

Evidence Based Practice Podcast - 2017

Hosting with:

Richard Severin, PT, DPT, CCS

Dr. Rich Severin, is a board-certified cardiovascular and pulmonary clinical specialist. **Physical therapist** graduated from the University of Miami with his doctor of physical therapy degree in 2013, followed by a **cardiopulmonary residency** at the William S. Middleton VA Medical Center/University of Wisconsin-Madison, and an **orthopedic residency** at the University of Illinois at Chicago (UIC). He is working on a **PhD in rehabilitation science** at UIC, with a focus on cardiovascular physiology and obesity. He is currently involved in several large clinical studies investigating the effects of exercise in chronic conditions, mainly hypertension, obesity and heart failure. His dissertation plan is to investigate the effects of respiratory muscle fatigability on health-related outcomes in obese individuals. Dr Severin also serves as **adjunct professor** for the Doctor of Physical Therapy Programs at the University of Illinois at Chicago and South College. He currently **serves on the communications committee** for American Physical Therapy Association's Cardiovascular and Pulmonary Section and also serves on the Specialization Academy of Content Experts for the Cardiovascular and Pulmonary Specialist examination. He also serves on the **editorial board for Cardiopulmonary Physical Therapy journal** as the emerging media editor.

Topic Overview:

Frailty in older adults – a physical therapist perspective and connection with nutrition; osteoarthritis, sarcopenia, deconditioning and impaired balance.

Segments:

3:15 min: Dr. Severin background and his many projects, boards and involvements.

5:45 min: Frailty overview

8:45 min: Osteoarthritis – overview, physical components, nutritional interventions. [Veronese et al. 2016](#).

18:45 min: Short term step count reduction and physical implications. [Breen et al. 2013](#).

21:00 min: Physical inactivity and deconditioning. [The Hook](#)

30:30 min: Sarcopenia, nutrition, and protein timing research. [Dr. Paddon-Jones' Research](#)

37:00 min: Impaired balance and falls [Dr. Mark Grabiner's Research](#); [Calcium and Vit D Supplementation and Fall Risk](#)

50:00 min: A commentary on health professionals in social media.

Social Media Accounts:

Twitter: @PTReviewer

Facebook: /PTReviewer

Website: www.ptreviewer.com

Music by:

[Mental Adventure](#)

Interested in being on our Podcast series? Contact Jake Mey at jxm347@case.edu.