

CURRICULUM VITAE

Brian J. Eckenrode, PT, DPT, OCS

Education:

Temple University, Philadelphia, PA
January 2007 to January 2009
Doctor of Physical Therapy

Arcadia University, Glenside, PA
June 1997 to September 1999
Master of Science in Physical Therapy

Arcadia University, Glenside, PA
September 1993 to May 1997
Bachelor of Arts in Psychobiology

Licensure Information/Registration Number:

Licensed by the Pennsylvania State Board of Physical Therapy
Physical Therapist PA013188L
Licensed by the Pennsylvania State Board of Physical Therapy
Direct Access Authorization PT DAPT000908
Licensed by the New Jersey State Board of Physical Therapy
Physical Therapist 40QA00886600

Certifications:

Board Certified Clinical Specialist in Orthopaedics, July 2005, Recertification July 2014
CPR certification through the American Red Cross, expires December 2019
Mental Health First Aid USA, expires June 2021
APTA Credentialed Clinical Instructor, 2004
Functional Movement Screen Certification, May 2010
Y-Balance Certification, September 2015, January 2017

Awards:

Traveling Fellowship Award
APTA Academy of Physical Therapy Research, August 2020
Ellen C. Ross Memorial Scholarship Fund
Rutgers University, April 2020
George F. Logue Founders Award
Arcadia University, March 2019
Ellington Beavers Fund for Intellectual Inquiry
Arcadia University, May 2018
Ellen C. Ross Memorial Scholarship Fund
Rutgers University, April 2017
Thomas P. Dougherty Endowed Faculty-Student Research Award
Arcadia University, May 2016

Employment and Positions Held:

Arcadia University Department of Physical Therapy
Associate Professor May 2019-present
Assistant Professor Feb 2012-May 2019
Orthopaedic Residency Program Director Feb 2012-present
Arcadia Running Injury Clinic Director Jan 2013-present

Chair Transitional DPT Program June 2014-May 2016
 Glenside, PA
 February 2012 to present

Good Shepherd Penn Partners: Penn Therapy and Fitness
 Penn Sports Medicine Center and Rittenhouse locations
 Per Diem Physical Therapist
 Philadelphia, PA
 February 2012 to present

Arcadia University Department of Physical Therapy
 Senior Laboratory Assistant
 Glenside, PA
 October 2005 to February 2012

Good Shepherd Penn Partners: Penn Therapy and Fitness
 Penn Sports Medicine Center
 Advanced Clinician 1/Lead Physical Therapist/Sports Team Leader
 Philadelphia, PA
 June 2008 to February 2012

University of the Sciences in Philadelphia Physical Therapy Program
 Lab Assistant
 Philadelphia, PA
 January 2008 to May 2008; March 2010 to May 2010

The Children's Hospital of Philadelphia: Sports Medicine and Performance Center
 Senior III Physical Therapist
 King of Prussia & Philadelphia PA
 April 2007 to June 2008

Hospital of the University of Pennsylvania: Penn Therapy and Fitness
 Penn Sports Medicine Center
 Senior II Physical Therapist/Lead Therapist
 Philadelphia, PA
 November 2004 to March 2007

Hospital of the University of Pennsylvania-Penn Therapy and Fitness
 Staff Physical Therapist/Senior I Physical Therapist
 Cherry Hill, NJ and Philadelphia, PA
 July 2001 to November 2004

NovaCare Rehabilitation
 Staff Physical Therapist
 Langhorne, PA and Yardley, PA
 September 2000 to July 2001

Genesis ElderCare Nursing and Rehab
 Staff Physical Therapist
 Ewing, NJ
 March 2000 to September 2000

Publications:

Eckenrode BJ, Giordano R, Glynn S, & Bastan M. Elbow injuries in the throwing athlete in Rehabilitation of the Hand and Upper Extremity, 7th Edition Skriveren et al. Elsevier; Philadelphia, PA: 2021.

Tumminello C, Eckenrode BJ, & Kaplan A. Adolescent Sports Injury-Knee Dislocation in Case Studies Across the Continuum: A Physical Therapist's Perspective, 1st edition by Skrazt J, Greich S, and Frey S. Thieme Publishing. In press 2020.

Stahl R, Eckenrode BJ. The Nonoperative Rehabilitation of a Traumatic Complete Ulnar Collateral Ligament Tear of the Elbow in a High School Wrestler: A Case Report. Accepted for publication April 2020 to Int J Sports Phys Ther.

Eckenrode BJ, Kietrys D, & Stackhouse SK. Pain Sensitivity in Chronic Achilles Tendinopathy. Int J Sports Phys Ther, 2019. Dec;14(6):945-956.

- Betz M, Eckenrode BJ. The use of blood flow restriction training in a female athlete status post anterior cruciate ligament reconstruction and medial meniscus repair: A case report. Submitted to International Journal of Sports Physical Therapy July 2018
- Eckenrode BJ, Kietrys D, & Parrott JS. Effectiveness of Manual Therapy for Pain and Self-Reported Function in Individuals with Patellofemoral Pain: Systematic Review and Meta-Analysis. *J Orthop Sports Phys Ther*, 2018. May; 48(5): 358-371.
- Eckenrode BJ. An Algorithmic Approach to Rehabilitation Following Arthroscopic Surgery for Arthrofibrosis of the Knee: A Case Series. A case series. *Physiother Theory Pract*. 2018. Jan;34(1):66-74.
- Eckenrode BJ, Carey JL, Sennett BJ, Zgonis MH. Prevention and Management of Post-operative Complications Following ACL Reconstruction. *Curr Rev Musculoskelet Med*. 2017 Jul 14 [Epub ahead of print]
- Oatis C, Eckenrode, BJ. Running Biomechanics in Kinesiology, 3rd Edition by Oatis C. Lippincott, Williams, and Wilkins; Philadelphia PA: 2016.
- Haddad A, Buddich J, Eckenrode BJ. Conservative management of an isolated grade III lateral collateral ligament injury in an adolescent multi-sport athlete: A Case Report. *Int J Sports Phys Ther* 2016; 11 (4): 596-606.
- Eckenrode BJ, Fliss T, Senese M. Clinical Summary: Adhesive Capsulitis. PTNow (APTA peer-reviewed educational portal). Accepted July 2015; published February 2016. <http://www.ptnow.org/clinical-summaries-detail/adhesive-capsulitis>
- Burmester C, Eckenrode BJ, Stiebel M. Early incorporation of an evidence-based aquatic-assisted approach to arthroscopic rotator cuff repair rehabilitation: a case study. *Phys Ther* 2016; 96 (1): 53-61.
- Stackhouse S, Taylor C, Eckenrode B, Stuck E, Davey H. Effects of Noxious Electrical Stimulation and Eccentric Exercise on Pain Sensitivity. *PM&R* 2016; 8(5): 415–424.
- Eckenrode BJ, Stackhouse SK. Improvement in pain pressure threshold testing and function following the application of noxious electric stimulation on a runner with chronic Achilles tendinopathy: a case study. *Int J Sports Phys Ther* 2015; 10(3):354-362.
- Eckenrode BJ. The effects of age on joints and cartilage in *The Complete Guide to Geriatric Rehabilitation, 3rd Edition*. Kauffman TL, Scott RW, Barr JO and Moran ML eds. Churchill Livingstone: London, UK: 2014.
- Eckenrode BJ content editor for Marinko L. *Adhesive Capsulitis: Current Concepts in Examination, Diagnosis, and Intervention*. GSC Home Study; Brockton MA: 2014.
- Eckenrode BJ, Pontillo M. Rehabilitation following meniscus repair in *Meniscal Surgery: Management and Techniques*. Kelly JD ed. Springer: 2014.
- Eckenrode BJ & Kauffman CK. Hip rehabilitation in *Lippincott's Primary Care Orthopaedics, 2nd Edition*. Lotke PA, Abboud JA, Ende J eds. Lippincott Williams and Wilkins: Philadelphia, PA: 2014
- Eckenrode BJ & Kauffman CK. Knee rehabilitation in *Lippincott's Primary Care Orthopaedics, 2nd Edition*. Lotke PA, Abboud JA, Ende J eds. Lippincott Williams and Wilkins: Philadelphia, PA: 2014
- Eckenrode BJ & Nasrallah I. Musculoskeletal Imaging: Avascular Necrosis of the Hip in a Patient with Knee Pain. Submitted to *J Orthop Sports Phys Ther*, 2013.
- Eckenrode BJ, Eckenrode BJ, Kelley MJ, Kelly JD 4th. Anatomic and biomechanical fundamentals of the thrower shoulder. *Sports Med Arthrosc*. 2012 Mar;20(1):2-10.
- Leggin BG, Sheridan S, Eckenrode BJ. Rehabilitation after surgical management of the thrower's shoulder. *Sports Med Arthrosc*. 2012 Mar;20(1):49-55.
- Baldwin K, Harper C, Eckenrode BJ, Tjoumakaris F, Sennett BJ. The arthroscopic treatment of Cyclops syndrome. *Current Orthopaedic Practice*. 2011. July/August; 22 (4): 327-332.
- Albaugh J, Eckenrode BJ, Ganley T. APTA Sports Section Home Study Course on Pediatric Sports Injuries. Chapter 4: Upper Extremity Differential Diagnosis, Surgical Considerations and Rehabilitation, 2011.
- Eckenrode BJ & Sennett BJ. Arthrofibrosis of the knee following anterior cruciate ligament reconstruction. *J Orthop Sports Phys Ther*. 2011. Jan; 41: 32.
- Eckenrode BJ, Logerstedt DS, & Sennett BJ. Rehabilitation and Functional Outcomes in Collegiate Wrestlers Following a Posterior Shoulder Stabilization Procedure. *J Orthop*

- Sports Phys Ther.* 2009. Jul; 39: 550-9.
- Eckenrode BJ & Kelley MA. Clinical biomechanics of the shoulder complex in *The Athlete's Shoulder 2nd Edition*. Wilk KE, Reinhold MM, Andrews JR eds. Churchill Livingstone Elsevier: Philadelphia, PA: 2009.
- Eckenrode BJ & Kauffman CK. Rehabilitation of hip disorders in *Lippincott's Primary Care Orthopaedics*. Lotke PA, Abboud JA, Ende J eds. Lippincott Williams and Wilkins: Philadelphia, PA: 2008.
- Eckenrode BJ. Postoperative splinting and rehabilitation protocols in the 2008 ASSH DVD *Crucial Elements of Hand Surgery*.

Research Activity:

- Wiley D; Eckenrode BJ. Incorporation of neuromuscular electrical stimulation to improve shoulder function following reverse total shoulder arthroplasty: A case report. Poster Presentation at APTA CSM 2020.
- Bishop L; Eckenrode BJ. Conservative management of a recreational wrestler with a history of recurrent inferior glenohumeral dislocations: A case report. Accepted for a poster presentation at the PPTA Annual Conference 2019
Awarded "Best Case Presentation" by the PPTA
- Conrad B; Milic-Strkalj I; Wildman C; Eckenrode BJ. Use of Inertial Motion Sensors to Assess Biomechanical Variables in Runners With and Without Injury: A Systematic Review. Poster presentation at PPTA SED Mini-CSM 2019.
- Stackhouse SK; Eckenrode BJ. Immediate and Next Day Pain Sensitivity Effects of Interventions for Myofascial Trigger Points. Accepted for poster at APTA CSM 2019.
- Eckenrode BJ, Kietrys DK. Signs of Central Sensitization in a Subgroup of Female Runners with Chronic Patellofemoral Pain. Accepted for poster at APTA CSM 2019.
- Eckenrode BJ, Kietrys DK. Test-Retest Reliability of Quantitative Sensory Testing in Female Runners with Chronic Patellofemoral Pain. Submitted to APTA CSM 2019.
- Stackhouse SK; Eckenrode BJ; McCullough A; Foreman S; Tighe M; Underkofler A. Effects of manual, instrument assisted, and electrical stimulation interventions on myofascial trigger points in the upper extremity. Platform Presentation at Arcadia University Research Day 2018.
- Eckenrode BJ; Benes R; Kersten M; Kiechel M; Yun L. Functional performance testing and pressure pain threshold values at the knee and lower leg in collegiate cross-country runners. Platform Presentation at Arcadia University Research Day 2018.
- Stackhouse SK, Eckenrode BJ, Colagregco K, Michel E, Tizzard J. The effects of eccentric, concentric, and isometric contractions on pain sensitivity over the Achilles tendon. Poster Presentation at CSM 2017.
- Eckenrode BJ, Chadwick T, Gardner J, Nedosterek L. Differences between dynamic functional testing and pressure pain threshold values in female distance runners with and without a prior injury history. Poster Presentation at CSM 2017.
- Stackhouse SK, Eckenrode BJ, Lane E, Yoon J, Weeks D. The effects of concentric, eccentric, and isometric contractions on pain sensitivity over the Achilles tendon. Poster Presentation at CSM 2016.
- Eckenrode BJ, Sable A, Smith G, Weinert A, Parlatore M. Comparison of Shoulder, Hip, and Trunk Rotation Range of Motion Variables in Collegiate Women's Soccer and Softball Players. Poster Presentation at CSM 2016.
- Eckenrode BJ, Crowe B, Cornell J, Jennings J, Parlatore, M. Comparison of shoulder, hip, and trunk rotation range of motion variables in collegiate soccer and baseball players. Poster presentation at CSM 2015 and PPTA SED Mini-CSM 2015.
- Eckenrode BJ, Madera K, Stackhouse SK. Change in function and running gait following a HVLA mobilization in a female runner with pelvic-hip complex symptoms. Poster Presentation at CSM 2015.
- Stackhouse SK, Eckenrode BJ, Cathcart N, O'Donnell MP, Rodriguez, C. Effects of high- versus low-frequency electrical stimulation on pain perception immediately post-treatment over healthy Achilles tendons. Poster presentation at CSM 2015.

- Eckenrode BJ, Buyer L, Holzhauser B, Kurelja C, Pontillo M. Interrater and intrarater reliability of thoracic spine rotation range of motion in an active healthy population. Poster presentation at PPTA SED Mini-CSM. March 2014.
- Stackhouse SK, Eckenrode BJ, Brown E, Greer B, Madara, K, O'Brien A. The effect of noxious electrical stimulation and eccentric exercise on mechanical and thermal pain processing in Achilles tendinopathy. Platform presentation at CSM 2014; Poster presentation at APTA SOR Retreat 2015.
Winner of the 2014 Faculty Research Award by the Arcadia University Dept of PT
- Stackhouse SK, Eckenrode BJ. Chronic Achilles tendinopathy is associated with central sensitization. Platform presentation at CSM 2014; Poster presentation at APTA SOR Retreat 2015.
- Stackhouse SK, Eckenrode BJ. Improvement in pain pressure threshold testing and function following the application of noxious electric stimulation on a runner with chronic Achilles tendinopathy: a case study. Poster presentation at CSM San Diego, January 2013
- Eckenrode BJ, Sennett BJ. An Algorithmic approach to rehabilitation following arthroscopic surgery for arthrofibrosis of the knee: a case series. Poster presentation at PPTA, Lancaster, PA October 2012.
- Eckenrode BJ, Sennett BJ. An Algorithmic approach to rehabilitation following arthroscopic surgery for arthrofibrosis of the knee: a case series. Poster presentation at CSM Chicago, February 2012.
- Eckenrode BJ, Forsythe S. Description of short-term clinical outcomes following arthroscopic capsulolabral repair of the shoulder in an athletic population. Poster presentation at CSM Chicago, February 2012.
- Albaugh J, Eckenrode BJ, Ganley T, Wells L, Cameron D. Shoulder range of motion and strength characteristics in pediatric/adolescent baseball players. IRB and data collected 2008.
- Eckenrode BJ, D'Agosta H, Owens B. Influence of subject position on isometric shoulder strength measured with a hand-held dynamometer. Presentation at Arcadia University Physical Therapy Research Day, February 2007.
- Eckenrode BJ, Logerstedt DS, & Sennett BJ. Rehabilitation and Functional Outcomes in Collegiate Wrestlers Following a Posterior Shoulder Stabilization Procedure. Platform presentation at CSM San Diego, February 2006.
- Smith HL, Logerstedt DS, Eckenrode BJ, Dekerlegand J. The Reliability and Validity of a New Foot and Ankle Outcome Measure: The Penn Foot and Ankle Score. Poster presentation at CSM San Diego, February 2006.
- Eckenrode BJ. Traumatic infrapatellar fat pad hyperemia resulting in gait dysfunction and impaired quadriceps function. Platform presentation at CSM, New Orleans, February 2005.
- Parekh SG, Lowry T, Pedowitz D, Eckenrode BJ, Soawal A, & Okereke E. Reconstruction of Chronic Achilles Tendon Disorders: Randomized Prospective Comparison of FHL and FDL Tendon Transfer. Presented at American Academy of Orthopaedic Surgeons, March 2004.
- Eckenrode BJ. Rehabilitation following humeral head allograft surgery: A case study. Platform Presentation at CSM Nashville, February 2004.

Scientific and Professional Presentations:

- Lower Extremity Update, November 22-23, 2019, Philadelphia, PA
Lecturer: Rehabilitation Following Articular Cartilage Procedures of the Knee
Lecturer: Rehabilitation of Achilles Tendinopathy
Lab Instructor: Clinical Examination of the Foot and Ankle
Lab Instructor: Clinical Examination of the Hip and Knee
- Body Meets Brain: Applying Neurophysiology to Orthopaedic Rehabilitation
November 2, 2019, Glenside, PA
Lecturer: Applying Neurophysiology to Orthopedic Rehabilitation
- TheraPlay Continuing Education Day, May 17, 2019, King of Prussia, PA

Lecturer: Sports-Related Injuries to the Upper Extremity
The Hand Rehabilitation Foundation
The Philadelphia Symposia, March 2-5, 2019, Philadelphia, PA
Lecturer: The Kinetic Chain Assessment for Shoulder and Elbow Pain in Athletes
Lecturer: Rehabilitation of Medial Collateral Ligament (Elbow) Injuries
Shoulder and Elbow Update, November 3-4, 2018, Philadelphia, PA
Lab Instructor: Assessment and Management of Scapula Dysfunction
Penn Cartilage Repair Symposium, September 7-8, 2018, Philadelphia, PA
Lecturer: Accelerated rehabilitation of following cartilage repair and meniscus transplantation
Rutgers School of Health Professions 9th Annual Student Research and Scholarship Symposium
New Brunswick, NJ, May 10, 2018
Invited Presentation: Chronic Achilles Tendinopathy is Associated with Signs of Central Sensitization
2018 Annual Orthopaedic Section Meeting
Baltimore, MD, April 27-28, 2018
Lab Instructor: Classification that Drives Rehabilitation with Consideration of Relationships between Pain, Movement, and Muscle Activation: Practical Strategies and Techniques for Management of Common Shoulder Problems
The Hand Rehabilitation Foundation
The Philadelphia Symposia, March 24-27, 2018, Philadelphia, PA
Lecturer: Evidence-Based Approach to Overuse Shoulder and Elbow Injuries in the Overhead Athlete
Lab Instructor: Clinical Examination of the Shoulder Complex
Lower Extremity Update, October 26-27, 2017, Philadelphia, PA
Lecturer: Rehabilitation Following Articular Cartilage Procedures of the Knee
Lecturer: Rehabilitation of Achilles Tendinopathy
Penn Cartilage Repair Symposium, April 28-29, 2017, Philadelphia, PA
Lecturer: Accelerated rehabilitation of following cartilage repair
The Hand Rehabilitation Foundation
The Philadelphia Symposia, March 11-13, 2017, Philadelphia, PA
Lecturer: Evidence-Based Approach to Overuse Shoulder and Elbow Injuries in the Overhead Athlete
Philadelphia Orthopaedic and Sports Rehab Foundation
Shoulder and Elbow Update, November 18-19, 2016, Philadelphia, PA
Lecturer: Rehabilitation Following UCL Injuries of the Elbow
Lab Instructor: Assessment and Management of Scapula Dysfunction
Virginia Physical Therapy Association Annual Conference, October 7, 2016, Chantilly, VA
Session Lecturer: Evidence-Based Management of Shoulder Injuries in the Contact and Overhead Athlete
MossRehab Sports Medicine Conference
Sports Related Injuries to the Hip and Pelvis, July 16, 2016, Philadelphia, PA
Lecturer: Femoroacetabular Impingement and Hip Labral Tears
Penn Cartilage Repair Symposium, April 29-30, 2016, Philadelphia, PA
Lecturer: Accelerated rehabilitation of cell-based procedures in the knee
The Hand Rehabilitation Foundation
The Philadelphia Symposia, March 12-15, 2016, Philadelphia, PA
Lab Instructor: Assessment and Management of Scapula Dysfunction
Arcadia University Physical Therapy Alumni Association
Interdisciplinary Case-Based Approach to Medical Screening, March 12-13, 2016, Glenside, PA
Lecturer: Review of Systems
Course coordinator and moderator
APTA Combined Sections Meeting, February 19, 2016, Anaheim, CA
Educational Platform: Transitioning the Runner and Sprinter Back to the Road and Track
Lecturer: Biomechanics of Running Versus Sprinting
Developed proposal for this CSM session for the Sports Section of the APTA

Philadelphia Orthopaedic and Sports Rehab Foundation
Lower Extremity Update, November 20-21, 2015, Philadelphia, PA
Lecturer: Rehabilitation Following Articular Cartilage Procedures of the Knee
Lecturer: Rehabilitation of Achilles Tendinopathy
Lab Instructor: Clinical Exam and Manual Techniques for the Foot and Ankle

Children's Hospital of Philadelphia: Current Sports Medicine Topics
Care of the Pediatric Adolescent Athlete, October 23, 2015, Philadelphia, PA
Lecturer: Investigating the Why: Kinetic Chain Approach to Rehabilitation of the Throwing Athlete

MossRehab Sports Medicine Conference
Traumatic Injuries in Sports, July 18, 2015, Philadelphia, PA
Lecturer: Conservative and Post-Operative Management of Posterior Shoulder Instability

Universidad Pontificia Comillas, April, 23-24, 2015, Madrid, Spain
Internacionales de Fisioterapia, Fisioterapia Desportes
Lecturer: Rehabilitation of Achilles Tendinopathy
Lab instructor: Evaluation and Treatment of the Runner

PPTA Southeast District Mini-Combined Sections Meeting, March 21 2015, Philadelphia, PA
Lecturer: Rehabilitation Following Articular Cartilage Procedures of the Knee
Lecturer: Return to Sport Following Articular Cartilage Procedures of the Knee
Developed proposal for this session

The Hand Rehabilitation Foundation
The Philadelphia Symposia, March 7-10, 2015, Philadelphia, PA
Lab Instructor: Assessment and Management of Scapula Dysfunction

Philadelphia Orthopaedic and Sports Rehab Foundation
Shoulder and Elbow Update, November 21-22, 2014, Philadelphia, PA
Lab Instructor: Manual Techniques for the Shoulder and Elbow

Elite Rehabilitation Solutions
Disorders of the Knee: Evaluation and Management, September 5-6, 2014
Course Faculty (12 Lectures and 3 Labs), Glen Mills, PA

MossRehab Sports Medicine Conference
Current Concepts in Running/Throwing Athlete, July 12, 2014, Glenside PA
Lecturer: Management of Running-Related Injuries and Gait Retraining

Hospital of the University of Pennsylvania-Department of Physical Medicine and Rehabilitation
PMR Resident Lecture, February 19, 2014
Lecturer: Physical Therapy Intervention for Lower Extremity Diagnoses

APTA Combined Sections Meeting, February 5 2014, Las Vegas, NV
Educational Platform: Articular Cartilage Rehabilitation of the Knee
Lecturer: Rehabilitation Following Articular Cartilage Procedures of the Knee
Developed proposal for this CSM session for the Sports Section of the APTA

Blue Ridge Orthopaedic and Spine Center
Current Management of Knee Disorders, January 4, 2014
Course Faculty (8 Lectures and 3 Labs), Warrenton, VA

Philadelphia Orthopaedic and Sports Rehab Foundation
Lower Extremity Update, November 22-23, 2013, Philadelphia, PA
Lecturer: Rehabilitation Following Articular Cartilage Procedures of the Knee
Lecturer: Rehabilitation of Achilles Tendinopathy
Lecturer: ACL Injury Prevention

Examination and Treatment of the Shoulder Complex with an Emphasis on Scapular Dysfunction
Drayer Physical Therapy Institute, October 12-23, 2013, Hummelstown, PA
Lecturer: Shoulder Instability/SLAP Non-op and Post-op Management
Lab Instructor: Examination, mobilizations, treatment, and neural tension

Penn Cartilage Repair Symposium, April 27-28, 2013, Philadelphia, PA
Lecturer: Return to Sport Following Cartilage Repair

Arcadia University ACE Network Continuing Education
Electrotherapy Update, April 26, 2013, Glenside PA
Lab Instructor: Clinical application of NMES

Elite Rehabilitation Solutions
Disorders of the Knee: Evaluation and Management, March 22-23, 2013
Course Faculty (12 Lectures and 3 Labs), Pittsburgh, PA

Examination and Treatment of the Shoulder Complex with an Emphasis on Scapular Dysfunction
Drayer Physical Therapy Institute, February 23-24, 2013, Atlanta, GA
Lecturer: Shoulder Instability/SLAP Non-op and Post-op Management
Lab Instructor: Examination, mobilizations, treatment, and neural tension

GSPP Orthopaedic Clinical Residency Program
Lecturer: Overuse Injuries of the Lower Extremity January 2, 2013

Philadelphia Orthopaedic and Sports Rehab Foundation
Shoulder and Elbow Update, November 16-18, 2012, Philadelphia, PA
Lecturer: Rehabilitation Following UCL Injuries of the Elbow
Lab Instructor: Manual Techniques to Improve Shoulder ROM and Strength

Penn Cartilage Repair Symposium, April 21-22, 2012, Philadelphia, PA
Lecturer: Rehabilitation of Autologous Chondrocyte Implantation
Lecturer: Rehabilitation of Meniscus Transplantation
Faculty focus group participant on rehabilitation protocol development

GSPP Orthopaedic Clinical Residency Program
Lecturer: Knee ligament/Cartilage Injury March 7, 2012
Lecturer: Patellofemoral Pain Syndrome March 14, 2012
Lecturer: Overuse Injuries of the Lower Extremity April 11, 2012

Elite Rehabilitation Solutions
Disorders of the Knee: Evaluation and Management, March 24-25, 2012
Course Faculty (12 Lectures and 3 Labs), York, PA

Philadelphia Orthopaedic and Sports Rehab Foundation
Lower Extremity Update, November 18-20, 2011, Philadelphia ,PA
Lecturer: Rehabilitation Following Articular Cartilage Procedures of the Knee
Lecturer: Rehabilitation Following Fractures of the Foot and Ankle
Lab Instructor: Clinical Examination of the Knee
Lab Instructor: Evaluation and Management of Running Injuries

Penn Relays Running Symposium, April 30, 2011, Philadelphia ,PA
Lecturer: Rehabilitation of ITB Injuries

Arcadia University Physical Therapy Alumni Association
Current Topics in Running Injury Rehabilitation, March 19, 2011, Glenside, PA
Lecturer: Evidence-Based Approach to Treatment of Lower Extremity Overuse Injuries
in Runners
Lab Instructor: Physical Examination and Treatment of the Injured Runner

Philadelphia Orthopaedic and Sports Rehab Foundation
Shoulder and Elbow Update, November 14-16, 2010, Philadelphia ,PA
Lab Instructor: Manual Techniques to Improve ROM of the Shoulder

Elite Rehabilitation Solutions
Disorders of the Knee: Evaluation and Management, September 18-19, 2010
Course Faculty (10 Lectures and 3 Labs), Valley Forge, PA

Philadelphia Orthopaedic and Sports Rehab Foundation
Lower Extremity Update, November 20-21, 2009, Philadelphia ,PA
Lecturer: Rehabilitation of Overuse Syndromes of the Foot and Ankle
Lecturer: Rehabilitation Following Fractures of the Foot and Ankle
Lab Instructor: Functional Exercise Progression and Perturbation Training
Lab Instructor: Manual Techniques for the Foot and Ankle

Philadelphia Orthopaedic and Sports Rehab Foundation
Shoulder and Elbow Update, November 14-16, 2008, Philadelphia ,PA
Lab Instructor: Manual Techniques to Improve ROM of the Shoulder
Lab Instructor: Manual Techniques to Improve Strength of the Shoulder

Children's Hospital of Philadelphia Sports Medicine, August 2007, King of Prussia, PA
Lab Instructor: First Aid in the Field Conference

Philadelphia Sports Medicine Congress, June 8, 2007, Philadelphia ,PA

Lecturer: Posterior Shoulder Dislocation in Collegiate Wrestlers
 Bucks County Subdistrict of the Pennsylvania Physical Therapy Association, June 2007,
 Doylestown, PA
 Lecturer: Web 2.0 in Medicine
 Southeast District of the Pennsylvania Physical Therapy Association, December 2006,
 Philadelphia ,PA
 Lecturer: Web 2.0 in Medicine
 University of Pennsylvania Health System
 Shoulder and Elbow Update, November 17-19, 2006, Philadelphia ,PA
 Lecturer: Rehabilitation Following Ulnar Collateral Ligament Injuries
 Lab Instructor: Manual Techniques to Improve ROM and Strength of the Shoulder
 Lab Instructor: Examination and Interventions for Scapular Disorders Caused by Nerve
 Injury, Instability, and Snapping Scapula
 University of Pennsylvania Health System
 Lower Extremity Update, April 21-23, 2006, Philadelphia ,PA
 Lecturer: Rehabilitation Following Ankle/Foot Fractures and Dislocations
 Lab Instructor: Lower Extremity Perturbation and Stability Training
 Lab Instructor: Functional Rehabilitation of the Older Patient
 University of Pennsylvania Health System
 Foot and Ankle Update, April 9-10 2005, Philadelphia ,PA
 Course Planning Committee Member
 Lecturer: Rehabilitation of Achilles Tendon Injuries
 Lab Instructor: Orthotics and Shoewear
 University of Pennsylvania Health System
 Shoulder and Elbow Update, November 5-7, 2004, Philadelphia ,PA
 Lecturer: Rehabilitation Following Ulnar Collateral Ligament Injuries
 Lab Instructor: Manual Techniques to Improve ROM and Strength of the Shoulder
 University of Pennsylvania Health System
 Lower Extremity Update, May 7-8, 2004, Philadelphia ,PA
 Lecturer: Rehabilitation Following Ankle/Foot Fractures and Dislocations
 Lecturer: Rehabilitation of Achilles Tendon Injuries
 Lab Instructor: Evaluation of the Foot and Ankle
 Workshop Coordinator: Functional Evaluation and Training of the Older Patient
 University of Pennsylvania Health System
 Peripheral Nerve Trauma: In sports and other injuries June 14-15, 2003, Philadelphia ,PA
 Lecturer: Physical Therapy in Peripheral Nerve Lesions
 University of Pennsylvania Health System
 Shoulder and Elbow Update, November 15-17, 2002, Philadelphia ,PA
 Lab Instructor: Instability Testing and Advanced Strengthening

Membership in Scientific/Professional Honorary Societies:

Member of the American Physical Therapy Association, 1998 - present
 Member of the Academy of Orthopaedic Physical Therapy of the APTA, 1999 – present
 Member of the Academy of Sports Physical Therapy of the APTA, 2012-present
 Member of the Section on Research of the APTA, 2015-present
 Member of the Intercollegiate/Professional Sports SIG of the Sports Academy, 2006-present
 Member of the Running SIG of the APTA Sports Academy, 2009-present
 Member of the Orthopaedic Residency Educational Interest Group of the Orthopaedics Academy,
 2014-present
 Member of the Pain SIG of the Orthopaedic Academy, 2018-present

Positions Held in Scientific/Professional Honorary Societies:

Academy of Orthopaedic Physical Therapy, Education Committee Member
 January 2020 to present
 Southeast District of the PPTA Alternate Delegate
 August 2018 to present

Academy of Orthopaedic Physical Therapy Nominating Committee Member (elected position)
March 2017 to present, Chair 2019
ABPTS Specialization Academy of Content Experts Item Writer-Orthopaedics
January 2013 to December 2014
APTA Regenerative Medicine Workgroup Initiative
September 2012 to February 2013
Arcadia University Physical Therapy Alumni Association Co-President 2009 - 2012
Southeast District of the PPTA Web Site Liaison, 2006-2009

Grants Received:

2019-20 Innovation Grant for the Arcadia University Sports Performance and Injury Prevention Institute, Amount \$7,200
2019-20 Faculty Development Grant-Combined Sections Meeting, Amount \$1,350
2018-19 Faculty Development Grant-Combined Sections Meeting, Amount \$1,350
2018-19 Instructional Technology Committee Grant (with Dr. Ryan Zarzycki), Amount \$5,095
Project title: Delphi's PTS Personalized Tourniquet System for Blood Flow Restriction
2017-18 Faculty Development Grant-Combined Sections Meeting, Amount \$1,350
2016-17 Faculty Development Grant-Combined Sections Meeting, Amount \$1,350
2015-16 Faculty Development Grant-Combined Sections Meeting, Amount \$1,000
2014-15 Faculty Development Grant-Combined Sections Meeting, Amount \$1,000
2013-14 Faculty Development Grant-Combined Sections Meeting, Amount \$1,000
2013 Instructional Technology Committee Grant (with Dr. Carol Oatis), Amount \$4269
Project title: Prometheus Electromyography
2012-13 Faculty Development Grant (with Dr. Marty Eastlack), Amount \$1373
Project title: The relationship between lower extremity muscle performance and performance of the sit-to-stand (STS) task in Older Adults/Running Clinic
2012-13 Faculty Development Grant-Combined Sections Meeting, Amount \$1,237
2012 Instructional Technology Committee Grant, Amount \$4720
Project title: Dartfish Motion Analysis Software
2012 Faculty Development Award-Regenerative Medicine Retreat, Amount \$1,170
2012 Faculty Development Award-iPad Integration, Amount \$597

Community Activities:

Mercy Hospital Philadelphia Pro Bono PT Clinic 2012 to 2018
Athlete Health Organization Volunteer, 2009, 2012-15
Penn Relays Medical Staff Volunteer, 2006-10, 2012-14, 2016-17, 2019
Back on My Feet-Arcadia DPT Running Screens, 2014-17
Sneaker Week Campaign (shoe collection) for Back on My Feet, November 2013
US Men's National Soccer Team Physicals Volunteer, May 2010
YSC Indoor Winter Soccer IM Coach, 2017, 2018
Hunter Soccer Club IM Head Coach, 2013-Present
Cheltenham Soccer Club IM Head Coach, 2012
Running Injury Prevention Community Presentations:
Glenside Fire Company: Stop Drop and Run 5K, September 2018
Arcadia University community, May 2013, May 2014, August 2015
Abington YMCA, February 2014
Back on My Feet, July 2013, October 2013
Jenkintown Running Company, July 2013
Penn Sports Medicine Center, August 2010, April 2010, October 2009
Terra Mar Running Club, April 2009

Contributions to University Life:

Physical Therapy Department Faculty Search Committee, 2019
CIO Search Committee Member, 2018-19
Academic Technology Services Advisory Committee, 2015 to present, Chair

Instructional Technology Committee, 2015 to present, Chair
Faculty Liaison to the Arcadia University Physical Therapy Alumni Association 2012-present
Physical Therapy Department International tDPT Chair Search Committee, 2016
EndNote Presentation to Junior Faculty, November 2016
Campus Parking Committee, 2015
Faculty Awards Selection Committee, 2016-17, 2017-18
University Strategic Planning Task Force, 2014-15
Physical Therapy Department Fundraising Task Force, 2014-16
Physical Therapy Department Scholarship Task Force 2012-present
Head Men's and Women's Cross Country Search Committee, 2014-15
Head Athletic Trainer Search Committee, 2014
College of Health Sciences Dean Search Committee Member, 2013-14
PT Faculty Search Committee-2013, 2015
Arcadia University PT Capital Campaign Advisory Board, 2012-13
Faculty Search Committee Member-Biology Functional Morphologist, 2012-13

Teaching Experiences in Physical Therapy Programs:

Arcadia University Physical Therapy Department

On-going teaching for the entry-level DPT program and post-professional programs from February 2012 to present in content related to musculoskeletal physical therapy practice.

May 2012

Lab Instructor: Gross Anatomy

Lab Instructor: Gross Anatomy case presentations

April 2012

Lab Instructor: Electrotherapy/NMES/MVIC Lab 1 & 2

Lab Instructor: Intervention after soft tissue injuries

Lab Instructor: Lumbar Spine Review

Lab Instructor: Ankle lab

Lab Instructor: Lower Extremity Review

Lab Instructor: Musculoskeletal Review

Lecture: Differential Diagnosis Cases 1 & 2

Practical Evaluator: Knee Unit 8

Practical Evaluator: TOS Unit 18

Grand Rounds Coordinator Unit 18

March 2012

Lab Instructor: Knee ROM and MMT

Lab Instructor: Knee special tests/mobilizations

February 2012

Lab Instructor: LE Fracture Cases/Intervention

Practical Evaluator: Fracture Unit 5

Lab Instructor: Upper Quarter Screen

Lab Instructor: Shoulder Review Cases

Lab Instructor: Shoulder Differentiation Examination

Lab Instructor: MMT and Function of the Shoulder

Lab Instructor: PNF/Taping/Exercise Progression Lab

Practical Evaluator: Shoulder Unit 6

January 2012

Lab Instructor: Joint Mobilization Lab 1 & 2

Lecturer: Post Fracture Rehab Management

December 2011

Lab Instructor: Strength Training

Practical Evaluator: Unit 4 Strength

November 2011

Lab Instructor: Strength Assessment

September-October 2011

Course Coordinator: Certificate in Musculoskeletal Physical Therapy-

Lower Extremity (PT684)

Lecturer: Differential Diagnosis of Lower Extremity Disorders

Lab Instructor: Manual Techniques for the Lower Extremity

May 2011

Grand Rounds Coordinator Unit 20

April 2011

Lab Instructor: Knee Special Tests/Mobilizations

Practical Evaluator: Neurodynamics Unit 18

February 2011

Lab Instructor: LE Fracture Cases/Intervention

Practical Evaluator: Fracture Unit 5

Lab Instructor: Shoulder Review Cases

Lab Instructor: Shoulder Differentiation Examination

Lab Instructor: MMT and Function of the Shoulder

Lab Instructor: Upper Quarter Screen

Practical Evaluator: Shoulder Unit 6

January 2011

Lecturer: Post Fracture Rehab Management

Lab Instructor: Fracture Rehab Case Presentations I & 2

Lab Instructor: Joint Mobilization 1 & 2

December 2010

Lab Instructor: Strength Assessment Lab

Lab Instructor: Strength Training Lab II

Practical Evaluator: Unit 4 Strength

University of the Sciences in Philadelphia

March-May 2010

Lab Assistant: PT Interventions I

Arcadia University Physical Therapy Department

March 2010

Lab Instructor: Knee Special Tests/Mobilizations

Practical Evaluator: Shoulder Unit 6

February 2010

Lab Instructor: Shoulder Review Cases

Lab Instructor: Shoulder Differentiation Examination

Lab Instructor: MMT and Function of the Shoulder

Lab Instructor: Upper Quarter Screen

Practical Evaluator: Fracture Unit 5

Lab Instructor: Fracture Cases/Intervention

Lab Instructor: Joint Mobilizations II

January 2010

Lecturer: Post Fracture Rehab Management

Lab Instructor: Joint Mobilizations I

November 2009

Lab Instructor: Lower Extremity Evaluation

March 2009

Lab Instructor: Knee Special Tests

February 2009

Unit 6 Co-Coordinator (Fractures)

Lecturer: Post Fracture Rehab Management

Lab Instructor: Fracture Rehab Case Presentations I & 2

Lab Instructor: Joint Mobilizations

Practical Evaluator: Fracture Unit 6

Grand Rounds Coordinator

January 2009

Lab Instructor: Upper Quarter Screen

Lab Instructor: Shoulder Special Tests

Lab Instructor: Shoulder Review Cases
September 2008
Lab Instructor: Joint Mobility
March 2008
Lab Instructor: Knee Special Tests
February 2008
Lecturer: Post Fracture Rehab Management
Lab Instructor: Fracture Rehab Case Presentations I & 2
Practical Evaluator: Fracture Unit 6
Grand Rounds Coordinator
University of the Sciences in Philadelphia
January-May 2008
Lab Assistant: PT Interventions I
Arcadia University Physical Therapy Department
January 2008
Lab Instructor: Upper Quarter Screen
Lab Instructor: Shoulder Special Tests
Lab Instructor: Shoulder Review Cases
September 2007
Lab Instructor: Joint Mobility/Joint Integrity
May 2007
Lab Instructor: Lower Quarter Screen/Lumbar Evaluation
February 2007
Lecturer: Post Fracture Rehab Management
Lab Instructor: Fracture Rehab Case Studies
January 2007
Lab Instructor: Upper Quarter Screen
Lab Instructor: Shoulder Special Tests
May 2006
Lab Instructor: Lumbar Spine Mobilization/Manipulation Techniques
April 2006
Lab Instructor: Musculoskeletal Intervention Review
February 2006
Lecturer: Post Fracture Rehab Management
Lab Instructor: Fracture Rehab Case Studies
January 2006
Lab Instructor: Upper Quarter Screen
Lab Instructor: Shoulder Special Tests
October 2005
Lab Instructor: DC Current
April 2005
Lab Instructor: Ankle ROM and sensibility testing
February 2005
Lecturer: Post Fracture Rehab Management
January 2005
Lab Instructor: Shoulder Evaluation and differential diagnosis
Lab Instructor: Upper Quarter Screen
Lab Practical Moderator Unit 4
June 2004
Teaching Assistant Gross Anatomy Lab
February 2004
Lecturer: Post Fracture Rehab Management
June 2003
Teaching Assistant Gross Anatomy Lab
February 2003
Lecturer: Post Fracture Rehab Management

October 2002

Lab Instructor: Muscle Strengthening

February 2002

Lecturer: Post Fracture Rehab Management

Continuing Education Courses:

- Combined Sections Meeting of the American Physical Therapy Association
Denver, CO, February 12-15, 2020
- Successful Mentorship for Residency and Fellowship Education
APTA Learning Center, January 3, 2020
- Components of Ethics in Healthcare
Home CEU Connection, January 1, 2020
- New Jersey Jurisprudence Assessment Module
FSBPT, December 30, 2019
- Academy of Orthopaedic Physical Therapy-Strategic Framework Meeting
La Crosse, WI, October 9-11, 2019
- Philadelphia Sports Medicine Congress
Philadelphia, PA June 14, 2019
- “Teaching Patients About Pain” and “Everything Hurts”, Adriaan Louw, PT, PhD
Glenside, PA, March 16, 2019
- Combined Sections Meeting of the American Physical Therapy Association
Washington, D.C., January 24-26, 2019
- Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania
University of Pittsburgh School of Social Work (online) December 10, 2018
- Dynamic Neuromuscular Stabilization A Course, Prague School Rehabilitation
New York City, NY June 22-24
- 2018 Annual Orthopaedic Section Meeting
Baltimore, MD, April 27-28, 2018
- Pain Management, Episode VIII: The Last Opioid, Steve George, PhD
Philadelphia, PA, April 13, 2018
- Identifying and Analyzing Ethical/Legal Dilemmas in the Practice of Physical Therapy
Glenside, PA, April 4, 2018
- Interdisciplinary Case-Based Approach to Medical Screening for the Physical Therapist
Glenside, PA, March 10-11, 2018
- Combined Sections Meeting of the American Physical Therapy Association
New Orleans, LA February 22-24, 2018
- Components of Ethics in Healthcare
Home CEU Connection, January 7, 2018
- New Jersey Jurisprudence Assessment Module
FSBPT January 3, 2018
- Philadelphia Sports Medicine Congress
Philadelphia, PA June 16, 2017
- Tenth Annual Ellen C. Ross Memorial Lecture
Newark, NJ May 1, 2017
- Movement System Impairment Syndromes of the Lumbar Spine and Hip: Interactions and
Evidence, Dr. Shirley Sahrmann, PT, PhD, FAPTA
March 18-19, 2017
- Combined Sections Meeting of the American Physical Therapy Association
San Antonio, TX, February 18-20, 2017
- Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania
University of Pittsburgh School of Social Work (online) November 25, 2016
- Ethical and Legal Dilemmas in Physical Therapy Practice: Analysis and Application
Glenside, PA, November 16, 2016
- Philadelphia Sports Medicine Congress
Philadelphia, PA June 17, 2016
- Legal Documentation Workshop (Steve Milam, JD)

Glenside, PA May 25-26, 2016
Interdisciplinary Case-Based Approach to Medical Screening
Glenside, PA March 12-13, 2016 (10 DA CEUs)
Combined Sections Meeting of the American Physical Therapy Association
Anaheim, CA, February 18-20, 2016
Relias Academy: Ethics for the Physical Therapist/Physical Therapist Assistant
Online January 28, 2016
Arcadia University Faculty Symposium: Rotator Cuff Syndrome
Glenside, PA December 12, 2015
APTA Section on Research Retreat: Piecing Together the Pain Puzzle
Smithfield, RI July 26-30, 2015
Philadelphia Sports Medicine Congress
Philadelphia, PA June 19, 2015
Movement System Syndromes of the Cervical Spine and Shoulder: Interaction and Evidence
Dr. Shirley Sahrmann, PT, PhD, FAPTA
Glenside, PA, March 14-15, 2015
Combined Sections Meeting of the American Physical Therapy Association
Indianapolis, IN, February 4-7, 2015
Philadelphia Sports Medicine Congress
Philadelphia, PA June 6, 2014
Identifying and Analyzing Ethical/Legal Dilemmas in the Practice of Physical Therapy
Glenside, PA April 23, 2014
Achieving Optimal Functional Outcomes: UE, Thoracic, and Cervical Spine
Glenside, PA March 8-9, 2014 (10 DA CEUs)
Combined Sections Meeting of the American Physical Therapy Association
Las Vegas, NV February 4-6, 2014
Philadelphia Sports Medicine Congress
Philadelphia, PA June 14, 2013
Functional Biomechanics of the Lower Extremity
Dr. Chris Powers, PT, PhD, FAPTA
Glenside, PA, March 9-10, 2013
Combined Sections Meeting of the American Physical Therapy Association
San Diego, CA, January 21-24, 2013
SACE Item writing Workshop
San Diego, CA, January 21, 2013
Philadelphia Orthopaedic and Sports Rehab Foundation
Shoulder and Elbow Update
Philadelphia, PA, November 16-18, 2012
APTA Specialist Certification Examination Item Writing
Web-based course, August 15, 2012
APTA Section on Research Retreat: Regenerative Medicine
Java Center, NY August 5-9, 2012
Combined Sections Meeting of the American Physical Therapy Association
Chicago, IL, February 8-11, 2012
Philadelphia Sports Medicine Congress
Philadelphia, PA June 3, 2011
Great Lakes Seminars-Mobilization of the Cervical and Thoracic Spine and Ribs
Trenton, NJ May 21-22, 2011
Great Lakes Seminars-Functional Anatomy
Philadelphia, PA February 19-20, 2011
ACE Mentoring Workshop
Glenside, PA October 6, 2010
Selective Functional Movement Assessment Level 1
Montville, NJ May 1-2, 2010
Functional Movement Screen
Montville, NJ April 30-May 1, 2010

Low Back Pain Update
Arcadia University, March 19, 2010

Power Plate Academy Level 1: Core Fundamentals
Philadelphia, PA December 5, 2009

Philadelphia Sports Medicine Congress
Philadelphia, PA May 29, 2009

Thrust Mobilization for the Lumbar Spine
Philadelphia, PA May 21, 2009

APTA Physical Therapist CPI for Students
On-Line Course, May 21, 2009

Current Trends in Sports Medicine
Philadelphia, PA July 25-27, 2008

Combined Sections Meeting of the American Physical Therapy Association
Nashville, TN, February 7-10, 2008

Philadelphia Sports Medicine Congress
Philadelphia, PA June 8, 2007

Management of Hip Pain in the Athlete
Harrisburg, PA, May 12, 2007

Advances in Manual Physical Therapy: Cervical, Thoracic, and Lumbar Spine
Philadelphia, PA, April 29, 2006

Combined Sections Meeting of the American Physical Therapy Association
San Diego, CA, February 1-5, 2006

Mentoring the Clinician Beyond Entry Level
Arcadia University, October 29, 2005

Combined Sections Meeting of the American Physical Therapy Association
New Orleans, LA, February 23-27, 2005

Introduction to the Mulligan Concept
Albany, NY, October 23-24, 2004

APTA Clinical Instructor and Credentialing Program
University of Pennsylvania, September 25-26, 2004

Evaluation and Treatment of Running Injuries
Arcadia University, May 6, 2004

Patellofemoral Pain: Evaluation and Treatment Techniques
Temple University, April 3, 2004

An Evidence Based Approach to Orthopedic Manual Therapy for Lumbo-Pelvic-Hip Dysfunction
Arcadia University, March 6, 2004

Combined Sections Meeting of the American Physical Therapy Association
Nashville, TN, February 4-8, 2004

McKenzie Part C: Problem Solving
Philadelphia, PA, July 11-13, 2003

Patient Problem Focus on Sports Medicine Issues
Hahnemann Sports Medicine Center, June 13, 2003

A Rehabilitation Approach to Peripheral Nerve Injuries
Arcadia University, March 15, 2003

Medical Screening for Physical Therapists
Arcadia University, February 22-23, 2003

Sports Rehab for the Upper Extremity
University of Delaware, January 22, 2003

Peripheral Nerve Trauma
Hospital of the University of Pennsylvania, December 7, 2002

McKenzie Part B: Mechanical Diagnosis and Therapy of the Cervical and Thoracic Spine
Philadelphia, PA, October 17-19, 2002

Patient Problem Focus on Sports Medicine Issues
Hahnemann Sports Medicine Center, June 7, 2002

McKenzie Part A: Mechanical Diagnosis and Therapy of the Lumbar Spine
Philadelphia, PA, April 11-14, 2002

Simply Functional: An Approach to Examination and Rehabilitation of the Lower Extremity
Arcadia University, March 16, 2002
Current Concepts of Care for Neck and Arm Pain
University of Pennsylvania, June 23, 2001
Anatomy and Clinical Management of the Cervical Spine and Shoulder
Arcadia University, March 17, 2001
Understanding Gait
Hershey, PA, September 16-17, 2000
Physiological Performance of Human Paralyzed Muscle
Arcadia University, October 23, 1998
Pennsylvania Physical Therapy Association Conference
Lancaster, PA, October 2-3, 1998
Pharmacology and Rehabilitation
Thomas Jefferson University, March 27-28, 1998
Fundamentals of Orthopaedic Radiology
Arcadia University, February 20-21, 1998

Invited Reviewer:

Journal of Sport Rehabilitation
February 2020, May 2020
Academy of Orthopaedic Physical Therapy
CSM Abstract Reviewer-Orthopaedics, July 2018
Physical Therapy Journal
February 2012, May 2012, August 2012, September 2012, December 2012, March 2013,
September 2013, June 2014, December 2014, May 2015, July 2015, October 2015,
March 2016
Journal of Orthopaedic and Sports Physical Therapy
December 2011, November 2018
International Journal of Sports Physical Therapy
June 2013, February 2015
Arthritis Care and Research
October 2012, March 2014
Physiotherapy Theory and Practice
February 2013, July 2013, August 2013, May 2016, September 2016, February 2017,
August 2017, November 2017, April 2019, September 2019, November 2019
Albert Einstein Research Committee-External Reviewer
February 2016

Continuing Education Workshops Organized:

Arcadia University Physical Therapy Alumni Association
Interdisciplinary Case-Based Approach to Medical Screening, March 12-13, 2016, Glenside, PA
Course coordinator and moderator

APTA Combined Sections Meeting, February 19, 2016, Anaheim, CA
Educational Platform: Transitioning the Runner and Sprinter Back to the Road and Track
Developed proposal for this CSM session for the Sports Section of the APTA

APTA Combined Sections Meeting, February 5 2014, Las Vegas, NV
Educational Platform: Articular Cartilage Rehabilitation of the Knee
Developed proposal for this CSM session for the Sports Section of the APTA

Arcadia University Physical Therapy Alumni Association
Current Topics in Running Injury Rehabilitation, March 19, 2011, Glenside, PA
Course coordinator and moderator

University of Pennsylvania Health System
Foot and Ankle Update, April 9-10 2005, Philadelphia, PA
Course Planning Committee Member