

MAJ David Boland is an Assistant Professor and Class Advisor for the Army-Baylor University Doctoral Program in Physical Therapy. He is a 2009 graduate of the same program and joined the Army-Baylor DPT faculty after completing his PhD in Molecular Physiology at UCLA in 2016. He is a board certified clinical specialist in Orthopaedic Physical Therapy and has previously served as Director of Rehabilitation and Wellness at the Pentagon and Assistant Chief of Physical Therapy at Ft. Belvoir, VA. MAJ Boland joined the Army as a Transportation Corps officer after graduating with a ROTC commission from Claremont McKenna College in 2001 and served two tours in the Middle East with the 101st Airborne Division (Air Assault). Dr. Boland's current teaching areas include cardiorespiratory and applied physiology, therapeutic interventions, and clinical examination and treatment of the shoulder region. His recent publications cover topics ranging from the effects of sleep on exercise performance to the implementation of network-based wearable sensors in public health initiatives. His current research focusses on the physiologic and biomechanical causes of running injury and mechanisms underlying the potential therapeutic effects of dry needling.

Scholarly Activity

Recent Publications

Dolezal BA, **Boland DM**, Neufeld EV, Martin JL, Cooper CB. *A Behavioral Sleep Improvement Program Delivered by Fitness Professionals Enhances Benefits of Exercise Training*. Behavioral Sleep Medicine. 2018. Under Review.

Dolezal BA, Neufeld EV, **Boland DM**, Martin JL, and Cooper CB. *Interrelationship between Sleep and Exercise: A Systematic Review*. Adv Prev Med. 2017;2017:1364387. doi:10.1155/2017/1364387.

Neufeld EV, Carney JJ, Dolezal BA, **Boland DM**, Cooper CB. *Exploratory Study of Heart Rate Variability and Sleep among Emergency Medical Services Shift Workers*. Prehosp Emerg Care. 2017 Jan-Feb;21(1):18-23. doi:10.1080/10903127.2016.1194928.

Boland DM, Neufeld EV, Ruddell J, Dolezal BA, Cooper CB. *Inter- and Intra-Rater Agreement of Static Posture Analysis Using a Mobile Application*. J Phys Ther Sci 2016 Dec;28(12):3398-3402. doi:10.1589/jpts.28.3398.

Recent Presentations

Teyhen DS, Rhon D, **Boland DM**, Silvernail JL. *Moving Patients to Health: Integrating Holistic Health and Fitness into Practice*. Education session (Federal Section). American Physical Therapy Association Combined Sections Meeting, New Orleans, LA. February 2018.

Boland DM, Dolezal BA, Garfinkel A, Cooper CB. *Correlation of BDNF and Irisin with Aerobic Fitness and Cognition in Graduate Students*. Poster presentation. American College of Sports Medicine Annual Conference, Denver, CO. May 2017.

Boland DM, Garfinkel A, Dolezal BA, Uijtdehaage S, Fitzgerald L, Cooper CB. *Correlation of Aerobic Fitness with Academic Performance in Medical and Nursing Students*. Poster presentation. American College of Sports Medicine Annual Conference, Boston, MA. June 2016.

Dolezal BA, **Boland DM**, Waite J, Martin JL, and Cooper CB. *Correlation of Aerobic Performance with Sleep Quality in Apparently Healthy Men and Women*. Poster presentation. American College of Sports Medicine Annual Conference, Boston, MA. June 2016.

Ogden E, Dolezal BA, **Boland DM**, Osmond A, Jo E. *A Single-blinded Randomized, Controlled Study of the Effects of Stretch Refle Air on Flexibility*. Poster presentation. ACSM Annual Conference, Boston, MA. June 2016.