

Andy Waldhelm, PT, Ph. D, SCS, CSCS
Assistant Professor, Department of Physical Therapy
University of South Alabama
5721 USA Drive North, HAHN 2011
Mobile, AL 36688
(251) 445-9243 Office
(225) 328-3890 Cell

Education

Aug 2004- May 2011 Doctorate of Philosophy in Kinesiology
Major: Biomechanics Minor: Exercise Physiology
Dissertation: Assessing Core Stability: Developing Practical Models
Louisiana State University, Baton Rouge, LA

June 2003- Aug 2004 Doctorate of Philosophy in Kinesiology (Transferred)
University of Arkansas, Fayetteville, AR

Aug 2000- July 2002 Master's of Physical Therapy
Nova Southeastern University, Fort Lauderdale, FL

July 1997, June- July 1998 Non-major Coursework
University of Texas, Brownsville, TX

Aug 1996- Dec 1999 Bachelor's of Science in Education/Health Sciences
Baylor University, Waco, TX

Academic Employment

June 2016- Current Assistant Professor
University of South Alabama
Department of Physical Therapy

Courses Taught:

Fall 2018	PT 610	Principles of Research, Coursemaster
	PT 611	Research Proposal, Coursemaster
	PT 699	Sports Physical Therapy, Coursemaster
	PT 499	Senior Honors Project
Summer 2018	PT 635	Musculoskeletal Disorders V, Coursemaster
Spring 2018	PT 499	Senior Honors Project
	PT 612	Research Project, Coursemaster
	PT 625	Therapeutic Interventions, Coursemaster
	PT 613	Clinical Case Report
	PT 631	Musculoskeletal Disorders I, Coursemaster
	PT 632	Musculoskeletal Disorders II, Coursemaster
	PT 675	Comprehensive Capstone

Fall 2017	PT 610 PT 634 PT 611 PT 676 PT 499	Principles of Research, Coursemaster Musculoskeletal Disorders IV, Coursemaster Research Proposal, Coursemaster Sports Physical Therapy Senior Honors Project
Summer 2017	PT 635	Musculoskeletal Disorders V, Coursemaster
Spring 2017	PT 499 PT 604 PT 612 PT 613 PT 631 PT 632 PT 675	Senior Honors Project Pathophysiology I Research Project, Coursemaster Clinical Case Report Musculoskeletal Disorders I, Coursemaster Musculoskeletal Disorders II, Coursemaster Comprehensive Capstone
Fall 2016	PT 610 PT 633 PT 634 PT 611 PT 614	Principles of Research, Coursemaster Musculoskeletal Disorders III Musculoskeletal Disorders IV Research Proposal Measurement in PT
Summer 2016	PT 607 PT 635	Pathophysiology II, Coursemaster Musculoskeletal Disorders V

June 2012-May 2016 Assistant Professor
University of Incarnate Word
School of Physical Therapy

Courses Taught:

Spring 2016	DPT 5521.03 DPT 7521.07 DPT 6115.06	Physical Therapy Reasoning II Physical Therapy Reasoning VI Professional Critical Self-Reflection III
Fall 2015	DPT 5312.01 DPT 5312.02 DPT 6115.06	Patient/Client Management I Patient/Client Management I Professional Critical Self-Reflection III
Summer 2015	DPT 6115.06	Professional Critical Self-Reflection II
Spring 2015	DPT 5322.01 DPT 5322.02 DPT 5115.06 DPT 8115.06	Patient/Client Management II Patient/Client Management II Professional Critical Self-Reflection I Professional Critical Self-Reflection IV
Fall 2014	DPT 5312.01 DPT 5312.02	Patient/Client Management I Patient/Client Management I

	DPT 5115.06 Professional Critical Self-Reflection I DPT 8115.06 Professional Critical Self-Reflection IV
Summer 2014	DPT 7115.06 Professional Critical Self-Reflection III
Spring 2014	DPT 5322.01 Patient/Client Management II DPT 5322.02 Patient/Client Management II DPT 5523.02 Foundational Science II DPT 7115.06 Professional Critical Self-Reflection III
Fall 2013	DPT 5312.01 Patient/Client Management I DPT 5312.02 Patient/Client Management I DPT 6115.06 Professional Critical Self-Reflection II
Summer 2013	DPT 6311.08 Physical Therapy Reasoning III DPT 6115.06 Professional Critical Self-Reflection II
Spring 2013	DPT 5322.01 Patient/Client Management II DPT 5322.02 Patient/Client Management II DPT 5115.06 Professional Critical Self-Reflection I
Fall 2012	DPT 5312.01 Patient/Client Management I DPT 5312.02 Patient/Client Management I DPT 5115.06 Professional Critical Self-Reflection I
Jan 2015-May 2016	Adjunct Professor University of Incarnate Word Department of Athletic Training and Rehabilitative Science
Spring 2015	ATHP 2315 Evaluation Strategies for the Trunk and Lower Extremities

Peer-Reviewed Publications

Waldhelm A, Li L. Weak relationships between three clinical assessments and core stability tests. *EC Orthopaedics*. 2017; 7, 88-95.

Oyama S, Waldhelm A, Sosa RA, Patel R, Kalinowski D. Trunk muscle function deficit in youth baseball pitchers with excessive contralateral trunk tilt during pitching. *Clinical Journal of Sports Medicine*. 2017; 27 (5), 475-480.

Waldhelm A, Fisher RA. Lower extremity muscle activation during over ground verses treadmill running. *MOJ Yoga & Physical Therapy*, 2016; 1 (1): 00003. DOI 10.15406/mojypt.2016.01.00003.

Denton JM, Waldhelm A, Hacke JD, Gross MT. Clinician patterns of ankle brace recommendation and perception of factors associated with brace use. *SportsHealth*. 2015; 7, 267-269.

Waldhelm A, Li L. Endurance tests are the most reliable core stability related measurements. *Journal of Sport and Health Science*. 2012; 1, 121-128.

Li. L, Waldhelm A. Historical and Current Understanding of Core Stability, *Sport Science Research (China)*. 2011; 32, 1-9.

Waldhelm A, Li L. Core stability: history and current issues. *Chinese Journal of Sports Medicine*. 2010; 29(4), 477-480.

Peer-Review Publications Under Review

Waldhelm A, Gacek M, Davis H, Saia C, Kirby B. Acute effects of neural gliding on athletic performance. *International Journal of Sports Physical Therapy*.

Waldhelm A, Puckett A, Schwarz N, Gubler C. Effects of foot positioning on muscle activity during the heel-raise exercise. *Journal of Musculoskeletal Research*.

Waldhelm A, St. Charles WL, Curtis RJ, Ramos C, Mitchell B. Rehabilitation of a college football player following a scapular fracture with suprascapular neuropathy: A case report. *Physical Therapy in Sport*.

Harper SP, Schwarz NA, Waldhelm A, McKinley-Barnard SK, Holden SL, Kovaleski JE. A comparison of machine versus free weight squats for the enhancement of sport-specific tasks related to lower-body power, speed and change of direction ability in recreationally-active women. *Journal of Strength and Conditioning Research*.

Schwarz NA, Blahnik ZJ, Prahadeeswaran S, McKinley-Barnard SK, Holden SL, Waldhelm A. (-)-Epicatechin supplementation inhibits aerobic adaptations to cycling exercise in humans. *Frontiers in Nutrition*.

Peer-Review Abstracts/Presentations

Smith K, Waldhelm A. Acute Effects of Neural Gliding on Hamstring Flexibility and Athletic Performance in College Basketball Players, National Strength and Conditioning Association Annual Conference Proceedings, Indianapolis, IN, 2018.

Puckett A, Waldhelm A. Effects of Foot Positioning on Muscle Activity during the Heel-raise Exercise, National Strength and Conditioning Association Annual Conference Proceedings, Indianapolis, IN, 2018.

Blahnik Z, Schwarz N, McKinley-Barnard S, Holden S, Waldhelm A. A Randomized, Double-blinded, Placebo-controlled Trial of (-) – Epicatechin Supplementation on Adaptations to Aerobic and Anaerobic Endurance Exercise Training, Annual Conference of the International Society of Sports Nutrition, Clearwater, FL. 2018

Gacek M, Davis H, Saia C, Kirby B, Waldhelm A. Acute Effects of Neural Gliding on Athletic Performance, Combined Sections Meeting APTA, New Orleans, LA, 2018.

Waldhelm A, St. Charles WL, Curtis RJ, Ramos C, Mitchell B. Rehabilitation of a College Football Player Following a Scapular Fracture with Suprascapular Neuropathy, Southeast Athletic Trainers' Association Annual Conference, Atlanta, Ga, 2017.

Harms S, Waldhelm A, Gonzalez J, Ward T, Williamson A. Title: Barefoot Training Drills as Part of a Dynamic Warm-Up Reduces Initial Peak Ground Reaction Forces in Novice Runners, Combined Sections Meeting APTA, San Antonio, TX 2017.

Fisher R, Waldhelm A, Freeman V. Muscle Activation during Treadmill versus On-Ground Running, National Strength and Conditioning Association Annual Conference Proceedings, New Orleans, LA 2016.

Hughes L, Thurmond SM, Waldhelm A. The Effects of Physical Therapy on Pulmonary Function, Posture, and Functional Mobility in two Older Adults. Texas Physical Therapy Association's Annual Conference proceedings, 2015.

Waldhelm A, Burnett R. Relationships between Athletic Performance and Core Stability in Collegiate Women Soccer Players. *Journal of Strength and Conditioning Research*, 2015;

Oyama S, Waldhelm A, Sosa AR, Patel RR, Kalinowski DL. Association between Trunk Muscle Function and Excessive Contralateral Trunk Tilt during Pitching in Youth Baseball Pitchers, *Journal of Athletic Training*, 2015; 50, S-55.

Waldhelm A, Burnett R, Cochran S. Relationships between Core Stability Measurements and the Functional Movement Screen in Collegiate Female Soccer Players, *Journal of Athletic Training*, 2015; 50, S-136.

Denton J, Waldhelm A, Clinician Patterns of Ankle Brace Recommendation and Perception of Factors Associated with Brace Use, Texas Physical Therapy Association's Annual Conference proceedings, 2014.

Nguyen L, Hannan K, Mulchrone P, Waldhelm A, The Effects of a Minimalist Training Protocol on Lower Extremity Muscle Activation: A Pilot Study, Texas Physical Therapy Association's Annual Conference proceedings, 2014.

Waldhelm A, Li L, Assessing Core Stability: Developing a Practical Model, *Physical Therapy Journal*, May 2014.

Waldhelm A. Associations between core stability and measurements and injury in female collegiate soccer players: Initial Findings, Abstract Published in National Strength and Conditioning Texas State Clinic proceedings, 2014.

Waldhelm A, Li L, Heard D. Relationships between Athletic Performance and Measurements related to Core Stability in Young Athletes, *Journal of Strength and Conditioning Research*, 2013; 27 Supplement 2.

Waldhelm A, Li L. Males and Females Perform Differently on Measurements related to Core Stability, *Journal of Strength and Conditioning Research*, 2013; 27 Supplement 2.

Waldhelm A, Li L., Relationships between Clinical Core Stability Assessments and Individual Core Stability Tests, Abstract Published in American College of Sports Medicine Annual Meeting Proceedings, 2011.

Waldhelm A, Li L., Test-Retest Reliability of Core Stability Measurements, Abstract Published in American College of Sports Medicine Annual Meeting Proceedings, 2010.

Waldhelm A, Li L., Gait Stability and Variability of Young and Older Adults at Different Speeds, *Medicine & Science in Sports and Exercise*, 2006, 38, Supplement 260.

Grant Activity

External

Title: Effects of Trunk Strengthening Program on Pitching Biomechanics in Adolescent Baseball Pitchers

Role: Co-Investigator

Primary Investigator: Oyama S.

Agency: NATA Research and Education Foundation

Direct Costs: \$55,973

Funding Period: August 2018- July 2021

Status: FUNDED

Title: Effects of Long-term Prophylactic Use of a Lace up Ankle Brace on Muscle Strength, Single-Leg Balance and Power

Role: Primary Investigator

Co-Investigators: Denton J, Gonzalez J, Winchester J.

Agency: Sports Section, American Physical Therapy Association

Direct Costs: \$4566

Funding Period: September 2015- May 2016

Status: Not Funded

Title: Effects of Long-term Prophylactic ASO Ankle Brace Use on Ankle Muscle Strength, Lower Extremity Kinematics, and Ground Reaction Forces

Role: Co-Primary Investigator with Jason Denton

Agency: Texas Physical Therapy Association

Direct Costs: \$4772

Funding Period: January 2015- December 2015

Status: Not Funded

Title: Relationships between Measurements Associated with Core Stability and Injury in Female Collegiate Soccer Players
Role: Primary Investigator
Agency: Texas Society of Allied Health Professions
Direct Costs: \$1500
Funding Period: August 2014- May 2015
Status: Not Funded

Title: Relationships between Measurements Associated with Core Stability and Injury in Female Collegiate Soccer Players
Role: Primary Investigator
Agency: Sports Section, American Physical Therapy Association
Direct Costs: \$5000
Funding Period: June 2014- May 2016
Status: Not Funded

Title: The Effects of Minimalist Running Shoes on Lower Extremity Biomechanics
Agency: Newton Running
Gift: \$750
Funding Period: January 2013

Internal

Title: Start-up Funding: Sports Performance and Injury Assessment Equipment
Role: Primary Investigator
Agency: Capps Covey College of Allied Health Professions, University of South Alabama
Direct Costs: \$46367.00
Funding Period: January 2017
Status: FUNDED

Title: Effects of Long-term Prophylactic ASO Ankle Brace Use on Ankle Muscle Strength, Balance and Power
Role: Co-Investigator (PI: Gonzalez)
Agency: School of Graduate Studies and Research, UIW
Direct Costs: \$3000
Funding Period: August 2015- July 2016
Status: FUNDED

Title: Relationships between Golf Driving Mechanics and Performance and Core Stability
Role: Primary Investigator
Agency: School of Graduate Studies and Research, UIW
Direct Costs: \$2240
Funding Period: June 2014- May 2015
Status: FUNDED

Service

University of South Alabama

University

Oct 2018-current Institutional Review Board B
Aug 2017- current Scholarship Committee
Jan 2017-current Reviewer Whiddon Scholarship Application

College

Aug 2017-Current Academics Standards Committee-Graduate
April 2017-Jan 2018 Search Committee, Department of Speech Pathology and Audiology

Department

Feb 2018-Current Chair, Faculty Search Committee
June 2017-Dec 2018 Department Head Search Committee
Aug 2016-Current Faculty Search Committee
Aug 2016-Current Academic Standards
Aug 2016-Current Admissions
Aug 2016-Current Scholarships/Awards (Chair)
Aug 2016-Current Honors Coordinator

Community

Jan 2018 Injury prevention assessments, Murphy H.S.
Oct 2017 United Cerebral Palsy of Mobile, Trick or Treat
May 2017- current Pre-participation Physicals, Murphy H.S.
April 2017 Pre-participation Physicals, Biloxi ISD
Aug 2017-current Sports Medicine Consultant: Murphy H.S, Spring Hill College, UMS-Wright H.S., McGill-Toolen HS

University of the Incarnate Word

University

June 2012-Aug 2015 IRB Member for the School of Physical Therapy
June 2012-Dec 2015 Faculty Liaison with the Honors Program
June 2012-Aug 2015 Faculty Liaison for the Pre-Physical Therapy Club
Sept 2012-May 2016 Physical therapist with UIW athletic department

School/Department

Sept 2013-May 2016 Member of Year 1 SPT Curriculum Committee
Dec 2012-April 2013 Member Associate Dean Search Committee
Dec 2012-Aug 2015 Member of the SPT Capstone Committee
Aug 2012-Sept 2013 Member of the SPT Curriculum Committee
Aug 2012-Aug 2013 Member of the SPT Executive Committee

Community

May 2015 Handicap Transporter, NCAA D1 Women's Golf Regional
Mar 2015 Medical Volunteer, Valero Texas Open
Aug 2014 Univision Latina Health Fair
May 2013 McNair Scholars Program Mentor- St. Mary's University

Sept 2012 Medical Volunteer for Rayburn Middle School football teams
Oct 2012 Volunteer for Kinetic Kids Hootenanny Fundraiser

Clinical Employment

Sept 2016-current Part-time Physical Therapist
USA Faculty Clinic
Mobile, AL

July 2016-current Part-time Physical Therapist
Encore Sports Medicine/Murphy High School Athletics
Mobile, AL

March 2015-May 2016 PRN Physical Therapist
Mission Physical Therapy
Orthopedic Outpatient Clinic
San Antonio, TX

July 2010-May 2012 Clinic Director/Physical Therapist
Triton Healthcare
General Outpatient Clinic
Denham Springs, LA

Sept 2009-July 2010 Staff Physical Therapist
Greater Baton Rouge Physical Therapy
Outpatient Orthopedic/Sports Medicine Clinic
Physical Therapist for the Southern University Athletic Department
Baton Rouge, LA

June 2009- Sept 2009 Travel Physical Therapist
Delta Flex Travelers

Oct 2008- June 2009 Lead Physical Therapist
Baker Physical Therapy
Outpatient Orthopedic/Sports Medicine Clinic
Baker, LA

Aug 2007-Oct 2008 Clinic Director
Physiotherapy Associates
Outpatient Orthopedic Clinic
McComb, MS

April 2006-Aug 2007 PRN/Full-time Physical Therapist
The Fontana Center
Outpatient Orthopedic Clinic/ Occupational Medicine
Lafayette, LA

Aug 2004-Dec 2006 Part-time Physical Therapist
Triton Healthcare Inc.

Outpatient Clinic, Nursing Home, Home Health
Denham Springs, LA

Aug 2003- Aug 2004 PRN Physical Therapist
A. Yumang Rehab Services
General Outpatient Clinic
Springdale, AR

July 2002-June 2003 Staff Physical Therapist
BenchMark Physical Therapy
Outpatient Orthopedic Clinic
Dalton, GA

Other Teaching Experiences

Research/Dissertation Committees

- 2018-Current Durdunji et al. Relationship between scapular stabilizer muscle strength and elbow stability in baseball pitchers (DPT Research Project, Primary Adviser)
- 2018-Current McElroy et al. Reliability of two single leg hamstrings bridge tests and their correlations with isokinetic testing (DPT Research Project, Primary Adviser)
- 2017- 2018 Witte et al. Reliability of two single leg sit to stand tests (DPT Research Project, Primary Adviser)
- 2017- 2018 Reid et al. Differences in Landing Mechanics between Drop Jump and Drop Tuck Jump in college soccer players (DPT Research Project, Secondary Adviser)
- 2017-2018 Blahnik Z. Effects of (-) – Epicatechin Supplementation on Adaptations to Aerobic and Anaerobic Endurance Exercise Training (Master's Thesis, Committee Member)
- 2017-2018 Harper S. Effects of Training with Different Squat Depths on Athletic Performance and Injury Prevention (Master's Thesis, Committee Member)
- 2017- Current Smith K. Short-term effects of Neural Gliding on Athletic Performance in Division II Basketball Players. (Honors Project, Primary Adviser)
- 2016- 2018 Puckett, A. Effects of Foot Position on Calf Muscle Activity during Heel Raise Exercises (Honors Project, Primary Adviser)
- 2016-2017 Kirby et al. Short-term Effects of Neural Gliding on Athletic Performance. (DPT Research Project, Primary Adviser)

- 2014- Current Powell, C. Return to Sports Assessment Following ACL Reconstruction. (Dissertation, University of Texas-Austin, Dissertation Committee Member)
- 2014-2016 Harms et al. Are barefoot training drills as part of a dynamic warm-up able to reduce initial peak ground reaction forces in novice runners? (Capstone Project, Secondary Adviser)
- 2014-2016 Schulz et al. Differences in Elbow Stress between Two Overhead Baseball Pitching Techniques. (Capstone Project, Primary Adviser)
- 2014-2016 Holmes and Jaskinia. Alternative treatments for individuals with Multiple Sclerosis: A Systematic Review. (Capstone Project, Primary Adviser)
- 2014 Freedman V. Muscle Activation Variations during Treadmill versus On-ground Running. (Honor Project, Secondary Adviser)
- 2012- 2015 Weatherford et al. A Comparison of Muscle Activation with Ottobock and Endolite Running Legs for a Subject with a Transtibial Amputation. (Capstone Project, Primary Adviser)
- 2012- 2015 Stein and Fox. The Effects of Minimalist Running Shoes on Lower Extremity Kinematics: A Quasi-Experimental Pilot Study. (Capstone Project, Primary Adviser)
- 2012-2015 Drozd et al. Correlation between LE Proprioception & Athletic Performance. (Capstone Project, Secondary Adviser)
- 2012-2015 Love et al. A Comparative Dynamic Electromyographic Analysis of Activated Muscles during a Kipping Pull-up versus a Traditional Pull-up. (Capstone Project, Primary Adviser)
- 2012-2015 Hannah et al. The Effects of a Minimalist Training Protocol on Lower Extremity Muscle Activation: A Pilot Study. (Capstone Project, Primary Adviser)
- 2012-2015 Hood et al. Newton Shoes vs. Barefoot Running: Ground Reaction Forces during running with Newton Running Shoes in Comparison to Barefoot Running. (Capstone Project, Primary Adviser)

Guest Lecture/CUE Instructor

- July 2018 CEU course instructor, Return to Sport Assessment, Mobile, AL, 0.4 CEU
- Oct 2015 Guest Lecture, DPT 5513 Foundational Sciences, “Biomechanics of Balance” UIW
- July 2015 Guest Lecture, DPT 7324 Professional Topics, “Data Analysis & Writing up Research Results/Discussion” UIW

- April 2014 Guest Lecture, ATHP 3130 Therapeutic Rehabilitation Lab, "Evaluation and Treatment Techniques for SIJ Dysfunction" UIW
- Oct 2013 Guest Lecture, ATHP 3330 Therapeutic Rehabilitation, "Core Stability" UIW
- Nov 2010 Guest Lecturer, Kin 3514 Biomechanics, "Angular Kinetics" LSU
- Oct 2010 Guest Lecturer, Kin 3514 Biomechanics, "Effect of Training and Exercise" LSU
- Oct 2005 Instructor, LSU Leisure class entitled "Exercise for Prevention and Management of Osteoporosis for Men and Women"

Awards

- 2017 "Best Article of Issue," *EC Orthopaedics*, 7 (2)
- 2011 American College Sports Medicine's Biomechanics Interest Group Student Research Award

Professional Associations

American Physical Therapy Association (Sports, Research Sections)
 Alabama Physical Therapy Association
 National Strength and Conditioning Association (Research Section)
 National Athletic Trainers' Association

Reviewer

The Journal of Strength and Conditioning Research
 National Strength and Conditioning Association (Annual Conference Abstract Reviewer and Platform Presentation Judge)
 International Journal of Sports Physical Therapy
 Sports Health
 Research Quarterly for Exercise and Sports
 Journal of Sports Science
 MOJ Yoga & Physical Therapy
 International Journal of Exercise Sciences
 World Federation of Athletic Training and Therapy 2015 (Abstract Reviewer)

Professional Licenses

Alabama Physical Therapist PTH 7971
 Texas Physical Therapist # 1215481
 Texas License Athletic Trainer #AT5869

Certifications

Sports Certified Specialist (APTA)
 Certified Strength and Conditioning Specialist (NSCA)
 American Red Cross First Responder
 CPR/AED/ First Aid
 Titleist' Performance Institute Certified Level 1

Functional Movement Systems Certified
Selective Functional Movement Assessment Certified

Professional Continuing Education

2018

Manipulative Therapy Extremities, Nova Southeastern University, Fort Lauderdale, FL
National Strength and Conditioning Association Conference, Indianapolis, IN
Manipulative Therapy Lower Quadrant, Nova Southeastern University, Fort Lauderdale, FL
American Physical Therapy Association, CSM, New Orleans, LA

2017

Manipulative Therapy Upper Quadrant, Nova Southeastern University, Fort Lauderdale, FL
American Physical Therapy Association, CSM, San Antonio, TX
SEATA Clinical Symposium and Members' Meeting, Atlanta, GA
Introduction to Office Mix, University of South Alabama, AL

2016

Intro to TBL, University of South Alabama, Mobile AL
National Strength and Conditioning Association Conference, New Orleans, LA
Specialist Certification Examination Item Writing: An Overview, American Physical Therapy Association

2015

National Strength and Conditioning Association National Conference, Orlando, FL
Nation Athletic Trainers' Association Clinical Symposia & Expo, St Louis, MO

2014

American Physical Therapy Association "Next" Conference, Charlotte, NC
National Strength and Conditioning Association Texas State Clinic, College Station, TX
American Physical Therapy Association Combined Sections Meeting, Las Vegas, NV
Texas Physical Therapy Association Annual Conference, Galveston, TX
Rehabilitation Across the Lifespan: An Orthopedic and Sports Medicine Approach to the Shoulder, Hip and Knee, North American Sports Medicine Institute, Round Rock, TX
Writing Test, Susan Hall, San Antonio, TX
Mentoring for Success, Chad Jackson, San Antonio, TX
Writing Winning Grant Proposals, John Robertson, San Antonio TX

2013

Foundation/Competencies in Sports Physical Therapy; North American Sports Medicine Institute, Nashville, TN
National Strength and Conditioning Association National Conference, Las Vegas, NV
Learning Outcomes: Targets for Teaching and Learning, Susan Hall, San Antonio, TX

Critical Thinking and Test Item Writing, Academic Consulting Group, San Antonio, TX
New Faculty Development Workshop, APTA's Education Section, Indianapolis, IN

2012

E1 – Extremity Evaluation & Manipulation; University of St. Augustine, Little Rock, AR

Incorporating Essential Elements of Exercise Physiology into the Physical Therapy Prescription; TPTA Annual Conference, San Antonio, TX

Shoulder and Elbow Injuries in Baseball; TPTA Annual Conference, San Antonio, TX

Faculty Evaluation Workshop, Jeannette McNeil, San Antonio, TX

Creating a Teaching Philosophy Statement, Barbara Mills, San Antonio, TX

IRB Education Conference, UTHSCSA, San Antonio, TX

2011

American College of Sports Medicine Annual Meeting, Denver, CO

Titleist' Performance Institute Certified Level 1, Dallas, TX

2010

Injuries in Football Conference 2010; The Andrews Institute, Gulf Breeze, Florida

American College of Sports Medicine Annual Meeting, Baltimore, MD

2009

Selective Functional Movement Assessment; Michael Voight PT, North American Sports Medicine Institute, San Antonio, TX

2008

S1-Introduction to Spinal Evaluation and Manipulation; University of St. Augustine

Strengthen Your Game™ -Golf; Robert Donatelli, PT, Physiotherapy Associates

2007

Spinal Instability - Whole Spine Stabilization; Stanly Paris, University of St. Augustine

2006

Motor Learning, Ph. D coursework, LSU

Exercise and the Environment, Ph. D coursework, LSU

American College of Sports Medicine Annual Meeting, Denver, CO

2005

Biomechanics Lab, Ph. D coursework, LSU

Motor Control, Ph. D coursework, LSU

Neuromuscular response of exercise, Ph. D coursework, LSU

2004

Pathophysiology & Mechanics of the Shoulder; Robert Donatelli, PT, Atlanta, GA

Analysis of Human Movement, Ph. D coursework, LSU

2003

Sports-Specific Rehabilitation, Robert Donatelli, PT, Atlanta, GA

Last revised: September 12, 2018