

CURRICULUM VITAE
Elizabeth A Wellsandt, PhD

CAMPUS ADDRESS: Department of Physical Therapy Education
984420 Nebraska Medical Center
Omaha, NE 68198-4420
Phone: (402) 559-4309
Email: elizabeth.wellsandt@unmc.edu

EDUCATION

2006 - 2009	DPT, Physical Therapy, University of Nebraska Medical Center
2006 - 2009	BS, Medicine, University of Nebraska Medical Center
2012 - 2016	PhD, Biomechanics and Movement Science, University of Delaware
2017 - 2020	MS, Clinical Translational Research, University of Nebraska Medical Center

CONTINUING EDUCATION AND TRAINING

10/2007 - 10/2007	Nebraska Physical Therapy Association Fall Meeting, Omaha, NE
10/2009 - 10/2009	Nebraska Physical Therapy Association Fall Meeting, Omaha, NE
02/2011 - 02/2011	American Physical Therapy Association Combined Sections Meeting, New Orleans, LA
02/2012 - 02/2012	American Physical Therapy Association Combined Sections Meeting, Chicago, IL
09/2013 - 09/2013	American Society of Biomechanics Annual Meeting, Omaha, NE
02/2014 - 02/2014	American Physical Therapy Association Combined Sections Meeting, Las Vegas, NV
03/2014 - 03/2014	Orthopedic Research Society Annual Meeting, New Orleans, LA
02/2015 - 02/2015	American Physical Therapy Association Combined Sections Meeting, Indianapolis, IN
03/2015 - 03/2015	Orthopedic Research Society Annual Meeting, Las Vegas, NV
05/2015 - 05/2015	Osteoarthritis Research Society International World Congress, Seattle, WA
06/2015 - 06/2015	Knee Surgery and Orthopaedic Sports Medicine Biennial Congress, Lyon, France
07/2015 - 07/2015	The American Orthopaedic Society of Sports Medicine Annual Meeting, Orlando, FL
02/2016 - 02/2016	American Physical Therapy Association Combined Sections Meeting, Anaheim, CA
06/2016 - 06/2016	Human Movement Variability Conference, University of Nebraska - Omaha
07/2016 - 07/2016	New Faculty Development Workshop, American Physical Therapy Association, Education Section, Chicago, IL
10/2016 - 10/2016	Nebraska Physical Therapy Association Fall Meeting, Lincoln, NE
10/2016 - 10/2016	Nebraska Research and Innovation Conference (NRIC): Symposium on

02/2017 - 02/2017	Biomechanics, Nebraska EPSCoR; Omaha, NE American Physical Therapy Association Combined Sections Meeting, San Antonio, TX
04/2017 - 04/2017	Osteoarthritis Research Society International World Congress, Las Vegas, NV
11/2017 - 11/2017	American College of Rheumatology/Association of Rheumatology Health Professionals Annual Meeting, San Diego, CA
12/2017 - 12/2017	Huskers Performance Symposium, University of Nebraska - Lincoln, NE
12/2017 - 12/2017	Responsible Conduct in Research Training (8 hrs), University of Nebraska Medical Center
02/2018 - 02/2018	American Physical Therapy Association Combined Sections Meeting, New Orleans, LA
05/2018 - 05/2018	Human Movement Variability Conference, University of Nebraska - Omaha
10/2018 - 10/2018	Great Plains IDeA - CTR Annual Scientific Meeting, Omaha, NE

ACADEMIC APPOINTMENTS

2016 - Present	Assistant Professor, Division of Physical Therapy Education, University of Nebraska Medical Center, Omaha, NE
2016 - Present	Adjunct Assistant Professor, Department of Biomechanics, University of Nebraska at Omaha, Omaha, NE

CERTIFICATIONS AND LICENSES

Present	Certified Basic Life Support (BLS) - American Heart Association
2015 - Present	Orthopedic Certified Specialist, American Board of Physical Therapy Specialties
Present	Nebraska Physical Therapy License 2748

GRANTS AND CONTRACT SUPPORT

Active

Title:	Role of Physical Activity in Post-Traumatic Osteoarthritis - NIFTI New Investigator Fellowship
--------	--

ID Number:	
Funding Agency:	Foundation for Physical Therapy
Project Period:	2017 - 2019
Total Dollars:	\$100,000
Direct Cost:	\$100,000
Role:	Principal Investigator

Title:	Purchase of portable gait analysis walkway (Protokinetics Zeno Walkway)
ID Number:	
Funding Agency:	NE. Bankers Assoc. Equipment Grants / U.N. Fdn

Project Period: 2018 - 2019
Total Dollars: \$8,319
Direct Cost: \$8,319
Role: Principal Investigator

Pending

Title: Role of Biomarkers in the Osteoarthritis Pathway After Joint Injury
ID Number:
Funding Agency: Rheumatology Research Foundation
Project Period: 2019 - 2022
Total Dollars: \$375,000
Direct Cost: \$347,408
Role: Principal Investigator

Title: Osteoarthritis After ACL Injury: Establishing Cumulative Joint Loading as A Preventative Target
ID Number:
Funding Agency: DHHS/NIH/NIAMS
Project Period: 2019 - 2021
Total Dollars: \$429,111
Direct Cost: \$281,384
Role: Principal Investigator

NON-SPONSORED / OUTSIDE GRANTS INFORMATION

Active

Title: Student Research and Education Innovation Grant: Movement Asymmetry Detection after ACL Injury
Funding Agency: College of Allied Health Professions
Institution: University of Nebraska Medical Center
Project Period: 2017 - 2019
Total Dollars: \$2,500
Direct Cost: \$2,500
Role: Mentor (Katelyn Hedlund)

Title: Student Research and Education Innovation Grant: Accelerometers Used to Measure Gait Asymmetries
Funding Agency: College of Allied Health Professions
Institution: University of Nebraska Medical Center
Project Period: 2017 - 2019
Total Dollars: \$2,500
Direct Cost: \$2,500
Role: Mentor (Emilie Hicks)

Title: Student Research and Education Innovation Grant: The Effect of Pre-operative Physical Therapy on Return to Sport Performance and Reinjury Rates Following ACL Reconstruction
Funding Agency: College of Allied Health Professions
Institution: University of Nebraska Medical Center
Project Period: 2018 - 2020
Total Dollars: \$2,500
Direct Cost: \$2,500
Role: Mentor (Regg Strotheide)

Completed

Title: Role of Cumulative Knee Joint Loading in Healthy Articular Cartilage
Funding Agency: Center for Brain, Biology and Behavior
Institution: University of Nebraska at Lincoln
Project Period: 2017 - 2017
Total Dollars: \$6,900
Direct Cost: \$6,900
Role: Principal Investigator

Title: Planning Grant: Clinical and Biomechanical Factors in Lower Extremity Osteoarthritis
Funding Agency: System Science Collaborative Initiative
Institution: University of Nebraska
Project Period: 2017 - 2018
Total Dollars: \$9,825
Direct Cost: \$9,825
Role: Principal Investigator

Title: Medical Student Summer Research Program: Inter-limb T2 Relaxation Time Differences in Healthy Individuals Related to Physical Activity Levels and Biomechanical Gait.
Funding Agency: College of Medicine
Institution: University of Nebraska Medical Center
Project Period: 2018 - 2020
Total Dollars: \$3,750
Direct Cost: \$3,750
Role: Mentor (Jessica Emory)

OTHER APPOINTMENTS AND POSITIONS

2007 - 2008 Research Assistant, Physical Therapy (under direction of Laura Bilek, PT, PhD), University of Nebraska Medical Center, Omaha, NE
2009 - 2010 Staff Physical Therapist, Valley County Health Systems, Ord, NE
2010 - 2012 Contract Physical Therapist, Aureus Medical, Omaha, NE
2012 - 2012 Physical Therapist, Chugach Physical Therapy, Anchorage, AK

2012 - 2016 Graduate Research Assistant, Biomechanics and Movement Science,
University of Delaware, Newark, DE

HONORS AND AWARDS

Local

2005 Helen B Hewett College of Educ. & Human Sciences Scholarship,
University of Nebraska-Lincoln
2007-2009 Regent's Academic Scholarship, University of Nebraska Medical Center
2009 Physical Therapy Excellence in Professionalism Award, University of
Nebraska Medical Center
2017-Current CTR Mentored Scholars Program (K12 Program), University of Nebraska
Medical Center

National

2005-2006 Tau Sigma National Transfer Honor Society, Member, Tau Sigma
National Transfer Honor Society
2005-2006 National Society of Collegiate Scholars, Member, The National Society of
Collegiate Scholars
2007-2009 Alpha Eta Honor Society, Member, The Alpha Eta Society
2015 Excellence in Research Award, Sports Physical Therapy Section,
American Physical Therapy Association
2017 Emerging Leader Award, American Physical Therapy Association
2018 Best Research Poster Award, Cardiovascular and Pulmonary Sect,
Combined Sections Meeting (CSM), American Physical Therapy
Association

MEMBERSHIPS AND OFFICES IN PROFESSIONAL SOCIETIES

2006 - Present Member, American Physical Therapy Association
2006 - Present Member, Nebraska Physical Therapy Association
2011 - Present Member, Orthopedic Section of the American Physical Therapy
Association
2013 - Present Member, Sports Section of the American Physical Therapy Association
2013 - Present Member, Knee Special Interest group of the Sports Section of the
American Physical Therapy Association
2015 - Present Member, Research Section of the American Physical Therapy Association
2016 - Present Member, Osteoarthritis Research Society International
2016 - 2017 Member, Education Section of the American Physical Therapy
Association
2017 - Present Member, American College of Rheumatology/Association of
Rheumatology Health Professionals

COMMITTEE ASSIGNMENTS

Departmental

2016 - Present Member, Curriculum Revision - Human Movement Science Workgroup, Division of Physical Therapy Education

2016 - 2018 Member, Admissions Committee, Division of Physical Therapy Education

2016 - 2018 Member, Scholarships and Awards Committee, Division of Physical Therapy Education

2017 - Present Member, Research Development and Management Committee, College of Allied Health Professions

2018 - Present Member, Research Committee, Division of Physical Therapy Education

Local/Regional

2016 - Present Board Member (Elected), Secretary, Nebraska Physical Therapy Association Foundation

National/International

2018 - Present Secretary, Biomechanics Special Interest Group, Section on Research, American Physical Therapy Association

UNMC

2018 - Present Member, CAHP Representative for Intellectual Property Committee, Faculty Senate

2018 - 2018 Member, Search Committee - Director of Doctor of Occupational Therapy Program

MISCELLANEOUS

2015 - Present Reviewer, International Journal of Sports Physical Therapy

2015 - Present Reviewer, Journal of Orthopaedic and Sports Physical Therapy

2016 - Present Reviewer, The American Journal of Sports Medicine

2016 - Present Reviewer, Abstracts for Annual Combined Sections Meeting, Sports Physical Therapy Section, American Physical Therapy Association

2016 - Present Reviewer, Journal of Applied Biomechanics

2017 - Present Review, Journal of Orthopaedic Research

2017 - Present Reviewer, Arthritis Care and Research

2017 - Present Reviewer, Legacy Grant Fund Applications, Sports Section, American Physical Therapy Association

2017 - Present Reviewer, Abstract Submissions, Midwest Student Biomedical Research Forum

2017 - Present Reviewer, Abstract Submissions, Human Movement Variability Conference, University of Nebraska at Omaha

2017 - 2017 Moderator, Sports Section Research Platforms, Combined Sections Meeting 2017, San Antonio, TX, American Physical Therapy Association

PRESENTATIONS

1. Snyder-Mackler L; Wellsandt E. Dynamic Stability of the ACL-Injured Knee. 2014 Oct 10. Omaha, NE

2. Wellsandt E; Snyder-Mackler L. Non-Operative Management of ACL Injuries. International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Biennial Congress; 2015 June 7. Lyon, France
3. Wellsandt E. The Fading Athlete with an Old Knee: Investigation of Factors After Anterior Cruciate Ligament Injury Related to the Development of Knee Osteoarthritis. 2016 Sept 16. University of Nebraska Omaha - Department of Biomechanics Seminar Series
4. Wellsandt E; Tao MJ. ACL Tears in Elite Athletes: A Modern Evolution. Huskers Performance Symposium; 2017 Dec 08. University of Nebraska - Lincoln
5. Wellsandt E; Ithurburn M. Science Meets Practice: Achieving Current Symmetry or Going Beyond Symmetry for Return to Sport Following ACL Reconstruction. American Physical Therapy Association, Combined Sections Meeting; 2018 Feb 24. New Orleans, LA
6. Wellsandt E. Outcomes after ACL Injury - What Are We Missing?. 2018 May 8. University of North Carolina at Chapel Hill, Chapel Hill, NC
7. Wellsandt E. Cumulative Knee Joint Loading in ACL Injured Articular Cartilage. 2018 Apr 18. Surgery Research Forum, Holland Regenerative Medicine Program, UNMC

PUBLICATIONS

A. ARTICLES PUBLISHED IN SCHOLARLY JOURNALS

1. Hayes B; Kittelson A; Loyd B; Wellsandt E; Flug J; Stevens-Lapsley J. Assessing radiographic knee osteoarthritis: an online training tutorial for the Kellgren-Lawrence grading scale. MedEdPORTAL Publications. 2016; Vol. 12 (10503)
2. Elizabeth Wellsandt; Ashutosh Khandha; Kurt Manal; Michael J. Axe; Thomas S. Buchanan; Lynn Snyder-Mackler. Predictors of knee joint loading after anterior cruciate ligament reconstruction. Journal of Orthopaedic Research. 2016
3. Wellsandt E, Gardinier ES, Manal K, Axe MJ, Buchanan TS, Snyder-Mackler L. Decreased Knee Joint Loading Associated With Early Knee Osteoarthritis After Anterior Cruciate Ligament Injury. Am J Sports Med. 44 : 143-51. 2016
4. Khandha A, Manal K, Wellsandt E, Capin J, Snyder-Mackler L, Buchanan TS. Gait mechanics in those with/without medial compartment knee osteoarthritis five years after anterior cruciate ligament reconstruction. J. Orthop. Res. 2016
5. Wellsandt E; Failla MJ; Snyder-Mackler L. Limb Symmetry Indexes Can Overestimate Knee Function After ACL Injury. The Journal of orthopaedic and sports physical therapy. 2017 May; Vol. 47 (5): p. 334-338. 0190-6011
6. Wellsandt E; Zeni JA; Axe MJ; Snyder-Mackler L. Hip joint biomechanics in those with and without post-traumatic knee osteoarthritis after anterior cruciate ligament injury. Clinical biomechanics (Bristol, Avon). 2017 Dec; Vol. 50: p. 63-69. 0268-0033
7. E. Wellsandt; J. A. Zeni; M. J. Axe; L. Snyder-Mackler. Hip joint biomechanics in those with and without post-traumatic knee osteoarthritis after anterior cruciate ligament injury. Clinical Biomechanics. 50 : 63-69. 2017
8. Wellsandt E. Exercise in the management of knee and hip osteoarthritis. Current opinion in rheumatology. 2018 Mar; Vol. 30 (2): p. 151-159. 1040-8711

9. Grindem H; Wellsandt E; Failla MJ; Snyder-Mackler L; Risberg MA. Anterior Cruciate Ligament Injury: Who Succeeds Without Reconstructive Surgery? The Delaware-Oslo ACL Cohort Study. *Orthopaedic Journal of Sports Medicine*. 2018 May; Vol. 6 (5): p. 2325967118
10. Hege Grindem; Elizabeth Wellsandt; Mathew Failla; Lynn Snyder-Mackler; May Arna Risberg. Anterior Cruciate Ligament Injury—Who Succeeds Without Reconstructive Surgery? The Delaware-Oslo ACL Cohort Study. *Orthopaedic Journal of Sports Medicine*. 6 : 2018
11. Elizabeth Wellsandt; Matthew J. Failla; Michael J. Axe; Lynn Snyder-Mackler. Does Anterior Cruciate Ligament Reconstruction Improve Functional and Radiographic Outcomes Over Nonoperative Management 5 Years After Injury?. *American Journal of Sports Medicine*. 2018
12. Wellsandt E; Failla MJ; Axe MJ; Snyder-Mackler L. Does Anterior Cruciate Ligament Reconstruction Improve Functional and Radiographic Outcomes Over Non-Operative Management 5 Years After Injury?. *The American journal of sports medicine*. 2018 Jul; Vol. 46 (9): p. 2103-2112. 0363-5465
13. Khandha A; Manal K; Wellsandt E; Marmon AR; Capin J; Snyder-Mackler L; Buchanan TS. High Muscle Co-Contraction Does Not Result in High Joint Forces During Gait in Anterior Cruciate Ligament Deficient Knees. *Journal of orthopaedic research : official publication of the Orthopaedic Research Society*. 2018 Sep; 0736-0266

B. ARTICLES ACCEPTED FOR PUBLICATION IN SCHOLARLY JOURNALS

1. Wellsandt E; Axe MJ; Snyder-Mackler L. Single-Legged Hop Tests Associated With Development of Post-Traumatic Knee Osteoarthritis After Anterior Cruciate Ligament Injury. *Orthopaedic Journal of Sports Medicine*. 2018 Sep

C. ARTICLES SUBMITTED FOR PUBLICATION IN SCHOLARLY JOURNALS

Not Applicable

D. BOOKS PUBLISHED, IN PREPARATION, SUBMITTED OR IN PRESS

Not Applicable

E. CHAPTERS IN BOOKS

1. Snyder-Mackler L; Arundale A; Failla MJ; Wellsandt E; Grindem H; Ricci M; Della Villa S; Risberg MA. Controversies in the Technical Aspects of ACL Reconstruction: An Evidence-Based Medicine Approach. Springer; 2017. Chapter 45, Nonoperative Management of ACL Rupture
2. Lynn Snyder-Mackler; Amelia Arundale; Mathew Failla; Elizabeth Wellsandt; Hege Grindem; Margherita Ricci; Stefano Della Villa; May Arna Risberg. Nonoperative management of ACL rupture. Springer Berlin Heidelberg; 2017. Controversies in the Technical Aspects of ACL Reconstruction; 491-498
3. Wellsandt E; Logerstedt D; Snyder-Mackler L. Joint Structure and Function: A

F. BOOKS OR JOURNALS EDITED

Not Applicable

G. ABSTRACTS AND PRELIMINARY COMMUNICATIONS

1. Wellsandt E; White K; Snyder-Mackler L. ACL Non-Copers Demonstrate Larger External Knee Adduction Moments One Year after ACLR. American Society of Biomechanics Annual Conference; Omaha, NE. 2013 Sep
2. Wellsandt E; Logerstedt D; Snyder-Mackler L. The Use of Quadriceps Index as an Indicator of Peak Quadriceps Strength Capacity After ACL Injury. American Physical Therapy Association Combined Sections Meeting; Las Vegas, NV. 2014 Feb
3. Wellsandt E; Gardinier ES; Manal K; Axe MJ; Buchanan TS; Snyder-Mackler L. Medial Tibiofemoral Joint Contact Force Unloading Associated with Early Knee Osteoarthritis after ACL Injury and Reconstruction - Poster presentation. Orthopedic Research Society Annual Conference; New Orleans, LA. 2014 Mar
4. Wellsandt E; Gardinier ES; Manal K; Axe MJ; Buchanan TS; Snyder-Mackler L. Association of Joint Moments and Contact Forces with Early Knee Joint Osteoarthritis after ACL Injury and Reconstruction - Poster presentation. Osteoarthritis Research Society International Annual World Congress; Paris, France. 2014 Apr
5. Wellsandt E; Axe MJ; Snyder-Mackler L. Association of Activity and Fear with Joint Space Width After Anterior Cruciate Ligament Reconstruction - Poster presentation. European Society of Sports Traumatology, Knee Surgery, and Arthroscopy Biennial Congress; Amsterdam, Netherlands. 2014 May
6. Wellsandt E; Snyder-Mackler L. Clinical and Performance-Based Measures 6 Months After Anterior Cruciate Ligament Reconstruction Do Not Predict Knee Function at 5 Years - Poster presentation. European Society of Sports Traumatology, Knee Surgery, and Arthroscopy Biennial Congress; Amsterdam, Netherlands. 2014 May
7. Wellsandt E; Failla MJ; Snyder-Mackler L. Achieving Symmetry in ACL Return to Sport Testing Does Not Represent Prior Functional Levels - Podium presentation. American Physical Therapy Association Combined Sections Meeting; Indianapolis, IN. 2015 Feb
8. Wellsandt E; Khandha A; Manal K; Axe MJ; Buchanan TS; Snyder-Mackler L. Relationship of Biomechanical and EMG Factors to Joint Contact Forces and Early Knee OA after ACL Reconstruction - Podium presentation. Orthopedic Research Society Annual Conference; Las Vegas, NV. 2015 Mar
9. Khandha A; Wellsandt E; Manal K; Marmon AR; Snyder-Mackler L; Buchanan. Can Medial Compartment Contact Forces in an ACL Deficient Knee Be Lower Despite Higher Muscle Co-contraction? - Poster presentation. Orthopedic Research Society Annual Conference; Las Vegas, NV. 2015 Mar
10. Arundale A; Wellsandt E; Snyder-Mackler L. How Do Football Players after ACLR Compare to Normative Single-Legged Hop Data? - Podium presentation. , International Conference on Sports Rehabilitation and Traumatology; Football Medicine Strategies for Player Care Annual Meeting; London, England. 2015 Apr

11. Wellsandt E; Arundale A; Manal K; Buchanan TS; Snyder-Mackler L. Lower Hop Scores Related to Gait Asymmetries After ACL Injury: Identifying Associations Related to the Development of Early Onset Knee OA - Poster presentation. Osteoarthritis Research Society International Annual World Congress; Seattle, WA. 2015 May
12. Khandha A; Manal K; Wellsandt E; Buchanan TS; Snyder-Mackler L. The Onset of Knee Osteoarthritis After Anterior Cruciate Ligament Surgery Is Associated With Early Unloading Followed By An Extended Period of Normal Loading - Poster presentation. Osteoarthritis Research Society International Annual World Congress; Seattle, WA. 2015 May
13. Wellsandt E; Manal K; Axe MJ; Buchanan TS; Snyder-Mackler L. Single-Legged Hop Scores Early after ACL Injury Associated with Knee OA 5 Years Later - Poster presentation. International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Biennial Congress; Lyon, France. 2015 Jun
14. Wellsandt E; Risberg MA; Grindem H; Eitzen I; Snyder-Mackler L. . Early Predictors of Outcomes Following Non-Operative Management of ACL Injury: The Delaware-Oslo ACL Cohort Study - Podium presentation. The American Orthopaedic Society of Sports Medicine Annual Meeting; Orlando, FL. 2015 Jul
15. Capin J; Failla MJ; Wellsandt E; Snyder-Mackler L. Does The Addition of Perturbation Training Improve Gait Asymmetries in Athletes After ACLR With Different Mechanisms of Injury? - Poster presentation. American Society of Biomechanics Annual Conference; Columbus, OH. 2015 Aug
16. Wellsandt E; Axe MJ; Snyder-Mackler L. Single-Legged Hop Tests As A Screening Tool For Risk of Post-Traumatic Osteoarthritis After ACL Injury - Podium presentation. American Physical Therapy Association Combined Sections Meeting; Anaheim, CA. 2016 Feb
17. Dix C; Wellsandt E; Snyder-Mackler L. Does Timing of Neuromuscular Training Affect Kinesiophobia, Knee Function, and Return to Sport Outcomes? - Podium presentation. American Physical Therapy Association Combined Sections Meeting; Anaheim, CA. 2016 Feb
18. Khandha A; Manal K; Wellsandt E; Capin J; Buchanan TS; Snyder-Mackler L. Peak knee flexion and adduction moments are inversely correlated in subjects with medial compartment osteoarthritis 5 years after anterior cruciate ligament reconstruction - Poster presentation. Osteoarthritis Research Society International Annual World Congress; Amsterdam, Netherlands. 2016 Mar
19. Khandha A; Manal K; Wellsandt E; Snyder-Mackler L; Buchanan TS. Knee Gait Mechanics and Joint Load Distribution after Anterior Cruciate Ligament Reconstruction (ACLR) for Osteoarthritic (OA) vs. Non-OA Subjects - Poster presentation. Orthopedic Research Society Annual Meeting; Orlando, FL. 2016 Mar
20. Wellsandt E; Failla M; Axe MJ; Snyder-Mackler L. Functional, Patient-Report and Radiographic Outcomes 5 Years After Non-Operative and Operative Management of ACL Injury - Podium Presentation. American Physical Therapy Association Combined Sections Meeting; San Antonio, TX. 2017 Feb
21. Wellsandt E; Axe MJ; Snyder-Mackler L. Radiographic Evidence of Osteoarthritis After Anterior Cruciate Ligament Injury - Poster presentation. Osteoarthritis Research Society International Annual World Congress; Las Vegas, NV. 2017 Apr
22. Failla MJ; Zarzycki R; Logerstedt D; Wellsandt E; Axe MJ; Snyder-Mackler L. Hop Test

- Symmetry Scores Early after Rehab Predict Successful 2 Year Outcomes of ACLR - Poster Presentation. The American Orthopaedic Society of Sports Medicine Annual Meeting; Colorado Springs, CO. 2017 Jul
23. Hageman PA; Yoerger M; Wellsandt E. Cardiometabolic Biomarkers, Physical Function and Activity in Women with Arthritis Who Completed a 30-Month Web-Based Weight Loss Intervention - Poster Presentation. American Physical Therapy Association, Combined Sections Meeting; New Orleans, LA. Cardiopulmonary Physical Therapy Journal. 2018 Feb , Vol. 29: 39
 24. Grindem H; Failla M; Wellsandt E; Snyder-Mackler L; Risberg, MA. Anterior Cruciate Ligament Injury: Who Succeeds Without Reconstructive Surgery? - Platform Presentation. European Society of Sports Traumatology, Knee Surgery, and Arthroscopy Annual Congress; Glasgow, Scotland. 2018 May
 25. Kim Y; Wellsandt E; Lee JM; Rosen AB. Relationship Between Range of Motion, Strength, Upper Quarter Y-Balance Test and a History of Shoulder Injury among NCAA Division I Overhead Athletes. National Athletic Trainers' Association Annual Clinical Symposia; New Orleans, LA. 2018 Jun

H. PUBLISHED AUDIOVISUAL OR COMPUTER-BASED EDUCATIONAL MATERIALS AND COMPUTER SOFTWARE

Not Applicable

I. PUBLISHED CONTINUING EDUCATION MATERIALS

1. Nawasreh Z; Wellsandt E; Logerstedt D. Current Concepts in ACL Injury, Surgery, and Rehabilitation. GSC Homes Study Courses, S.C. Publishing. 2014

J. EDITORIALS

Not Applicable

K. CONFERENCE PROCEEDING

Not Applicable

COMMUNITY SERVICE

2015 - 2015	Volunteer, 'Explore the Magic of Motion' Day, Girl Scouts
2011 - 2012	Assistant Coach, Girls Basketball Program, Brush High School, Brush, CO
2008 - 2008	Member, Diabetes and Exercise Education Committee, Good Life Clinic, Omaha, NE
2007 - 2008	Student Physical Therapist, Sharing Clinic, Omaha, NE
2007 - 2008	Tournament Volunteer, Red Dawg Wheel Chair Basketball, Omaha, NE
2006 - 2008	Assistant Coach, Girls Basketball Program, St. Thomas More Elementary, Omaha, NE

- 2006 - 2008 Co-Chair, Public Relations Committee, Joint Effort Volleyball Tourney,
American Arthritis Foundation, Omaha, NE
- 2007 - 2007 Vounteer, Fun Fitness Day, Special Olympics, Omaha, NE

EDUCATION / TEACHING ACTIVITY

A. COURSES, TEAM TAUGHT

PHYT 505, Musculoskeletal Physical Therapy I

Instructor:

University of Nebraska Medical Center, Lead Instructor (Biomechanics Module), 2017 - Present

PHYT 605, Musculoskeletal Physical Therapy II: Upper Quarter

University of Nebraska Medical Center, Lab Instructor, 2016-2017

PHYT 606, Musculoskeletal Physical Therapy III: Lower Quarter

University of Nebraska Medical Center, Lead Instructor (Knee Module); Lab Instructor (remaining modules), 2017 - Present

PHYT 614, PT Management of Individuals with Chronic Health Conditions

University of Nebraska Medical Center, Lead Instructor (Osteoarthritis Lecture), 2017 - Present

PHYT 740, Critical Inquiry II

University of Nebraska Medical Center, Instructor, 2018

B. COURSES, (COORDINATED/SUPERVISED)

PHYT 740, Critical Inquiry II

Instructor:

University of Nebraska Medical Center, , 2017

C. GRADUATE STUDENT INSTRUCTION

0. Masters Thesis Dissertation Committee Member - Abderrahman Ouattas

Other

University of Nebraska Omaha, Knee Joint Proprioception: Its Effect on Inter-Limb Joint Asymmetry & Dynamic Stability in Post-Total Knee Arthroplasty Patients, 2017 - Present

0. Masters Thesis Dissertation Committee Member - Boyoung Park

University of Nebraska Omaha, The acute effects of static stretching and dynamic stretching with a moist heat pack in young healthy people with limited flexibility of the triceps surae, 2017 - Present

0. Masters Thesis Dissertation Committee Member - Youngwook Kim

University of Nebraska Omaha, Relationship between Range of Motion, Strength, Upper Quarter Y-balance Test and Shoulder Injury among NCAA Division I Overhead Athletes, 2016 - 2017

0. PhD Thesis Dissertation Committee Member - Nicholas Hein

University of Nebraska Medical Center, , 2018 - Present

1. Medical Student Research Project Mentor - Jessica Emory

University of Nebraska Medical Center, Project Title: Inter-limb T2 Relaxation Time Differences in Healthy Individuals Related to Physical Activity Levels and Biomechanical Gait, 2018

1. Physical Therapy Student Research Project Mentor - Emilie Hicks

University of Nebraska Medical Center, Project Title: Accelerometers Used to Measure Gait Asymmetries, 2017 - Present

1. Physical Therapy Student Research Project Mentor - Katelyn Hedlund

University of Nebraska Medical Center, Project Title: Movement Asymmetry Detection after ACL Injury, 2017 - Present

1. Physical Therapy Student Research Project Mentor - Regg Strotheide

University of Nebraska Medical Center, Project Title: The Effect of Pre-operative Physical Therapy on Return to Sport Performance and Reinjury Rates Following ACL Reconstruction, 2018 - Present

2. Ethics of Scientific Research

Lecture:

BMCH 1100, University of Nebraska - Omaha, Guest Lecture: Ethics in Physical Therapy, 2018

2. Exercise for Special Populations

HPER 8850, University of Nebraska Omaha, Guest Lecture: Post-Traumatic Osteoarthritis after ACL Injuries, 2016

2. Orthopedic Biomechanics

BMCH 4640, University of Nebraska - Omaha, Guest Lecture: Biomechanics in ACL Injury, 2018

3. GCBA 571, Structure of Human Body

Other

University of Nebraska Medical Center, Graduate Student Lab Instructor, 2008

3. PHYT 608, Musculoskeletal Evaluation

Instructor:

University of Delaware, , 2015

3. PHYT 635, Thermal Agents and Soft Tissue

University of Delaware, , 2012 - 2015

3. PHYT 802, Medical Sciences II - Orthopedics and Musculoskeletal Imaging

University of Delaware, , 2013 - 2014

3. PHYT 808, Spine Management

University of Delaware, , 2015

D. ADDITIONAL INSTRUCTION

BIOS 214, Human Anatomy

Other

University of Nebraska - Lincoln, Cadaver Lab Teaching Assistant, 2005 - 2006