

Jan Voit, Physical Therapist, TJQMBB Trainer

Jan Voit, PT, obtained her graduate degree in Physical Therapy from Emory University in 1980. With more than 30 years of clinical experience, her geriatric specialization includes serving as the PT Clinical Specialist for the Fall Clinics and the Fall Prevention Specialist in the Outpatient PT Clinic at the University of Washington's (UW) Harborview Medical Center in Seattle, Washington. Jan has a wide breadth of experience with therapeutic exercises that are clinically relevant and applicable to older adults at risk of falling and with neurological impairments such as gait abnormalities, and balance disorders.

In 2011, Jan received her initial educational and technical training in the Tai Ji Quan: Moving for Better Balance® (TJQMBB) program with Fuzhong Li, Ph.D at the Oregon Research Institute (ORI). Since then, she has been extensively applying the therapeutic movement techniques in her clinical practice. Jan became an authorized TJQMBB trainer in 2014 and has since conducted numerous workshops teaching and training TJQMBB community instructors and healthcare professionals in in the states of Washington and Alaska.

Jan has also worked with Dr. Li in the area of disseminating and implementing evidence-based exercise programs and co-authored research and scholarly papers related to fall prevention and TJQMBB dissemination that have appeared in the Journal of American Geriatrics Society.

Since 2014, Jan has been giving various presentations and lectures on the clinical applications of TJQMBB at the UW Doctor of Physical Therapy program annually, and at both PT and UW nursing conferences. Jan has also been actively involved in working with a variety of local organizations on translating research-based TJQMBB to community and clinical practice. She is a member of the Washington State Senior Fall Prevention Coalition helping to disseminate the TJQMBB program in Washington State.

Research Publications

Li F, Eckstrom E, Harmer P, Fitzgerald K, Voit J, Cameron KA. Exercise and fall prevention: Narrowing the research-to-practice gap and enhancing integration of clinical and community practice. *J Am Geriatr Soc* 2016;65:425-431.

Li F, Harmer P, Stock R, Fitzgerald K, Stevens J, Gladieux M, Chou L-S, Carp K, Voit J, Implementing an evidence-based fall prevention program in an outpatient clinical setting. *J Am Geriatr Soc* 2013;61:2142-2149.