

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 Stroke Comeback Center to further enhance patient care.

Before assuming her current position, Aby served as a Clinical Specialist at Mount Vernon Rehab Hospital, where she demonstrated expertise in neurologic and complex care management, regulatory readiness, ensuring strict compliance with Joint Commission and Stroke Certification standards. Her extensive experience in Prospective Payment Services (PPS) includes a deep understanding of CMS regulations, including the therapy 3-hour rule, ICD-10-CM coding, and improving documentation accuracy, all of which contributed 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 AOTA 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 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, GA, dedicating nearly two years to working with patients recovering from Spinal Cord and Brain Injuries. In 2023, Meg returned to Inova as a Rehab Clinical Specialist, where she now focuses on staff mentorship and program development.

Meg holds a Doctorate in Physical Therapy from Duke University, awarded in 2016, 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 of Physical Therapy from the University of Illinois-Chicago in 2017 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 for APTA CSM, ANPT Annual Conference, ACRM 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 neurological 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 DPT 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 PT school in 2019. She received her Doctorate of Physical Therapy from the George Washington University in Washington, D.C. 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 Scores outcomes for patient's post stroke utilizing this intervention.

Hannah is a 200 hour registered yoga teacher and 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 rehab 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 GW's Physical Therapy Doctoral program on the use of CARE mobility scoring in the inpatient rehab setting. She is a certified clinical instructor through the American Physical Therapy Association and regularly serves as a clinical instructor for physical therapy student's 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 Inpatient Rehabilitation Center, joining Inova in 2022, where she gained her passion for neurologic rehabilitation. She received her Doctorate in Physical Therapy from Shenandoah University in 2018, and gained her board certification in Neurology in 2022. She has participated in research on the Reliability and Validity of the 6 Minute Walk Test, resulting in a poster presentation at Combined Sections Meeting in 2018, and is currently an investigator for a research study to compare CAREtool outcomes for patient post stroke utilizing this intervention.

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

**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 Penn 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 PT II at Inova Fairfax, Danielle mentors clinicians, particularly in the Neuroscience ICU. She is a trusted resource for vestibular disorders and post-neurosurgical patient management. Additionally, Danielle serves as an APTA 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 ICU**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 IFMC since 2019 and became a Certified Brain Injury Specialist (CBIS) 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 APTA-certified clinical instructor, Alison mentors PT and PTA students and was promoted to PT II in 2023, where she supports colleagues' growth and helps orient clinicians to neurologic care. She has led hospital-wide initiatives, including standardizing post-surgery 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 PT 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 Sullivan 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 Penn State University in 2008 and her Doctor of Physical Therapy from Arcadia University in 2011.

During her time in PT 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 neurological and medical conditions. Sara served as a mentor for the George Washington University neuro PT residency program for three years and is an APTA-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 the Inova Outpatient Specialty Rehabilitation Clinic at Inova Loudoun. She serves as a clinical resource to staff for brain injury and stroke rehabilitation, high-intensity gait training, tone management, functional electrical stimulation, ZeroG body-weight 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 Certification
Certified Stroke Rehabilitation Specialist

Specialties:

Wheelchair Seating and Positioning, Spinal Cord Injury Rehabilitation

Krisztina Ware, OT/L, OTD, NCPR, SCLV**Education:**

Howard University

Setting:

Inpatient Rehabilitation

Certifications:

Board Certified Low Vision Specialist
Lee Silverman Voice Treatment-BIG

Specialties:

Functional Vision Rehabilitation

Jacqueline Ely, PT, DPT, NCS**Education:**

Virginia Commonwealth University

Setting:

Outpatient Rehabilitation

Certifications:

Board Certified Neurologic Clinical Specialist

Lee Silverman Voice Treatment-BIG

PWR!Moves

Specialties:

Dry Needling, Orthotics/Prosthetics, Acquired Brain Injury

Allison Temple, CCC-SLP**Education:**

University of Iowa

Setting:

Inpatient Rehabilitation

Certifications:

American Speech-Language- Hearing Certification
Lee Silverman Voice Treatment- LOUD

Specialties:

Fiberoptic Endoscopic Evaluation of Swallowing,
Speech-Generation Rehabilitation

Jen Willey, PT, DPT, CPT-LANA**Education:**

Shenandoah University

Setting:

Outpatient Rehabilitation

Certifications:

LANA-Certified Lymphedema Therapist

Specialties:

Vestibular Rehabilitation