

Curriculum Vitae

Danny J. McMillian, PT, DSc, OCS, CSCS
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PROFESSIONAL EXPERIENCE

Clinical Assistant Professor
Physical Therapy Program
University of Puget Sound
Tacoma, WA

75th Ranger Regiment, Headquarters (2006-2009)
Regimental Physical Therapist
Ranger-Athlete-Warrior Program Director
Fort Benning, GA

US Army Health Clinic Mannheim
Chief, Physical Therapy Section (2004-2006)
Mannheim, Germany

31st Combat Support Hospital
Chief, Physical Therapy/Outpatient Orthopedics (2004)
Baghdad, Iraq

US Army Medical Activity
Physical Therapy-Sports Medicine Resident (2002-3)
West Point, New York

US Army Physical Fitness School
Doctrine Division (1997-2002)
Fort Benning, Georgia

Landstuhl Regional Medical Center
Assistant Chief (1996-97)
Staff Therapist (1994-96)
Physical Therapy Section
Landstuhl, Germany

US Army Medical Activity
Assistant Chief (1993-94)
Staff Therapist (1991-1993)
Physical Therapy Section
Fort Belvoir, Virginia

CIVILIAN EDUCATION

2002-2003 Doctor of Science
 U.S. Army-Baylor University Doctoral Program in
 Physical Therapy-Sports Medicine
1989-1991 Master of Physical Therapy
 U.S. Army-Baylor University Graduate Program in
 Physical Therapy
1987-1989 BA (English)
 University of Texas-San Antonio

MILITARY EDUCATION

2007 Command and General Staff College
1999 Combined Arms and Services Staff School
1997 Army Medical Department Officer Advanced Course
1989 Army Medical Department Officer Basic Course
1985 Army Combat Medical Specialist Course

POST-GRADUATE TRAINING AND CERTIFICATION

2008 Recertification, Orthopedic Clinical Specialist, American Physical
 Therapy Association
2002-03 Physical Therapy-Sports Medicine Residency, West Point NY
1998 Orthopedic Clinical Specialist, American Physical Therapy
 Association
1998 Certified Strength and Conditioning Specialist, National Strength
 and Conditioning Association
1997 Master Fitness Trainer Certification, Fort Benning, Georgia
1995 Health Promotion Program Director Certification, Cooper Institute,
 Dallas, Texas
1991-92 Electroneuromyography Fellowship, Bethesda, Maryland

PHYSICAL THERAPY LICENSE

2009- Department of Health Licensing and Certification, Olympia,
 Washington

1991 -09 Professional Licensing Administration, Board of Physical Therapy, District of Columbia

ACADEMIC AFFILIATIONS

2009- Clinical Assistant Professor, University of Puget Sound Physical Therapy Program, Tacoma, Washington
2009- Adjunct Faculty, Department of Kinesiology and Health Promotion, Troy University, Troy, Alabama
1998-02 Adjunct Faculty, Department of Kinesiology and Health Promotion, Troy State University, Fort Benning, Georgia
1994 Clinical Preceptor, Graduate Physical Therapy Program, University of Delaware
1993-94 Clinical Preceptor, Physical Therapy Program, Howard University, Washington, D.C.

PROFESSIONAL PUBLICATIONS

2007 Ranger Athlete Warrior: A Systematic Approach to Conditioning. Infantry Magazine. May 2007.
2006 Dynamic versus Static-stretching Warm-up: The Effect on Power and Agility Performance. Journal of Strength and Conditioning Research. 2006 Aug;20(3):492-9.
2005 Comprehensive Evaluation and Management of Stress Fractures in Military Trainees: Lounsbury DE, Bellamy RF (Eds), Textbooks of Military Medicine, (Book Chapter).
2005 Identification and Management of Two Femoral Shaft Stress Injuries. JOSPT. October;35(10):665-73.
2005 Risk Determination for Patients with Direct Access to Physical Therapy in Military Health Care Facilities. JOSPT. October;35(10): 674-78.
2004 Hamstring-Strain Rehabilitation: A functional stepwise approach for return to sports, Part II. Athletic Therapy Today 9(1):44-45
2003 Hamstring-Strain Rehabilitation: A functional stepwise approach for return to sports, Part I. Athletic Therapy Today 8(6):34-35
2003 Thigh Pain in Military Training. Medicine and Science in Sports and Exercise. 35(5):S260 (Abstract)
2003 Injury and fitness outcomes during implementation of physical readiness training. Int J Sports Med. Jul;24(5):372-81
2001 Evaluation of the new US Army physical training program in Basic Combat Training: In Bittner AC, Champney PC, Morrissey SJ (Eds), Advances in Occupational Ergonomics and Safety, Volume 4. Washington DC: IOS Press (Book Chapter)
1998 Ulnar Neuropathy Associated with Subdermal Contraceptive Implant. South Med J 1998 Sep; 91(9): 875-8.

PROFESSIONAL PRESENTATIONS

- 2010 “Made to Last: Forging Physical Success Across the Military Lifespan,” Inaugural Meeting of the National Strength and Conditioning Association’s Tactical Strength and Conditioning Section, Las Vegas, Nevada
- 2009 “Integrated Therapeutic Exercise for the Shoulder Patient,” Annual Conference of the American Association of Orthopedic Manual Physical Therapists, Crystal City, Virginia.
- 2009 “Principles of the Ranger Athlete Warrior Human Performance Initiative,” International Symposium on Sports Medicine, Kibbutz Shfayim, Israel
- 2008 “Finishing Rehab: A Functional Approach to the Shoulder,” Guest Lecturer, Graduate Physical Therapy Program, University of Puget Sound, Tacoma Washington.
- 2008 “Prevention, Diagnosis, and Management of Lower Extremity Injuries,” Combined Sections Meeting of the American Physical Therapy Association, Nashville, TN.
- 2008 “Finishing Rehab: A Functional Exercise Approach,” A two-day, continuing education seminar for U.S. Military physical therapists at Tripler Army Medical Center, Honolulu, HI.
- 2007 “Finishing Rehab: A Functional Approach to the Lower Extremity,” Guest Lecturer, Graduate Physical Therapy Program, University of Puget Sound, Tacoma Washington.
- 2007 “Meeting the Physical Requirements of Deployment: Rehab and Performance Interventions,” Joint Operational Deployment Course, Fort Sam Houston, Texas.
- 2006 “Finishing Rehab: A Functional Exercise Approach,” A two-day, continuing education seminar for U.S. Army physical therapists at Fort Sill, Oklahoma and Fort Bliss, Texas.
- 2005 “Sports Injury Update,” Fall Conference of the European Regional Medical Command, Garmisch, Germany.
- 2005 “Dynamic versus Static-stretching Warm-up: The Effect on Power and Agility Performance,” Poster presentation at the 1st World Congress on Sports Injury Prevention, Oslo, Norway.
- 2005 “Functional Training in Rehabilitation: Making it to the Finish Line,” Spring Conference of the European Regional Medical Command Physical Therapy Departments, Landstuhl, Germany.
- 2004 “Dynamic versus Static-stretching Warm-up: The Effect on Power and Agility Performance,” Combined Sections Meeting of the American Physical Therapy Association, Nashville, Tennessee.
- 2003 “Femoral Shaft Stress Fracture: A Case Study,” American College of Sports Medicine Annual Meeting, San Francisco, California.
- 2002 “Functional Physical Training for the U.S. Army,” National Strength and Conditioning Association, Las Vegas, Nevada.

- 2001 “Army Physical Training in Transition,” Seventh Annual Recruit and Trainee Healthcare Symposium, Albuquerque, New Mexico.
- 2000 “Does the Two-Minute Sit-Up Test Predict Trunk Stability,” Poster Presentation, 6th Annual Recruit and Trainee Healthcare Symposium, Chicago, Illinois; Oral Presentation, Force Health Protection Conference, Baltimore, Maryland.
- 2000 “U.S. Army Injury Prevention and Success Factors Research,” Navy International Physical Fitness Symposium, Pensacola, Florida
- 2000 “Physical Training Seminar for Physical Therapists,” U.S. Army – Baylor University Graduate Program in Physical Therapy, Fort Sam Houston, Texas
- 1999 “A Critical Review of the Army Physical Training Program for Basic Combat Training,” British Recruit Medical Conference, Trenchard Lines, England
- 1999 “Training the Core: Implications for Army Physical Training,” 15th Annual Physical Medicine and Rehabilitation Short Course, Washington, D.C.
- 1999 “Review of Physical Training at Army Basic Training Centers,” 5th Annual Recruit and Trainee Healthcare Symposium, Beaufort, South Carolina
- 1993 "Introduction to Electromyography," Physical Therapy Program, Howard University, Washington, D.C.
- 1992 "Effect of Video Training on Reliability in Circumferential Measurements," Army Medical Specialist Corps Research Conference, Silver Springs, Maryland

CURRENT PROFESSIONAL MEMBERSHIPS/SERVICE

Member, American Physical Therapy Association (APTA)
 Member, Washington State Physical Therapy Association
 Member, Sports Section of the APTA
 Member, National Strength and Conditioning Association (NSCA)
 Content Editor, Tactical Strength and Conditioning Bulletin of the NSCA
 Red Cross Volunteer, Madigan Army Medical Center

AWARDS

- 2009 Sports Medicine/Rehabilitation Specialist of the Year, National Strength and Conditioning Association
- 2009 Legion of Merit, U.S. Army