

Kyle B. Kosik, Ph.d., ATC

CONTACT INFORMATION

Office

The University of Kentucky
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Home

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EDUCATION

Post-Doctoral Fellowship

University of Kentucky
Lexington, KY
Rehabilitation Sciences

University of Kentucky

Doctor of Philosophy
Major Area of Study: Rehabilitation Sciences-Athletic Training
Conferred: August 2017
Dissertation: *Chronic Ankle Instability & Aging*

University of Virginia

Master of Education
Major Area of Study: Kinesiology-Athletic Training
Conferred: August 2013
Thesis: *Effects of Focal Joint Cooling on Sensory and Mixed Nerves in Patients with Chronic Ankle Instability*

Illinois State University

Bachelor of Science
Major Area: Athletic Training
Conferred: May 2012

CLINICAL EXPERIENCE

Transylvania University, Lexington KY
PRN Athletic Trainer
Summer (2016)

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Bluegrass Orthopedics, Lexington KY
PRN Athletic Trainer
Spring (2015)

Virginia Military Institute, Lexington VA
Graduate Assistant Athletic Trainer
Fall (2012) - Spring (2013)

TEACHING EXPERIENCE

University of Kentucky

Guest Lecture

- AT695: Orthopedic Evaluation and Rehabilitation of Lower Extremity (Spring 2016)
“Knee Evaluation”
- AT 671: Scientific Inquiry Athletic Training II (Spring 2016)
“Pearson Correlation & Linear Regression”

Eastern Kentucky University

Instructor

- ATR 100: Introduction to Athletic Training (Fall 2015)

University of Toledo

Instructor

- KINE 2520: Human Anatomy Laboratory (Fall 2013-Spring 2014)
- KINE 2470: Human Anatomy and Physiology II Laboratory (Fall 2013-Spring 2014)

PUBLICATIONS

Published Referred Manuscripts

1. **Kosik KB**, McCann RS, Terada M, Gribble PA. Therapeutic Interventions for Improving Self-Reported Function in Patients with Chronic Ankle Instability: A Systematic Review. *British Journal of Sports Medicine*. 2017.
2. **Kosik KB**, Terada M, Drinkard CP, McCann RS, Gribble PA. An Examination of Corticomotor Plasticity in Individuals With and Without Chronic Ankle Instability. *Medicine & Science in Sports & Exercise*. 2017.
3. **Kosik KB**, Terada M, McCann RS, Boland S, Gribble P. Comparison of Two Rehabilitation Protocols on Patient and Disease Oriented Outcomes in Chronic Ankle Instability Individuals. *International Journal of Athletic Therapy & Training*, 2017.
4. Terada M, **Kosik KB**, McCann RS, Gribble PA. Diaphragm Structural Integrity and Contractility in Individuals with and without Chronic Ankle Instability. *Medicine Science & Sports & Exercise*, 2016.

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5. Gribble PA, Terada M, Beard Q, **Kosik KB**, Lepley AS, McCann RS, Pietrosimone BP, Thomas AC. Prediction of Lateral Ankle Sprains in Football Players Based on Clinical Tests and Body Mass Index. *American Journal of Sports Medicine*, 2015.
6. McCann RS, **Kosik KB**, Beard MQ, Terada M, Pietrosimone BG, Gribble PA. Variations in Star Excursion Balance Test Performance between High School and Collegiate Football Players. *Journal of Strength and Conditions Research*, 2015.

Accepted Refereed Manuscripts in Press

1. McCann RS, Crossett ID, Terada M, **Kosik KB**, Bolding BA, Gribble PA. Hip Strength and Star Excursion Balance Test Deficits of Patients with Chronic Ankle Instability. *Journal of Science Medicine Sport*, 2017: In Press.
2. McCann RS, **Kosik KB**, Terada M, Beard MQ, Buskirk GE, Gribble PA. Associations Between Functional and Isolated Performance Measures in Collegiate Women's Soccer Players. *Journal of Sport Rehabilitation*, 2016: In Press.
3. **Kosik KB**, Gribble PA. The Effect of Joint Mobilization on Dynamic Postural Control in Patients with Chronic Ankle Instability: A Critically Appraised Topic. *Journal of Sports Rehabilitation*, 2016: In Press.

Manuscripts Submitted for Publication

1. Terada M, **Kosik KB**, McCann RS, Drinkard CP, Gribble PA. Corticospinal activity during a single-leg stance differs between individuals with and without chronic ankle instability. *Journal of Sport and Health Science*. 2017: In Review.
2. Terada M, **Kosik KB**, Johnson N, Gribble PA. Altered Postural Control Variability in Older-Age Individuals with A History of Lateral Ankle Sprain. *Gait & Posture*. 2017: In Review.
3. McCann RS, **Kosik KB**, Terada M, Gribble PA. Prediction of Recurrent Injury in the Same Competitive Sport Season Following Return-to-Play from an Ankle Sprain. *American Journal of Sports Medicine*, 2017: In Review.
4. McCann RS, **Kosik KB**, Terada M, Gribble PA. Energy Dissipation Between Females with and without Chronic Ankle Instability. *Medicine & Science in Sports & Exercise*, 2017: In Review.
5. McCann RS, **Kosik KB**, Terada M, Gribble PA. Landing Kinematics and Isometric Hip Strength of Individuals with Chronic Ankle Instability. *Clinical Biomechanics*, 2016: In Review.

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6. Terada M, Johnson N, **Kosik KB**, Gribble PA. Associations Between White Matter Integrity of the Brain and Postural Control in Individuals with a History of Ankle Sprain. *Science Report*, 2016: In Review
7. McCann RS, **Kosik KB**, Terada M, Gribble PA. Residual Impairments and Activity Limitations at Return-to-Play from a Lateral Ankle Sprain. *International Journal of Athletic Therapy & Training*, 2017: In Review.
8. McCann RS, **Kosik KB**, Terada M, Crossett ID, Boldinga B, Gribble PA. Hip Strength and Dynamic Stability of Individuals with Chronic Ankle Instability. *Medicine & Science in Sports & Exercise*, 2016: In Review.
9. **Kosik KB**, Terada M, Drinkard CP, McCann RS, Gribble PA. Association Between Corticospinal Inhibition and Dorsiflexion Range of Motion in those with Chronic Ankle Instability. *Clinical Biomechanics*, 2016: In Review.
10. McCann RS, **Kosik KB**, Terada M, Beard MQ, Buskirk GE, Gribble PA. Acute Lower Extremity Injury Prediction in Collegiate Female Soccer Players. *Journal of Strength and Conditioning Research*, 2016: In Review.

Manuscripts in Preparation

1. **Kosik KB**, Drinkard CP, McCann RS, Terada M, Gribble PA. Association Between Corticomotor Plasticity and Postural Control In Individuals with Chronic Ankle Instability.

Published Invited/Non-Referred Manuscripts

PRESENTATIONS

Papers Presented

1. **Kosik KB**, Terada M, McCann RS, Gribble PA. Differences in Functional Capacity and Subjective Symptoms Related to Joint Degeneration in Those With and Without Chronic Ankle Instability. Presented at the 2017 National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June, 2017, Houston, TX.
2. McCann RS, Terada M, **Kosik KB**, Gribble PA. The influence of Hip Strength on Landing Kinematics in Individuals with Chronic Ankle Instability. Presented at the 2017 National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June, 2017, Houston, TX.

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3. Drinkard CP, McCann RS, **Kosik KB**, Terada M, Gribble PA. The Association of Corticospinal Excitability and Inhibition with Ankle Kinematics in Chronic Ankle Instability Individuals. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June, 2017, Houston, TX.
4. Terada M, Morgan KD, **Kosik KB**, McCann RS, Gribble PA. Novel Postural Stability Assessments in Individuals with Chronic Ankle Instability Using Engineering Control Theory. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June, 2017, Houston, TX.
5. Gribble PA, Gay EM, **Kosik KB**, McCann RS, Terada M, Villasante AG. Influence of Self-Reported Function and Pain in Differentiating Chronic Ankle Instability and Lateral Ankle Sprain Copers. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June, 2017, Houston, TX.
6. Morgan KD, McCann RS, Terada M, **Kosik KB**, Gribble PA. Using Control Theory Techniques to Assess Dynamic Ankle Stability in Individuals with Chronic Ankle Instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June, 2017, Houston, TX.
7. **Kosik KB**, Terada M, McCann RS, Drinkard CP, Gribble PA. Potential Association Between Corticomotor Plasticity and Postural Control. Presented at the 2016 National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016, Baltimore, MD.
8. McCann RS, Terada M, **Kosik KB**, Bolding BA, Crossett ID, Drinkard CP, Gribble PA. Hip Strategies of Ankle Copers and Chronic Ankle Instability Patients during a Single-Leg Landing. Presented at the 2016 National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016, Baltimore, MD.
9. Bolding BA, McCann RS, Terada M, **Kosik KB**, Crossett ID, Drinkard CP, Gribble PA. Relationships between Time-to-Stabilization and Isometric Hip Strength in Those With and Without Chronic Ankle Instability. Presented at the 2016 National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016, Baltimore, MD.
10. Crossett ID, McCann RS, Terada M, **Kosik KB**, Bolding BA, Gribble PA. Associations between Hip Strength and Dynamic Postural Control in Those With and Without Chronic Ankle Instability. Presented at the 2016 National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016, Baltimore, MD.
11. McCann RS, **Kosik KB**, Terada M, Beard MQ, Buskirk GE, Gribble PA. Prediction of Lower Extremity Injury in Collegiate Women's Soccer Players. Presented at the American College of Sports Medicine Annual Meeting. May 2016, Boston, MA.
12. **Kosik KB**, Terada M, Drinkard CP, McCann RS, Gribble PA. An Examination of Corticomotor Plasticity in Individuals With and Without Chronic Ankle Instability. Presented at the 10th Annual University of Kentucky Center for Clinical and Translational Science Spring Conference. April 2016, Lexington, KY.

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13. McCann RS, **Kosik KB**, Terada M, Beard MQ, Buskirk GE, Gribble PA. Prediction of Lower Extremity Injury in Collegiate Women's Soccer Players. Presented at the 10th Annual University of Kentucky Center for Clinical and Translational Science Spring Conference. April 2016, Lexington, KY.
14. **Kosik KB**, Terada M, McCann RS, Drinkard CP, Gribble, PA. An Examination of Corticomotor Plasticity in Individuals With and Without Chronic Ankle Instability. Presented at the Southeastern Athletic Trainers' Association Clinical Symposium & Members Meeting. March 2016, Atlanta, GA.
15. **Kosik KB**, Terada M, Gribble PA. Examining the Corticospinal Pathways of the Tibialis Anterior Muscle in Chronic Ankle Instability Individuals in Different Body Positions. Presented at the 6th International Ankle Symposium. October 2015, Dublin, Ireland.
16. **Kosik KB**, Terada M, Beard MQ, Lepley A, McCann RS, Pietrosimone BG, Thomas A, Gribble PA. The influence of physical characteristics and self-reported history on functional performance tests. Presented at the National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015, St. Louis, MO.
17. McCann RS, **Kosik KB**, Terada M, Beard MQ, Buskirk GE, Gribble PA. Associations of the Star Excursion Balance Test and Functional Movement Screen with Isolated Lower Extremity Strength and Range of Motion. Presented at the National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015, St. Louis, MO.
18. Gribble PA, Terada M, Beard MQ, **Kosik KB**, Lepley A, McCann RS, Pietrosimone BG, Thomas A. A novel approach for prediction of lateral ankle sprain in football players using functional testing. Presented at the National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015, St. Louis, MO.
19. **Kosik KB**, Terada M, Beard MQ, Lepley A, McCann RS, Pietrosimone BG, Thomas AC, Gribble PA. The influence of physical characteristics and self-reported history on functional performance tests. Presented at the 9th Annual University of Kentucky Center for Clinical and Translational Science Spring Conference. March 2015, Lexington, KY.
20. McCann RS, **Kosik KB**, Quinlevan M, Terada M, Pietrosimone B, Gribble PA. Differences in star-excursion balance test performance between high school and collegiate football players. Presented at the National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014, Indianapolis, IN.
21. **Kosik KB**, Pritchard K, Hertel J, Saliba S. Effects of Focal Joint Cooling on Sensory and Mixed Nerves in Patients with Chronic Ankle Instability. Presented at the National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014, Indianapolis, IN.
22. Wilhelm SE, Terada M, Quinlevan ME, **Kosik KB**, McCann RS, Welsch LA, Thomas AC, Gribble PA. Functional Measures as Predictors of Non-Contact vs. Contact Lower Extremity Injury among High School Football Players. Presented at the National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014, Indianapolis, IN.

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23. **Kosik KB**, Hawkins JR, Langellier DM, Selkow NM. Illinois State University, Normal IL. Clinical Applications of Cryotherapy among Certified Athletic Trainers. Presented at the National Athletic Trainers Association Annual Meeting & Clinical Symposium. June 2013, Las Vegas, NV.

Invited Presentations

1. **Kosik KB**. Chronic Ankle Instability: A Never Ending Problem? Presented for the Athletic Trainers Osteoarthritis Consortium Webinar. August 2017.
2. Gribble PA & **Kosik KB**. Long-Term Consequences of Lateral Ankle Sprain: Recognizing the Public Health Burden. Presented at the Southeast Athletic Trainers Association Clinical Symposium & Members Meeting. March 2016, Atlanta, GA.
3. Gribble PA, Terada M, **Kosik KB**, McCann RS. Evidence Based Indications for the Repetitive Nature of Ankle Sprains: Preventing and Intervention Pathways. . Presented at the Southeast Athletic Trainers Association Clinical Symposium & Members Meeting. March 2015, Atlanta, GA.

Abstracts Submitted for Consideration

FUNDING ACTIVITIES

Extramural Grants Funded

Source: National Athletic Trainers' Association Doctoral Research Grant

Title: Chronic Ankle Instability and Aging

PI: Kyle B. Kosik, MEd, ATC

Effort: No Salary Support

Period: 2016

Amount: \$2,500

Description: Cross-sectional investigation of static postural control and spinal reflex excitability of the soleus muscle between young, middle-aged and older-aged individuals with and without chronic ankle instability. Secondly, to determine if decline in static postural control and spinal reflex excitability are associated with self-reported function in those with chronic ankle instability.

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Source: Southeast Athletic Trainers Association Research Grant

Title: Examination of Corticomotor Plasticity Between Those With and Without Chronic Ankle Instability

PI: Kyle B. Kosik, MEd, ATC

Effort: No Salary Support

Period: 2015

Amount: \$2,000

Description: Compare plastic changes of the corticomotor excitability in patients with and without history of ankle sprains using corticomotor output mapping with TMS; and establish the association between plastic alterations in the motor cortex and self-reported quality of life.

Extramural Grants (Pending)

Extramural Grants (Not Funded)

Source: American College of Sports Medicine Foundation Doctoral Student Research Grant

Title: Chronic Ankle Instability and Aging

PI: Kyle B. Kosik, MEd, ATC

Effort: No salary Support

Period: 2016

Amount: \$5,000

Description: Cross-sectional investigation to examine changes in static postural control and spatiotemporal gait mechanics between young, middle-aged and older-aged individuals with and without Chronic Ankle Instability.

MENTORING

Undergraduate Senior Research Projects

1. Knerr K. The Effects of Proximal Joint Exercises on Dynamic Postural Control in Individuals with Chronic Ankle Instability. Spring 2014. Doctoral Student Mentor (University of Toledo)

Master Student Thesis Advisement

1. Drinkard CP. Potential Association Between Corticospinal Excitability and Ankle Kinematics in Chronic Ankle Instability Individuals. Fall 2014 – Spring 2016. Doctoral Student Mentor (University of Kentucky)

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ACADEMIC SERVICE ACTIVITIES

1. College of Health Science Hearing Committee. 2016

PROFESSIONAL SERVICE ACTIVITIES

Manuscript Reviewer

1. International Journal of Sport Physical Therapy. 2015-Present
2. Journal of Sports Rehabilitation. 2015-Present
3. Journal of Athletic Training. 2014-Present
4. Athletic Training and Sports Health Care. 2013-Present

PROFESSIONAL MEMBERSHIP/CERTIFICATIONS

1. American College of Sports Medicine (2015-Present). Membership # 76614
2. Kentucky Board of Medical Licensure (2014-Present). License # AT1243
3. National Athletic Trainers' Association Member, 2012-Present. Certification #: 2000009868
4. American Red Cross CPR/AED for the Professional Rescuer, 2010-Present

HONORS AND AWARDS

1. Illinois State University McGinnis Distinguished Senior, School of Kinesiology and Recreation, 2012
2. Iota Tau Alpha National Honor Society, 2011