



CINDY SEIGER, PHD, GCS, CEEAA

Idaho State University, Department of Physical & Occupational Therapy

Associate Professor

Dr. Seiger earned her Bachelor of Science degree in Physical Therapy at the University of Ulster, Belfast Northern Ireland in 1999. Three years later, she continued her studies and earn her master's degree in Physical Therapy from Rocky Mountain University of Health Professions in Provo, UT. She remained in Provo to complete her formal academic journey in 2009 by earning her Ph.D. in Exercise Science at Brigham Young University. Dr. Seiger is also a Geriatric Certified Specialist (GCS) and Certified Exercise Expert for Aging Adults (CEEAA).

Dr. Seiger enjoys studying and working with electrotherapy - pulsed shortwave diathermy & ultrasound. She has focused on joint mobilization/manipulation of peripheral and vertebral joints. She believes resilience & resiliency for practitioners and patients is important. By utilizing behavior change theories in physical therapy, she promotes positive outcomes.

She works with the entire body, especially how orthopedics related to the spine, ankle, & shoulder interact to impact a person's gait, with a focus on older adults.

Dr. Seiger is currently teaching Neurological Systems Management & Geriatrics Management in the physical therapy program at Idaho State University. She also teaches a twice-weekly Fit & Fall Proof® class at the Pocatello Senior Center.

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