

Rebecca L. Begalle, PhD, ATC

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Illinois State University
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EDUCATION

The University of North Carolina at Chapel Hill, Chapel Hill, NC

Doctor of Philosophy, August 2014

Human Movement Science Curriculum, Biomechanics Concentration

School of Medicine, Division of Allied Health Sciences

Advisor: Dr. Darin A. Padua

Dissertation: *The Effects of Anterior Cruciate Ligament Injury and Reconstruction on Lower Extremity Landing Biomechanics and Asymmetry in Female Adolescents*

Plymouth State University, Plymouth, NH

Master of Science, May 2007

Athletic Training, Sports Medicine Concentration

College of Graduate Studies, Health & Human Performance Department

Advisor: Dr. Marjorie A. King

Canisius College, Buffalo, NY

Bachelor of Science, May 2002

Athletic Training, Sports Medicine Concentration

College of Arts & Sciences, Health & Wellness

CAAHEP Accredited Athletic Training Program

Director: Peter M. Koehneke

EMPLOYMENT

Illinois State University, Normal, IL

Assistant Professor, School of Kinesiology and Recreation (2014-Present)

The University of North Carolina at Chapel Hill, Chapel Hill, NC

Lab Manager, Sports Medicine Research Laboratory, Department of Exercise & Sport Science (2012-2014)

Research Assistant, Sports Medicine Research Laboratory, Department of Exercise & Sport Science (2009-2014)

Teaching Assistant, College of Arts & Sciences, Department of Exercise & Sport Science (2009-2014)

Skidmore College, Saratoga Springs, NY

Assistant Athletic Trainer, Department of Intercollegiate Athletics (2007-2009)
Adjunct Instructor, Exercise Science Department (2007-2009)

Plymouth State University, Plymouth, NH

Graduate Assistant Athletic Trainer, Department of Athletics (2005-2007)
Adjunct Instructor, Health & Human Performance Department (2005-2007)

Healthworks Wellness & Fitness Center, Painted Post, NY

Exercise Physiologist / Athletic Trainer, Corning Hospital (2003-2005)

New Hampshire Musculoskeletal Institute, Manchester, NH

Athletic Training Fellow, Integrated Clinical Sports Medicine Residency (2002-2003)

RESEARCH EXPERIENCE

Illinois State University

Biomechanics and Athletic Training Laboratories

The University of North Carolina at Chapel Hill

Lab Manager, Sports Medicine Research Laboratory (2012-2014)

- Responsibilities include day-to-day management of the research laboratory, including equipment updates, supply ordering, and general maintenance.

Research Assistant, Sports Medicine Research Laboratory (2009 – 2014)

- Research related to the prevention of lower extremity injury and outcomes faced after anterior cruciate ligament (ACL) reconstruction.
- Responsibilities include subject recruitment, data collection, data reduction and processing using a variety of equipment.
- Direct supervision of graduate and undergraduate research projects.

National Academy of Sports Medicine Research Institute

Research Assistant (2009-2014)

- Responsibilities include conducting systematic evidence based reviews on topics related to Sports Medicine and performance enhancement.

Joint Undertaking to Monitor and Prevent ACL Injury: Phase 2 (JUMP-ACL 2)

Research Assistant, On-Campus Coordinator (2009-2014)

- Randomized controlled trial investigating the effects of an injury prevention program on reducing ACL injury rates.
- Responsibilities include coordination of travel, shipment of equipment to study sites (NY, CO, MD), personnel management, data collection, data organization, and data processing.

Plymouth State University

Graduate Research Assistant, Athletic Training Research Laboratory (2005-2007)

New Hampshire Musculoskeletal Institute

Athletic Training Research Fellow, University of New Hampshire Biomechanics Laboratory (2002-2003)

SCHOLARSHIP

REFEREED JOURNAL PUBLICATIONS: (9)

Mauntel TC, Cram TR, Frank BS, **Begalle RL**, Norcross MF, Blackburn JT, Padua DA. Kinematic and Neuromuscular Relationships between Lower Extremity Clinical Movement Assessments. *Journal of Strength and Conditioning Research*. In Review

Begalle RL, Walsh MC, McGrath ML, Boling MC, Blackburn JT, Padua DA: Ankle Dorsiflexion Displacement During Landing is Associated with Initial Contact Kinematics but not Joint Displacement. *Journal of Applied Biomechanics*. 2015 Aug;31(4): 205-210.

Dill KE, **Begalle RL**, Frank BS, Zinder SM, Padua DA: Altered Knee and Ankle Kinematics during Squatting in those with Limited Weight-Bearing Lunge Ankle Dorsiflexion Motion. *Journal of Athletic Training*. 2014 Nov-Dec; 49(6): 723-732.

Mauntel TC, Frank BS, **Begalle RL**, Blackburn JT, Padua DA: Kinematic Differences Between Those With and Without Medial Knee Displacement During a Single Leg Squat. *Journal of Applied Biomechanics*. 2014 Dec; 30(6): 707-12.

Begalle RL, DiStefano MJ, Blackburn JT, Padua DA: Elite Soccer Athletes Demonstrate Gender Differences in Trunk and Hip Cutting Strategies. *Journal of Strength and Conditioning Research*. (In Review).

Mihalik JP, Lengas E, Register-Mihalik JK, Oyama S, **Begalle RL**, Guskiewicz KM. (2013). The effects of sleep quality and quantity on concussion baseline assessment. *Clinical Journal of Sports Medicine*. 2013 Sep; 23(5): 343-348.

Mauntel TC, **Begalle RL**, Cram TR, Frank BS, Hirth CJ, Blackburn JT, Padua DA: Lower Extremity muscle activation and muscular flexibility and their effect on single leg squat performance. *Journal of Strength & Conditioning Research*. 2013 Jul; 27(7): 1813-23.

Begalle RL, DiStefano LJ, Blackburn JT, Padua DA: Quadriceps and Hamstrings Co-Activation during Common Therapeutic Exercises. *Journal of Athletic Training*. 2012 Jul; 47(4): 396-405.

Decoster LC, **Scanlon RL**, Horn KD, Cleland J: Standing and Supine Hamstring Stretches are Equally Effective. *Journal of Athletic Training*. 2004 Dec; 39(4): 330-334.

REFEREED PRESENTATIONS AND PUBLISHED ABSTRACTS: (17)

Stanley LE, Harkey MS, Luc BA, **Begalle RL**, Frank BS, Goto S, Blackburn JT, Jordan JM, Pietrosimone B, Spang JT, Padua DA. Ankle Range of Motion Influences Landing Biomechanics in Females Following Anterior Cruciate Ligament Reconstruction. *2015 American Physical Therapy Association Combined Sections Meeting*. Anaheim, CA.

Mauntel TC, Frank BS, Goto S, **Begalle RL**, Stanley LE, Padua DA: Lower Extremity Movement Profiles of Incoming Division I Collegiate Athletes. *2015 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 50(6) S-194.

Frank BS, Mauntel TC, DeLamotte SJ, Goto S, **Begalle RL**, Stanley LE, Padua DA. The Overhead Squat Clinical Movement Assessment can Identify Athletes with Hip Range of Motion Abnormalities Predictive of Hip Pathology. *2015 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 50(6) S-49.

Smith M, **Begalle RL**, Littleton AC, Myers JB, Padua DA: Effects of Talocrural Joint Mobilization on Restricted Ankle Dorsiflexion and Squatting Kinematics. *2014 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Indianapolis, IN. *Journal of Athletic Training* 49(3) S-27.

Begalle RL, Dill KE, Frank BS, Zinder SM, Padua DA: Increasing Ankle Dorsiflexion Range of Motion Does Not Alter Lower Extremity Kinematics during a Single Leg Squat. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Las Vegas, NV. *Journal of Athletic Training* 48(3) S-137.

Mauntel TC, **Begalle RL**, Cram TR, Frank BS, Hirth CJ, Blackburn JT, Padua DA: Kinematic Differences Between Those with and without Medial Knee Displacement During a Single Leg Squat. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Las Vegas, NV. *Journal of Athletic Training* 48(3) S-27.

Zinder SM, **Begalle RL**, Goto S, Blackburn JT, Padua DA: A 10-week Whole Body Vibration Program Had No Effect on Measures of Static or Dynamic Balance in Healthy College Aged Subjects. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Las Vegas, NV. *Journal of Athletic Training* 48(3) S-128

Begalle RL, Goto S, Blackburn JT, Zinder SM, Padua DA: Greater Improvements in Flexibility Following 10-weeks of Whole Body Vibration Training Compared to Traditional Training. *2013 American College of Sports Medicine Annual Meeting*, Indianapolis, IN.

Begalle RL, Padua DA, Boling MC, Goerger BM, Beutler AI, Marshall SW. Biomechanical Differences Exist in the Injured and Uninjured Limb of Individuals with Prior Meniscal Injury. *2012 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 47(3), S-147.

Goerger BM, Padua DA, Frank BS, **Begalle RL**, Beutler AI, Marshall SW. Variability of Postural Control is Not Affected by Previous ACL Injury. *2012 National Athletic Trainers' Association Annual Meeting & Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 47(3), S-151.

Frank BS, Register-Mihalik JK, Marshall SW, Spang JT, **Begalle RL**, Padua DA. Description of Youth Soccer Coaches' Attitudes and Beliefs Regarding ACL Injury Prevention Programming and Program Compliance. *2012 National Athletic Trainers' Association Annual Meeting & Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 47(3), S-179.

Rebecca L. Begalle, Michael J. DiStefano, J. Troy Blackburn, Darin A. Padua: Elite Soccer Athletes Demonstrate Gender Differences in Trunk and Hip Three-Dimensional Cutting Strategies. *2012 International Conference on Sports Rehabilitation and Traumatology XXI, Football Medicine Strategies for Knee Injuries*, Chelsea FC, London.

Goerger BM, Padua DA, Frank BS, **Begalle RL**, Beutler AI, Marshall SW. The Effect of Previous ACL Injury on Linear and Non-Linear Measures of Single Limb Postural Control. *2012 ACL Research Retreat V*, Greensboro, NC. *Journal of Athletic Training* 47(5), e11.

Begalle RL, Mauntel TC, Cram TR, Frank BS, Hirth CJ, Blackburn JT, Padua DA: The Influence of Lower Extremity Muscle Activation and Flexibility on Single Leg Squat Performance in those with and without Medial Knee Displacement. *2012 ACL Research Retreat V*, Greensboro, NC. *Journal of Athletic Training* 47(5), e5.

Begalle RL, Walsh MC, McGrath ML, Boling MC, Blackburn JT, Padua DA: Sagittal Plane Ankle Motion affects Frontal and Transverse Plane Motion at the Knee and Hip during a Jump-Landing. *2011 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, New Orleans, LA. *Journal of Athletic Training* 46(3), S-122. **Free Communications Doctoral Poster Presentation Award Winner.**

Scanlon-Begalle RL, DiStefano LF, Blackburn JT, Padua DA: Quadriceps and Hamstrings Co-Activation during Common Therapeutic Exercises. *2010 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Philadelphia, PA. *Journal of Athletic Training* 45(3), S-50. **Free Communications Doctoral Oral Presentation Award Finalist.**

Decoster LC, **Scanlon RL**, Horn KD, Cleland J: Standing and Supine Hamstring Stretches are Equally Effective. *2004 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, Baltimore, MD. *Journal of Athletic Training* 39(2), S-97.

INVITED PRESENTATIONS / LEARNING LABS: (7)

Begalle RL: Return to Sport Considerations following ACL Injury. *2015 Illinois Athletic Trainers' Association Annual Meeting*, Springfield, IL. November 8, 2015.

King MA, **Begalle RL**: Fall Assessment Tools. *2014 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, Indianapolis, IN. Learning Lab Leader.

Begalle RL: Carolina Women's Leadership Council Annual Meeting: Serving the People of North Carolina. FedEx Global Center, Mandela Auditorium, Chapel Hill, NC. November 8, 2013.

Begalle RL: ACL Rehab Strategies: Movement Quality in Return to Sport. *2013 Mid-Atlantic Athletic Trainer's Association Clinical Symposium*, Greenville, SC.

King MA, **Begalle RL:** Athletic Pubalgia: Biomechanical and Neuromuscular Considerations. *2013 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, Las Vegas, NV. Learning Lab Leader.

King MA, Belmore K, **Begalle RL:** Getting to the Core: Assessment and Intervention Strategies. *2012 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, St. Louis, MO. Learning Lab Leader.

Padua DA, Boling MC, Goerger BM, **Begalle RL:** Clinical Assessment of High Risk Movement Patterns for ACL Injury: The Landing Error Scoring System (LESS). *2010 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, Philadelphia, PA. Learning Lab.

GRANTS & FUNDING

FUNDED RESEARCH – PRINCIPAL INVESTIGATOR: (2)

Illinois State University Research Grant (URG) (2015). \$5000. Primary Investigator. Adolescent Female Quadriceps Muscle Characteristics after ACL Reconstruction.

National Academy of Sports Medicine (2012). \$1000. Primary Investigator. *The Effect of Anterior Cruciate Ligament Injury and Reconstruction on Lower Extremity Landing Biomechanics and Symmetry in Female Adolescent Athletes*. (Dissertation Project)

FUNDED RESEARCH – RESEARCH ASSISTANT: (9)

Illinois State University Publication Incentive Program (2014). \$250. *Altered Knee and Ankle Kinematics During Squatting in Those With Limited Weight-Bearing Lunge Ankle Dorsiflexion Range of Motion*.

Illinois State University Publication Incentive Program (2014). \$250. *Kinematic Differences Between Those With and Without Medial Knee Displacement During a Single Leg Squat*.

National Academy of Sports Medicine (2012). \$450,000. Research Assistant. *Translating Evidence Based Guidelines for Injury Prevention and Performance Enhancement*.

National Athletic Trainers' Association Research and Education Foundation (2011). \$150,000. Research Assistant. *Retention of Movement Pattern Changes Following an ACL Injury Prevention Program in Military Cadets*.

United States Department of Defense, Peer Reviewed Medical Research Program (2011). \$349,880. Research Assistant. *The Effect of a Neuromuscular Training Program on Reducing the Incidence of Lower Extremity Stress Fractures in Military Service Members.*

American Medical Society for Sports Medicine (2011). \$20,000. Research Assistant. *Effects of Supervision Level on Movement Quality Changes.*

PowerPlate Inc. / National Academy of Sports Medicine (2010). \$108,821. Research Assistant. *Effects of Whole Body Vibration on Muscle Strength, Power, Flexibility, Balance, and Movement Control.*

National Academy of Sports Medicine (2007). \$1,014,874. Research Assistant. *Injury Prevention Through Performance Enhancement: An Evidence Based Approach.*

National Institutes of Health / National Institute of Arthritis and Musculoskeletal and Skin Disorders (1 RO1 AR050461-01) (2005). \$2,845,211. Research Assistant. *Epidemiology of Jump Landing Movement and ACL Injury.* Marshall SW, Padua DA, Beutler AI, Guskiewicz KM, Garrett WE, Tokish JT, DeBerardino T, Pyne S, Yu B, Kirkendall D.

RESEARCH PROPOSAL – UNFUNDED:

Foundation Research Grant – Foundation for Physical Therapy (2012). *Neuromuscular Reeducation Program to Improve Movement Performance after Anterior Cruciate Ligament Injury.* Golightly Y, Marshall SW, Padua DA, **Begalle RL**. (Submitted August 15, 2012).

CURRICULUM EXPERIENCE

Illinois State University

Teaching Experience

Undergraduate Courses

- KNR 334: Therapeutic Exercise (Spring 2015, 2016)
- KNR 361: Pathology and Pharmacology in Athletic Training (Fall 2014, 2015)
- KNR 260: Athletic Injury Concepts for Coaches (Spring 2015, 2016)
- KNR 181: Human Anatomy and Physiology (Fall 2015)

Graduate Courses

- KNR 482: Advanced Biomechanics (Spring 2015, 2016)
- KNR 290: Injury Biomechanics (Fall 2014, 2015)

The University of North Carolina at Chapel Hill

Teaching Experience

Lead Instructor - Undergraduate

- EXSS 368: Therapeutic Exercise and Rehabilitation (Fall 2013, 2014)
- EXSS 188: Emergency Care of Athletic Injuries (Spring 2014)
- EXSS 141: Personal Health

Teaching Assistant - Undergraduate

EXSS 385: Biomechanics of Sports (Spring 2014)
EXSS 265: Fundamentals of Athletic Training (Spring 2010, 2011)
EXSS 175: Human Anatomy (Fall 2009)

Teaching Assistant – Graduate

EXSS 705: Applied Statistics and Research Methods Laboratory (Spring 2012-2014)
EXSS 705L: Research Design Journal Club (Spring 2012-2014)

Research Mentorship Experience

Master's Thesis Committees

Illinois State University

Fabrizius A, **Begalle RL**: The effects of body mass index (BMI) on subjective and clinical outcomes following total knee replacement. *School of Kinesiology and Recreation, 2017. – Advisor*

Gearhart C, **Begalle RL**: Therapeutic cupping versus sham cupping on hamstring flexibility. *School of Kinesiology and Recreation, 2017. - Advisor*

Lockhart J, Williams S, **Begalle RL**: The effects of self-directed versus partner-assisted PNF hamstring stretching on measures of flexibility, strength, and power. *School of Kinesiology and Recreation, 2017. – Advisor*

Slicer J, Selkow NM, **Begalle RL**: Knee extensor to hip extensor strength ratios in individuals with and without patellofemoral pain syndrome. *School of Kinesiology and Recreation, 2017. – Advisor*

Shruck S, Stanek J, **Begalle RL**: The relationship between weight-bearing lunge ankle dorsiflexion range of motion and lower extremity kinematics during a double- and single-leg squat. *School of Kinesiology and Recreation, 2017. – Advisor*

Reed M, **Begalle RL**, Laudner K: A comparison of the immediate effects of muscle energy technique and joint mobilizations on posterior shoulder tightness in the youth athlete. *School of Kinesiology and Recreation, 2017. – Committee Member*

Lally E, Selkow NM, **Begalle RL**: Lower Extremity Range of Motion and Plantar Pressures in those with and without Asymmetrical loading during a Double Leg Squat. *School of Kinesiology and Recreation, 2016. - Advisor*

Petit K, **Begalle RL**, Selkow NM: The Effect of Caffeine on Reaction Time in Post-Concussion Testing. *School of Kinesiology and Recreation, 2016. – Committee Member*

Crosby B, **Begalle RL**, Stanek J: The Comparison of Barefoot vs. Preferred Footwear on FMS Scores. *School of Kinesiology and Recreation, 2016. – Committee Member*

Reddick A, Padua DA, **Begalle RL**: Single-Leg Cutting Biomechanics and Hip Rotator Strength in Adolescent Female Athletes with and without Anterior Cruciate Ligament Reconstruction. *School of Kinesiology and Recreation, 2015. - Advisor*

University of North Carolina at Chapel Hill

Hawkinson L, **Begalle RL**, Goto S, Blackburn JT, Padua DA: The Effect of Injury Prevention Versus Performance Enhancing Verbal Instructions on Lower Extremity Biomechanics and Performance Measures. *Department of Exercise and Sport Science, 2014.*

Smith M, **Begalle RL**, Littleton A, Myers JB, Padua DA: The Effects of Talocrural Joint Mobilizations on Restricted Ankle Dorsiflexion and the Kinematics of Squatting Tasks. *Department of Exercise and Sport Science, 2013.*

Gibson CL, **Begalle RL**, Hibberd EE, Padua DA, Prentice WE: Alterations in Foot Plantar Pressures and Contact Area with Plantar Electrical Stimulation. *Department of Exercise and Sport Science, 2013.*

Manor JP, Hibberd EE, **Begalle RL**, Petschauer M, Myers JB: Acute Effects of Posture Shirts on Rounded Shoulder Posture and Scapular Kinematics in College Students. *Department of Exercise and Sport Science, 2013.*

Dill KE, **Begalle RL**, Frank BS, Zinder S, Padua DA: The Effects of Limited Dorsiflexion Range of Motion on Knee and Ankle Kinematics. *Department of Exercise and Sport Science, 2012. Winner of master's student research merit award.*

Lengas E, Oyama S, **Begalle RL**, Register-Mihalik JK, Guskiewicz KM, Mihalik JP: The Effects of Sleep Quality and Sleep Quantity on Concussion Assessment. *Department of Exercise and Sport Science, 2012.*

Mauntel TC, **Begalle RL**, Frank BS, Hirth CJ, Blackburn JT, Padua DA: Lower extremity muscle activation and muscular flexibility and their effect on single leg squat performance. *Department of Exercise and Sport Science, 2011.*

Cram TR, Norcross MA, **Begalle RL**, Padua DA, Blackburn JT: The Relationship between Hip Muscular Stiffness and the Biomechanical Factors Associated with ACL Injury. *Department of Exercise and Sport Science, 2011.*

Undergraduate Research

Enrique D, **Begalle RL**, Goto S, Padua DA: The Effects of Two Different Arch Taping Techniques on Lower Extremity Kinematics During Gait. *Department of Exercise and Sport Science, 2013. The Office of Undergraduate Research, Summer Undergraduate Research Fellowship (SURF).*

Skidmore College

Teaching Experience

Lead Instructor

- EX 126L: Human Anatomy & Physiology I Laboratory
EX 127L: Human Anatomy & Physiology II Laboratory
EX 212: Introduction to Sports Medicine & Athletic Training (CPR)

Faculty Wellness Instructor

Weight Training, Circuit Training, Boot Camp, Abs & Low Back

Plymouth State University

Teaching Experience

Lead Instructor

- AT 4250: Rehabilitation of Injuries for Active Populations Laboratory
PE 1390: Weight Training

Teaching Assistant

- AT 4260: Rehabilitation of Injuries for Active Populations

SERVICE

Institutional Service:

Illinois State University

- Exercise Science Tenure Track Faculty Member Search Committee (2015)
Elections Committee (2015-Present)
Athletic Training Honor Society Advisor (2015-Present)
Esther Larson McGinnis Scholar Lecture Committee (2015-Present)

Ad-Hoc Manuscript Reviewer

- Journal of Athletic Training*
Journal of Sport Rehabilitation
Journal of Applied Biomechanics
Physiotherapy Theory and Practice

Editorial Assistant

- Journal of Athletic Training*
Responsible for assigning and writing continuing education questions related to published journal articles (2009-2012)

HONORS AND AWARDS

NATA Research & Education Foundation

Free Communication Doctoral Poster Presentation Award Winner (2011)

NATA Research & Education Foundation

Free Communication Doctoral Oral Presentation Award Finalist (2010)

Plymouth State University
Magna Cum Laude Master's Graduate (2007)

NATA Research & Education Foundation
Master's Student Scholarship (2006-2007)

Canisius College
Magna Cum Laude Graduate (2002)

Intercollegiate Women's Lacrosse Coaches Association (IWLCA)
Division I National Academic Squad (2002)

CLINICAL EXPERIENCE

Skidmore College, Saratoga Springs, NY
Assistant Athletic Trainer (2007-2009)
Women's Soccer, Men's Basketball, Baseball, Softball

Plymouth State University, Plymouth, NH
Graduate Assistant Certified Athletic Trainer (2005-2007)
Men's Soccer, Women's Soccer, Swimming & Diving, and Softball

Shake-A-Leg, Inc. Newport, RI
Strength and Conditioning Director (Summer 2006, 2007)

- Whole life therapy program for adults and teens with spinal cord injury and related nervous system impairments
- Goal: To provide traditional and complimentary therapeutic services to facilitate the development of independent living skills

HealthWorks Wellness & Fitness Center, Painted Post, NY
Exercise Physiologist / Group Fitness Director (2003-2005)
Clinical Outreach Athletic Trainer (2003-2005)

New Hampshire Musculoskeletal Institute (NHMI), Manchester, NH
Certified Athletic Training Fellow (2002 - 2003)

Canisius College, Buffalo, NY
Student Athletic Trainer (1999-2002)

OTHER ATHLETIC TRAINING EXPERIENCE

2006 Boston Marathon, Boston, MA
Finish Line Medical Staff Volunteer, April 17, 2006

Hobart & William Smith Colleges, Geneva, NY
Summer Programs Certified Athletic Trainer, Summer 2002, 2003

PROFESSIONAL CERTIFICATION / MEMBERSHIP

National Athletic Trainers' Association Board of Certification, Inc.

Certified Athletic Trainer (ATC): #090202033 (2002-Present)

National Athletic Trainers' Association

Member: #990535 (2002-Present)

American College of Sports Medicine

Member: #716988 (2013-Present)

National Academy of Sports Medicine

Performance Enhancement Specialist (PES): #201453 (2006-Present)

National Strength and Conditioning Association

Certified Strength and Conditioning Specialist (CSCS): #200732714 (2006-Present)

American Red Cross

CPR/AED for the Professional Rescuer: Participant and Instructor

Burdenko Water and Sports Therapy Institute

Level I Certified: (2005-Present)