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## Education

- 2007 Transitional Doctor of Physical Therapy (*with Distinction*), Simmons College, Boston, MA.
- 1994 Doctor of Education, University of Kentucky, Lexington, KY. (Biomechanics / Kinesiology)
- 1986 Master of Education, University of Virginia, Charlottesville, VA. (Sports Medicine / Athletic Training)
- 1983 Bachelor of Science, Medical University of South Carolina, Charleston, SC. (Physical Therapy)
- 1981 Associate of Arts, Hillsborough Community College, Tampa, FL. (Pre-Medicine)
- Dissertation The Effect of Eccentric Isokinetic Peripheral Neuromuscular Fatigue of the Stance Lower Extremity Quadriceps Femoris and Hamstrings on Knee and Ankle Dynamics during Crossover Cutting.

## **Professional Experience**

January 2014 - Present	Professor (with tenure) and Program Director, Athletic Training Program, Spalding University, Louisville, KY
March 2014 - Present	Clinical Professor (gratis), Department of Orthopaedic Surgery, University of Louisville
November 2012 - 2016	Adjunct Professor, Department of Kinesiology and Health Promotion, University of Kentucky
January 2008 - 2014	Advisory Academic Dean, School of Medicine, University of Louisville
July 2007 – 2014	Associate Professor (with tenure), Department of Orthopaedic Surgery, School of Medicine, University of Louisville
October 2001 – 2014	Research Director, Division of Sports Medicine, Department of Orthopaedic Surgery, University of Louisville, Louisville, KY.
October 2001 – June 2007	Assistant Professor, Department of Orthopaedic Surgery, School of Medicine, University of Louisville
January 2002 – 2014	Adjunct Professor, School of Physical Therapy, Bellarmine University, Louisville, KY
September 1998 – June 2001	Associate Professor, School of Physical Therapy, College of Medicine, University of South Florida
April 1997 – July 1998	Assistant Professor, College of Medicine, University of Kentucky
1994-1998	Research Director, Sports Medicine Section, Division of Orthopedic Surgery, University of Kentucky, Lexington, KY.
August 1995 – April 1997	Assistant Professor, Division of Physical Therapy, College of Allied Health Professions, University of Kentucky

## **Licensure and Certifications**

Licensed Athletic Trainer, Kentucky Board of Medical Licensure (2013 – Present) #AT1503

Physical Therapist, KY, 001614 (1989 – Present)

International Disabled Archery Classifier, FITA (August 2009 – 2016)

National Disabled Archery Classifier, International Paralympic Committee (August 2006 - 2009)

Certified Athletic Trainer, NATA Board of Certification #05-0609 (1986 – Present)

Sports Certified Physical Therapist, 1527 (initial 1996, re-certified in 2006, re-certified in 2016 through 2026).

Certified Strength and Conditioning Specialist, NSCA, 87422 (1988 – Present)

***Advisory Councils, Peer Reviewer***

2014-Present	Manuscript Reviewer for American Journal of Sports Medicine
2012	Austrian Science Foundation Grant Application Review. Evaluation of neuromuscular control of the ovine M. gluteus medius.
May 2012 - 2018	Manuscript Reviewer for Scandinavian Journal of Medicine and Sports Science
May 2012 – Present	Manuscript Reviewer for Arthroscopy
May 2010 – 2018	Manuscript Reviewer for The Knee
July 2008 - Present	Manuscript Reviewer for SportsHealth
June 2008 – 2018	Manuscript Reviewer for Journal of Biomechanics
August 2008 – 2018	Manuscript Reviewer for Medical Science Monitor
August 2008 – Present	Manuscript Reviewer for Knee Surgery, Sports Traumatology, and Arthroscopy
November 2008 – 2018	Manuscript Reviewer for Human Movement Science
February 2009 – 2018	Manuscript Reviewer for Medical Education
February 2009 – Present	Manuscript Reviewer for Journal of Sport Rehabilitation
March 2008 – Present	Manuscript Reviewer for Physiotherapy Theory and Practice
March 2008 – 2018	Manuscript Review for the European Journal of Sport Science
December 2007 – Present	Manuscript Reviewer for Clinical Biomechanics
August 2007 – Present	Manuscript Reviewer for Medicine and Science in Sports and Exercise
May 2007 – Present	Manuscript Reviewer for Journal of Orthopaedic Research

August 2006 – 2018	Manuscript Reviewer for Psychology and Health
November 2005 – 2018	Manuscript Reviewer for the International Journal of Sports Medicine
November 2005 – Present	Manuscript Reviewer for the Journal of Clinical Anatomy
October 2005 – 2009	Manuscript Reviewer for BMC Musculoskeletal Disorders
March 2005 – 2018	Manuscript Reviewer for Archives of Physical Medicine and Rehabilitation
June 2003-2018	Manuscript Reviewer, Transactions on Neural Systems & Rehabilitation Engineering
May 2001-March 2005	Member, Education Committee, Frazier Rehabilitation Institute Advisory Board
May 2001-March 2005	Member, Scientific Affairs Committee, Frazier Rehabilitation Institute Advisory Board
Jan. 1998-Jan. 2005	Manuscript Reviewer, British Journal of Sports Medicine
Jan. 1999-2005	Manuscript Reviewer, Journal of Athletic Training
1996-2000	Grant Reviewer, Research and Education Foundation, National Athletic Trainers' Association
1995-2006	Manuscript Reviewer, Journal of Orthopaedic and Sports Physical Therapy
1994-1996	Abstract Reviewer, American College of Sports Medicine Annual Conference
1995-2018	Member, Medical Advisory Committee, Sports Medicine and Performance Commission, United States Volleyball Association

***Teaching***

May 7, 2020	Invited Speaker: ACL Reconstruction Rehabilitation: Improving Neuromuscular Control, Dynamic Stability and Safe Return to Sports. 19th ESSKA Congress, Milan, Italy. May 6-9, 2020
Sept. 25, 2019	Invited Speaker: A Hip Movement Based Therapeutic Exercise Approach to Injury Prevention. Norton Pediatric Orthopaedic Symposium. Ali Center, Louisville, KY.
July 27, 2019	Invited Speaker: Return to Play Following Knee Injury. 6th International

Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India

- July 27, 2019      Invited Speaker: Restoring Dynamic Shoulder Stability Following Dislocation. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 27, 2019      Invited Speaker: Prescreening of Amateur Athletes. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 27, 2019      Invited Speaker: Knee Rehabilitation After Multiple Ligament Injuries. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 27, 2019      Invited Speaker: PCL Rehabilitation: How it differs from ACL Rehabilitation. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 27, 2019      Invited Speaker: Knee Rehabilitation After Meniscus Repair and Meniscectomy. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 27, 2019      Invited Speaker: Functional Knee Evaluation & Movement Analysis. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 26, 2019      Invited Speaker: Preventing Lower Extremity Muscle Injury in Footballers. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 26, 2019      Invited Speaker: Return to Play – Outcomes and Performance Measures for the Shoulder. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 26, 2019      Invited Speaker: 1st Physiotherapy Oration: Movement Based Return to Sport Training. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 26, 2019      Invited Speaker: What Matters: Mobility vs Strength vs Conditioning. 6th International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 26, 2019      Invited Speaker: Road from Surgery to Recovery: Staging Knee Rehabilitation. 6<sup>th</sup> International Meeting of the Arthroscopy Academy & Physiotherapy and Sports Rehabilitation Congress. Mumbai, India
- July 13, 2019      Invited Speaker: Shoulder rehabilitation in Extreme Sports. 1<sup>st</sup> Action Sports & Exercise Medicine Congress. Malcesine, Italy

- July 13, 2019      Invited Speaker. Knee rehabilitation in Extreme Sports. 1st Action Sports & Exercise Medicine Congress. Malcesine, Italy
- June 29, 2019      Invited Speaker. Rehabilitation of PCL Injuries. 3<sup>rd</sup> PCL Summit, Barcelona, Spain
- May 13, 2019      Invited Speaker. Biceps and SLAP Repair Rehabilitation. 12th Biennial ISAKOS Congress, Cancun, Mexico
- May 12, 2019      Invited Speaker. Return to Sports Training After ACL Reconstruction. 12<sup>th</sup> Biennial ISAKOS Congress, Cancun, Mexico
- April 26, 2019      Invited Speaker. Rehabilitation of Multiligament Knee Injuries: How to Exceed Expectations. XII Biennial SETRADE Meeting, Palma Majorca, Spain
- April 25, 2019      Invited Speaker. Orthosis Use in Sports Traumatology. XII Biennial SETRADE Meeting, Palma Majorca, Spain
- April 25, 2019      Invited Speaker. A Functional Movement-Based Approach to Lower Extremity Tendinopathy Management. XII Biennial SETRADE Meeting, Palma Majorca, Spain
- April 18, 2019      Invited Speaker. Sichuan University Physical Therapy Program. What the Rehab Team Needs to Know about the Surgical Note and Clinical Measurements. Chengdu, China
- April 18, 2019      Invited Speaker. Sichuan Provincial Orthopaedic Hospital. Rehabilitation after ACL Reconstruction: Can I be Stable Again? Chengdu, China.
- December 1, 2018      Invited Speaker. Functional Movement Approach to Knee and Shoulder Rehab and Return to Play Decision-Making. Medical University of South Carolina, Charleston, SC.
- September 28, 2018      Invited Speaker. Overuse Injuries in Sports. 2018 “What’s New in Pediatric Orthopaedics”? Norton Healthcare, Muhammad Ali Center, Louisville, KY.
- September 16, 2018      Invited Speaker. Fitness Instructor Workshop at MW Gym. Shoulder Injury Prevention: Theory and Practice. Chengdu, China.
- September 16, 2018      Invited Speaker. Fitness Instructor Workshop at UNI Fitness Gym. ACL Injury Prevention: Theory and Practice. Chengdu, China.
- September 15, 2018      Keynote Speaker. Multiligament Knee Injuries: Raising Outcome Expectations. 14th International Orthopedics Forum of West China Hospital, Chengdu, China.

September 14, 2018	Invited Speaker. Sichuan University Physical Therapy Program. Rehabilitation after ACL Reconstruction: Can I be Stable Again? Chengdu, China.
June 1-2, 2018	Invited Speaker. Third Biannual International Extreme Sports Medicine Congress. Boulder, Colorado (Rehabilitation after ACL Reconstruction: Can I be Stable Again? and Shoulder Rehab after Dislocation – Can it happen again?).
February 17, 2018	Invited Speaker. 2 <sup>nd</sup> PCL Summit 2018, Barcelona, Spain. MEDI International (Rehabilitation following PCL Injury and Surgery)
October 12-15, 2017	Invited Speaker, Indian Arthroscopy Society 16 <sup>th</sup> Annual Conference, Jaipur, India
July 19, 2017	Invited Speaker. Influence of Concussions on Extremity Injuries. AOSSM/SPTS Pre-Conference Workshop, Toronto, Canada
July 14, 2017	Invited Speaker. ACL Rehabilitation. University of Louisville, Department of Orthopaedic Surgery Grand Rounds, Louisville, KY
April 28-30, 2017	Invited Speaker. 1st PCL Summit 2017 Barcelona, Spain. MEDI International (Rehabilitation following PCL Injury and Surgery)
December 4-6, 2016	Invited Speaker. First Annual Nepal Arthroscopy Society Meeting, Kathmandu, Nepal (Topics to be determined).
November 22-26, 2016	Invited Speaker. XIII. Turkish Sports Traumatology Arthroscopy and Knee Surgery Congress, Istanbul, Turkey (Topics to be determined)
June 10-11, 2016	Invited Speaker. Second Biannual International Extreme Sports Medicine Congress. Boulder, Colorado (Rehabilitation after ACL Reconstruction: Can I be Stable Again? and Shoulder Rehab after Dislocation – Can it happen again?).
November 21-22, 2015	Course Director. Para archery National Classifier Workshop, Medellin, Colombia.
August 19-21, 2015	Course Director. Para archery International Classifier Workshop, Donaueschingen, Germany.
July 10, 2015	Invited Speaker. Mesenchymal stem cell use in musculoskeletal athletic care: Where are we in 2015? University of Louisville, Department of Orthopaedic Surgery Grand Rounds, Louisville, KY.
July 7, 2015	Invited Speaker. Mesenchymal stem cell use in musculoskeletal athletic care: Where are we in 2015? ICCUS Society, Tampa, FL.
June 1, 2015	Invited Speaker. Mesenchymal stem cell use in musculoskeletal athletic

- care: Where are we in 2015? University of Oklahoma Health Science Center, Oklahoma City, OK.
- January 23, 2015 Invited Speaker. Mesenchymal stem cell use in musculoskeletal athletic care: Where are we in 2015? University of Kentucky Exercise Science Seminar Series, Lexington, KY.
- September 26, 2014 Nyland, J. Sports specialization in childhood. Pediatric Orthopaedic Symposium, Louisville, KY.
- June 28, 2014 Invited Speaker. Mesenchymal stem cell use in musculoskeletal athletic care: Where are we in 2014? 65th NATA Clinical Symposia & AT Expo, Indianapolis, IN.
- January 26, 2014 Nyland J. The changing landscape of athletic training education. Kentucky Athletic Trainers' Society Workshop, Egan Leadership Center, Spalding University, Louisville, KY.
- June 13-14, 2014 Invited Speaker. ACL rehabilitation. 1<sup>st</sup> Biannual International Extreme Sports Medicine Congress, Boulder, CO.
- June 13-14, 2014 Invited Speaker. Rehabilitation following shoulder dislocation. 1<sup>st</sup> Biannual International Extreme Sports Medicine Congress, Boulder, CO.
- January 15, 2014 Curriculum Co-Developer and Instructor. MSAT Program, Spalding University; Louisville, KY (Emergency Care/Epidemiology; Foundations of Athletic Training; Lower Extremity Pathomechanics, Assessment and Rehabilitation; Research Design and Methods; and Advanced Functional Rehabilitation).
- June 7, 2014 Nyland J. The changing landscape of athletic training education. Kentucky Athletic Trainers' Society Annual Meeting, Lexington, KY.
- November 1, 2013 Invited Speaker, Functional training and return to activity following ACL reconstruction. International Grande Hospital, Kathmandu, Nepal.
- November 1, 2013 Invited Speaker, Therapeutic strategies for developing neuromuscular control throughout the kinetic chain. International Grande Hospital, Kathmandu, Nepal.
- October 26-27, 2013 Course Director. National Para Archery Classification Seminar, Bangkok, Thailand.
- September 22, 2013 Invited Speaker, Shoulder rehabilitation and return to throwing sports. International Congress of Indian Arthroscopy Society, Mumbai, India.
- September 21, 2013 Invited Speaker, Shoulder rehabilitation and return to throwing sports. Sancheti Institute School of Physiotherapy. Pune, India.



- September 21, 2013 Invited Speaker, Functional training and return to activity following ACL reconstruction. Sancheti Institute School of Physiotherapy. Pune, India.
- May 12, 2013 Invited Speaker, Functional training and return to activity (Session 2: Knee – Sports Medicine). ISAKOS Concurrent Course: Sports Rehabilitation: Global perspectives for the physical therapist and athletic trainer. Toronto, Canada.
- June 1, 2012 Invited Speaker. Sports performance and return to sports training. Norton Sports Health and KORT Sports Medicine Symposium. Yum Center, Louisville, KY.
- September 14, 2011, Invited Speaker. Revision ACL reconstruction: Rehabilitative concerns. Kentucky Medical Association - Kentucky Orthopaedic Society, Hyatt Regency Hotel, Louisville, KY.
- July 6, 2011 Invited Speaker. Rehabilitation considerations following revision ACL reconstruction. SPTS - AOSSM Pre-Conference Program, San Diego, CA.
- July 6, 2011 Invited Speaker. Interference screw fixation of soft tissue grafts in the tibial tunnel: An in situ comparison of biocomposite interference screws. ICCUS Society, La Costa, CA.
- June 10, 2011 Invited Speaker. Return to throwing – functional rehabilitation following shoulder injuries. Norton Sports Health and KORT Sports Medicine Symposium. Spalding University, Louisville, KY.
- May 5, 2011 Invited Speaker. Sports Physical Therapy Approaches. Advanced Orthopedics Center, Sorocaba, Brazil.
- May 15, 2011 Invited Speaker, Functional training and return to activity (Session 2: Knee – Sports Medicine). ISAKOS Concurrent Course: Sports Rehabilitation: Global perspectives for the physical therapist and athletic trainer. Rio de Janeiro, Brazil.
- May 15, 2011 Invited Speaker, Neuromuscular training to enhance dynamic stability of the knee (Session 3: Knee – Sports Medicine). ISAKOS Concurrent Course: Sports Rehabilitation: Global perspectives for the physical therapist and athletic trainer. Rio de Janeiro, Brazil.
- September 12, 2010, Invited Speaker. Update on rehabilitation of the athletic knee. Kentucky Medical Association – Kentucky Orthopaedic Society, Hyatt Regency Hotel, Louisville, KY.
- March 17, 2010 Guest Lecturer, Basic Knee Evaluation and Treatment, Bellarmine University, Louisville, KY.
- June 18, 2009 Invited Speaker. Minicourse 1: Differences in rehabilitation between ACL allograft and autograft. 60th Annual Conference of the National Athletic

Trainers' Association. San Antonio, Texas.

- June 12-13, 2009 Invited Speaker. Rehabilitation concepts following ACL reconstruction. First International Congress of Sports Traumatology and Arthroscopy for Central-Eastern Europe. Warsaw, Poland.
- June 12-13, 2009 Invited Speaker. Prevention of athletic shoulder injuries through the core. First International Congress of Sports Traumatology and Arthroscopy for Central-Eastern Europe. Warsaw, Poland.
- January 28-30, 2008 Invited Speaker. Current rehabilitation concepts following ACL reconstruction. 25<sup>th</sup> International Jerusalem Symposium on Sports Medicine. Jerusalem, Israel.
- November 26-28, 2008 Invited Speaker. Symposium Chair and Presenter: Pitfalls and new concepts in the rehabilitation of patients following ACL reconstruction. European Federation of National Associations of Orthopaedic Sports Traumatology, Antalya, Turkey.
- October 14-18, 2008 Invited Speaker. Current concepts in rehabilitation following ACL reconstruction. 9<sup>th</sup> Turkish Sports Traumatology, Arthroscopy, and Knee Surgery Congress, Istanbul, Turkey.
- July 9, 2008 Invited Speaker. Rehabilitation concepts following medial patellofemoral ligament reconstruction. SPTS - AOSSM Pre-Conference Program, Orlando, FL.
- July 8, 2008 Invited Speaker. Efficacy of the CORE device for improving lower extremity stability in healthy subjects. ICCUS Society, Orlando, FL, July 8, 2008.
- May 21-24, 2008 Invited Speaker. Arthroscopic treatment of intra-articular fractures Rehabilitation concepts (Instructional Course Lecture #27). 13<sup>th</sup> ESSKA 2000 Congress, Porto, Portugal.
- June 8, 2007 Invited Speaker. Patient outcomes 5 years following ACL reconstruction with allograft tissue. The Art and Science of Sports Medicine, McCue Society Day, University of Virginia, Charlottesville, VA.
- July 13-14, 2007 Invited Speaker. Board of Certification Role Delineation Study: Putting it to practical use. 2007 National Athletic Trainers' Association Board of Certification Athletic Trainer Regulatory Conference. Omaha, Nebraska.
- April 27-28, 2007 Course Developer and Director. Functional Fitness and the Science of Joint Preservation II. Norton Sports Health, Department of Orthopaedic Surgery, Baxter II Research Building, University of Louisville, Louisville, KY.
- April 27-28, 2007 Invited Speaker. Functional anatomy of the lumbopelvic and hip regions. Functional Fitness and the Science of Joint Preservation Conference, Louisville, KY.

- April 27-28, 2007 Invited Speaker. Measuring patient outcomes following rehabilitation. Functional Fitness and the Science of Joint Preservation Conference, Louisville, KY.
- October 8, 2006 Invited Speaker. Rehabilitation following Achilles tendon repair. Harran University, Orthopaedic Days Meeting, Sanli Urfa, Turkey.
- April 28-29, 2006 Invited Speaker. What is functional fitness and how does it affect joint preservation? Functional Fitness and the Science of Joint Preservation Conference, Louisville, KY.
- April 28-29, 2006 Invited Speaker. Knee and shoulder functional outcome measurements and joint health. Functional Fitness and the Science of Joint Preservation Conference, Louisville, KY.
- April 28-29, 2006 Course Developer and Director. Functional Fitness and the Science of Joint Preservation I. Norton Sports Health, Department of Orthopaedic Surgery, Baxter II Research Building, University of Louisville, Louisville, KY.
- April 13, 2006 Invited Speaker. Research opportunities in orthopaedic surgery. Medical Student Orthopaedic Surgery Special Interest Group. University of Louisville, Louisville, KY.
- October, 2005. Invited Speaker. University of Louisville Department of Internal Medicine Grand Rounds. Update on Bursitis and Tendonitis. Louisville, KY.
- July 6-7, 2005 Invited Speaker. Developing neuromuscular control at the patellofemoral joint. International Symposium on Sports Medicine – Israel 2005, Tel Aviv, Israel.
- July 6-7, 2005 Invited Speaker. Re-establishing glenohumeral and scapulothoracic function following shoulder injury. International Symposium on Sports Medicine – Israel 2005, Tel Aviv, Israel.
- July 6-7, 2005 Invited Speaker. Open and closed kinetic chain exercises after ACL reconstruction. International Symposium on Sports Medicine – Israel 2005, Tel Aviv, Israel.
- July 6-7, 2005 Invited Therapeutic Exercise Workshop. Theoretical and practical considerations of shoulder and knee rehabilitation. International Symposium on Sports Medicine – Israel 2005. Tel Aviv, Israel.
- July 6-7, 2005 Invited Speaker. Developing neuromuscular control at the patellofemoral joint. International Symposium on Sports Medicine – Israel 2005, Tel Aviv, Israel.
- May 15, 2004 Invited Speaker. Results of the 5th National Athletic Trainers' Association Board of Certification Role Delineation Study, 55th Annual Meeting and

- Clinical Symposia of the National Athletic Trainers' Association, Baltimore, MD, 2004.
- May, 2003      Invited Speaker. Stress fracture treatment with low intensity pulsed ultrasound, Frazier Rehabilitation Institute Summer Coaches Conference, Louisville, KY.
- October 2001 – 2014      Department of Orthopaedic Surgery, University of Louisville, Louisville, KY. (Block Teaching, Orthopaedic In-Training Examination Preparation, Grand Rounds, Journal Club).
- September 1998 – June 2001      Course Co-Developer and Instructor. School of Physical Therapy, University of South Florida, Tampa, FL. (Kinesiology, Exercise Physiology, Musculoskeletal, Cardiovascular and Pulmonary Units of Basic Science, and Patient – Client Management Tracks).
- February 14, 2001      Invited Speaker. Neuromuscular knee function. Knee Special Interest Group, Sports Physical Therapy Section, American Physical Therapy Association, San Antonio, TX.
- May 1999      Invited Speaker. Environmental factors that Influence athletic performance, 1<sup>st</sup> Annual University of Kentucky Sports Medicine Symposium, Lexington, KY.
- May 1999      Invited Speaker. Research tools for the assessment of functional outcomes, 1<sup>st</sup> Annual University of Kentucky Sports Medicine Symposium, Lexington, KY.
- April 15, 1999      Invited Speaker (by Orthotic Mobility Systems, Inc). An ergonomically designed Orthotic Mobility System, The Easy Strider, American Occupational Therapy Association Annual Conference, Indianapolis, IN.
- May 1998      Invited Speaker. Evaluation of the cervical spine, James Haley Veterans Administration Hospital Physical Therapy Department, Tampa, FL.
- March, 1998      Invited Speaker. Prevention of low back injury. 15th Annual Scientific Session of the American Association of Clinical Anatomists, Lexington, KY.
- May 1997      Invited Speaker. Injury prevention among female volleyball athletes. Central Kentucky Thoroughbred Volleyball Club, Lexington, KY.
- May 1997      Invited Speaker. Intra-articular ACL reconstruction: Standard operative and rehabilitation practices of orthopaedic sports medicine fellowship programs. Southeastern Conference Sports Medicine Symposium, Memphis, TN.
- March 1997      Invited Speaker. Accelerated rehabilitation following ACL reconstruction, Physical Therapy Program, State University of New York, Brooklyn, NY.
- March 1997      Invited Speaker. Functional anatomy of the shoulder, Orthopaedic Grand

Rounds, State University of New York, Brooklyn, NY.

- January 1995 - May 1998      Instructor. Division of Physical Therapy, University of Kentucky, Lexington, KY. (Functional Anatomy, Orthopaedics, Pathomechanics, Motor Control, Electromodalities).
- May 1996              Invited Speaker. Prevention and treatment of common athletic injuries. National Paralympic Track and Field Camp, Leesburg, VA.
- April 1996             Invited Speaker. Starting a conditioning program. Lexington Area Jaycees, Lexington, KY.
- March 1996            Invited Speaker. Rehabilitating the complex knee injury. Sideline Survival Symposium, Cincinnati, OH.
- March 1996            Invited Speaker. Conditioning the global shoulder complex. Nantahala Outdoor Center Kayak Instructors, Bryson, NC.
- January 1995 - April 1997      Instructor. Division of Physical Therapy, University of Kentucky Center for Rural Health, Hazard, KY. (Functional Anatomy, Pathomechanics, Orthopaedics, Electromodalities).
- May 1995              Invited Speaker. Functional performance training for the high school athlete. 24<sup>th</sup> Annual University of Kentucky Medical Aspects of Sports Conference, Lexington, KY.
- March 1995            Invited Speaker. Update on the biomechanical evaluation of the runner. 23<sup>rd</sup> Annual Southeastern Chapter of the American College of Sports Medicine Meeting, Lexington, KY.
- October 1993          Invited Speaker. Conditioning the cheerleading athlete. University of Kentucky Sports Medicine Fall Conference, Lexington, KY.
- March 1993            Invited Speaker. Low back pain in adolescence. 22<sup>nd</sup> Annual University of Kentucky Medical Aspects of Sports Conference, Lexington, KY.
- September 1992      Invited Speaker. Biomechanical evaluation of the shoulder. Eastern District Meeting of the Kentucky Physical Therapy Association, Lexington, KY.
- May 1991              Invited Speaker. Rehabilitation of the athletic knee. Sports Medicine for Physicians Conference, Lexington, KY.
- May 1989              Invited Speaker. Physical therapy for low back pain. 2<sup>nd</sup> Annual Rehabilitation Management for the Primary Care Physician Conference, Lexington, KY.
- May 1989              Invited Speaker. Conditioning and rehabilitation of the thrower's shoulder. Kentucky High School Athletic Association Spring Meeting, Lexington, KY.

March 1989           Invited Speaker. Rehabilitation of the low back. Sports Medicine for Physicians Conference, Lexington, KY.

***Student Advising***

- 2019    Capstone Research Project (Spalding University MSAT Program). Morris K, Fullen-Barnes T. Athlete mental health perceptions of Kentucky NCAA Division III Coaches.
- 2019    Capstone Research Project (Spalding University MSAT Program). Sabatino A, Suiters K. DASS-21 comparison of college students and student-athletes.
- 2019    Capstone Research Project (Spalding University MSAT Program). Buehler A. Development of a low back pain screening tool for female youth gymnasts.
- 2019    Capstone Research Project (Spalding University MSAT Program). McKee B, Clay M. AT perceptions of care efficacy, a socioeconomic level comparison.
- 2019    Capstone Research Project (Spalding University MSAT Program). Locke L, Klein S. DASS-21 study of SLIAC.
- 2019    Capstone Research Project (Spalding University MSAT Program). Shinkle E. Omega 3 SMP effects on delayed onset muscle soreness: A Randomized Controlled Trial.
- 2018    Capstone Research Project (Spalding University MSAT Program). Glasser B. Intravenous fluid replacement: Athletic trainers should or should not be able to administer?
- 2018    Capstone Research Project (Spalding University MSAT Program). Puga A. Caring for our internal customers: The convenience that employing athletic trainers as an on-site healthcare resource may have for UPS worldport.
- 2018    Capstone Research Project (Spalding University MSAT Program). Sireno E. Which athlete is less likely to report a concussion?
- 2018    Capstone Research Project (Spalding University MSAT Program). West J. Assessment of needs and potential barriers to athletic training services at Louisville area community centers.
- 2018    Capstone Research Project (Spalding University MSAT Program). Boschert D. Decreased medial knee motion and increased neuromuscular control with proprioceptive knee sleeve.
- 2017    Capstone Research Project (Spalding University MSAT Program). Kelly O'Rourke, Leah Wright. Perceptions of sports psychologist efficacy among District 9 college athletic trainers (Accepted for SEATA Conference 2018 Poster).
- 2017    Capstone Research Project (Spalding University MSAT Program). Courtney Bailey,

- Bryan Price. Health and injury perceptions among professional anglers.
- 2017 Capstone Research Project (Spalding University MSAT Program). Rebecca Pratt, Kristen Becker. Influence of plyometric training program on standing balance (Accepted for SEATA Conference 2018 Poster).
- 2017 Capstone Research Project (Spalding University MSAT Program). Elisabeth Shoulders. Athletic training role and value perceptions of NCAA DIII athletic directors (Accepted for SEATA Conference 2018 Poster).
- 2016 Independent Study (Institute for Disaster Management and Reconstruction; Sichuan University) Hao Li. Physical therapist utilization for earthquake disaster management.
- 2016 Capstone Research Project (Spalding University MSAT Program). Chris Harp. Administration and coaches perceptions of the need for an athletic trainer in middle schools.
- 2016 Capstone Research Project (Spalding University MSAT Program) Tesha Payson. Perceptions of wellness and burnout among certified athletic trainers (Accepted for SEATA Conference 2018 Poster).
- 2016 Amanda Murphy. Capstone Research Project (Spalding University MSAT Program) Athletic trainer impact in the SLIAC.
- 2016 Lauren Reed. Capstone Research Project (Spalding University MSAT Program) Athletes and coaches perception of athletic training services at Spalding University.
- 2016 Alex Reamy. Capstone Research Project (Spalding University MSAT Program) Shoulder external rotator strength among Spalding University baseball pitchers.
- 2015 Independent Study (Ibramed Sao Paolo Physiotherapy Clinic) Pedro Ferreira. Area: Functional rehabilitation.
- 2015 Independent Study (Sancheti Institute, Pune, India) Apurv Shimpi. Area: Physical therapy public health applications.
- 2015 University of Louisville Orthopaedic Surgery Fischer-Owen Residency Program Research Judge; June 5, 2015
- 2013 Independent Study (University of Louisville School of Medicine). Thomas Rogers. Area: Evidence basis of conservative patellofemoral joint treatment.
- 2013 Independent Study (University of Louisville School of Medicine). Artur Proniewicz. Area: Systematic review of return to play following ACL reconstruction criteria.
- 2013 Independent Study (University of Louisville School of Medicine). Paul Mazzone. Area: Return to play following ACL reconstruction ESSKA DVD project.
- 2013 Independent Study (University of Louisville School of Medicine). Rumeal Whaley.

- Area: Social learning theory in musculoskeletal rehabilitation.
- 2013 Independent Study (University of Louisville School of Medicine). Ben Schnell. Area: Femur fracture management.
- 2013 Independent Study (University of Louisville School of Medicine). Robert Wessel. Area: Athletic musculoskeletal injury prevention.
- 2013 Independent Study (University of Louisville School of Medicine). Cameron Henzman. Area: Sustainability of knee function.
- 2013 Independent Study (University of Louisville School of Medicine). Kenneth MacKinlay. Area: IKDC survey use.
- 2013 Independent Study (University of Louisville School of Medicine). Cameron Ghazi. Area: Social learning theory in musculoskeletal rehabilitation.
- 2012 Independent Study (University of Louisville School of Medicine). Matthew Love. Area: Functional rehabilitation.
- 2012 Independent Study (University of Louisville School of Medicine). Daniel Bachman. Area: Quality adjusted life-year analysis of total shoulder prosthesis.
- 2012 Independent Study (University of Louisville School of Medicine). Jeff Wera. Area: IKDC survey use.
- 2011 Research! Louisville 2011 Poster Competition Judge
- 2011 External Dissertation Reviewer – D. Renuka Rani. Impact of lifestyle altering surgeries on health locus of control and well-being. Department of Psychology, Andhra University, Visakhapatnam, India.
- 2011 Independent Study (Advanced Orthopaedic Center of Sorocaba, Brazil) Mateus Francisco Rossi. Area: Functional rehabilitation.
- 2010 Independent Study (Singapore General Hospital) Pauline Leong. Area: Functional rehabilitation.
- 2010 Independent Study (University of Louisville School of Medicine). Drew Harston. Area: Collagen meniscal implantation.
- 2008 Independent Study (University of Louisville School of Medicine). Brent Fisher. Area: Medial patellofemoral ligament reconstruction and rehabilitation review.
- 2008 Independent Study (University of Louisville School of Medicine). Zachary Kanouse. Area: ACL reconstruction practices of SAARC knee surgeons.
- 2008 Independent Study (University of Louisville School of Medicine). Natasha Anoka. Area: Medial collateral ligament injury management.



- 2008 Independent Study (University of Louisville School of Medicine). Emily Brand. Area: Self efficacy following knee surgery.
- 2007 Independent Study (University of Louisville School of Medicine). Brian Schulz. Area: Patient disability level following triceps flap repair for massive rotator cuff tear.
- 2007 Independent Study (University of Louisville School of Medicine). Nicholas Larson. Area: McCune-Albright Syndrome: Case study of a paralympic archer.
- 2007 Independent Study (University of Louisville School of Medicine). Jeff Henson. Area: Influence of ACL allograft processing methods on biomechanical and tissue handling properties.
- 2007 Independent Study (University of Louisville School of Medicine). Paul Caudill. Area: Sports hernias.
- 2006 Independent Study (Bellarmine University School of Physical Therapy). Hao Li. Area: Monochromatic infrared photo energy in treating diabetic peripheral neuropathy.
- 2006 University of Louisville Summer Scholars' Program Advisor: Benjamin Risner. Area: Orthopaedic In-training Examination performance review.
- 2006 Independent Study (University of Louisville School of Medicine). Sarah Landes. Area: Double bundle ACL reconstruction.
- 2006 Independent Study (University of Louisville School of Medicine). Nick Kenney. Area: Extracting stripped screws following fracture healing.
- 2006 Judge, Dupont Manual High School Regional Science Fair, Louisville, KY.
- 2005 Independent Study (University of Louisville School of Medicine). Bradford Cottrell. Area: Health locus of control of patients following ACL reconstruction.
- 2005 Independent Study (University of Louisville School of Medicine). Blakely Kute. Area: All terrain vehicle orthopaedic trauma in children.
- 2005 University of Louisville Summer Scholars' Program Advisor: Chad Smith. Area: Soft tissue anterior cruciate ligament graft fixation.
- 2005 Independent Study (University of Louisville School of Medicine). Patricia Isaacs. Area: Shoulder injuries associated with overhead volleyball activities.
- 2005 Dissertation Committee (University of Louisville Speed School of Engineering). Danielle Biton. Area: Gait mechanics following total knee arthroplasty.
- 2005 Independent Study (University of Louisville School of Medicine). Daniel Rueff. Area: ACL reconstruction in combination with meniscal transplantation.
- 2004 University of Louisville Summer Scholars' Program Advisor: Paul Balthrop. Area:

Adult all-terrain vehicle injury patterns.

- 2004 University of Louisville Summer Scholars' Program Advisor: Brad Dunkin. Area: Relationship between bone volume fraction, screw divergence and soft tissue anterior cruciate ligament graft fixation characteristics.
- 2003 University of Louisville Summer Scholars' Program Advisor: Andrew Duffee and Jeffrey Brunelli. Area: The effect of tunnel preparation method on soft tissue anterior cruciate ligament graft fixation: A porcine model study.
- 2003 University of Louisville Summer Scholars' Program Advisor: Brian Elmlinger. Area: Patient outcomes at 2-years following anterior cruciate ligament reconstruction using a hamstring autograft.
- 2002 University of Louisville Summer Scholars' Program Advisor: Jeff Keen. Area: Patient outcome assessment following rotator cuff repair with a triceps myotendinous interposition flap.
- 2002 University of Louisville Summer Scholars' Program Advisor: Tanya Wozniak. Area: Biomechanical characteristics of interference screw soft tissue graft fixation for anterior cruciate ligament reconstruction.
- 2002 Independent Study (University of Louisville School of Medicine). Kevin Harreld. Area: Patient outcome assessment following allograft anterior cruciate ligament reconstruction.
- 2002 Independent Study (University of Louisville Exercise Science Program). Allen Franz. Natural Solutions: Physical fitness for middle school children in an outdoors experiential education format.
- 2002 Independent Study (Holy Cross High School, Louisville, KY). Maria Cerrito. Relationship between therapeutic exercise program compliance during treatment for impaired shoulder function and patient outcomes.
- 2002 Research! Louisville 2002, Poster Competition Judge
- 2001 Research! Louisville 2001, Poster Competition Judge
- 1998 Research Project Advisor: Julie Bieckman and Matt Leach (University of Kentucky Physical Therapy Program). Changes in shoulder external rotator torque following 5-week rubber tubing resistance training program in adducted or "scaption" positions.
- 1998 Research Project Advisor: Kurt Kitzman and Pat Schindler (University of Kentucky Physical Therapy Program). Age related differences in hip and trunk moments during a golf swing.
- 1998 Thesis Committee (University of Kentucky, Kinesiology). Jennifer Yates. Knee biomechanics during jump landings.

- 1997 Research Project Advisor: Franklin Stumbo and Brandon Edgington (University of Kentucky Center for Rural Health Physical Therapy Program). Effects of eccentric versus concentric exercise program on isokinetic elbow muscle torque.
- 1997 Research Project Advisor: Jeff Keen and Chris Cook (University of Kentucky Physical Therapy Program). Quadriceps femoris activation changes in relationship to knee effusion, pain and perceived exertion following anterior cruciate ligament reconstruction.
- 1996 Research Project Advisor: Amy Rowe and Stephanie Wright (University of Kentucky Center for Rural Health Physical Therapy Program). Relationship between knee joint laxity and proprioception following 2 hour cheerleading practice.
- 1996 Research Project Advisor: Rick Roe and Susan Rankin (University of Kentucky Center for Rural Health Physical Therapy Program). Reliability of the Davies functional shoulder assessment.
- 1996 Research Project Advisor: Steve Bode and Bill Eisner (University of Kentucky Physical Therapy Program). Electromyographic differences between forward and backward stationary cycling.
- 1996 Research Project Advisor: Lisa Harris, Caroline Coffman, Rhonda Pulliam, Misty Rehkop, and David Schroader (University of Kentucky Physical Therapy Program). Comparison of trunk kinematics and muscle activation patterns during walking and horseback riding among normal subjects.
- 1996 Research Project Advisor: Chad Thompson and Martyne Dykes (University of Kentucky Center for Rural Health Physical Therapy Program). Reliability and validity of grade II posterior-anterior thoracic spine mobilizations.
- 1996 Research Project Advisor: Scarlett Haley and Marsha Davis (University of Kentucky Center for Rural Health Physical Therapy Program). Differences in foot pressure patterns between forward and backward walking.
- 1996 Research Project Advisor: Andrew Kline and Mark Schluetter (University of Kentucky Physical Therapy Program). Relationship between perceived importance of hamstring stretching and lower extremity injury history among male and female high school athletes.
- 1996 Experience Based Learning Program Advisor: Shawna Toy (University of Kentucky, Pre-Physical Therapy) Area: Adolescent female eating habits, injury patterns.
- 1996 Thesis Committee (University of Kentucky, Physical Therapy Program). Beven Livingston. Area: Shoulder function during closed kinetic chain exercises.
- 1996 Thesis Committee (University of Kentucky, Physical Therapy Program). Cliff Hall. Area: Ankle H-reflexes.
- 1996 Dissertation Committee (University of Kentucky, College of Nursing). Julie Brown.

Area: Adolescent female eating habits, injury patterns.

- 1996 Dissertation Committee (University of Kentucky, Kinesiology Program). Tim Brindle. Area: The effects of overhead throwing training on shoulder muscle activation latencies.
- 1995 Experience Based Learning Advisor: Brian Stocker (Pre-Medicine, University of Kentucky). Area: Isokinetic quadriceps femoris-hamstring ratios of female college volleyball athletes, Football injury epidemiology.
- 1995 Thesis Committee (University of Kentucky, Kinesiology Program). Donna Oeffinger. Area: Lower extremity muscle activation latencies following anterior cruciate ligament reconstruction.

***Abstracts and Presentations: Oral Presentations - National / International Meetings***

Caborn DNM, Nyland J, Kalloub A, Wheeldon B. ACL Femoral Avulsion Reattachment with Internal Bracing and PRP Augmentation: Excellent Rate of Return to Sports and Lower Re-Injury Rates at 3 Year Follow-up. 2019 APKASS Summit & the 16th IFOSMA (International Forum on Orthopedics Sports Medicine & Arthroscopy, Chengdu, China)

Nyland J. Embracing surgical and rehabilitative innovation in the age of evidence-based medicine. Knee Surgery Sports Traumatology Arthroscopy Editorial Board Meeting, ESSKA Meeting, Glasgow, Scotland, May 8, 2018.

Caborn DNM, Nyland J, Kalloub A. Segmental medial meniscus grafting restores natural tibiofemoral contact pressures. 37th SICOT Orthopaedic World Congress, Rome, Italy, September 8-10, 2016.

Caborn DNM, Nyland J, Kalloub A. Successful early return to sports after internal bracing primary ACL repair. 37th SICOT Orthopaedic World Congress, Rome, Italy, September 8-10, 2016.

Nyland J, Kalloub A, Caborn D. Young athletes safely continue sports following allograft ACL reconstruction. 2015 Summit of Asia-Pacific Arthroscopy and Sports Medicine Society, Taipei, Taiwan, May 8-9, 2015.

Nyland, J., Wera, J., Ghazi, C., Henzman, C., Whaley, R., Caborn, D.N.M. Influence of meniscal injury, partial meniscectomy, or all-inside repair on perceived function following allograft ACL reconstruction. 2014 Meeting of the Meniscus Transplantation Study Group, New Orleans, LA, March 13, 2014

Auer, R., Robinson, L., Chan, G., Nyland, J. Childhood obesity increases the risk of failure in the treatment of distal forearm fractures. (abstract# 803 and platform presentation). AAOS Annual Meeting, New Orleans, LA, March 14, 2014.

Kocabey, Y., Taser, O., Nyland, J., Ince, H., Sahin, F., Bozdog, E., Tuna, M. Horizontal and vertical suturing of human meniscus lesions display different shear load fixation characteristics:

An in vitro biomechanical study. (abstract# 7856 and platform presentation). 9<sup>th</sup> Biennial ISAKOS Congress, Toronto, Canada May 12-16, 2013.

Lee, Y.H.D., Nyland, J., Burden, R., Caborn, D. Repair of longitudinal, peripheral vertical meniscus lesions: Biomechanical testing of three different meniscus repair devices. (abstract# 7228 and platform presentation). 9<sup>th</sup> Biennial ISAKOS Congress, Toronto, Canada May 12-16, 2013.

Brand-Monroe, E., Nyland, J., Henzman, C., McGinnis, M., Caborn, D.N.M. Arthritis self-efficacy scale pain and other symptom subscale scores in knee osteoarthritis: A systematic review and meta-analysis comparing arthritis self-management education with or without exercise. 2013 Meeting of the Meniscus Transplantation Study Group, Chicago, IL, March 21, 2013

Nyland, J., Krupp, R., Caborn, D.N.M. Earlier lower extremity neuromuscular activation timing, ground reaction force timing, and kick quickness after progressive resistance, whole body, long-axis rotational training (platform presentation #5161). 8<sup>th</sup> Biennial ISAKOS Congress. Rio de Janeiro, Brazil, May 15-19, 2011.

Nyland, J. Lower extremity neuromuscular compensations during instrumented single leg hop five years following ACL reconstruction. Abstract and platform presentation 7<sup>th</sup> Biennial ISAKOS Congress. Osaka, Japan, April 5-9, 2009.

Nyland, J., Caborn, D.N.M. Lower extremity neuromuscular activation and biomechanical compensations five years following ACL reconstruction. World Physical Therapy 2007, Vancouver, Canada, June 2-6, 2007 (Abstract and Platform Presentation).

Nyland, J., Tillett, E., Caborn, D.N.M. Knee flexor torque deficits two years following ACL reconstruction with semitendinosus-gracilis autograft: Comparison with allograft group and with a non-impaired control group. World Physical Therapy 2007, Vancouver, Canada, June 2-6, 2007 (Abstract and Platform Presentation).

Nyland, J., Caborn, D.N.M. Lower extremity neuromuscular activation and biomechanical compensations five years following ACL reconstruction. Finalist for John J. Joyce Award for the Best Arthroscopy Paper in the Scientific Program of the 6<sup>th</sup> Biennial Congress of the International Society of Arthroscopy, Knee Surgery, and Sports Traumatology (Abstract and Platform Presentation), Florence, Italy, May 2007.

Kocabey, Y., Taser, O., Nyland, J., Doral, M.N., Demirhan, M., Caborn, D.N.M., Sarbin, S. Pull-out strength of meniscal repair after cyclic loading: Comparison of vertical, horizontal, and oblique suture techniques. 12<sup>th</sup> European Society of Sports Traumatology, Knee Surgery and Arthroscopy 2000 Congress (Abstract and Platform Presentation), May 24-27, 2006.

Caborn, D.N.M., Nyland, J., Chang, H.C., Burden, R. Tendon allograft cryoprotectant incubation and rehydration time alters mechanical stiffness properties. 12<sup>th</sup> European Society of Sports Traumatology, Knee Surgery and Arthroscopy 2000 Congress (Abstract and Platform Presentation), May 24-27, 2006.

Lam, K.S., Nyland, J., Damacén, H., Caborn, D.N.M. Accuracy of MRI with and without contrast

for identifying rotator cuff and labral pathology. 25<sup>th</sup> Annual Meeting of the Arthroscopy Association of North America (Abstract and Platform Presentation), Hollywood, Florida, May 17-20, 2006.

Nyland, J., Chang, H., Caborn, D.N.M. Tissue handling properties: A comparison of extreme human tibialis anterior allograft processing and rehydration methods. 25<sup>th</sup> Annual Meeting of the Arthroscopy Association of North America (Abstract and Platform Presentation), Hollywood, Florida, May 17-20, 2006.

Kocabey, Y., Taser, M.N., Doral, M.N., Nyland, J., Isikan, D., Caborn, D. Pull-out strength of meniscal repair after cyclic loading: Comparison of vertical, horizontal, and oblique suture techniques. 4<sup>th</sup> Meeting of the European Federation of National Associations of Orthopaedic Sports Traumatology, (Abstract and Platform Presentation) Pavia, Italy, September 28-30, 2006.

Biton, D., Quesada, P.M., Angeli, C.A., Nyland, J., Topp, R., Swank, A.M. Fatigue during gait among end stage knee osteoarthritis patients. American Society of Mechanical Engineers Summer Bioengineering Conference (Abstract and Platform Presentation), Vail, CO., June 22-26, 2005.

Biton, D., Quesada, P.M., Nyland, J., Durham, M.P., Angeli, C.A., Topp, R., Swank, A.M. Heelstrike dynamics during 6 minute walk test among end stage knee osteoarthritis patients. Combined 20<sup>th</sup> Annual Meeting of the International Society of Biomechanics / 29<sup>th</sup> Annual Meeting of the American Society of Biomechanics Joint Conference (Abstract and Platform Presentation), Cleveland, OH., July 31-August 5, 2005.

Nyland, J.A., Kocabey, Y., Chang, H.C., Nawab, A., Brand, J., Caborn, D.N.M. A cyclic testing comparison of the FasT-Fix and RapidLoc devices in cadaver meniscus. 72<sup>nd</sup> Annual Meeting of the American Academy of Orthopaedic Surgeons (Abstract and Platform Presentation), Washington, D.C., February 23-27, 2005.

Nyland, J., Elmlinger, B.S., Tillett, E.D. Hamstring function two years following ACL reconstruction using semitendinosus-gracilis autografts. 23<sup>rd</sup> Annual Meeting of the Arthroscopy Association of North America (Abstract and Platform Presentation), Orlando, FL., 2004.

Chang, H.C., Caborn, D.N.M., Nyland, J., Burden, R. Biomechanical comparison of meniscal repair systems – Comparison between the Meniscal Viper, vertical mattress FasT-Fix, and vertical mattress sutures. Proceedings of the 6th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress (Abstract and Platform Presentation), Ankara, Turkey, 2004.

Taser, O., Kocabey, Y., Doral, M.N., Demirhan, M., Nyland, J., Isikan, E., Bozdog, E., Sumbul, E., and Caborn, D.N.M. Interference screw fixation level does not affect soft tissue graft-tibial tunnel displacement under cyclic loads. Proceedings of the 6th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress (Abstract and Platform Presentation), Ankara, Turkey, 2004.

Kocabey, Y., Nyland, J., Nawab, A., Caborn, D.N.M. Reconstruction of large Achilles tendon defects with peroneus brevis tendon allograft: A 3 patient case series. Proceedings of the 6th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress (Abstract and Platform Presentation), Ankara, Turkey, 2004.

Wozniak, T., Kocabey, Y., Klein, S., Nyland, J., Caborn, D.N.M. Influence of thread design on bioabsorbable interference screw insertion torque during soft tissue allograft fixation in synthetic bone. Proceedings of the 6th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress (Abstract and Platform Presentation), Ankara, Turkey, 2004.

Taser, O., Kocabey, Y., Doral, M.N., Demirhan, M., Nyland, J., Bozdog, E., Sumbul, E., Caborn, D.N.M. The effect of cyclic loading on meniscal fixation using vertical or horizontal sutures. Proceedings of the 6th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress (Abstract and Platform Presentation), Ankara, Turkey, 2004.

Nyland, J., Elmlinger, B., Tillett, E. Return of hamstring strength and lower leg sensation affects patient function two-years after ACL reconstruction with STG autograft. Proceedings of the 11<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy 2000 and the 4<sup>th</sup> World Congress on Sports Trauma (Abstract and Platform Presentation), Athens, Greece, 2004 (A-91, pg. 50).

Nyland, J., Harreld, K., Caborn, D.N.M. Patient outcomes 5-years after ACL reconstruction using allograft tissue. Proceedings of the 11<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy 2000 and the 4<sup>th</sup> World Congress on Sports Trauma (Abstract and Platform Presentation), Athens, Greece, 2004 (A-117, pg. 63).

Caborn, D.N.M., Nyland, J.A., Hester, P.W. Patient functional outcomes 5-years following allograft medial meniscus transplantation. 70<sup>th</sup> Meeting of the American Academy of Orthopaedic Surgeons, (Abstract and Platform Presentation), paper #61, New Orleans, LA, 2003.

Nyland, J., Kocabey, Y., Caborn, D. Insertion torque-pullout strength relationship during bioabsorbable interference screw fixation of a soft tissue tendon graft: A biomechanical study with operative correlates. (Abstract and Platform Presentation) Linvatec Residents and Fellows Arthroscopy Conference, Useppa Island, FL, May 16-18, 2003.

Caborn, D.N.M., Nyland, J., Hester, P., Steenlage, E. Two year outcomes following ACL reconstruction with allograft tibialis anterior tendons. 10<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy, Rome, Italy (Abstract and Platform Presentation), 2002.

Keen, J., Cook, C., Nyland, J., Caborn, D.N.M. Evidence of peroneal muscle compensation for compromised gastrocnemius muscle function following ACL reconstruction, A case study. Combined Sections Meeting of the American Physical Therapy Association (Abstract and Platform Presentation), Sports Physical Therapy Section, New Orleans, LA., 2000.

Oeffinger, D., Nyland, J., Shapiro, R., Pienkowski, D., Caborn, D.N.M. Autograft ACL patients demonstrate quadriceps activation response deficits to sudden perturbation compared to matched allograft and control subjects. Combined Sections Meeting of the American Physical Therapy Association (Abstract and Platform Presentation), Sports Physical Therapy Section, New Orleans, LA., 2000.

Nyland, J. Effect of knee alignment on ankle moments during cutting. Proceedings of the 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy

(Abstract and Platform Presentation), paper #01.07, pg. 11, London, England, 2000.

Bealle, D.P., Johnson, D.L., Brand Jr., J.C., Nyland, J., Mair, S. The effect of a geographic lateral bone bruise on the inflammatory state of the knee after acute ACL rupture. Proceedings of the 66<sup>th</sup> Annual Meeting of the American Academy of Orthopaedic Surgeons (Abstract and Platform Presentation), Paper # 146, Anaheim, CA., 1999.

Johnson, D.L., Brindle, T., Nyland, J., Caborn, D.N.M. ACL deficient patients with lesser-perceived functional deficits demonstrate internal beliefs regarding health status. Proceedings of the 2<sup>nd</sup> Biennial International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine (Abstract and Platform Presentation), paper #35, pg. 96, Washington, D.C., May 29 - June 2, 1999.

Caborn, D.N.M., Nyland, J. Lower extremity neuromuscular activation and plantar pressure changes following ACL reconstruction. Proceedings of the 6<sup>th</sup> G.C.C. Orthopedic Association Conference (Abstract and Platform Presentation), paper #186, pg. 147, Doha, Qatar, 1998.

McNew, S., Maitra, R., Nyland, J. Knee effusion in an ACL reconstructed (Hamstring Autograft) basketball player following accelerated rehabilitation. (Abstract and Platform Presentation) J. Athl. Train. Suppl. 33:2:S-32, 1998.

Ullery, R., Nyland, J., Caborn, D.N.M. Medial patellar taping of female basketball players changes peak plantar pressure location and timing. (Abstract and Platform Presentation) J. Athl. Train. Suppl. 33:2:S-17, 1998.

Brindle, T.J., Yates, J.A., Coppola, A., Nyland, J. EMG analysis of a modified closed chain isometric knee extension exercise. (Abstract and Platform Presentation) J. Athl. Train. Suppl. 33:2:S-12, 1998.

Fletcher, R., Nyland, J., Maitra, R. Select anthropometric and conditioning variables are not predictive of patellar tendon thickness. (Abstract and Platform Presentation) J. Athl. Train. Suppl. 33:2:S-11, 1998.

Welsh, W.E., Nyland, J., Sumida, K. Adolescent perceptions of drug use and drug testing differ by gender and grade. (Abstract and Platform Presentation) J. Athl. Train. Suppl. 33:2:S-9, 1998.

Nyland, J., Caborn, D.N.M. Conditioning practices of wheelchair basketball players. Proceedings of the 6<sup>th</sup> G.C.C. Orthopedic Association Conference (Abstract and Platform Presentation), paper #189, pg. 149, Doha, Qatar, 1998.

Nyland, J., Caborn, D.N.M., Armsey, T., Smith, S. The relationship of frontal plane knee joint alignment to peak plantar force location during single leg stance. Proceedings of the 6<sup>th</sup> G.C.C. Orthopedic Association Conference (Abstract and Platform Presentation), paper #185, pg. 146, Doha, Qatar, 1998.

Nyland, J., Caborn, D.N.M., Johnson, D.L. The relationship of hamstring fatigue to transverse plane dynamic knee control. Proceedings of the 6<sup>th</sup> G.C.C. Orthopedic Association Conference (Abstract and Platform Presentation), paper #182, pg. 144, Doha, Qatar, 1998.



Nyland, J., Motley, G., Thompson, C., Myers, J., Johnson, D. Football players with neck injury history have decreased active suboccipital cervical spine range of motion. Combined Sections Meeting of the American Physical Therapy Association (Abstract and Platform Presentation), Sports Physical Therapy Section, Boston, MA., 1998.

Wright, S., Rowe, A., Nyland, J., Ware, S. A 2-hour cheerleading practice decreases mediolateral proprioception and increases anterior knee laxity and hamstring extensibility. Combined Sections Meeting of the American Physical Therapy Association (Abstract and Platform Presentation), Sports Physical Therapy Section, Boston, MA., 1998.

Nyland, J., Caborn, D.N.M., Shapiro, R., Fang, H. The relationship of hamstring extensibility to transverse plane knee kinematics during crossover cutting in normal athletic females. Combined Sections Meeting of the American Physical Therapy Association (Abstract and Platform Presentation), Research Section, Dallas, TX., 1997.

Nyland, J., Caborn, D.N.M., Johnson, D., Shapiro, R. Ankle muscles of athletic females provide compensatory knee stabilization for fatigued thigh muscles during crossover cutting. Proceedings of the 1<sup>st</sup> Biennial International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (Abstract and Platform Presentation), paper #209, pg. 282, Buenos Aires, Argentina, 1997.

Oeffinger, D., Shapiro, R., Nyland, J., Caborn, D.N.M., Pienkowski, D. Proprioception in ACL reconstructed knees varies among allografts, autografts, and normals. Proceedings of the Orthopaedic Research Society (Abstract and Platform Presentation), Atlanta, GA., 1996.

Nyland, J., Stocker, B. Incidence of knee and ankle injury among female high school basketball athletes. Proceedings of the Combined Pan Arab / G.C.C. Orthopaedic Congress (Abstract and Platform Presentation), Muscat, Oman, 1995.

Nyland, J., Caborn, D.N.M., Johnson, D. The proprioceptive coalition of the glenohumeral joint. Proceedings of the First Annual Gulf Council Sports Medicine Conference (Abstract and Platform Presentation), Abu Dhabi, U.A.E. 1995.

Shapiro, R., Chandler, J., Rubin, B., Stine, R., Oeffinger, D., Nyland, J. Determination of shoulder musculature function during simulated entry. Proceedings of United States Diving Sport Science Seminar (Abstract and Platform Presentation), Los Angeles, CA., 1993.

Ray, J.M., Shapiro, R., Nyland, J. Motion analysis and jump power production of simulated take-off in ski jumping. Proceedings of the International Congress and Exposition on Sports Medicine and Human Performance (Abstract and Platform Presentation), Vancouver, B.C., Canada, 1991.

***Abstracts and Presentations: Oral Presentations - Local / Regional Meetings***

Breland R, Nyland J, Lee YHD, Caborn DNM. Biomechanical testing of a novel outside-in meniscal repair technique. Kentucky Orthopaedic Society (Abstract and Platform Presentation), Lexington, KY, Sept. 12, 2012.

Risner, B., Nyland, J., Roberts, C.S., Johnson, J. Orthopaedic in-training examination

performance: A nine year review. Annual Meeting of the Southern Group of Educational Affairs (Abstract and Platform Presentation), April 19-21, 2007, Louisville, KY.

Nyland, J., Keen, J., Cook, C. Lower extremity neuromuscular activation and plantar pressure changes following ACL reconstruction, A case study. Florida Physical Therapy Association Annual Meeting (Abstract and Platform Presentation), Orlando, FL, 1999.

Nyland, J., Shapiro, R., Nitz, A., Malone, T., Caborn, DNM. The effect of fatigue on knee and ankle dynamics during crossover cut maneuver performance. 23<sup>rd</sup> Annual Southeastern Chapter of the American College of Sports Medicine Meeting (Abstract and Platform Presentation), Lexington, KY, 1995.

Nyland, J. Jackson, D. Club lacrosse a physiological and injury profile. Proceedings of the 18th Annual Meeting of the Southeastern Chapter of the American College of Sports Medicine (Abstract and Platform Presentation), Louisville, KY, 1990.

Nyland, J., Currier, D., Ray, J.M. Early return to activity following anterior cruciate ligament reconstruction; A case study. 18th Annual Meeting of the Southeastern Chapter of the American College of Sports Medicine (Abstract and Platform Presentation), Louisville, KY, 1990.

***Abstracts and Presentations: Poster Presentations - National / International Meetings***

Nyland J, Sireno E, Pletz S, Matsuno J, Franklin T, Smith A. Which college athletes are least likely to report concussion symptoms and why? 19th ESSKA Congress, Milan, Italy. May 6-9, 2020

Nyland J, Glasser B, Matsuno J, Pletz S, Franklin T, Polio W, Douglas L. College football athletic trainer perceptions of IV fluid replacement administration. 19th ESSKA Congress, Milan, Italy. May 6-9, 2020

Nyland J, Boschert D, Matsuno J, Pletz S. Compression Garment Improves Female Athlete Knee Control and Sports Movement Safety Perceptions. 2019 APKASS Summit & the 16th IFOSMA (International Forum on Orthopedics Sports Medicine & Arthroscopy, Chengdu, China)

Nyland J, Krupp R, Givens J, Caborn DNM. Long-axis rotational training improves lower extremity neuromuscular control during forward single leg drop jump landing and stabilization. (abstract and e-poster) 18th ESSKA Conference, Glasgow, UK, May 9-12, 2018.

Nyland J, Greene J, Carter S, Givens J, Caborn DNM. Return to sports training post-ACL reconstruction physiotherapy improves outcomes, decreases ipsilateral knee re-injury and contralateral knee injury rates. (abstract and e-poster) 18th ESSKA Conference, Glasgow, UK, May 9-12, 2018.

Caborn DNM, Nyland J, Wheeldon B, Kalloub A. ACL femoral avulsion reapproximation with internal bracing and PRP augmentation: Excellent return to sports outcomes and low re-injury rates at 3 year follow-up. (abstract and e-poster) 18<sup>th</sup> ESSKA Conference, Glasgow, UK, May 9-12, 2018.

Eccles C, Whitaker J, Nyland J, Roberts CS, Carlson J, Zamora R. Skin fiducial markers enable

accurate computerized navigation resection of simulated soft tissue tumors: An in vitro cadaveric efficacy study. (Abstract and Poster) Orthopaedic Research Society Annual Meeting, New Orleans, LA, March 10-13, 2018.

Dilworth B, Fehrenbacher V, Clark J, Nyland J, Greene JW. The posterolateral knee arthroscopy portal: A cadaveric study defining a safety zone for portal placement. 11th Biennial International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (Abstract and E-Poster Presentation), Shanghai, China, June 2017.

Nyland J, Kalloub A, Caborn D. Early sports return after internal bracing Achilles tendon repair and PRP. 17th ESSKA Congress, Barcelona, Spain, May 5-7, 2016.

Nyland, J., Krupp, R., Burden, R., Kalloub, A., Caborn, D. Long-axis rotational training improves lower extremity efficiency during forward single leg drop jump landing. (abstract# PG01 and poster). 2015 Summit of Asia-Pacific Knee, Arthroscopy and Sports Medicine Society, Taipei, Taiwan, May 8-9, 2015.

Nyland, J., Parajuli, K., Singh, R., Gautam, A., Pandey, C. Chance beliefs predict sports knee function in Hindu Nepalese patients following ACL reconstruction. (abstract# PA09 and poster). 2015 Summit of Asia-Pacific Knee, Arthroscopy and Sports Medicine Society, Taipei, Taiwan, May 8-9, 2015.

Bachman, D., Nyland, J., Krupp, R. Reverse-total shoulder and total hip arthroplasty cost-effectiveness: A quality-adjusted life years analysis. (abstract# 7507 and poster). 9<sup>th</sup> Biennial ISAKOS Congress, Toronto, Canada May 12-16, 2013.

Nyland, J., Krupp, R., Caborn, D. Knee re-Injury prevention program following rehabilitation improves sports performance and patient outcomes. (abstract and thematic poster). 60<sup>th</sup> ACSM Annual Meeting and 4<sup>th</sup> World Congress on Exercise is Medicine, Indianapolis, IN, May 28-June 1, 2013.

Lee, D., Nyland, J., Caborn, D. Flexible drilling of femoral tunnels for ACL reconstruction – Must we still hyperflex the knee? (abstract# 977 and poster). 15<sup>th</sup> ESSKA Congress, Geneva, Switzerland, May 2-5, 2012.

Kaya, D., Doral, M., Donmez, G., Turhan, E., Atay, O., Nyland, J. Proprioception impairment after endoscopically guided percutaneous Achilles tendon repair is related to perceived ankle-foot stiffness (abstract# 935 and poster). 15<sup>th</sup> ESSKA Congress, Geneva, Switzerland, May 2-5, 2012.

Nyland, J., Krupp, R., Greene, J., Bowles, R., Burden, R., Caborn, D.N.M. Interference screw fixation of soft tissue grafts in the tibial tunnel: an in situ comparison of composite interference screws (abstract# 409 and poster). 15<sup>th</sup> ESSKA Congress, Geneva, Switzerland, May 2-5, 2012.

Nyland, J., Lee, D., McGinnis, M., Kibbe, S., Burden, R., Caborn, D.N.M. ACL double bundle linked cortical-aperture tibial fixation: An in vitro biomechanical study (abstract# 410 and poster). 15<sup>th</sup> ESSKA Congress, Geneva, Switzerland, May 2-5, 2012.

Nyland, J., Caborn, D.N.M. Involved lower extremity neuromuscular adaptations in subjects with higher perceived sports capability levels following ACL reconstruction (abstract#: A-210-0066-00376 and poster). World Physical Therapy 2011. Amsterdam, Holland, June 20-23, 2011.

Nyland, J., Krupp, R., Caborn, D.N.M. Improved lower extremity neuromuscular activation and ground reaction force timing after progressive, whole body, long-axis rotational training (abstract#: A-210-0066-00394 and poster). World Physical Therapy 2011. Amsterdam, Holland, June 20-23, 2011.

Nyland, J., Krupp, R., Caborn, D.N.M. Sports fitness training improves patient outcomes following arthroscopic knee surgery and physical therapy (eposter #5162). 8<sup>th</sup> Biennial ISAKOS Congress. Rio de Janeiro, Brazil, May 15-19, 2011.

Nyland, J., Caborn, D.N.M. Lower extremity neuromuscular adaptations in subjects with higher perceived sports capability following ACL reconstruction (eposter). 30<sup>th</sup> Annual Meeting of the Arthroscopy Association of North America. San Francisco, CA, April 14-16, 2011.

Nyland, J., Krupp, R., Caborn, D.N.M. Sports fitness training improves patient outcomes following arthroscopic knee surgery and physical therapy (eposter). 30<sup>th</sup> Annual Meeting of the Arthroscopy Association of North America. San Francisco, CA, April 14-16, 2011.

Nyland, J. Ground force 360 device improves dynamic lower extremity stability (eposter). 7<sup>th</sup> Biennial ISAKOS Congress. Osaka, Japan, April 5-9, 2009.

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***Publications: Manuscripts Under Review or In Progress***

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Nyland J, Taniyama D, Pyle B, Yoshida, Li H, Caborn D. ACL Reconstruction Bridge Program Therapeutic Exercise Progression. *(In Progress)*

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Kocyigit IA, Huri G, Yürüker S, Hashemihesar R, Huri PY, Nyland J, Doral MN. Epidermal Growth Factor and Epidermal Growth Factor-Loaded Polycaprolactone Scaffold Stimulates Rabbit Tendon Healing. *Muscle Ligaments Tendons Journal* (Under Review)

Nyland J, Parajuli K, Singh R, Gautam A, Smith A, Pandey C. Chance Health Locus of Control Beliefs in Hindu Nepali Patients Following Anterior Cruciate Ligament Reconstruction Relates to Perceived Sports Knee Function and Symptoms. *Disability & Rehabilitation* (Under Review)

Boschert D, Nyland J, Matsuno J, Pletz S, Polio W. Distal Thigh Compression Garment Improves Female Athlete Knee Control and Sports Movement Safety Perceptions: A Randomized Device Order Study. *Muscle Ligaments Tendons Journal* (Under Review)

Nyland J, et al. Supplemental return to sports training program post-ACL reconstruction improves patient outcomes. [In Progress]

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#### ***Publications: Non-Peer Reviewed***

Nyland J. Elbow Injuries Up in Youth Baseball. Are Coaches to Blame?—Many admit "lack of desire" to count pitches as recommended MedPage article by Randy Dotinga. March 19, 2019

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Nyland J, Franklin T, Short A, Doral MN. Posture, kinesthesia, foot sensation, balance and proprioception. In process for: *Proprioception in Orthopaedics, Sports Medicine and Rehabilitation*, Kaya D, Yosmaoglu B, Doral MN (eds). Springer-Verlag. [in press]

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Corio, A., Nyland, J. *Instructor's Resource Manual with Test Bank and PowerPoint™ Lecture CD-ROM for Clinical Decisions in Therapeutic Exercise, Planning and Implementation*. Prentice-Hall Publishers, Inc., 2005.

Nyland, J. (Committee Chairman): *Role Delineation Study, 5<sup>th</sup> Edition*. National Athletic Trainers' Association Board of Certification, Inc., Omaha, NE., 2004.

Malone, T.R., Nitz, A.J., Queen, S.A., Kitzman, P.H., Nyland, J., Brosky, T. Proprioception and neuromuscular control for the lower extremity. In: *Current Concepts in the Rehabilitation of the Knee*, Wilk, K. (Ed), Chapter 5, Home Study Course, Sports Physical Therapy Section of the American Physical Therapy Association, 2004.

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### ***Publications: Editorials, Special Articles, Book Reviews***

Nyland J, Taniyama D. Editorial Commentary: Rehabilitation and Return-to-Sports Readiness, the "Black Box" of Anterior Cruciate Ligament Reconstruction Patient Recovery. *Arthroscopy*. 2019;35(7):2080-2082.

Nyland J. Is post-surgical rehabilitation sufficient? Would it be better to rehabilitate? *Knee Surg Sports Traumatol Arthrosc*. 2018;26(9):2549-2550.

Nyland J. Board of directors names Clare L. Ardern next JOSPT® Editor-in-Chief *J Orthop Sports Phys Ther* 2018;48(7):517-518.

Nyland J. JOSPT experiences tremendous growth, change in 14 years with Editor-in-Chief Simoneau in charge. *J Orthop Sports Phys Ther*. 2015;45(12):970-1.

Nyland JA. Redirecting the thrust to put "therapeutic" back into therapeutic exercise. *J Orthop Sports Phys Ther*. 2015;45(3):148-50.

Nyland JA. JOSPT's Board names Dr Haxby Abbott editor-in-chief elect. *J Orthop Sports Phys Ther*. 2015;45(4):240-1.

Nyland, J., Caborn, DNM, Jakob, R. Knee arthroscopy: The science of art. *Knee Surg Sports Traumatol Arthrosc* 2015;23(9):2457-8

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Nyland, J. Editorial: Coming to terms with early sports specialization and athletic injuries. *J Orthop Sports Phys Ther* 44(6):389-390, 2014.

Nyland, J. Innovations in ACL reconstruction: The importance of re-establishing osteo-ligamentous homeostasis. *Lower Extremity Review* [epub 2011]

Nyland, J. Editorial: The Paralympic Movement – Addition by subtraction. *J Orthop Sports Phys Ther.* 39(4):243-245, 2009.

Nyland, J. Invited commentary on “Giving way event during a combined stepping and crossover cutting task in an individual with anterior cruciate ligament deficiency” by Houck, J. & Yack, H.J. *J Orthop Sports Phys Ther.* 31(9):490, 2001.

Nyland, J. Book Review: Essential Readings in Rehabilitation Outcomes Measurement by E.A. Dobrzykowski. *J Orthop Sports Phys Ther.*, 2000.

Nyland, J. Book Review: Psychosocial Adaptation to Chronic Illness and Disability by H. Livneh & R.F. Antonak. *J Orthop Sports Phys Ther.*, 1998.

Brislin, G., Hunter, D., Briner, W., Nyland, J., Ireland, M.L., Reeser, J. National championship competition for the 10-year-old and under player. USA Volleyball Sports Medicine and Performance Commission, 1998.

Nyland, J. Book Review: Research for Physiotherapists by C. Hicks. *JOSPT*, 1996.

### **Grants**

DiversAT Club of Louisville (Grant #05-0419)(co-investigator). National Athletic Trainers' Association Ethnic Diversity Advisory Committee. \$3550, July 2019

Hyalofast implant study. Anika Therapeutics, Bedford, MA, \$10,000, June 2019,

Medial meniscus grafting restores natural tibio-femoral contact pressures. Joint Restoration Foundation, Centennial, CO, \$8702, May, 2014.

Developing and measuring orthopaedic skills laboratory learning objectives (primary investigator). Omega Foundation, \$5000 (rejected).

Repair of longitudinal, peripheral vertical meniscus lesions: Biomechanical testing of three different meniscal repair devices (co-primary investigator). ConMed Linvatec, \$3980, August 19-28, 2011.

Biomechanical study of soft tissue graft tibial fixation using the ACL DB Tightrope System (primary investigator), Arthrex, \$3740, August, 2011.

Bioabsorbable screw fixation of soft tissue ACL grafts: A porcine model study (primary investigator). Stryker Orthopaedics, \$25,000, November 2010 – May 2011.

Functional Fitness and the Science of Joint Preservation Symposium (Course developer).  
Fischer-Owen Orthopaedic Fund \$3500, June 2007 – June 2008.

Development of a closed kinetic chain power training device for the hip rotators. Primary Investigator, Fischer-Owen Orthopaedic Fund \$3000, February 2007 – February 2008.

Comparison of bioabsorbable suture anchors for Bankhart tear repair fixation. Fischer-Owen Orthopaedic Fund, Co-investigator, \$5692, September 2005 – September 2006.

The influence of ACL reconstruction and rehabilitation on internal health locus of control score: A prospective, longitudinal investigation. Arthroscopy Association of North America Research Grant Committee Program, Primary Investigator, \$11,250, (submitted 2005, rejected).

Comparison of rehabilitation modalities following total hip arthroplasty. NIH RO3, Co-investigator, \$146,794 (submitted 2005, rejected).

Building research infrastructure and capacity program in rehabilitation. Agency for Healthcare Research and Quality Grant, Co-investigator, \$499,312 (submitted 2005, rejected).

Fixation characteristics of the CentriLoc ACL Graft System compared to the IntraFix System, Arthrotek, Primary Investigator, \$8000, June 2005 – December 2005.

A mechanical and tissue handling evaluation of tendons and their fixation comparing different tendon processing and rehydration methods. LifeCell, Primary Investigator, \$18,921, February 2004 – June 2005.

Qualitative evaluation of tendons prepared using extreme processing and rehydration methods. LifeCell, Primary Investigator, \$1200, November 2003 – January 2004.

The effects of monopolar thermal energy on the anterior cruciate ligament. Fischer-Owen Orthopaedic Fund – Matching Funds from – Oratec / Arthrex, Co-Investigator, \$39,790, November 2003 – October 2004.

The effect of prehabilitation on rehabilitation following total knee arthroplasty. NIH RO1, Co-Investigator, \$1,092,051, July, 2003 – July, 2006.

The effect of a multi-system rehabilitation program on functional ability and markers of rehabilitation among total knee arthroplasty patients. University of Louisville Multidisciplinary Research Grant, Co-Primary Investigator, \$8900, June 2003 – April 2004.

Comparison of the DonJoy Vista™ Rehabilitation Management System to standard physical therapy following knee ligament reconstruction; A prospective, randomized investigation. DJ-Orthopaedics, Co-Primary Investigator, \$5000, February 2002 – April 2003.

Post-operative treatment of cartilage defects, comparing daily low intensity ultrasound with placebo. Smith & Nephew Endoscopy, Co-Primary Investigator, \$14,250, November 2002 – March 2003.

Orthopaedic neuromuscular outcomes research lab start-up. Fischer-Owen Orthopaedic Fund,



Primary Investigator, \$14,135, June 2001 – March 2002.

Electromyographic comparison of selected muscles during a golf swing and during a simulated golf swing on a pneumatic transverse plane exercise device. Webb Machine Design, Inc., Primary Investigator, \$1200, May 2001 – July 2001.

Comparison of the Easy Strider Functional Orthosis System and standard axillary crutches. Orthotic Mobility Systems, Inc., Primary Investigator, \$7000, May 2000 – December 2000.

Easy Strider Functional Orthosis System evaluation, Orthotic Mobility Systems, Inc., Primary Investigator, \$10,000, January 1998 – May 1998.

Shoulder proprioception: Latent muscle reaction time. Reebok Graduate Scholarship Winner, American College of Sports Medicine, Co-Primary Investigator, \$2,467, February 1996 – December 1996.

Functional knee and shoulder research start-up grant, Smith Nephew Corporation, Primary Investigator, \$33,500, April 1995 – December 1995.

### **Honors, Awards, and Appointments**

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| 2019 | Re-appointed to Journal of Orthopaedic and Sports Physical Therapy International Editorial Review Board   |
| 2018 | University of Louisville School of Medicine Medical Resident Award: Eccles C et al. Skin fiducial markers enable accurate computerized navigation resection of simulated soft tissue tumors: an in vitro cadaveric pilot study. Research!Louisville                   |
| 2018 | First Place. Fischer-Owen Resident Research Award. Eccles C, Whitaker J, Nyland J, Roberts CS, Carlson J, Zamora R. Skin fiducial markers enable accurate computerized navigation resection of simulated soft tissue tumors: An in vitro cadaveric reliability study. |
| 2016 | Re-appointed to Journal of Orthopaedic and Sports Physical Therapy International Editorial Review Board   |
| 2016 | Appointed International Para-Archery Classifier at Paralympic Games, Rio de Janeiro, Brazil   |
| 2016 | Appointed Head Classifier for European Para-Archery Championship in Nantes, France.   |
| 2012 | Appointed International Para-Archery Classifier at Paralympic Games, London, England.   |
| 2012 | Second Place. Breland R, Nyland J, Lee YHD, Caborn DNM. Biomechanical testing of a novel outside-in meniscal repair technique. Kentucky Orthopaedic Society, Orthopaedic Surgery Resident Research Award. Lexington, KY, Sept.  |

- 12, 2012.
- 2011 First Place. McGinnis, M., Gonzalez, R., Nyland, J., Caborn, D.N.M. The posteromedial knee arthroscopy portal: A cadaveric study defining a safety zone for visualization and working portal placement. Research!Louisville Resident Research Award, October 11-15, 2010
- 2010 Journal of Orthopaedic and Sports Physical Therapy Service Award for completion of term as Advisory Board of Directors Member
- 2009 NATA 25 Year Award
- 2008 Appointed Sports Physical Therapist-Athletic Trainer for the USA Paralympic Judo and Archery Teams at 2008 Paralympic Games, Beijing, China
- 2007 First place. Patient outcomes 5 years following ACL reconstruction with allograft tissue. John J. Joyce Award for the Best Arthroscopy Paper in the Scientific Program of the 6<sup>th</sup> Biennial Congress of the International Society of Arthroscopy, Knee Surgery, and Sports Traumatology, May 27-31, 2007, Florence, Italy
- 2006 Second place. Turkish Orthopaedic Association Akif sakir Sakar Days Research Award, Acta Orthopaedica Turcica (Co-Author)
- 2005 First place. Turkish Orthopaedic Association Akif sakir Sakar Days Research Award, Acta Orthopaedica Turcica (Co-Author)
- 2003 Fellow of the American College of Sports Medicine
- 2002 2<sup>nd</sup> Runner-up, Clint Thompson Award for Non-Research Student Manuscript, National Athletic Trainers' Association (Co-Author)
- 2002 Excellence in Academic Education Award, Sports Physical Therapy Section of the American Physical Therapy Association
- 1999 10-year Service Award from the University of Kentucky Sports Medicine Program
- 1999 1<sup>st</sup> Runner-up, Clint Thompson Award for Non-Research Student Manuscript, National Athletic Trainers' Association (Co-Author)
- 1996 Appointed to the USOC Medical Staff (Track and Field) for the Paralympic Games, Atlanta, GA
- 1995 Reebok Graduate Scholarship Winner, American College of Sports Medicine (Co-Author)
- 1987 Meritorious Service Award as Medical Director for the First Annual Pensacola Sports Festival, Pensacola, FL
- 1981-1983 Dean's List (4 semesters) Medical University of South Carolina

1975-1976 Michigan State Academic Scholarship

**Professional Service**  
***Committee Assignments and Administrative Services***

June 1, 2019	Elected <i>At Large</i> Faculty Senate Member by Spalding University Faculty
January 15, 2015	Member, Faculty Senate, Spalding University
January 14, 2014	Member, Graduate Committee, Spalding University
September 23-24, 2014	Journal of Orthopaedic and Sports Physical Therapy Strategic Planning Meeting, Alexandria, VA
May 12, 2013	Co-Moderator: Session IV Knee – Sports Medicine, Sports Rehabilitation: Global Perspective of the Physical Therapist & Athletic Trainer, Toronto, Ontario, Canada
June 2012 – 2014	Member, Medical School Faculty Forum, University of Louisville
April 2012 - 2014	Member, Faculty Grievance Committee, University of Louisville
March 2012 – 2014	Member, Library Committee for Medical Education, University of Louisville
November 26-30, 2008	ACL Rehabilitation Symposium Chair, Program Committee, 5 <sup>th</sup> European Federation of National Associations of Orthopaedic Traumatology, Antalya, Turkey
April 15, 2008	University of Louisville School of Medicine Education Policy Committee Curriculum Retreat
September 23-24, 2007	Journal of Orthopaedic and Sports Physical Therapy Strategic Planning Meeting, Alexandria, VA
June 2007 – 2014	Member, Technical Standards for Admissions Committee, School of Medicine, University of Louisville
December 8-10, 2006	South Asia Regional Orthopaedic Association Meeting Planning Committee, Kathmandu, Nepal
October 10-14, 2006	International Scientific Program Committee, 8 <sup>th</sup> Congress of the Turkish Society of Sports Traumatology, Arthroscopy and Knee Surgery, Izmir, Turkey
August 2006 – 2014	Member, Student Promotions Committee, School of Medicine, University of Louisville
May 2006 – 2008	Member, Parking Appeals Committee, University of Louisville

Feb. 2006 – 2011	Specialization of Content Experts Item Writer, American Board of Physical Therapy Specialties (Sports Physical Therapy)
Sept. 2005 – 2014	Member, Norton Healthcare Sports Health Program Planning Committee
August 2005 - 2007	Curricular Advisory Committee, Clinical Transitional Doctor of Physical Therapy Program (Gray, G., Tiberio, D.), Siena Heights University, Adrian, MI
July 2005 - 2009	Research Committee Member, Department of Orthopaedic Surgery, University of Louisville
July 2005 - 2014	Education Committee Member, Department of Orthopaedic Surgery, University of Louisville
May 2005-2012	Member, Faculty Senate, University of Louisville
October 2004	International Scientific Committee. 6th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress, Ankara, Turkey
May 2004-2009	Member, Graduate School Faculty, University of Louisville
May 2000-June 2001	Member, Medical Institutional Review Board, University of South Florida
April 2000	Session Leader, USA Volleyball Association Core Strength Task Force, Colorado Springs, CO.
Aug. 1999-June 2001	Member, Graduate Council and Curriculum Subcommittee, University of South Florida
July 1998-July 2004	Chairman, Research Committee, Sports Physical Therapy Section, American Physical Therapy Association
Aug. 1997-2001	Member, Role Delineation and Research Committee, National Athletic Trainers' Association Board of Certification
Aug. 1997-June 2000	Member, Annual National Conference Planning Committee, American Physical Therapy Association
1998	Session Chairman for Knee Biomechanics Free Communications. 45 <sup>th</sup> Annual Meeting of the American College of Sports Medicine Annual Meeting, Orlando, FL
1997-1998	Certification Examiner, National Athletic Trainers' Association Board of Certification
1996-1998	Alternate Member, Medical Institutional Review Board, University of Kentucky

1996-1998                      Alternate Member, Non-Medical Institutional Review Board, University of Kentucky

1995-1998                      Member, Publications Committee, Sports Physical Therapy Section, American Physical Therapy Association

***Clinical Service***

September 7-18, 2016            International Para-Archery Classifier, Paralympic Games, Rio de Janeiro, Brazil

April 1-11, 2016                Head Para-Archery Classifier, European Para-Archery Championships, Nantes, France

June 19-20, 2014                Head Para-Archery Classifier, Southern California Shoot, Chula Vista, CA.

May 16-17, 2014                Head Para-Archery Classifier, Serbia Hub, Ponchevo, SR.

May 12-14, 2014                Para-Archery Classifier, Russia Hub, Cheboksary, RS.

April 10-11, 2014                Head Para-Archery Classifier, Texas Regional Games, San Antonio, TX.

April 2-4, 2014                 Head Para-Archery Classifier, Arizona Cup, Phoenix, AZ.

August 11-12, 2013              Head Para-Archery Classifier, Valor Games, Chicago, IL.

August 7-8, 2013                International Para-Archery Classifier, International Wheelchair and Amputee Sports Federation World Junior Games, Mayaguez, Puerto Rico.

June 30 – July 7, 2013            Head Classifier, World Para-Archery Ranking Tournament, Novo Mesto, Czech Republic.

August 2012 - Present            Physical Therapy Consultant, Grande international Hospital and Polyclinic, Kathmandu, Nepal.

August 25 – September 6, 2012    International Para-Archery Classifier, Paralympics, London, England.

April 23-35, 2012                USA Para-Archery Trials, International Para-Archery Classifier. Chula Vista, California.

November 11-18, 2011            Para Pan American Games, International Para-Archery Classifier. Guadalajara, Mexico.

August 30 – September 2, 2010    USA Disabled Archer Classification, Lakeshore Foundation, Birmingham, AL.

August 6-8, 2010	International Para-Archery Classifier Workshop, Vichy, France.
August 14-22, 2009	International Para-Archery Classifier, World Archery Para Championships, Nymburk, Czech Republic.
September 6-17, 2008	Sports Physical Therapist-Athletic Trainer, 2008 Paralympic Games, Beijing, China.
September 1-4, 2008	Sports Physical Therapist-Athletic Trainer, USA Paralympic Judo Team Camp, Colorado Springs, CO.
August 6-11, 2008	Sports Physical Therapist-Athletic Trainer, USA National Target Archery Championships, Colorado Springs, CO.
March 15-21, 2008	Sports Physical Therapist-Athletic Trainer, USA Paralympic Archery Training Camp, Chula Vista, CA.
January 24-26, 2008	USA Disabled Archery Classification. Van Nuys, CA.
March 2008-present	Ground Force Fitness Return to Sports Program, Norton Sports Health/Roy Nichols Athletic Training Scholarship (since January 2014), Louisville, KY.
October 1-10, 2007	Sports Physical Therapist-Athletic Trainer, 6 <sup>th</sup> International Paralympic Committee World Archery Championships, Cheongju, South Korea.
August 6-11, 2007	Sports Physical Therapist-Athletic Trainer, USA National Target Archery Championships, Colorado Springs, CO.
August 1-5, 2007	Sports Physical Therapist-Athletic Trainer, USA Paralympic Archery Training Camp, Colorado Springs, CO.
March 13-18, 2007	Sports Physical Therapist-Athletic Trainer, USA Paralympic Archery Training Camp, Chula Vista, CA.
July 31 – August 5, 2006	Sports Physical Therapist-Athletic Trainer, USA National Target Archery Championships, Colorado Springs, CO.
July 28- July 30, 2006	Sports Physical Therapist-Athletic Trainer, USA Paralympic Archery Training Camp, Colorado Springs, CO.
July 2006 – 2008	Sports Physical Therapist-Athletic Trainer for USA Paralympic Archery Team.
May 10-14, 2006	Sports Physical Therapist-Athletic Trainer, USA Paralympic Archery Training Camp, Chula Vista, CA.
Sept.– Oct. 2005	Sports Physical Therapist-Athletic Trainer, 5 <sup>th</sup> International

- Paralympic Committee World Archery Championships, Massa-Carrera, Italy.
- 1999 Volunteer Athletic Trainer, USA Olympic Training Center, Colorado Springs, CO.
- 1999 Sports Physical Therapist - Athletic Trainer, USA Combined Military Services Rugby Team Camp, University of South Florida.
- 1997 Sports Physical Therapist - Athletic Trainer, Whitley County High School Football Team, Williamsburg, KY.
- 1996 Sports Physical Therapist-Athletic Trainer, Paralympic Games, Atlanta, GA. (track and field)
- 1996 Sports Physical Therapist-Athletic Trainer, Paralympic Track and Field Camp, Leesburg, VA.
- 1995-1996 Sports Physical Therapist - Athletic Trainer, Hazard High School Football Team, Hazard, KY.
- 1994-1998 Senior Sports Physical Therapist, University of Kentucky Sports Medicine Center, Lexington, KY.
- 1994 (Participant) Muscle Function in Normal and Pathological States: A Research Retreat. New Hampton, New Hampshire. Section on Research, American Physical Therapy Association. Program Chairman: Stuart Binder-Macleod, PhD, PT
- 1991 (Participant) Muscle Function in Normal and Pathological States: A Research Retreat. New Hampton, New Hampshire. Section on Research, American Physical Therapy Association. Program Chairman: Gary Soderberg, PhD, PT, FAPTA
- 1994 Sports Physical Therapist - Athletic Trainer, Clark County High School Football Team, Winchester, KY.
- 1989-1994 Sports Physical Therapist - Athletic Trainer, University of Kentucky Club Lacrosse Team.
- 1989-1993 Athletic Training Site Coordinator, Bluegrass State Games, Lexington, KY (Volleyball, Soccer, Softball).
- 1989-1993 Sports Physical Therapist - Athletic Trainer, Nicholas County High School Football Team, Carlisle, KY.
- 1990-1994 Graduate Research Assistant, University of Kentucky Biodynamics Laboratory, Lexington, KY.

1989-1990	Sports Physical Therapy Coordinator, University of Kentucky Sports Medicine Center, Lexington, KY.
1988-1989	Staff Sports Physical Therapist, University of Kentucky Sports Medicine Center, Lexington, KY.
1988	Sports Physical Therapist - Athletic Trainer, Gulf Breeze High School (All Sports), Gulf Breeze, FL.
1987	Medical Director, First Annual Pensacola Sports Festival, Pensacola, FL. (Liaison with USA Volleyball, US Cycling Federation).
1987-1988	Sports Physical Therapy Manager, Baptist Hospital, Pensacola, FL.
1986-1987	Staff Physical Therapist / Athletic Trainer, Munson Outpatient Physical Therapy, Traverse City, MI.
1986	Sports Physical Therapist - Athletic Trainer, Traverse City Junior High School (All Sports), Traverse City, MI.
1985-1986	Part-time Staff Physical Therapist, Waynesboro Community Hospital, Waynesboro, VA.
1984-1985	Staff Physical Therapist, Gratiot Community Hospital, Alma, MI.
1983-1984	Staff Physical Therapist, Isabella County Medical Care Facility, Mt. Pleasant, MI.

### **Memberships**

2012-2018	United States Archery Federation
2011-Present	European Society for Sports Traumatology, Knee Surgery and Arthroscopy
2005-2018	ICCUS Society, American Orthopaedic Society for Sports Medicine
1999-Present	Olympic Sports Medicine Society
1998-Present	McCue Society for Sports Medicine Education and Research, University of Virginia
1997-2000	Disabled Sports Special Interest Group, Sports Section, American Physical Therapy Association
1997-Present	American College of Sports Medicine
1994-Present	University of Kentucky Alumni Association



1988-Present	National Strength and Conditioning Association
1986-Present	University of Virginia Alumni Association (Life Member)
1985-Present	National Athletic Trainers' Association
1983-Present	American Physical Therapy Association American Physical Therapy Association Section Memberships
2008-Present	Orthopaedic Section
1983-Present	Sports Section
1990-Present	Research Section
1990-1992	Electrophysiology Section

***Board Memberships***

January 2018 - Present	Editorial Review Board, Arthroscopy: The Journal of Arthroscopic and Related Surgery
August 2016-Present	Second Term President, Journal of Orthopaedic and Sports Physical Therapy – Movement Science Media Board of Directors
August 2013 - Present	International Editorial Review Board, Turkish Journal of Physiotherapy and Rehabilitation
August 2013 - Present	President Elect, Journal of Orthopaedic and Sports Physical Therapy Board of Directors (effective January 1, 2014).
May 2013 - Present	Editorial Review Board, Case Reports in Orthopedics (Online)
January 2011- Present	Editorial Review Board, Knee Surgery Sports Traumatology Arthroscopy
January 2011 - 2014	Editorial Review Board, World Journal of Orthopaedics (Online)
January 2009 - 2016	Para-Archery Ad Hoc Classifier Committee, World Archery
March 2008 - 2012	International Editorial Review Board, Acta Orthopaedica et Traumatologica Turcica
January 2006 – Present	International Editorial Review Board, Journal of Orthopaedic and Sports Physical Therapy
March 2005 – 2018	Editorial Review Board, Journal of Athletic Training
February 2005 – 2010	Advisory Member, Board of Directors, Journal of Orthopaedic and Sports Physical Therapy
Aug. 2001-March 2005	Chairman, Role Delineation and Research Committee, National Athletic Trainers' Association Board of Certification

## Media and Special Events

September 10, 2019	Courier Journal: Letter to the Editor; University of Louisville Tennis
October 26, 2017	Future athletic trainers learn a more holistic approach at Spalding, Interview with Business First Magazine
May 14, 2014	Spalding University Launches Athletic Training Program, Interview with Business First Magazine
May 14, 2014	Spalding University Launches Athletic Training Program, Interview with Natural Science News, Spalding University
May 15, 2014	Spalding University Launches Athletic Training Program, Interview with the Lane Report
June 3, 2014	Spalding University Athletic Training Program – 970 WGTK, Taped Radio Interviews with Gary Clark
April 28, 2014	Spalding University Athletic Training Program – WJYK Radio Live Morning Show, Lambert & Lindsey
Feb. 25, 2014	Spalding University Athletic Training Program – WHAS TV Live Morning Show
May 2005	Keynote Speaker. Bellarmine University School of Physical Therapy “Whitecoat Ceremony” for incoming students, Louisville, KY
Jan. 2004-2008	Media Spokesperson Network, American Physical Therapy Association
May 1997	Rehabilitation of Derek Anderson. WLAP-AM Taped Radio Interview, Lexington, KY, Dave Shore.
May 1997	Rehabilitation of Derek Anderson. WHAS Taped Television Interview, Louisville, KY.
May 1996	Keynote Speaker. University of Kentucky Center for Rural Health Physical Therapy Program Seniors’ Dinner, Natural Bridge, Slade, KY.
January 1996	Staying Fit over the Holidays. WKYT Live Television Broadcast, Noon Program, Barbara Bailey and Brian Collins, Lexington, KY.
January 1996	University of Kentucky Health Line. WUKY-FM Live radio call-in program on exercise and athletic health care. With Caborn, D.N.M. and Chesser, R., Lexington, KY.