

ROBERT S. WAINNER PT, Ph.D., ECS, OCS, FAAOMPT

<u>CLINC</u>	<u>UNIVERSITY</u>	<u>HOME</u>
1324 Common Street Suite 307 New Braunfels, TX 78130 Office: (830) 652-7310 Fax: (830) 625-3228 e-mail: rob@texpts.com Web site: www.texpts.com	Physical Therapy, College of Health Professions 601 University Drive San Marcos, TX 78666 Office: (512) 245-8351 Fax: (512) 245-8736	2349 Hawthorne Pass Schertz, TX 78154 Home: (210) 659-1017 Mobile(210) 473-8664 e-mail: rwainner@sbcglobal.net

EDUCATION

Civilian

- 1997-2000 Doctorate of Philosophy in Rehabilitation Science. The University of Pittsburgh, School of Health and Rehabilitation Science, Pittsburgh, PA.
 Advisor: Anthony Delitto, PT, Ph.D.
- 1990-1992 Masters of Science in Physical Therapy (Advanced). Orthopaedic and Electrophysiologic Emphasis. The University of Kentucky, College of Allied Health Professions, Division of Physical Therapy, Lexington, KY.
 Advisor: Arthur J. Nitz, PT, Ph.D., OCS, ECS
- 1983-1985 Bachelors of Science and Certificate in Physical Therapy.
 The University of Texas Medical Branch at Galveston, School of Allied Health Sciences, Division of Physical Therapy, Galveston, TX.
- 1981-1983 Wharton County Junior College, Wharton, TX.

Military

- 1996 Air Command and Staff College (Correspondence)
- 1993 Combat Casualty Care Course (C4), TAC Officer.
- 1990 Squadron Officer School (Residence)
- 1989 Squadron Officer School (Correspondence).

EMPLOYMENT

- 2005-Present Associate Professor, Texas State University. Physical Therapy, College of Health Professions. 601 University Drive, San Marcos, TX. 78666
- 2005-Present Co-owner, Vice-President, Evidence in Motion (an evidence-based think tank dedicated to fostering the advancement of evidence-based physical therapy practice, research, and education by providing premiere educational offerings and consultative services for individual practitioners and educational institutions). 13201 Magisterial Drive Louisville, KY 40223
- 2004-Present Co-owner, Vice-President & Director of Practice, Texas Physical Therapy Specialists. 1324 Common Street, Suite 307. New Braunfels, TX 78130
- 2001-2005 Associate Professor and Director of Research, U.S. Army-Baylor Doctoral Program in Physical Therapy. Army Medical Department Center & School, Fort Sam Houston, TX 78234
- 2000-2001 Research and Practice Coordinator, Physical Medicine Flight, Physical Therapy Element. Wilford Hall USAF Medical Center (WHMC), Lackland AFB (LAFB), San Antonio, TX 78236
- 1997-2000 Air Force Institute of Technology, Graduate Degree Program/University of Pittsburgh, School of Health and Rehabilitation Science, Doctorate of Philosophy in Rehabilitation Science. Pittsburgh, PA.
- 1995-1997 Assistant Professor and ACCE, US Army-Baylor University Graduate Program in Physical Therapy, FT Sam Houston, TX. 78234
- 1992-1995 -Department of Physical Therapy Coordinator of Clinical Education, Andrews AFB, MD 20331
-Neurology Department, Electromyography (EMG) staff Andrews AFB, MD 20331
-EMG Consultant & Staff Assistance, (12hrs wk.) National Naval Medical Center (NNMC), Bethesda, MD.
- 1990-1992 Air Force Institute of Technology, Graduate Degree Program/University of Kentucky, School of Allied Health Professions, Advanced Masters in Physical Therapy, Orthopaedic and Electrophysiologic Tract
- 1987-1990 Chief, Physical Therapy Services, 42d Strategic Hospital, Loring AFB, ME

1985-1987 Staff Therapist, Physical Therapy Department, Wilford Hall USAF Medical Center (WHMC), LAFB, San Antonio, TX. 78236

BUSINESS INTERESTS

2005-Present Vice-President and Co-founder, Evidence in Motion, LLC. a campaign to generate enthusiasm, interest, and sharing within the physical therapy community for Evidence Based Practice. www.evidenceinmotion.com

2004-Present President, Texas Physical Therapy Specialists, PC (outpatient physical therapy private practice). www.texpts.com

2003-2005 President, Evidence Based Physical Therapy Resources, PA (contract EMG/NCV service and continuing education seminars; current status is inactive)

PROFESSIONAL ORGANIZATION MEMBERSHIP

2003-Present American Physical Therapy Association (APTA) Private Practice Section

2002-Present Fellow, American Academy of Orthopaedic and Manual Physical Therapy (AAOMPT)

2000-Present AAOMPT member

1997-Present APTA Research Section

1991-Present APTA Clinical Electrophysiology Section

1985-Present APTA Orthopedic/Sports Section

1983-Present APTA member

OFFICES & APPOINTMENTS

2005-Present Work Group co-leader, APTA Orthopaedic Section Evidence-based Practice Guidelines for Physical Therapy of Common Musculoskeletal Disorders Working Group.
Member, TPTA Governmental Affairs Committee; Direct Access Task Force

2003-Present Member, APTA Description of Advanced Clinical Practice Committee (Clinical Electrophysiology)
Member, APTA Manipulation Task Force
Member, APTA Manipulation Task Force Manipulation and Education subcommittee
Editorial Review Board Member, Journal of Orthopaedic and Sports Physical Therapy

- 2001 – Present Manuscript reviewer, Journal of Orthopaedic and Sports Physical Therapy
Manuscript reviewer, Physical Therapy
- 2001-2005 Chair, APTA Advisory Panel on Research (appt. term through 6/05)
Director, USAF Physical Therapy Research
Expert Reviewer, HQ USAF/SG
Advisor to Biomedical Science Corps Associate Chief for Physical Therapy for Education, Training, and Research
Member, APTA Advisory Panel on Research (appt. term through 6/05)
- 2001-2004 Trustee (research and education), Texas Physical Therapy Education and Research Foundation
Coordinator, USAF Readiness Skills Verification Program: Physical Therapy
- 1996-Present Advisor to Biomedical Science Corps Associate Chief for Physical Therapy for Clinical Electrophysiology
- 1999-2001 Government Liason, Breast Cancer Randomized Clinical Trial Panel: USAMRMC Congressionally Mandated Research Programs
Adjunct Faculty, US Army-Baylor University Graduate Program in Physical Therapy, FT Sam Houston, TX
Key Witness, Texas Physical Therapy Association Spinal Manipulation Task Force: testimony given before 2001 Texas Legislative Session to Health and Human Services subcommittee
- 1998-1999 DoD/VA LBP Guidelines Development Task Force, AF panel expert
- 1997 Oral Examination Board Member, US Army Baylor Graduate Program in Physical Therapy
- 1995-1999 Specialization Academy of Content Experts, Board Exam Item writer for ECS exam
- 1995-1996 Member, Texas Physical Therapy Association EMG Task Force: selected Witness to testify before the Texas Medical Association
Select Reviewer, American Physical Therapy Association's Volume II of A Guide to Physical Therapist Practice: Preferred Practice Patterns
- 1994 Board Exam Item Writer for OCS Exam
- 1992-1995 AF Course Coordinator for National Capitol Area Tri-Service Continuing Education
- 1989-1990 Physical Fitness OPR, Health Promotion Committee, 42nd Strategic

Hospital, Loring AFB, ME

- 1988-1989 Wing Health Promotion Coordinator, Loring AFB, ME.
Ergonomic Advisor to the Federal Employee Compensation Act (FECA) committee, Loring AFB, ME
- 1987-1988 Hospital Representative to Company Grade Officer Council, Loring AFB, ME
- 1986-1987 OIC Sports Medicine Clinic, WHMC Physical Therapy Department LAFB, TX.
OIC Back School, WHMC Physical Therapy Department, LAFB TX
Clinical Instructor for physical therapy students from the University of Texas programs at San Antonio, Dallas, and Army-Baylor physical therapy programs. WHMC Physical Therapy Department, LAFB TX

PROFESSIONAL LICENSURE

- 1997-2000 Physical Therapy License PA PT-011421-L (inactive)
- 1985-Present Physical Therapy License TX #1043545 (current)

BOARD CERTIFICATION & FELLOWSHIPS

- 2001-Present Fellow, American Academy of Orthopaedic Manual Physical Therapy (AAOMPT): #FF0357
- 1995-Present Board Certified Clinical Specialist in Clinical Electrophysiologic Physical Therapy, American Board of Physical Therapy Specialties
ABPTS: #897
ABPTS: (Recertification 2005)
- 1994-Present Board Certified Clinical Specialist in Orthopaedic Physical Therapy,
ABPTS: #1173
ABPTS: # (Recertification 2004)

FACULTY APPOINTMENTS, SERVICES TO OTHER ACADEMIC PROGRAMS

- 2005-Present Adjunct Faculty, U.S. Army-Baylor Doctoral Program in Physical Therapy. Army Medical Department Center & School, Fort Sam Houston
- 2004-Present Faculty, Full Professor; Rocky Mountain University, Provo, UT
- 2003-Present Adjunct Faculty, EMG/NCV testing block, Regis University
- 2002-2003 Adjunct Faculty, Lecturer for Physical Therapy Interventions. Rocky

Mountain University, Provo, UT

2000-Present Academic Faculty, Associate Professor. Design, and Statistics, U.S. Army Orthopaedic Physical Therapy Residency Program. Brooke Army Medical Center, Fort Sam Houston, TX 78234

1997-1999 Lecturer, Clinical Investigation & Evidence Based Practice University of Pittsburgh

1996-1997 Lecturer in Biomechanics, U.S. Army Orthopaedic Physical Therapy Residency Program. Brooke Army Medical Center, Fort Sam Houston, TX 78234

EMG Instructional Block Instructor, Southwest Texas State University

1993-1994 Instructor & preceptor, EMG Tri-service residency, NNMC, Bethesda.

1992-1995 Clinical Faculty, MGMC Family Practice Residency.
Lecturer, MGMC Medical Law Consultants Course.
Clinical Faculty for Shenandoah University Physical Therapy Program
EMG Instructional Block Instructor, Shenandoah University Physical Therapy Program

CREATIVE PRODUCTS

Doctoral Dissertation

2000 Wainner, RS: Cervical Radiculopathy and Carpal Tunnel Syndrome: A Prospective Determination of the Reliability, Diagnostic Accuracy, and Predictive Validity of Commonly used Clinical Examination Measures and Patients Self-Report Instruments [Dissertation]. Pittsburgh, Pa: University of Pittsburgh; 2000

Masters Thesis

1992 Wainner, RS. Muscular Strength Gains and Sensory Perception Changes: A Comparison of NMES and Combined NMES/Magnetic Stimulation [Master's Thesis]. Lexington, Ky: University of Kentucky; 1992

Published Manuscripts in Referred Journals

2006 1. Whitman JM, Flynn TW, Childs JD, Wainner RS, Gill H, Ryder MG Garber M, Bennett A, Fritz JM. A Comparison Between Two Physical Therapy Treatment Programs for Patients with Lumbar Spinal Stenosis: A Randomized Clinical Trial. Spine (In Press)
2. . Flynn T, Wainner RS, Fritz JM. Spinal Manipulation in Physical Therapist Professional Degree Education: A Model for Teaching and Integration Into Clinical Practice. J Orthop Sports Phys Ther. 2006:577-587

3. Leshner JD, Sutlive TG, Miller GA, Chine NJ, Garber M, Wainner RS. Development of a Clinical Prediction Rule for the Classifying of Patients with Patellofemoral Pain Syndrome Who Respond Best to Patellar Taping. J Orthop Sports Phys Ther (In Press)
- 2005
 4. Harris K, Heer D, Roy T, Santos D, Pritchard A, Whitman JM, Wainner RS. Measurement characteristics of a test of deep neck flexor muscle endurance in individuals with and without neck pain. Phys Ther. 2004;1349-1355.
 5. Wainner RS, Fritz JM, Irrgang JJ, Delitto T, Allison SC, Boninger M. Development of a Clinical Prediction rule for the Diagnosis of Carpal Tunnel Syndrome. Arch Phys Med Rehabil. 2005;86:609-618.
 6. Childs JD, Flynn T, Fritz JM, Piva S, Whitman J, Wainner RS, Greenman P. "Screening for risks associated with cervical spine mobilization/manipulation: A guide for clinical decision-making" J Orthop Sports Phys Ther. 2005;35:300-306
- 2004
 7. Winters MV, Trost JS, Blake CG, Marcello TB, Lowe LM, Garber B, Wainner RS. The effectiveness of passive vs. active stretching of hip flexor muscles in subjects with limited hip extension. Phys Ther. 2004;84:800-807.
 8. Cliborne A, Wainner RS, Rhon CI, Judd CD, Fee TT, Whitman JM, Matekel RL, Lowe LM. Reliability of provocative hip tests and a functional squat test in patients with knee osteoarthritis: incidence of positive test findings and short-term response to hip mobilization. J Orthop Sports Phys Ther. 2004;34(11):676-685.
 9. Fritz JM, Whitman J, Flynn TW, Wainner RS, Childs JD. Clinical Factors Related to the Failure of Individuals with Low Back Pain to Improve with Spinal Manipulation. Phys Ther. 2004;84:173-190.
- 2003
 10. Wainner RS. Guest Editorial: Reliability of the clinical examination: how close is "close enough"? J Orthop Sports Phys Ther. 2003;33:488-491
 11. Wainner RS, Fritz JM, Boninger M, Irrgang JJ, Delitto T, Allison SC. Reliability and Diagnostic Accuracy of the Clinical Examination and Patient Self-Report Measures for Cervical Radiculopathy. Spine. 2003;28(1):52-62
 12. Flynn T, Fritz J, Wainner R, Whitman J. The Audible Pop is not Necessary for Successful Spinal High Velocity Thrust Manipulation in Individuals with Low Back Pain. Archives of Physical Medicine & Rehabilitation, 84(7): 1057-1060, 2003
- 2002
 13. Flynn TW, Fritz J, Wainner RS, Whitman J. Letter to the Editor- Are Physical Agents the Same as Rehabilitation? Phys Ther. 82:286-287, 2002

14. Flynn T, Fritz J, Whitman J, Wainner RS, Magel J, Rendeiro J, Butler B, Garber M, Allison S. A Clinical prediction rule for classifying patients with low back pain who demonstrate short-term improvement with spinal manipulation. *Spine*. 2002; 27: 2835-2843
- 2001 15. Fritz JM, Wainner RS. Examining diagnostic tests: an evidence-based perspective. *Phys Ther*. 2001;81:1546-1564.
16. Fitzgerald GK, Lephart SM, Hwang JH, Wainner RS. Hop tests as predictors of dynamic knee stability. *J Orthop Sports Phys Ther*. 2001;31:588-597
- 2000 17. Wainner RS, Gill HM. Diagnosis and non-operative management of cervical radiculopathy. *J Orthop Sports Phys Ther*. 2000;30:728-744
18. Wainner RS, Boninger ML, Balu G, Burdett R, Helkowski W. The Durkan gauge and Carpal Compression Test: instrument validity and diagnostic test properties in a case series of 57 consecutively tested hands. *J Orthop Sports Phys Ther*. 2000;29:676-682
19. Fritz JM, Wainner RS, Hicks, GE. The use of nonorganic signs and symptoms as a screening tool for chronicity in patients with acute low back pain. *Spine*. 2000;25:1925-1931
- 1999 20. Wainner RS, Greathouse, DG. Case Report: Entrapment of the ulnar nerve deep motor branch with sensory and hypothenar sparing. *Journal of Clinical Electrophysiology*. 1999;11:7-14
- 1998 21. Wainner RS, Hasz MJ. Clinical commentary: management of acute calcific tendinitis of the shoulder *J Orthop Sports Phys Ther*. 1998;27:231-237
22. Irrgang J, Snyder-Mackler L, Wainner RS, Fu FH, Harner CD. Development of a patient-reported measure of function of the knee. *J Bone J Surg*. 1998;80A:1132-1145
23. Terry G, Morgan S, Murphy M, Baldwin T, Wainner RS, Clayton R, Underwood F. Effect of stimulator electrode placement on F-wave latency measurements and the use of height and arm length as F-wave latency predictors. *Electromyography and Clinical Neurophysiology* 1998;38:411-418

Grant Activity

- 2004 1. APTA Orthopaedic Section Grant APTA. *The Effectiveness of Accessory Movement Manipulations Under Brachial Plexus Blocks for the Treatment of Adhesive Capsulitis of the Shoulder: A Randomized Clinical Trial*. Funded- \$7,500.00
- 2003 2. Congressionally Directed Peer-Reviewed Medical Research Program. *Validation of Two Clinical Prediction Rules for the Diagnosis of Carpal Tunnel Syndrome and Cervical Radiculopathy*. PI, multi-center study. \$2.3M. Not funded, score=2.6 (resubmission to NIH in progress)
3. Foundation for Physical Therapy- Evaluating the effectiveness of PT

- interventions for persons with musculoskeletal disorders: *The Effectiveness of an Extension-Oriented Treatment Approach in a Subgroup of Patients with Low Back Pain: A Randomized Clinical Trial*. Co-investigator, multi-center study. Funded-\$40,000.00
- 2001 4. Health Promotion and Prevention Initiatives Program, U.S. Army Center for Health Promotion and Preventive Medicine: “*Screening Soldiers at Risk for Chronic, Disabling Episodes of Low Back Pain*”, Co-Investigator. Funded- \$33,115.70
- 2001 5. US Surgeon General’s Office funding for clinical research through the Wilford Hall Medical Center Clinical Research Squadron, 59th MDW, Lackland AFB: *Effectiveness of manual physical therapy and exercise for lumbar spinal stenosis: a prospective, randomized, controlled clinical trial*. Co-investigator, multi-center study. Funded-\$10,000
- 2001 6. APTA Orthopaedic Section Grant: *Effectiveness of manual physical therapy and exercise for lumbar spinal stenosis: a prospective, randomized, controlled clinical trial*. Co-investigator, multi-center study. Funded- \$10,000
- 1999 7. Foundation for Physical Therapy- Evaluating the effectiveness of PT interventions for persons with musculoskeletal disorders: *Identification of patients with acute low back pain who respond best to sacroiliac region manipulation*. Co-investigator, multi-center study. Funded \$40,000
- 1999 8. APTA Orthopaedic Section Grant: “*Cervical Radiculopathy and Carpal Tunnel Syndrome: A Prospective Determination of the Reliability, Diagnostic Accuracy, and Predictive Validity of Commonly used Clinical Examination Measures and Patients Self-Report Instruments*” PI, mutli-center study. Funded- \$5000.00

Books, Book Chapters, and Educational Products

- 2004 1. Co-author: Manipulation Education Manual for Physical Therapist Professional Degree Programs. APTA Manipulation Education Committee Task Force. 2004
- 2002 2. Whitman J, Flynn T, Wainner RS, Magel J. Orthopaedic Manual Physical Therapy Management of the Lumbar Spine, Pelvis, and Hip Region. 2002; Manipulations, Inc. ISBN 0-9714792-2-4 (an evidence-based electronic text in multimedia CD-ROM format)
- 2001 3. Wainner RS, Flynn T, Whitman J. Spinal & Extremity Manipulation: The Basic Skill Set for Physical Therapists. 2001; Manipulations, Inc. ISBN: 0-9714792-1-6 (an evidence-based electronic text in multimedia CD-ROM format)

Published Abstracts, Platform, and Poster Presentations

- 2006 1. Currier L, Froelich P, Carow S, Kane A, Boyles R, Cliborne A,

- Mansfield L, Wainner RS. Development of a clinical prediction rule to identify patients with knee osteoarthritis who respond favorably to hip mobilization (CSM Poster)
2. Currier L, Froelich P, Carow S, Kane A, Boyles R, Cliborne A, Mansfield L, Wainner RS. Development of a clinical prediction rule to identify patients with knee osteoarthritis who respond favorably to hip mobilization. Platform, Proceedings of the TPTA Annual Conference 2005
 3. Iverson C, Crowell M, Morrell P, Perkins M, Moore J, Garber M, Sutlive T, Wainner RS. Identification of patients with patellofemoral pain syndrome who respond best to manipulation of the sacroiliac joint. CSM Platform presentation
 4. Iverson C, Crowell M, Morrell P, Perkins M, Moore J, Garber M, Sutlive T, Wainner RS. Identification of patients with patellofemoral pain syndrome who respond best to manipulation of the sacroiliac joint. Platform, Proceedings of the TPTA Annual Conference 2005
 5. Teyhen DS; Rieger JL; Westrick RB; Miller AC; Molloy JM; Wainner RS; Childs JD. Ultrasound imaging of the deep abdominal muscles during core stabilization exercises. Platform, Proceedings of the TPTA Annual Conference 2005.
 6. Teyhen D, Rieger J, Westrick R, Miller A, Molloy J, Wainner RS, Childs JD. Ultrasound imaging of the deep abdominal muscles during core stabilization exercises. J Orthop Sports Phys Ther. 2006; 36(1):A16
- 2005
7. Whitman JM, Flynn TW, Wainner RS, Fritz JM, Childs JD, Garber MB, Ryder M, Gill H, Bennett A. A comparison between two physical therapy treatment programs for subjects with lumbar spinal stenosis: A randomized clinical trial. (Platform CSM)
 8. Walker MJ, Young BA, Boyles R, Strunce JB, Garber MB, Whitman JM, Deyle GD, Wainner RS. The efficacy of manual physical therapy and exercise for mechanical neck disorders: a randomized controlled trial. (Platform CSM)
 9. Loomis G, Sutlive TG, Weigel K, Mendoza A, Morris K, Rendeiro D, Wainner RS. Changes in pelvic asymmetry, functional status, and pain in subjects with low back pain more likely to respond to manipulation. (Platform CSM)
 10. Boyles R, Walker M, Young B, Strunce J, Wainner R: Manipulation Versus Graded Mobilization of Mechanical Neck Disorders. (CSM Poster)
- 2004
11. Leake V, Wainner RS, Larson M, Ayala A, Weichers J, Czech J, Young B. Reliability and normative values of deep neck flexor muscle endurance measurements in USAF high-performance aircraft pilots. Texas Physical Therapy Association Annual Conference (CSM Poster)
 12. Whitman JM, Flynn TW, Wainner RS, Garber MB, Ryder M, Gill H,

- Atkins D, Childs JD, Fritz JM, Bennett A. A comparison between two physical therapy treatment programs for subjects with lumbar spinal stenosis: A randomized clinical trial. 8th International Congress of the International Federation of Orthopaedic Manipulative Therapists, Cape Town, South Africa, March 2004. (Platform)
13. Fritz JM, Childs JD, Flynn TW, Whitman JM, Wainner RS. Segmental mobility testing in the classification of low back pain. *J Orthop Sports Phys Ther.* 2004; 34(1):A-7. (Platform CSM)
14. Whitman JM, Fritz JM, Childs JD, Flynn TW, Wainner RS, Ryder M, Gill H, Garber MB, Atkins D. Measurement properties of outcomes tools for subjects with lumbar spinal stenosis. *J Orthop Sports Phys Ther.* 2004; 34(1):A-7-8 (Platform CSM)
- 2003
15. Cliborne A, Wainner RS, Rhon CI, Judd CD, Fee TT, Whitman JM, Matekel RL, Lowe LM. Reliability of provocative hip tests and a functional squat test in patients with knee osteoarthritis: incidence of positive test findings and short-term response to hip mobilization. *Journal of Manual and Manipulative Therapy.* 2003;11:163. (Platform Annual AAOMPT Conference)
16. Flynn T, Wainner R, Fritz J. Spinal Manipulation in professional level physical therapist education: changing behaviors and outcomes in the management of low-back pain. *Journal of Manual and Manipulative Therapy.* 2003;11:164-165. (Platform Annual AAOMPT Conference)
17. Fritz JM, Whitman JM, Flynn TW, Wainner RS, Childs JD (Fritz). Clinical factors related to the failure of individuals with low back pain to improve with spinal manipulation. Combined Sections Meeting of the American Physical Therapy Association, Tampa, FL, February 2003. (Platform CSM)
18. Whitman J, Flynn T, Wainner R, Garber M, Ryder M, Gill H, Atkins D, Childs JD, Bennet A. Manual physical therapy interventions and a body weight supported treadmill ambulation program for patients with lumbar spinal stenosis. *Journal of Manual and Manipulative Therapy.* 2003;11:168. (Platform Annual AAOMPT Conference)
19. Wainner RS, Fritz JM, Boninger M, Irrgang JJ, Delitto T, Allison S. Reliability and diagnostic accuracy of the clinical examination and patient self-report measures for cervical radiculopathy. WHMC First Annual Research Day, Platform presentation
20. Whitman JM, Flynn TW, Fritz JM, Wainner RS, Childs JD. Clinical factors identifying individuals who improve dramatically and who fail to improve with lumbo-pelvic region manipulation. Proceedings of the 6th Annual Force Health Protection Conference. 2003. (Platform)
- 2002
21. Wainner RS, Flynn T, Whitman J. Faculty Summer Institute: Teaching Evidence-based Practice in Rehabilitation Professional

- Curricula. Spinal and extremity manipulation: integrating evidence-based practice principles into a clinical procedures course. Boston University, 2002. (Platform)
- 2001
22. Flynn T, Wainner RS, Whitman J. Immediate effects of thoracic spine manipulation on cervical spine range of motion and pain. AAOMPT Annual Conference. Journal of Manual and Manipulative Therapy. 2001;9:165-166. (Platform Annual AAOMPT Conference).
 23. Whitman J, Flynn T, Rendeiro D, Butler B, Wainner RS, Allison S. abstract:. Does manual therapy experience influence reliability for selected pelvic girdle tests and measures? AAOMPT Annual Conference. Journal of Manual and Manipulative Therapy. 2001;9:170-171. (Platform Annual AAOMPT Conference)
 24. Wainner RS, Fritz JM, Boninger M, Irrgang JJ, Delitto T. abstract/platform presentation PL35: Reliability of common clinical examination measures for cervical radiculopathy and carpal tunnel syndrome and the diagnostic accuracy of the clinical examination and self report instruments for carpal tunnel syndrome. APTA Combined Sections Meeting (CSM). J Orthop Sports Phys Ther. 2001; 31:A-13. (Platform Annual AAOMPT Conference)
 25. Flynn T, Fritz J, Allison S, Whitman J, Magel J, Rendeiro D, Butler B, Wainner RS abstract/platform_PL25. Characteristics of patients with low back pain who respond best to sacroiliac region manipulation. APTA CSM J Orthop Sports Phys Ther. 2001; 31:A-9-10
- 2000
26. Wainner RS, Fritz JM, Boninger M, Irrgang JJ, Delitto T. abstract/platform presentation Reliability of common clinical examination measures for cervical radiculopathy and carpal tunnel syndrome and the diagnostic accuracy of the clinical examination and self-report instruments for cervical radiculopathy. AAOMPT Annual Conference 2000
 27. Flynn T, Fritz J, Allison S, Whitman J, Magel J, Rendeiro D, Butler B, Wainner RS. abstract/platform presentation: The manipulative pop – is it associated with successful sacroiliac region manipulative treatment? AAOMPT Annual Conference. Journal of Manual and Manipulative Therapy. 2000; 8:140-141
- 1993
28. Wainner RS, Currier DP, Nitz AJ, Carlson CR. Platform Presentation Muscular Strength Gains and Sensory Perception Changes: A Comparison of NMES and Combined NMES/Magnetic Stimulation. APTA Combined Sections Meeting. 1993

Published Manuscripts in Non-Referred Journals

- 1999
1. Wainner RS. Research Pearl: The clinical exam: our bread-n-butter.

Articulations. April 2000; 10-11.

2. Wainner RS. Clinical Pearl: The Squat Test. Articulations. April 2001

Manuscripts in Review/Preparation:

1. Development of a clinical prediction rule to identify patients with knee osteoarthritis who respond favorably to hip mobilization (Manuscript in review)
2. Leake V, Wainner RS, Larson M, Ayala A, Weichers J, Czech J, Young B. Reliability and normative values of deep neck flexor muscle endurance measurements in USAF high-performance aircraft pilots. Wilford Hall Medical Center Protocol/12th Flying Training Wing, Randolph AFB. (In Review)
3. Walker M et al. Effectiveness of Manual Physical Therapy and Exercise for Mechanical Neck Disorders: A Randomized Clinical Trial. (Manuscript in preparation)
4. The Effectiveness of Accessory Movement Manipulations Under Brachial Plexus Blocks for the Treatment of Adhesive Capsulitis of the Shoulder: A Randomized Clinical Trial. Brooke Army/Wilford Hall Medical Center Protocol. (Manuscript in preparation)

Research in Progress

See faculty led student research below

Other

2002

1. Editor, USAF Readiness Skill Verification Program. Interactive Educational CDROM
2. Wainner RS, Whitman J, Flynn TW. AF Readiness Skill #13: Manipulation (Video clips with technical guidance, evidence summaries, and evidence links)
3. Wainner RS, Whitman J. AF Readiness Skill #4: Upper and Lower Quarter Screening Examination (evidence-based syllabi)

CONSULTANT & RESEARCH OVERSIGHT RESPONSIBILITIES

2006-Present Texas State University Faculty Advisor: A comparison of thoracic manipulation, scapular muscle stretching stretching, and combined manipulation and stretching for immediate effects on pain and range-of-motion in patients with mechanical neck disorders (Principal Investigator (PI), Chair)

2005 - Present US Army-Baylor transitional doctorate in physical therapy planning committee

2005 – Present APTA ICF Classification Task Force

2004 – Present: Reference Values of the Ulnar Sensory Nerve (DScPT doctoral committee member. Tom Reudiger, Rocky Mountain University)

2001-2005 US Army-Baylor Doctoral Program Research Director Oversight:

Class 2007 (DPT)

1. The Immediate Effects of Thoracic Spine and Rib Manipulation on Patients with Primary Complaints of Shoulder Impingement. (Associate Investigator (AI), Faculty member)
2. Comparison of two lumbo-pelvic manipulations for the treatment of low back pain as measured by patient self-reports of pain and function: a randomized clinical trial. (Associate Investigator (AI), Faculty member)
3. Long-Term Effectiveness of the Army's Running Shoe Program: An Analysis of Soldiers' Knowledge and Shoe Selection. Proposed Research
4. Long-Term Effectiveness of the Army's Running Shoe Program: A Biomechanical Analysis of the Effectiveness of Different Styles of Running Shoes

Class 2006 (DPT)

5. Development of a clinical prediction rule to identify patients with knee osteoarthritis who respond favorably to hip mobilization (Principal Investigator (PI), Chair)
6. Preferential Activation of the Transversus Abdominus Muscle during Core Lumbar Stabilization Exercises (Associate Investigator (AI), Faculty member)
7. Fluoroscopic Assessment of Glenohumeral Kinematics. A comparison of dynamic versus static motion
8. Identification of patients with patellofemoral pain syndrome who respond best to manipulation of the sacroiliac joint (AI, Faculty member).

Class 2004

9. Reliability and normative values of deep neck flexor muscle endurance measurements in USAF high-performance aircraft pilots (PI, Chair)
10. Utilization of real-time ultrasound as an adjunct to lumbar stabilization training
11. Comparative effects of shoulder muscle fatigue on glenohumeral migration in patients diagnosed with impingement syndrome. An *in vivo* study using cineradiographic assessment
12. Effect of Spinal manipulation on pelvic crest alignment: functional status and pain in subjects with low-back pain (AI, Faculty member)

Class 2003

14. The relationship between foot type, navicular drop test, and plantar pressure distribution patterns during walking
15. Identification of patients with patellofemoral pain syndrome who respond best to patellar taping (AI, faculty member)
16. Comparative effects of shoulder muscle fatigue on glenohumeral migration in normal subjects: an *in vivo* study using cineradiographic assessment

17. A Randomized Controlled Trial of a Leg Orthosis versus Traditional Treatment in Soldiers with Shin Splints
18. Reliability of provocative hip tests and a functional squat test in patients with knee osteoarthritis: incidence of positive test findings and short-term response to hip mobilization (PI, Faculty Chair)

Class 2002

19. Reliability of a measurement of neck flexor muscle endurance (AI, Faculty member)
20. Effect of single versus dual back strap carry on spinal posture and muscle activity
21. EMG activity of the abdominals on static and labile surfaces in subjects with and without low back pain
22. Reliability and validity of the palpation meter for leg length discrepancy
23. Normative values by age of thoracic spine range-of-motion.

1999-2000 Consultant, AFMC/SG Ergonomics Health Care Management Working Group for Work-related Musculoskeletal Disorders

INVITED LECTURES & TEACHING EXPERIENCE

- 2006 University of Oklahoma. Spinal Manipulation: an Update for Physical Therapists, Osteopathic Physicians, and Medical Doctors (Annual course, 40 hrs)
 APTA Private Practice Section (PPS). Autonomous Professionals, Evidence-based practice and Marketing (APTA Combined Sections Meeting, San Diego. 3hrs)
- 2005 American Colledge of Rheumatology (ACR) Differential diagnosis of upper quarter pain (ACR Annual Conference, San Diego, 1hr)
 APTA Private Practice Section (PPS). Evidence-based practice (PPS Annual Conference, 3hrs).
 Special topic: cervical spine disorders. Evidence-based examination and intervention for cervical radiculopathy (APTA Annual Conference, Boston. 4hrs.)
 APTA Advance Clinical Practice Course: Evidence-Based Practice: A "How To" Course. Wainner RS. (APTA Annual Conference, Boston. 8hrs)
 APTA Advance Clinical Practice Course: Examination and Selected Interventions of the Lumbar Spine and Pelvis (University of Alabama, AL Wainner RS, Whitman, 16hrs.)
 APTA ACP Course: An Evidence-Based Approach to the Examination and Selected Interventions: Cervical Spine Disorders. Childs JD, Wainner RS, (Burlington, VT 16hrs)
 University of Oklahoma College of Allied Health. Spinal Manipulation: an

- Update for Physical Therapists, Osteopathic Physicians, and Medical Doctors. Gibbons P, Teyhen P, Wainner RS, Flynn T (OKC, OK. 40hrs)
- APTA Advance Clinical Practice Course: Evidence-Based Practice: A "How To" Course. Wainner RS (Mesa, AZ, 8hrs)
- APTA Annual Combined Section Meeting. Orthopaedic Section. Orthopaedic Physical Therapy Research Information Exchange. Delitto A, Powers CM, Riddle DC, Fitzgerald K, Irrgang J, Childs J, Fritz J, Muller M. Wainner RS, Piva S. (CSM, New Orleans, 3hrs)
- APTA Annual Combined Section Meeting. Education Section Manipulation in the Classroom and Clinic: Applying the Evidence and Using the MEM" Wainner RS, Boissioneau B, King P, Wolff-Burke M, Olson K (CSM, New Orleans, 4hrs)
- 2004 APTA Advance Clinical Practice Course: Examination and Selected Interventions of the Lumbar Spine and Pelvis (Belmont University, MA; Wainner RS, Godges, 16hrs.)
- Kentucky Orthopedic Rehab Team (Louisville, KY). Examination and Selected Interventions of the Lumbar Spine and Pelvis. Wainner RS, Childs JD, Boyles R. (16hrs)
- Manipulation Workshop for Academic Educators. (Regis University, Denver CO, 16hrs)
- Regis University EMG Basics Course (Denver, CO, 16 hrs).
- Keynote Speaker, Research Day, Texas Womens University: Evidence-Based Practice: Past, Present, and Your Future. (Houston, TX, 1hr.)
- APTA ACP Course (Chicago, IL): An Evidence-Based Approach to the Examination and Selected Interventions: Cervical Spine Disorders. Childs JD, Wainner RS, Bennett A. (16hrs)
- Kentucky Orthopedic Rehab Team (Louisville, KY). An Evidence-Based Approach to the Examination and Selected Interventions: Cervical Spine Disorders. Childs JD, Wainner RS, Bennett A. (16hrs)
- APTA Advance Clinical Practice Course: Evidence-Based Practice: A "How To" Course. Wainner RS. (Baltimore, Maryland. 8hrs)
- APTA Advance Clinical Practice Course: Examination and Selected Interventions of the Lumbar Spine and Pelvis (Simmons University, MA; Wainner RS, Whitman, 16hrs.)
- APTA Advance Clinical Practice Course: Examination and Selected Interventions of the Lumbar Spine and Pelvis (Regis University, CO; Wainner RS, Godges, 16hrs.)
- APTA Combined Sections Meeting (Nashville, TN) - Manual Physical Therapy- Evidence and Evolution in the Management of Cervical Spine Disorders, Flynn T, Wainner RS, Childs J, Noteboom T. (2hrs)

- 2003
- APTA Combined Sections Meeting - Manipulation in First-professional Level Physical Therapist Education: An Educators Workshop. Flynn T, Wainner RS. (4hrs)
 - Academic Administrators Special Interest Group Forum, APTA (San Antonio, TX) – Manipulation in First-Professional Education Curricula (.5hrs)
 - Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences, Northwestern University: Spinal Manipulation for Acute LBP: Who Needs It And Are They Identifiable? (1hr)
 - Regis University EMG Basics Course (Denver, CO, 16 hrs).
 - APTA Advance Clinical Practice Course: Examination of the Lumbar Spine and Pelvis (Chicago, IL; Wainner RS, Godges, Bennett, 16hrs.)
 - AF/DoD Management Symposium (Wash, DC) Building a Shared Vision: The Future Role of Joint Physical Medicine. Manipulation (2hrs); Pharmacology for Physical Therapists (1.5hrs).
 - Army-Baylor Physical Therapy Advanced Spine Course – Evidence based approach to management of the lumbar and thoracic spine (12hrs.)
 - APTA Combined Sections Meeting (Tampa, FL) – Spinal Manipulation - Evidence and Evolution in the Management of Lumbopelvic Disorders, Flynn T, Fritz JM, Wainner RS, Whitman J
- 2002
- FT. Knox Physical Therapy Department (FT Knox, KY) -- Evidence-Based Approach To Manipulative Intervention Of The Cervico Thoracic Spine (16hrs.)
 - APTA Annual Legislative Conference (Louisville, KY) – Effective Testifying and Letter Writing (1hr)
 - APTA Advance Clinical Practice Course: Examination of the Lumbar Spine and Pelvis – (16hrs.)
 - Army-Baylor Physical Therapy Advanced Spine Course – Evidence based approach to management of the lumbar and thoracic spine (12hrs.)
 - University Hospital Pain/Anesthesia Department – Management of Cervical Radiculopathy (1hr. lecture)
 - Army-Baylor Physical Therapy Advanced Spine Course – Evidence-based Examination (lecture (1hr) and lab (4hrs); FABQ (1.5hrs); Cervical Radiculopathy (1.5hrs.); Lab Instructor for all regions.
- 2001
- AAOMPT Annual Conference: Discordant Reviews—How Do We Proceed When the Evidence Conflicts? (Combined forum, Flynn T, Wainner RS, Smith B 2hrs.)
 - AAOMPT Annual Conference: Diagnosis and Non-operative Management of Cervical Radiculopathy (Break-out session speaker; 2 1^{1/2} hr sessions)
 - US Army-Baylor Physical Therapy Doug Kersey NMSC –
 - How to Read and Interpret and EMG Report (2hrs)
 - Introduction to Pharmacology (2hrs)
 - Manipulative Techniques of the Knee, Ankle, and Foot (4hrs)

- Spinal Manipulation: Evidence & Application (16hrs.) Lab
Instructor for Timothy Flynn
- Spinal Manipulation: Current Evidence and Technical Application in the
Low Back Pain Population. Sponsored by the Texas Physical
Therapy Association. (8hrs); Lab Instructor for Timothy Flynn
- US Army-Baylor Physical Therapy Advanced Spine Course—Diagnosis
and non-operative management of cervical radiculopathy (2.5hrs.)
- 2000 U.S. Army-Baylor Graduate Program in Physical Therapy, guest lecturer:
Functional Knee Testing (21/2 hrs)
WHMC Annual OZO Continuing Education Course: Functional Knee
Testing (21/2 hrs)
Evidence Based Approach to Diagnosis of Cervical Radiculopathy and
CTS (6hrs)
- 1999 European Medical Command Fall Medical Conference: An Evidenced
Based Approach to Spine Care: Evaluation, Manipulation, &
Exercise(5 days)
US Army-Baylor Physical Therapy Doug Kersey NMSC- Functional
Testing for Knee Patients (3hrs.)
US Army-Baylor Physical Therapy Advanced Spine Course – Health
Status Assessment: Use and Application in Clinical Practice (VAS,
Oswestry, NDI, and FABQ) (2hrs.)
- 1998 University of Pittsburgh Graduate Program in Physical Therapy - Cervical
Spine Anatomy (4hrs)
- 1997-1999 University of Pittsburgh Graduate Course- Diagnostic Test Considerations
(1hr)
US Army-Baylor Physical Therapy Advanced Spine Course - Lab
assistant for cervical, thoracic, lumbar spine, and pelvis.
- 1996 US Army-Baylor Physical Therapy Doug Kersey NMSC - Biomechanical
Approach to the Pelvic Girdle (7hrs), lab instructor for cervical,
thoracic, and lumbar spine. AHCPR Guidelines (1hr)
South West Texas State University Graduate Program in Physical Therapy
Peripheral Nerve Injuries of the Upper Extremity (4 hrs)
Warm Springs Rehabilitation Hospital - Alternative Models in Clinical
Education (1hr)
US Army-Baylor Physical Therapy Advanced Spine Course
Biomechanical Approach to the Pelvic Girdle (10 hrs)
Spine Care Literature Review (1hr)
OZO Advanced Physical Therapy Course WHMC - Alternative Models in
Clinical Education (3hrs)
Lab assistant manual therapy of lumbar spine
- 1995 US Army-Baylor Physical Therapy Doug Kersey NMSC - Biomechanical
Approach to the Pelvic Girdle (7hrs)
Lab instructor for cervical, thoracic, and lumbar spine
US Army-Baylor Physical Therapy Advanced Spine Course- Lab
Instructor
Clinical Education: Current Issues and the Two-on-One Model, USAF

- 1994 Annual Management Symposium (2 hrs).
Basics in Electroneuromyographic Testing, 2nd year Shenandoah University students (Masters Level, 12 hrs).
Physical Therapy and Medical Law, Tri-Service Medical Law Consultants Course, MGMC (1hr).
- 1993 Basics in Electroneuromyographic Testing , 2nd Year Shenandoah University students (Masters Level, 12hrs).
Volume Conduction; Sensory & Motor Nerve Conduction Principles in Electroneuromyographic Testing, DOD Electroneuromyographic Residency Training Program, NNMC (8 hrs)
Physical Therapy and Medical Law, Tri-Service Medical Law Consultants Course, MGMC (1 hr)
- 1990 Conservative Management of the Spine, Professional Staff 42d Strategic Hospital, Loring AFB, ME
Ankle Sprain Management/Protocol., Professional Staff 42d Strategic Hospital, Loring AFB, ME
- 1989 Back Injury/Prevention Screening, Annual USAF PT/OT Management Symposium, Sheppard AFB, TX
- 1987 Back Injury Prevention, Bi-Annual Nursing Safety Symposium and SanAntonio Real Property Maintenance Association Quarterly Awards Ceremony, WHMC, LAFB, TX

CONFERENCES ORGANIZED

- 1997 US Army-Baylor Physical Therapy Advanced Spine Course
- 1994 Musculoskeletal Radiology. June. Dr. Doug Fellows; 4 hrs.
S.T.E.P. Approach to Therapeutic Exercise. September. Ola Grimsby PT; 2.1 CEU's.
Patello-Femoral Evaluation and Treatment Utilizing the McConnell Approach. July. Perry Esterson PT, SCS; 4 CEU's.
- 1993 Strain/Counter-Strain Theory and Technique. October. LtCol Alan Lafkey PT, OCS; 2.1 CEU's.
Symptom Reproduction Method of Assessing Low-Back Pain . July. Dr. Walter Personius; .8 CEU's

AWARDS, HONORS, & DECORATIONS

Awards & Honors

- 2004 TPTA Outstanding Physical Therapy Researcher Award
TPTA 1st Place Poster Presentation Award: Leake V, Wainner RS, Larson M, Ayala A, Weichers J, Czech J, Young B. Reliability and normative values of deep neck flexor muscle endurance measurements in USAF high-performance aircraft pilots. Texas Physical Therapy Association Annual Conference (Poster)
APTA 2004 Rose Excellence in Research Award: Flynn T, Fritz J, Whitman J, Wainner RS, Magel J, Rendeiro J, Butler B, Garber M, Allison S. A Clinical prediction rule for classifying patients with

- low back pain who demonstrate short-term improvement with spinal manipulation. *Spine*. 2002; 27: 2835-2843
- IFOMPT (International Federation of Orthopaedic Manual Physical Therapists) Excellence in Research award. Whitman JM, Flynn TW, Wainner RS, Garber MB, Ryder M, Gill H, Atkins D, Childs JD, Fritz JM, Bennett A (Whitman). A comparison between two physical therapy treatment programs for subjects with lumbar spinal stenosis: A randomized clinical trial.
- 2003 WHMC First Annual Research Day- 3rd place Platform Presentation.
- 2002 United States Air Force Field Grade Physical Therapist of the Year Award
Air Force Element Command Field Grade Physical Therapist of the Year Award
- 2002 AAOMPT Excellence in Research Award - Flynn T, Fritz J, Whitman J, Wainner RS, Magel J, Rendeiro J, Butler B, Garber M, Allison S. A Clinical prediction rule for classifying patients with low back pain who demonstrate short-term improvement with spinal manipulation.
- 1996 Outstanding Clinical Faculty Award, Southwest Texas State University
Physical Therapy Program
- 1993 Company Grade Officer of the Quarter MGMC, Oct – Dec
- 1989 United States Air Force Physical Therapist of the Year Award
Strategic Air Command Physical Therapist of the Year Award
- 1988 Company Grade Officer of the Quarter, 42nd Strategic Hospital, Jan-Mar
- 1986 Physical Therapy Worker of the Quarter, WHMC, Jun - Aug

Decorations

- 2005 Military Order of Medical Merit; inducted as member
AF Meritorious Service Medal (2nd oak-leaf cluster)
- 2002 AF Recognition Ribbon (1st oak-leaf cluster)
- 2001 AF Longevity Ribbon (3rd oak-leaf cluster)
AF Achievement Medal
- 1997 AF Meritorious Service Medal (1st oak-leaf cluster)
AF Longevity Ribbon (2nd oak-leaf cluster)
- 1995 AF Commendation Medal (1st oak-leaf cluster)
- 1994 AF Outstanding Unit Award (1st oak-leaf cluster)
- 1993 AF Longevity Ribbon (1st oak-leaf cluster)
- 1991 AF Meritorious Service Medal
AF Recognition Ribbon
National Defense Ribbon
- 1989 AF Longevity Ribbon
- 1988 AF Outstanding Unit Award
Expert Small Arms device
- 1987 Expert Small Arms (1 device)

TEACHING RESPONSIBILITIES

Current: Texas State University Department of Physical Therapy

PT 5630 - Lower Extremity: Examination and Intervention (Primary for Hip region)

PT 5620 – Spine Examination and Intervention.

PT 5640 – Upper Extremity: Examination and Intervention (Primary for Wrist/Hand region)

Previous: US Arm-Doctoral Program in Physical Therapy

Research Design, Research Methods I, first semester

Evidence-based Practice I-IV, first – fourth semesters

Diagnostic Procedures, first and second semesters

Statistics, Research Methods I, first semester

Course Coordinator, Clinical Medicine II, second semester

Pharmacology for Physical Therapists, second semester

Critical Inquiry, Research Methods II, first, second, and third semesters

Spine Region- secondary instructor and lab support

Hip Region, Elbow/wrist/hand Region- manual therapy instruction

CONTINUING PROFESSIONAL EDUCATION:

(see attachment 1)

COMMUNITY INVOLVEMENT

- 2006 – Present First Baptist Church Universal City Sr. High Sunday school teacher
- 2005 – 2006 North East Bible Church Jr. High Sunday school teacher
- 2002-2004 Club Commander, AWANAS International (bible club) Northeast Bible Church
- 1999-2002 Northeast Bible Church, member and Youth Advisory Council Elder, Youth sunday school teacher, for Northeast Bible Church
- 1997-1999 Bible Baptist Church; Sunday school Teacher; AWANAS International (Bible club) leader
- 1995-1997 AWANAS International (bible club); group leader
- 1992-1995 Immanuel Bible Church; Sunday school Teacher
- 1990-1992 Porter Memorial Baptist Church; Adult studies and Sunday school Teacher
- 1989-1990 New Life Baptist Church; Deacon, Sunday school Teacher

ATTACHMENTS (2): 1. Family information and references, 2. Continuing education

ATTACHMENT 1

Family Information: Married to Diane R. Wainner for 18yrs; four daughters, two sons: Rachael (19 yrs); Rebecca (18 yrs); Andrew (15 yrs); Bethany (13 yrs); Joshua (11 yrs), Jordan (4 years).

References:

Dr. Anthony Delitto, PT, Ph.D.
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e-mail: childsjd@sbcglobal.net

Other references available upon request.

ATTACHMENT 2Continuing Medical Education & Advanced Training:

- 2006 APTA Combined Sections Meeting, San Diego, CA (4 days)
- 2005 APTA Annual Meeting, Boston, MA (2 days)
APTA Combined Sections Meeting, New Orleans, LA (4 days)
- 2004 APTA Combined Sections Meeting, Nashville, TN (4 days)
APTA Pre-conference course: How To Start a Successful Physical
Therapy Practice (8hrs)
- 2003 Academic Administrators Special Interest Group Forum, APTA. San
Antonio, TX (3 days)
AF Annual Physical Medicine Management Symposium, Wash DC (4
days)
- 2002 APTA Combined Sections Meeting, Boston, MA (4 days)
Summer Institute in Evidence Based Practice, Boston, MA (2 days)
- 2001 7th Annual AAOMPT Conference, San Antonio, TX (3 days)
Annual Army Research Course, San Antonio, TX (2 days)
IRB 101: Public Responsibility in Medicine and Research , Wilford Hall
Medical Center, LAFB, TX (8hrs)
APTA Combined Sections Meeting, San Antonio, TX(4 days)
- 2000 Presenting Data and Information (Edward Tufte) Austin, TX (6hrs.)
- 1999 Manual Therapy of the Spine (6weeks, 8hrs weekly). Spine Center,
University of Pittsburgh Medical Center. Preceptor: Dick Erhard, DC, PT
Exercise Therapy (Mark Bookhout). AAFB (2 days)
- 1998 Manual Therapy & Spinal Research (12 weeks, ~2hrs weekly). Spine
Center, University of Pittsburgh Medical Center. Preceptor: Dick
Erhard, DC, PT
- 1997 Current Spine Concepts: Clinical Reasoning Seminar. Pittsburgh (1 day)
Mulligan Technique. San Antonio, TX. (2 days)
Measurement Concepts in Orthopedic Physical Therapy (30 contact hrs)
APTA Combined Sections Meeting, Dallas, TX (4 days)
- 1996 APTA Combined Sections Meeting, Atlanta, GA, (4 days)
- 1995 Faculty Development Course. Fort Sam Houston, TX. (3 sem. hr credit)
Musculoskeletal Radiology for Physical Therapists. MGMC, Andrews
AFB, MD, Jun (4 hrs).
USAF Bi-Annual Management Symposium (1 week)
Level One Muscle Energy. Michigan State University (@ Tucson, AZ),
Mar (5 days).
- 1994 S.T.E.P. Approach to Therapeutic Exercise. MGMC, Andrews AFB, MD,
Sept (2 1/2 days).
Patello-Femoral Evaluation and Treatment Emphasizing the McConnell
Approach. MGMC, Andrews AFB, MD, Jul (1/2 day).
- 1993 Mechanical Diagnosis and Therapy of the Shoulder. NNMC, MD, Dec (2
days).
Strain/Counter Strain Theory and Technique. MGMC, Andrews AFB,

- MD, Oct (2 1/2 days).
Electroneuromyography Symposium. Alexandria, VA, Sept (2 1/2 days).
Symptom Reproduction Method of Assessing LBP. MGMC, Andrews
AFB, MD, Jul (1 day).
Lumbar Stabilization Training. Walter Reed Army Medical Center, DC,
Jul (1/2 day).
Manual Muscle Length and Strength Testing (Florence Kendall). Walter
Reed Army Medical Center, DC, May (1 day).
- 1992 Cervical Spine Assessment. NNMC, MD, Nov (2 days).
Electroneuromyography preceptorship (6 weeks). Rehab Services of
Columbus, GA Preceptor: Barry White, PT, ECS, R EPT
Electroneuromyography preceptorship (12 weeks, 20hrs weekly).
Southern Kentucky Physical Therapy. Preceptor Larry Benz, PT,
ECS
Electroneuromyography preceptorship (8 weeks, 10hrs weekly). Frankfort
Physical Therapy Associates. Preceptor Art Nitz, PT, ECS, Ph.D.
American Academy of Electrodiagnostic Medicine Annual Symposia,
1986-1991, via correspondence (audio, video tapes and syllabi).
- 1991 Orthopaedic preceptorship (5 months, 6hrs weekly). Frankfort Physical
Therapy Associates. Preceptor Art Nitz, PT, ECS, Ph.D.
- 1989 Annual PT/OT Management Symposium. Sheppard AFB, TX, Nov (1
week).
1st Annual Orthopedic Symposium. USAF Medical Center, Wright-
Patterson AFB, OH, Oct (3 days).
OZO Advanced Physical Therapy Course. WHMC, Lackland AFB. TX,
Mar (3 weeks).
- 1988 When the Feet Hit the Ground Everything Changes. Phoenix, AZ, Dec (3
days).
Health Promotion Coordinators Conference. San Antonio, TX, Mar (1
week).
- 1987 One-week burn unit rotation, Brooke Army Medical Center.
S-1 Introduction to Spinal Evaluation and Manipulation. Denver, CO, Aug
(9 days).
Army Musculoskeletal Screening Course. Fort Sam Houston, SAHS, San
Antonio, TX Aug (2 weeks).
- 1986 How to deal with Difficult Physicians. San Antonio, TX, Feb (1 day).
Treatment of the Cervical and Lumbar Spine - Cyriax Approach. Athens,
GA, Apr 1 (3ays).
South Texas Sports Symposium. UTHSCSA, San Antonio, TX , Nov (2
days).
Treatment of the Shoulder, Elbow, and Hand - Cyriax Approach.
UTHSCSA, San Antonio, TX, Apr (3 days).