grand Junction, CO, covering acute and post acute caseloads. I have actively participated with falls management in a variety of roles: consultant on utilization review committees in SNF and hospice settings, guest lecturer for A Matter of Balance classes, and as a Rehab Representative for a Root Cause Analysis committee. As a clinician as well as a CI for DPT students, I promote best practices including high intensity functional resistance training models, utilize multiple evidenced-based balance and gait speed objective measures in my patient evaluations. Every day, I disseminate this information with my patients and other medical providers to expand their understanding of our data to improve patient outcomes, because I believe in this program to my core. It is everything I've spent my 32-year career working toward and I hope you'll consider me for the secretary position.