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Education:

The Ohio State University: Doctor of Physical Therapy, May 2022: GPA 3.75

Miami University: Master of Science in Kinesiology and Health, May 2019

Miami University: Bachelor of Science in Kinesiology and Health, May 2017

Employment:

Miami University Visiting Professor – EHS Department of Kinesiology and Health 2023- Present

- KNH 188: Physical Activity and Health. Introductory Kinesiology/Miami Plan class designed to provide the mechanism behind the effects of physical activity and etiology of various risk factors on health.

Miami University Advisory Council – College of Education, Health, & Society (2022 – Present)

- Serving a 3-year term on the advisory council to Dean Lane of the College of Education, Health and Society
 - Alumni Engagement/Fundraising

Bon Secours Mercy Health – Department of Ortho and Sports Physical Therapy 2022- Present

- Staff physical therapist in Oxford, OH. Clinician duties including the evaluation and rehabilitation of various pathologies, collaboration with Staff Physicians and Surgeons, collaboration with athletic trainers, team doctors, dieticians, sports psychologists, and coaches for the athletic teams at Miami University.
 - Conduct Running Gait Analyses, Orthotics Evaluations, Drafted Wholistic Alter-G return to Running Protocol
- Researcher: Bon Secours Mercy Health and Miami University Sports Medicine. Miami University Track and Field and Cross-Country teams.
- Employee of the Month 01/2023

District Track Club (Under Armour) Running Performance Consultant, 2019-2022

- Collaborated with the Head Coach (Tom Brumlik) of this professional track club, run out of Washington DC. Consulted on running progressions, cross training modalities, wholistic running log for daily data collection. DTC has since been rebranded to Baltimore 800m.

The Ohio State University- Department of Physical Therapy, 2019-2022

- Graduate Research Assistant to Dr. Catherine Quatman-Yates: Drafted IRB proposal, constructed a population specific graded exercise test & exercise intervention, conducted literature reviews, screened for inclusion/exclusion criteria, and critically appraised literature.

Miami University- Department of Kinesiology and Health, 2017-2019

- Graduate Teaching & Research Assistant: Instructed Senior Laboratories; Biodynamics of Human Movement, Exercise Physiology, & Clinical Fitness Assessment and Exercise Prescription. Substitute Biodynamics of Human Movement Lecturer. Constructed lesson plans, assignments, and exams. Performed all grading. Assigned Undergraduate Assistants. See Research Below.

Research

- **OSU Graduate Research Assistant, 2019-2022**
 - **Co-Author:** Pottkotter K, Hazlett M, Mansfield C, et al. Understanding social determinants of health and physical therapy outcomes in patients with low back pain: A scoping review protocol. *Musculoskeletal Care*. 2022;20(4):945-949. doi:10.1002/msc.1624
 - **Co-Author:** Concussion Rehabilitation through a Cervical Spine Lens: A Scoping Review.
 - Poster Presentation at CSM 2021 (Drs Gulla, Quatman-Yates, Briggs).
 - **Acknowledgement:** Clinical Practice Guideline Physical Therapy Evaluation and Treatment after Concussion /Mild Traumatic Brain Injury (Dr. Quatman-Yates).
 - Class of 2022 **Research Chair**
- **Miami University Graduate Research Assistant, 2017-2019**
 - **Master's Thesis:** Effects of an acute bout of high-intensity aerobic exercise on cognitive performance in highly-fit, highly-trained athletes - **Revising for Publication.**
 - Novel Thesis: Controlled Volume of exercise across intensities of interventions. Created elite running specific VO₂max test with 100% subjects meeting criteria for maximal test. (Average VO₂: 72.8 ± 4.6 ml/kg/min).
 - The effects of velocity-based training on 1RM chest press and knee extension, from a quantitative aspect (Dr. Randal Claytor).
 - Anticipatory Postural Adjustments & Load uncertainty (Dr. William Berg).
- **Miami University Undergraduate Research Assistant, 2016-2017**
 - **Co-Author:** Effects of an acute bout of resistance training on cognitive function in young adults (Jarod Vance, MS, PhD- **In Review.**)

Professional Organizations/Certifications:

- **Licensed Physical Therapist**
- American Physical Therapy Association: Orthopedics, Research, and Sports sections member
 - SIG: Sports Performance, College and Professional Sports, Running, and Concussion
 - The Ohio State University Student SIG: Running and Private Practice
- IAMT Dry Needling Certification Level 2
- Examination and Treatment of Running injuries- Part 2, Dr. Bryan Heiderscheid PT, PhD, FAPTA
- MiamiOH MMBA: Mini MBA (Cert. 12/31/2020)
- AHA: Basic Life Support | CITI Training Certified

Additional Skills and Activities:

- Isokinetic Testing and interpretation
- Administered and analyzed over 100 VO₂ Max tests, MVV and FEV Data through COSMED K5 portable and ParvoMedics TrueOne 2400 standard metabolic units.
- Development and implementation of symptom limited graded exercise tests and interventions with 12-Lead ECG and VO₂ for general, post-concussive, and elite endurance populations.
- Noraxon EMG, Vicon Nexus 3-D Motion Capture, CardioCard/GE Case Med, Microsoft Office, SPSS, ImPACT Testing, Body Composition (Skin Fold, BodPod, Bioelectrical Impedance Analysis), Functional Movement Screening (Trained Undergrad Students in FMS).
- Mercy Health Inservice:
 - Alter-G Standard Operating Procedures and Current Literature
 - ReWalk Exoskeleton Gait training.
- High5Test order 1-5: Analyst, Strategist, Self-Believer, Philomath, Believer.

Clinical/Professional References:

-Amanda Van Winkle PT, DPT, OCS, ATC, DN-C

Physical Therapist - Manager Mercy Health Oxford, OH

AKVanWinkle@mercy.com

-Jess Brechin, PT, MPT, DN-C

Physical Therapist, Running Lead – Mercy Health Oxford, Ohio

jlbrechin@mercy.com

Note: Practicum Mentor/ Gait Analysis and Return to Running Progressions

-Matt Midkiff, PT, DPT, CSCS

Physical Therapist, Owner Foothills Sports Medicine Physical Therapy, Gilbert-Mesa, AZ.

mmidkiff@foothillsrehab.com

-Tom Brumlik, MS

Head Coach and Co-Founder of District Track Club/Run Baltimore 800m

Tom.Brumlik@gmail.com

Academic References:

Catherine Quatman-Yates, PT, DPT, PhD

Assistant Professor of Physical Therapy, Research Jameson Crane Sports Institute- OSU.

catherine.quatman@osumc.edu

Note: Research Advisor/ Professor

John DeWitt, PT, DPT, SCS, ATC

Assistant Clinical Professor of Physical Therapy, The Ohio State University.

John.Dewitt@osumc.edu

Susan Appling, PT, DPT, PhD, OCS, MS, MTC

Associate Professor of Physical Therapy, The Ohio State University. Vice President APTA.

Susan.Appling@osumc.edu

Randy Claytor, PhD

Associate Professor of Kinesiology and Health – Miami University.

claytorp@miamioh.edu

Note: Thesis Advisor, Graduate Teaching and Research Advisor

Ron Cox, PhD

Professor Emeritus Kinesiology and Health – Miami University.

Coxrh@miamioh.edu

Note: Thesis Committee Member, Advisor