Positive Impact of Weight Resistance Training in MS Despite Various Disability Levels	
Date	2006
Objectives	Monitor Strength Curve in MS vs. General Public Data
Partnerships	University of Nebraska Medical Center
Participants	67
Conclusion	Results demonstate that despite various strength levels gains are made
Recognition	Published in International Journal of MS Care (Summer, 2007)

Positive Impact of Weight Resistance Training and Balance on Cognitive Development	
Date	2008
Objectives	Study impact of six month resistance exercise routine on cognitive development
Partnerships	University of Nebraska Medical Center
Participants	47
Conclusion	Cognitive improvement between 30 and 60%
Recognition	Published in International Journal of MS Care (Summer, 2010); Recipient of Robert M. Herndon Award for outstanding article

Effect of Long-Term exercise in Multiple Sclerosis on Systems and Emotions	
Date	2011
Objectives	To evaluate the emotional and psychological benefits of exercise on MS patients using quality of life factors
Partnerships	Washington University of St. Louis
Participants	43
Conclusion	A prolonged exercise program effectively treats depression and shows improvement in measured quality of life initiatives
Recognition	

Evidence of Neuroplasticity benefits of MS patients involved in 6 month resistance training	
Date	2016
Objectives	To evaluate the body's ability to create new nerve pathways to reroute around damaged areas (lesions)
Partnerships	Saunders Medical Center (Wahoo, Nebraska)
Participants	6
Conclusion	Strength gains made in evaluated muscle groups

Recognition	Approved by the Fitness Institute of Technology for Masters Thesis in Fitness Science (Medical Fitness Specialization)

Evaluation of Resistance Program in MS patients who are homebound and socially isolated	
Date	2018
Objectives	Impact of properly designed fitness program on MS patients with and EDSS score of >=7.5
Partnerships	University of Nebraska Medical Center
Participants	6
Conclusion	A properly designed fitness program will produce incredible outcomes in power, cardiovascular endurance, leg and upper body strei
Recognition	Recipient of Linda Morgante Hope Award which represents the spirit of optimism for patients with MS and their families

Other Recognitions	
	2020, 2021, 2022 Recipient of Nightingale Award through IOMS (International Organization of MS Nurses)
	June 2023 Recipient of CMSC (Consortium of Multiple Sclerosis Centers) Award for Design for Rehabilitation Contest (Leg Press ai