

# Inova neurologic physical therapy residency

## Residency program director

### Aby Darlington, OTR/L



**Setting:** inpatient rehabilitation

**Bio:** Aby is a distinguished rehabilitation professional with over 15 years of clinical and leadership experience. In her current role as Director of Rehabilitation at Inova Mount Vernon Hospital, she leads a multidisciplinary team of more than 55 professionals including physical, occupational and speech therapists along with other rehabilitation staff. Her strategic leadership has resulted in exceptional outcomes in both team engagement and patient satisfaction. Aby also plays a pivotal role in advancing community outreach initiatives, forging partnerships with organizations such as the Amputee Coalition and the Stroke Comeback Center to further enhance patient care.

Before assuming her current position, Aby served as a clinical specialist at Mount Vernon Rehabilitation Hospital, where she demonstrated expertise in neurologic and complex care management as well as regulatory readiness, ensuring strict compliance with Joint Commission and stroke certification standards. Her extensive experience in Prospective Payment Systems includes a deep understanding of Centers for Medicare and Medicaid Services' regulations including the therapy three-hour rule, ICD-10-CM coding and the importance of documentation accuracy, all of which contribute to optimized reimbursement and improved patient outcomes.

Aby is dedicated to both advancing patient care and fostering professional development within her team. She played an instrumental role in the creation of the American Occupational Therapy Association neurological fellowship program at Inova, focusing on curriculum design and mentoring emerging professionals. Additionally, she has led the implementation of cutting-edge technologies, streamlining operations and increasing admission volumes. With a master's degree in occupational therapy from the University of Pittsburgh and numerous specialized certifications, Aby remains a committed leader and advocate for the delivery of high-quality, patient-centered rehabilitation services.

## Residency coordinators



### Meg McMunn, PT, DPT, NCS

**Setting:** inpatient rehabilitation

**Bio:** Meg began her career at Inova Mount Vernon Hospital in 2016, where she spent five years honing her clinical skills and developing leadership expertise. She then advanced her practice at the Shepherd Center in Atlanta, dedicating nearly two years to working with patients recovering from spinal cord and brain injuries. In 2023, Meg returned to Inova as a rehabilitation clinical specialist, where she now focuses on staff mentorship and program development.

Meg holds a doctorate in physical therapy from Duke University and has been a board-certified neurologic clinical specialist since 2019. She is deeply committed to neurologic rehabilitation, with specialized expertise in high-intensity gait training, vestibular rehabilitation and spinal cord injury rehabilitation. Additionally, Meg serves as a program mentor in the orthotics and prosthetics clinic, as well as in serial casting for the neurologic population. Throughout her career, she has actively pursued advanced coursework and certifications to continually expand her skills and knowledge.

In addition to her clinical work, Meg is passionate about research and clinical education. Her research contributions include high-intensity gait training for individuals with stroke and second impact syndrome in the brain injury population. Meg has also served as a clinical instructor, mentoring physical therapy students from a variety of programs.

**Jenny Sampras, PT, DPT, NCS****Setting:** inpatient rehabilitation**Bio:** Jenny is a clinical rehabilitation specialist at Inova Mount Vernon Hospital, where she has been part of the team since 2023. Prior to joining Inova, Jenny gained extensive experience as a physical therapist and gait specialist at the Shirley Ryan AbilityLab in Chicago and as a physical therapist in an outpatient neurological clinic with MedStar Health.

She earned her doctorate in physical therapy from the University of Illinois – Chicago and has been a board-certified neurologic clinical specialist since 2020. Jenny’s research contributions span several areas including vestibular dysfunction in traumatic brain injury, robotic interventions for spasticity management in stroke and high-intensity gait training for individuals with stroke. Her research and clinical work have been presented at multiple conferences including the American Physical Therapy Association Combined Sections Meeting, the Academy of Neurologic Physical Therapy’s annual conference, the American Congress of Rehabilitation Medicine’s annual conference and the International Conference of Vestibular Rehabilitation.

Jenny is particularly passionate about high-intensity gait training, the treatment of vestibular dysfunction and rehabilitation for individuals with spinal cord injuries. She is deeply committed to advancing care for patients with neurologic conditions and strives to integrate the latest research into her clinical practice.

Beyond her clinical and research pursuits, Jenny is dedicated to professional development within the physical therapy community. She has played an integral role in piloting and conducting admissions interviews for the University of Illinois – Chicago’s doctor of physical therapy program. Additionally, Jenny has served as a mentor with the Illinois Physical Therapy Association and as a clinical instructor for physical therapy students, furthering her commitment to education and mentorship in the field.

**Residency mentors****Hannah Herring, PT, DPT, NCS, RYT-200****Setting:** inpatient rehabilitation**Bio:** Hannah is a physical therapist at Inova Mount Vernon Hospital’s inpatient rehabilitation center and has been with Inova since she graduated from physical therapy school. She received her doctorate in physical therapy from the George Washington University in Washington, DC, and is a board-certified neurologic clinical specialist, earning her certification in 2023.

Hannah has completed advanced training in and is passionate about the use of high-intensity gait training with individuals after neurological injury in order to maximize their long-term mobility capabilities. She is currently an investigator for a research study comparing CARE mobility score outcomes for patients after stroke using this intervention.

Hannah is a 200-hour registered yoga teacher and is certified in adaptive yoga for individuals with brain injury via the Love Your Brain health professionals training program. She leads a weekly chair yoga group for rehabilitation patients, which includes basic breathing techniques, seated yoga stretches and mindfulness meditation to assist with healing and stress management while in the hospital.

Hannah also guest teaches at George Washington University’s physical therapy doctoral program on the use of CARE mobility scoring in the inpatient rehabilitation setting. She is a certified clinical instructor through the American Physical Therapy Association and regularly serves as a clinical instructor for physical therapy students, with part- and full-time clinical affiliations from a variety of universities.

**Katelyn Wing, PT, DPT, NCS****Setting:** inpatient rehabilitation

**Bio:** Katelyn is a physical therapist at Inova Mount Vernon Hospital's inpatient rehabilitation center. She joined Inova in 2022, where she gained her passion for neurologic rehabilitation. She received her doctorate in physical therapy from Shenandoah University and gained her board certification as a neurologic clinical specialist in 2022. She has participated in research on the reliability and validity of the six-minute walk test, resulting in a poster presentation at the American Physical Therapy Association Combined Sections Meeting. She is currently an investigator for a research study to compare CARE tool outcomes for patients after stroke using this intervention.

Katelyn has a passion for high-intensity gait training for patients after neurologic injury, attending multiple continuing education courses to improve her knowledge and clinical utilizations. She also specializes in neurologic rehabilitation for patients after stroke and brain injury. She serves as a resource within the department for implementation of high-intensity gait training and is a member of the brain injury protocol team, which was developed to implement strategies to improve outcomes and participation in therapy for patients after brain injury.

Katelyn serves as an adjunct professor at Shenandoah University, working to mentor students throughout patient care labs as a part of the adult neurotherapeutics course and helping to integrate the clinical implications of evidence-based practice. She is a certified clinical instructor through the American Physical Therapy Association and enjoys serving as a clinical instructor to students throughout their educational careers.

**Danielle Licari, PT, MPT, CSRS****Setting:** acute care

**Bio:** Danielle is an experienced physical therapist specializing in neurologic rehabilitation. Since joining Inova Fairfax Hospital in 2017, she has significantly impacted patient recovery through expert care and personalized treatment plans. Danielle has worked across various settings including acute care, outpatient care and skilled nursing facilities, treating patients at all stages of rehabilitation.

She holds a master's in physical therapy from MCP-Hahnemann University (now Drexel University) and a bachelor's in exercise science from Pennsylvania State University. Danielle is a certified stroke rehabilitation specialist with advanced expertise in stroke rehabilitation and evidence-based therapies.

As a former Director of Physical Therapy and current physical therapist II at Inova Fairfax, Danielle mentors clinicians, particularly in the neuroscience intensive care unit. She is a trusted resource for vestibular disorders and postneurosurgical patient management. Additionally, Danielle serves as an American Physical Therapy Association credentialed clinical instructor and has presented at conferences to educate staff on rehabilitation in neurologic care.

Passionate about advancing clinical practices, she has promoted standardized testing in acute care and continued education within her team, earning recognition as a trusted expert in neurologic rehabilitation.



### Alison Mulligan, PT, DPT, CBIS

**Setting:** acute care, trauma intensive care unit

**Bio:** Alison is an acute care physical therapist at Inova Fairfax Hospital, specializing in traumatic orthopedic and neurological conditions with a focus on traumatic brain injury and spinal cord injury. She also has a strong interest in vestibular therapy, particularly for benign paroxysmal positional vertigo. Alison has been with Inova since 2019 and became a certified brain injury specialist in 2023.

She earned her doctorate in physical therapy from the George Washington University and a bachelor's from Virginia Tech. Alison is committed to professional development and frequently pursues additional coursework.

As an American Physical Therapy Association certified clinical instructor, Alison mentors physical therapy and physical therapy assistant students and was promoted to physical therapist II in 2023. In this role, she supports colleagues' growth and helps orient clinicians to neurologic care. She has led hospital-wide initiatives, including standardizing post-surgical protocols with the plastic surgery team and delivering mobility training to nursing staff. She is currently focused on optimizing new hire orientation and improving fall prevention across the hospital system.

Alison also manages the acute physical therapy team's scheduling needs and serves as the charge therapist on weekends, further demonstrating her leadership and administrative skills.



### Sara Sullivan, PT, DPT

**Setting:** outpatient neurologic rehabilitation

**Bio:** Sara is an experienced physical therapist specializing in the treatment of patients with neurological diagnoses. With over 13 years of expertise, she is dedicated to improving the lives of individuals facing complex rehabilitation challenges. Sara earned her bachelor's degree in kinesiology from Pennsylvania State University and her doctorate in physical therapy from Arcadia University. During her time in physical therapy school, she expanded her perspective through *pro bono* work in Jamaica, providing care to underserved populations.

Her professional journey includes 11 years at MedStar National Rehabilitation Hospital in Washington, DC, where she worked in inpatient rehabilitation with both adult and pediatric patients across diverse neurologic and medical conditions. Sara served as a mentor for the George Washington University's neurologic physical therapy residency program for three years and is an American Physical Therapy Association credentialed clinical instructor, guiding numerous students through hands-on learning experiences.

For the past three years, Sara has been a neurological outpatient physical therapist at Inova's outpatient specialty rehabilitation clinic at Inova Loudoun Hospital. She serves as a clinical resource to staff for brain injury and stroke rehabilitation, high-intensity gait training, tone management, functional electrical stimulation, ZeroG bodyweight support systems, durable medical equipment prescription, and advanced techniques such as focused rigidity casting, gait analysis and ankle-foot orthosis prescription. Sara is also highly skilled in complex wheelchair seating and positioning, coordinating weekly clinics with local vendors to address various equipment needs. Her commitment to education continues through her role as a clinical instructor, sharing her knowledge and expertise with the next generation of therapists.

## Residency faculty

### Elizabeth Engquist, PT, DPT, NCS

**Education**

Virginia Commonwealth University

**Setting**

Inpatient rehabilitation

**Certifications**

Board-certified neurologic clinical specialist

**Specialties**

Wheelchair seating and positioning, spinal cord injury rehabilitation

### Morgan Farrell, OTR/L, ATP/SMS, CSRS

**Education:**

Miami University

**Setting**

Inpatient rehabilitation

**Certifications**

Assistive technology professional, seating mobility specialist, certified stroke rehabilitation specialist

**Specialties**

Wheelchair seating and positioning, spinal cord injury rehabilitation

### QuaShauna Smith, PT, DPT, NCS, CBIS

**Education**

Marymount University

**Setting**

Inpatient rehabilitation

**Certifications**

Board-certified neurologic clinical specialist, certified brain injury specialist

**Specialties**

High-intensity gait training, traumatic brain injury and stroke rehabilitation

### Krisztina Ware, OT/L, OTD, BCPR, SCLV

**Education**

Howard University

**Setting**

Inpatient rehabilitation

**Certifications**

Board-certified low vision specialist, Lee Silverman Voice Treatment BIG therapy

**Specialties**

Functional vision rehabilitation

### Bethany Eveland, PT, DPT, NCS

**Education**

Virginia Commonwealth University

**Setting**

Inpatient rehabilitation

**Certifications**

Board-certified neurologic clinical specialist

**Specialties**

Dry needling

### Tejasee Phatak, PT, DPT

**Education**

University of North Carolina

**Setting**

Inpatient rehabilitation

**Certifications**

American Physical Therapy Association credentialed clinical instructor

**Specialties**

High-intensity gait training, wheelchair seating and positioning

### Allison Temple, CCC-SLP

**Education**

University of Iowa

**Setting**

Inpatient rehabilitation

**Certifications**

American speech-language-hearing certification, Lee Silverman Voice Treatment LOUD therapy

**Specialties**

Fiberoptic endoscopic evaluation of swallowing, speech generation rehabilitation

### Jen Willey, PT, DPT, CPT-LANA

**Education**

Shenandoah University

**Setting:**

Outpatient rehabilitation

**Certifications**

Certified lymphedema therapist

**Specialties**

Vestibular rehabilitation