



Department of Physical Therapy and Rehabilitation Science

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Erica A. Pitsch, PT, MPT, DPT, NCS



**Associate Clinical Professor, UCSF
Physical Therapist**

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EDUCATION

- BS, Human Performance, San Jose University, San Jose, CA, 1993
 - MPT, Physical Therapy, University of California, San Francisco, CA, 1995
 - DPT, Physical Therapy, University of Southern California, Los Angeles, CA, 2010
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BOARD CERTIFICATIONS

- Physical Therapist ^[3] (PT)
 - Neurologic Specialist Certification ^[4] (NCS)
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BIOGRAPHY

Dr. Pitsch earned her Master of Physical Therapy from the Graduate Program in Physical Therapy at UCSF/SFSU and her post-professional Doctor on Physical Therapy from the

University of Southern California in 2010. She achieved her Neurologic Clinical Specialist certification in 2012.

COURSES

- PT 213 Neurological Pathokinesiology III
 - PT 204 Motor Control Across the Lifespan: Motor Behavior
 - PT 209/910 Evidence-Based Practice
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CLINICAL EXPERTISE

Dr. Pitsch specializes in neurologic physical therapy and uses several treatment strategies and approaches, all focused on promoting optimal challenge, function, and recovery in persons with neurologic illness. Her specialized training includes Parkinson's Wellness Recovery (PWR!) and, as of July 2015, advanced training in vestibular rehabilitation. She also employs her experience in martial arts, dance, and other sports to keep training sessions fun and challenging. In addition to teaching in the entry level physical therapy program, she regularly teaches continuing education to licensed rehabilitation professionals. Dr. Pitsch has specialist training in Parkinson's Wellness Recovery, vestibular rehabilitation, balance-based torso weighting, and facial neuromuscular rehabilitation.

CLINICAL AND RESEARCH INTERESTS

- Rehabilitation of persons with neurologic problems, including stroke and neurodegenerative illnesses such as Parkinson's Disease, Huntington's Disease, Multiple Sclerosis, facial nerve rehabilitation, and more.
 - Application of research findings in the physical therapy neurologic clinical population
 - Use of evolving technology to enhance motor function in persons with neurologic problems
 - Role of cognition in postural control and functional mobility
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RECENT PUBLICATIONS

- Byl NN, Pitsch EA, Abrams G. Functional Outcomes Can Vary by Dose: Learning Based Sensorimotor Training for Patients Stable Post Stroke. *Neurorehabilitation and Neural Repair*. 22(5): 494-504, 2008.
- Tan C, Tretriluxana J, Pitsch E, Runnarong N, Winstein CJ. Anticipatory Planning of Functional Reach-to-Grasp: A Pilot Study. *Neurorehabilitation and Neural Repair* 2012 Oct;26(8):957-67
- Fisher, Beth E.; Lee, Ya-Yun; Pitsch, Erica A.; Moore, Brian; Southam, Anna; Faw, Timothy; Powers, Christopher. Method for Assessing Brain Changes Associated with Gluteus Maximus Activation. *Journal of Orthopedics and Sports Physical Therapy*. April 2013,43(4) 214-221
- Byl NN, Abrams GM, Pitsch E, Fedulow I, Kim H, Simkins M, Nagarajan S, Rosen J.

Chronic stroke survivors achieve comparable outcomes following virtual task specific repetitive training guided by a wearable robotic orthosis (UL-EXO7) and actual task specific repetitive training guided by a physical therapist. J Hand Ther. 2013 Oct-Dec;26(4):343-52

- Block VA, Pitsch E, Tahir P, Cree BA, Allen DD, Gelfand JM. Remote physical activity monitoring in neurological disease: a systematic review. PLoS One 2016 Apr 28; 11(4)

View the list on Pubmed ^[5]

HONORS AND AWARDS

- American Physical Therapy Association: Promotion of Doctoral Studies II 2009

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Links

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[2] <mailto:ericaa.pitsch@ucsf.edu>

[3] <http://www.apta.org/>

[4] <http://www.neuropt.org/index.cfm?objectid=474DD861-AA0E-B88C-DD012D7F8D6C2FA3>

[5] [http://www.ncbi.nlm.nih.gov/pubmed/?term=pitsch+e\[Author\]](http://www.ncbi.nlm.nih.gov/pubmed/?term=pitsch+e[Author])