

Phil J. Kilmer, PT, DPT, Board-Certified Geriatric Specialist (GCS)

Dr. Kilmer completed his undergraduate Bachelor of Science in Biology Pre-Med (Chemistry Minor) from Emporia State University. He then went on to obtain his Clinical Doctorate in Physical Therapy from The University of Kansas Medical Center. Dr. Kilmer is currently an assistant professor at the University of Saint Mary in the Stefani Doctor of Physical Therapy program, having joined the faculty full-time in 2019. Dr. Kilmer is actively pursuing a PhD in Leadership with an emphasis on Health and Human Performance from the University of Concordia, Chicago. He possesses clinical experience in school-based pediatric, outpatient, inpatient rehabilitation, and skilled nursing settings, but is most passionate about the application of treatment interventions in geriatric populations, most notably, resistance training and nutritional modalities to combat sarcopenia. Dr. Kilmer is an APTA Board Certified Geriatric Clinical Specialist, an APTA Credentialed Clinical Instructor, the Public Relations Chair for APTA KS, the APTA Geriatric State Advocate for Kansas, and has served multiple terms as a Kansas Delegate and Alternate Delegate to the APTA House of Delegates. In 2023, Dr. Kilmer received the APTA KS Susan Tork Award for his service to the physical therapy profession in Kansas, as well