

CURRICULUM VITAE

Angela R Tate, PT, PhD, Cert MDT

Education:

Temple University

Philadelphia, PA

9/00 – 5/2007

Doctor of Philosophy, Physical Therapy granted for dissertation titled, “The Reliability and Validity of a Scapular Motion Classification System”

Research presented at PPTA Annual Conference, 2002, APTA CSM 2004 and 2007

McKenzie Institute, USA

Syracuse, NY

6/98

Certified in Mechanical Diagnosis and Therapy (M.D.T.)

American Physical Therapy Association

Fairfax, VA

3/98

APTA Clinical Instructor Certification

Temple University

Philadelphia, PA

1987 - 1992

Master of Science, Physical Therapy, Orthopedic Track

Thomas Jefferson University

Philadelphia, PA

1984 - 1986

Bachelor of Science, Physical Therapy

Graduated Summa Cum Laude

Licensure Information:

Pennsylvania PT006-102-L

Employment and Positions Held:

Clinical Director, Center Coordinator of Clinical Education

Willow Grove Physical Therapy

Willow Grove, PA
7/11- present

Clinical Director, Center Coordinator of Clinical Education

H/S Therapy
Lower Gwynedd, PA
2/05 – 7/11

Primary Investigator, Identification of Risk Factors for Shoulder Pain in Swimmers across the Lifespan

Arcadia University
Glenside, PA
9/08- 12/09

Lead Clinical Coordinator, Effectiveness of Rehabilitation for Subacromial Impingement Syndrome

Arcadia University
Glenside, PA
9/07-6/12

Research Physical Therapist and Associate Faculty Member

Arcadia University
Glenside, PA
9/01 - present

Course Coordinator and Lecturer

Widener University
Chester, PA
9/06 – 12/06

Senior Therapist and Clinical Educator, Interim Physical Therapy Department Supervisor

Chestnut Hill Hospital
Philadelphia, PA
6/99 – 2/05

Adjunct Faculty

Temple University
Philadelphia, PA
9/02-12/02, 9/03-12/03

Physical Therapist, Center Coordinator of Clinical Education

Gwynedd Mercy Sports Medicine

Gwynedd Valley, PA
9/97 - 2/99

Adjunct Faculty

Neumann College
Aston, PA
7/97 - 7/00

Center Coordinator of Clinical Education, Physical Therapist

The Rehab Station
Norristown, PA
8/89 - 9/97

Staff Physical Therapist

Chestnut Hill Hospital
Philadelphia, PA
10/86 - 8/89

Peer Reviewed Publications:

Harrington S, Meisel C, **Tate A**, A Cross-Sectional Study Examining Shoulder Pain and Disability in Division I Female Swimmers. Journal of Sport Rehabilitation, 2014, 23, 65-75.

Tate A, Turner G, Knab S, Jorgensen, Strittmatter A, Michener LA, Risk Factors Associated With Shoulder Pain and Disability Across the Lifespan of Competitive Swimmers. J Athletic Training 2012;47(2):143–152.

Tate AR, Gennings C, Hoffman R, Strittmatter A, Retchin SM .Effects of Bone-Conducted Music on Swimming Performance. Journal of Strength and Conditioning Research. 2012 26(4): 982–988.

Tate AR, McClure, PW, Young, IA, Salvatori R, Michener, LA. Comprehensive impairment based exercise and manual therapy intervention for patients with subacromial impingement syndrome: a case series. J Orthop Sports PhysTher. 2010 Aug;40(8):474-93.

McClure P, **Tate AR**, Kareha S, Irwin D, Stuckey E, A Clinical Method for Identifying Scapular Dyskinesis Part 1 Reliability., 2009, March-April: 44:(2)160-164.

Tate AR, McClure P, Kareha S, Irwin D, Kareha S, Stuckey E, Barbe M. A Clinical Method for Identifying Scapular Dyskinesia: Part 2 Validity. J Athletic Training, 2009, March-April: 44:(2) 165-173

Tate AR, McClure P, Kareha S, Irwin D, Effect of the Scapula Reposition Test on shoulder impingement symptoms and elevation strength in overhead athletes. J Orthop Sports PhysTher. 2008 Jan;38(1):4-11.

Kareha SM, McClure PW, **Tate AR**, Irwin D, Stuckey. Reliability of a clinical test to detect scapular dyskinesia and its relationship to shoulder symptoms in athletes. Conference Proceedings, National Athletic Trainers Association Annual Meeting, Atlanta Georgia, June 2006

Tate A, Barbe MF, Pimenta AF, Strick P, Levitt P. Motor and spinocerebellar neurons exhibit unique molecular features. Pennsylvania Chapter of Physical Therapy, Philadelphia, PA, Nov. 1992.

Peer Reviewed Scientific and Professional Presentations:

Presented "Investigation of In Water and Dry Land Training Programs for Competitive Swimmers in the US" at American Society of Shoulder and Elbow Therapists National Conference in Las Vegas, Nevada, November 2013

Presenter for Panel Discussion "Return to Play Progression of the Athletic Elbow and Shoulder" at American Society of Shoulder and Elbow Therapists National Conference in Las Vegas, Nevada, November 2013

Presented "Scapular Dysfunction: Assessment and Management" with Phil McClure at Surgery and Rehabilitation of the Hand, Phila., PA March 2008, 2009, 2010, 2011, 2012, 2013

Presented "Special Tests in Scapular Dysfunction," "The Scapula and Injuries in Swimmers" "Evaluation and Treatment of Scapular Dysfunction," and 2 Panel Discussions at 2012 Shoulder and Elbow Update Nov 16-18, 2012, Phila., PA

Presented "Rotator Cuff Tendinopathy: Update and Current Research" with Phil McClure and

Brian Leggin at Surgery and Rehabilitation of the Hand, Phila., PA, March 2012

Turner, G, **Tate, A**, Knab, S, Patterns of Shoulder Pain, Disability, Impingement, and Exposure across the Lifespan of Female Swimmers presented at 2010 NATA Annual Meeting and ClinicalSymposium in PhiladelphiaPA on June 23, 2010

Tate, A, Turner, G, Knab, S, Strittmatter, A, Jorgensen, C, Hoffman, R, and Michener, L Risk Factors Associated with Shoulder Pain and Disability Across the Lifespan of Competitive Swimmers platform presentation at APTA Combined Sections Meeting in SanDiego, CA Feb 25 2010

Presented “Scapular Dysfunction: Assessment and Management” at Drexel University May, 2010 and 2009 for Hand Certification Program

Presented “Effect of the scapula reposition test on impingement symptoms and elevation strength and implications for treatment in shoulder impingement” at Southeastern District Meeting, Doylestown Hospital, September 19, 2007

Presented “Effect of the Scapula Reposition Test on Impingement Symptoms and Elevation Strength in Overhead Athletes” (platform presentation) at Combined Sections Meeting in Boston on February 16, 2007

Presented “Validity of a New Test for Scapular Dyskinesis” (platform presentation) at Combined Sections Meeting in Boston on February 16, 2007

Presented “Reliability and Validity of a Visual Method of a Scapular Motion Classification System” (platform presentation) at the University of Pennsylvania’s 2006 Shoulder and Elbow Update on November 18, 2006

Presented “Effect of the Scapula Reposition Test on Impingement Symptoms and Elevation Strength in Overhead Athletes” (platform presentation) at PPTA Southeastern District Meeting, Magee Rehabilitation Hospital on October 11, 2006

Presented “Evaluation and Management of Scapular Dysfunction” (2 hour workshop) with Phil

McClure, PhD at the University of Pennsylvania's 2006 Shoulder and Elbow Update on November 18, 2006

Presented "Clinical Education in the Outpatient Setting" at the Philadelphia Consortium of Clinical Education Workshop (lecture and panel discussion) on March 6, 2006

Presented "Validation of a Visual Classification System for Scapular Motion Dysfunction" (poster presentation) at APTA Combined Sections Meeting 2004 in Nashville, Tennessee

Presented "Strategies for a Successful Clinical Education Program" at Philadelphia Consortium Center Coordinator of Clinical Education Training Workshop, October 30, 2003, Drexel University, Philadelphia, PA

Presented "The Role of the Center Coordinator of Clinical Education" at the American Physical Therapy Association National Clinical Education Conference on April 4, 2003 in Philadelphia, PA

Presented full day seminar, "McKenzie Approach for Spinal Dysfunction" on 1/2002, 1/2003, 1/2004, 9/2006 at Widener University, Chester, PA

Presented Development and interrater reliability testing of a system of classification for scapular dysfunction McClure, P., **Tate, A. R.**, Egnar, M. C., Greenberg, E. M., Yops, R. M., & Neff, N. at the Pennsylvania Physical Therapy Association, November 2, 2002, Harrisburg, PA.

Abstracts:

Tate A, Harrington S, Trout C, Murray S, Bunes M, Meisel C. Survey investigating pool and dry-land training programs for competitive youth, high school, college and masters swimmers. Combined Sections Meeting, Las Vegas, NV; February, 2014. JOSPT 44(1):A100, 2014 Jan:42, 2014.

Galgon A, Schoenewald W, **Tate A**. Physical therapy management of benign paroxysmal positional vertigo. Combined Sections Meeting, Las Vegas, NV. February 2014. JNPT 38. 2014

Michener LA, McClure PW, **Tate AR**, Thigpen CA, Czarnota JN, Ketchum JM. Successful outcome of a standardized program of exercise and manual therapy for patients with subacromial pain syndrome. Combined Sections Meeting, Las Vegas, NV; February, 2014. JOSPT 44(1):A108, 2014

Tate A, Turner G, Knab S, Harrington SE, Meisel CE. Normative values for physical measures in youth through collegiate female competitive swimmers. J Orthop Sports Phys Ther. 2012 Jan; 42(1) a115(Abtract)

Harrington SE, Meisel CE, **Tate A**. Risk Factors Associated with Shoulder Pain in High School and Division I Female Swimmers. J Orthop Sports Phys Ther. 2012 Jan; 42(1) A43(Abtract)

Seitz, A, Michener, LA, McClure, PW, **Tate, AR**, Thigpen, C, A, Scapular Dyskinesia in Sport Participants with Subacromial Impingement: Relationship to Impairments, Pain, Function, and Rehabilitation Outcomes 2010 NATA Annual Meeting and Clinical Symposium in Philadelphia, PA. (Abstract)

Tate AR, Turner G, Knab S, Jorgensen C, Strittmatter A, Hoffman R, Michener L, McClure P, Identification of Risk Factors for Shoulder Pain in Swimmers Across the Lifespan. (Abstract) J Orthop Sports Phys Ther 2010;40(1):A99-A109

McClure P, **Tate AR**, Michener L, Seitz AL, Thigpen CA, Young I, Salvatori R, Outcomes of Standardized exercise and manual therapy for subacromial impingement syndrome: a Case Series (Abstract). J Orthop Sports Phys Ther 2010;40(1):A70

McClure PW, Strittenmatter, A, **Tate A**, Relationships Between Pectoralis Minor Muscle Length, Shoulder Dominance, and Subacromial Impingement Syndrome in Overhead Athletes. (Abstract) J Orthop Sports Phys Ther. 39:1 2009

Michener LA, Seitz AL, McClure PW, **Tate AR**. Is scapular dyskinesia relevant in patients with impingement syndrome? [abstract]. 39(11):A11-A12. doi:10.2519/jospt.2009.0303

Tate AR, McClure P, Mayer D, Smith J, Gerwer A, Strittenmatter A, Identification of Risk Factors for Shoulder Pain in Female High School Competitive Swimmers. (Abstract) J Orthop

Sports Phys Ther.39:1 2009

McClure P, Kareha S, **Tate AR**, Irwin D, Stuckey E, Reliability of a clinical test to detect scapular dyskinesia. (Abstract) J Orthop Sports PhysTher 27:1, 2007 A24

Tate AR, McClure P, , Irwin D, Kareha S, Stuckey E Validity of a New Test for scapular dyskinesia. (Abstract) J Orthop Sports PhysTher 27:1, 2007 A24

Tate AR, McClure P, Kareha S, Irwin D, Effect of the scapula reposition test on impingement symptoms and elevation strength in overhead athletes. (Abstract) J Orthop Sports PhysTher 27:1, 2007 A24

Tate A, Barbe MF, Pimenta AF, Cunningham TJ, Levitt P. Molecular specification of rat spinal cord neurons revealed by monoclonal antibody 8B3.Society for Neuroscience Abstr., 17(1): 468, 1991.

Funded/In Review Grant Activity:

Recipient of \$16,893 grant for:

“Identification of Risk Factors for Shoulder Pain in Swimmers Across the Lifespan”
10/08 United States Masters Swimming Endowment Fund

Recipient of \$2,214.00 grant for:

“Identification of scapular dysfunction in overhead athletes”
Orthopedic Section, APTA Grant

Membership in Scientific/Professional Organizations:

American Physical Therapy Association Member since 1991, Orthopedics Section member

American Society of Shoulder and Elbow Therapists since 2011: Active Member

Professional Advisory Committee Member, Philadelphia Consortium of Academic Coordinators of Clinical Education, 2001-2004, 1996-1997

Community Service:

Volunteer physical therapist and clinician educator

Friends of Redeemer United Physical Therapy Clinic in St. Elizabeth, Jamaica

August 2010 to 2012

Volunteer trainer and consultant for North Penn High School Swim Team

Committees/Councils/Commissions:

Elected representative from American Society of Shoulder and Elbow Therapist

American Academy of Orthopaedic Surgeons Review Panel for Appropriate Use Criteria on
Optimizing the Management of Rotator Cuff Problems

2013

Pennsylvania Physical Therapy Association Research

Committee member and research reviewer

2008- present

Reviewed and provided feedback

APTA on Academic Coordinator/Director of Clinical Education (ACCE/DCE) 360-degree
Performance Assessment

October, 2007

Honors and Awards:

2013 Arcadia University Adjunct Faculty Award

Arcadia University

April 2013

JOSPT George J. Davies - James A. Gould Excellence in Clinical Inquiry Award

as the lead and corresponding author on the paper "Comprehensive ImpairmentBased Exercise
and Manual Therapy Intervention for Patients With SubacromialImpingementSyndrome: A Case

Series," with Philip W. McClure, Ian A. Young, Renata Salvatori, and Lori A. Michener
2010

"2008 Pennsylvania Physical Therapy Association Research Award"

Pennsylvania Physical Therapy Association

McClure PW, Strittenmatter, A, Tate A, Relationships Between Pectoralis Minor Muscle Length, Shoulder Dominance, and Subacromial Impingement Syndrome in Overhead Athletes presented at PPTA Annual Conference Harrisburg, PA

2008

"2002 Pennsylvania Physical Therapy Association Research Award"

Pennsylvania Physical Therapy Association

with Philip McClure, Matthew Greenberg, Rhonda Yopps, and Nancy Neff

October 19, 2002

Current Teaching Responsibilities in the Entry-Level Program:

Spring 2013

Laboratory instructor:

Intro to ROM Assessment

Joint Integrity/Mobility

Gait, Locomotion, & Balance

Intervention

Patient Management

Aerobic Testing

Supportive Devices/Gait Training/Assistive Devices

Musculoskeletal Differential Diagnosis

Lecturer:

Outpatient Interview Cases

Laboratory instructor:

Electrochemical Effects of DC Current

Iontophoresis/Cases

Patient Education/Teaching

Differential Diagnosis & Intervention

Practical Examiner:

Unit 2

Lecturer:

Intro to Health Promotions

Laboratory instructor:
Manual Muscle Testing of the Shoulder I
Manual Muscle Testing of the Shoulder II
Cervical Spine Examination
Cervical Spine Intervention
Vestibular case Application
Manual Techniques Review and Cases
Wrap-up/Review of Unit 14

Lecturer:
health Promotion Models

Practical Examiner:
Unit 14

Fall 2012

Laboratory instructor:
Joint Mobilization I
Transcutaneous electrical nerve stimulation
Joint Mobilization II

Practical Examiner:
Unit 5

Lecturer:
Upper Quarter Screen

Musculoskeletal--Rotator Cuff

Laboratory instructor:
Upper Quarter Screen
Shoulder Differentiation Examination
MMT & Function of the Shoulder
PNF/Taping/Exercise Progression Strategies
Shoulder Review/Cases
Foot & Ankle Assessment
Electrical Stimulation Competencies
Foot Muscles & Patients
Knee Special Tests/mobilizations
Electrotherapy/Neuromuscular Electrical Stimulation/Maximal Volitional Contraction
Intervention after Soft Tissue Injuries-Progression
Health Promotions
Patellar-Femoral Mobilizations & Taping

Musculoskeletal Interventions Review

Practical Examiner:

Unit 8

Unit 18

Laboratory instructor:

Hip Range of Motion & Examination/Intervention

Hip Strength Assessment & Intervention

Linking Exam to Intervention for the Hip

Posture

Electrical Stimulation

Practical Examiner:

Unit 9

Comprehensive Practical Exam

Lecturer:

Unit 20 Introduction

Applied Pharmacology

Laboratory instructor:

Lower Extremity Evaluation

Lecturer:

Applied Anatomy Assignment

Introduction to Mulligan

Laboratory instructor:

Mulligan

Laboratory instructor:

Upper Extremity Manual Therapy, Shoulder Instability/Taping

Applied Anatomy Presentations

Mechanical Diagnosis & Therapy for Cervical Spine

Cervical Spine

Lecturer:

Applied Anatomy Presentations

Laboratory instructor:

Spinal Manual Techniques

Case Examples

Review of Unit 20

Practical Examiner:

Unit 20