

TODD S. ELLENBECKER, DPT, MS, SCS, OCS, CSCS, USPTA
CURRICULUM VITAE

EDUCATION:

Doctorate of Physical Therapy
Massachusetts General Hospital: Institute of Health Professions, 2006

Master of Science - Exercise Physiology
Arizona State University, 1989

Bachelor of Science - Physical Therapy, Graduated with Honors
University of Wisconsin - LaCrosse, 1985

EMPLOYMENT:

Physiotherapy Associates Scottsdale Sports Clinic, Scottsdale, AZ (January 1995-
Present)
Group/Clinic Director, National Director of Clinic Research

ATP Tour (Association of Tennis Professionals)
Director of Medical Services (December 2007 – Present)

Healthsouth Sports Medicine, Scottsdale, AZ (October 1989-January 1995)
Clinical Director of Sports Medicine/Coordinator of Clinical Education

Lincoln Institute for Athletic Medicine, Phoenix, AZ (October 1986-September 1989).
Staff Physical Therapist

SPECIALIZATION:

Sports Clinical Specialist (SCS) (1991 – Present).
Orthopaedic Clinical Specialist (OCS) (2000 – Present).

CERTIFICATIONS:

Certified Tennis Teaching Professional, USPTA (P-1), (1990-Present)
Certified Strength & Conditioning Specialist, NSCA (1990-Present)
American Heart Association CPR (Continuous)
American Red Cross Emergency Responder (2001-Present).

PROFESSIONAL COMMITTEES:

Chairman, United States Tennis Association Sports Science Committee (2003-Present)
Vice Chairman, USTA Sports Science Committee (2002)
Member, USTA Sports Science Committee (1989-2002)

FACULTY APPOINTMENTS:

Rocky Mountain University of Health Professions, Faculty member (1999-Present).
U of Wisconsin-LaCrosse, Adjunct Clinical Professor, Physical Therapy (2001-Present).

ADDITIONAL APPOINTMENTS:

British Tennis Coaches Association Honorary International Member (2006-Present)
North American Journal of Sports Physical Therapy Editorial Board (2005-Present)
Chairman of Physiotherapy Associates Institutional Review Board(IRB) (2004-Present)
Member NSCA Student Research Grant Subcommittee (1996–2002)
Chairman of the APTA Sports Section’s Shoulder Special Interest Group (1995-2002)
Member APTA’s Subcommittee for Research Proposals and Abstracts (1995-1997)

CONSULTANT:

Association of Tennis Professionals (ATP Tennis Tour) (1990-2007).
Theraband Research Advisory Committee (TRAC), Hygenic Corporation (1997-Present).
Arizona State University Men’s Tennis Team (2000-Present).
Milwaukee Brewers Baseball Club (1989-Present).
San Francisco Giants Baseball Club (1989-1995).
Oakland Athletics Baseball Club (1989-1993).

RESEARCH:

Glenohumeral Joint Range of Motion and Rotational Strength Following Copeland
Hemiarthroplasty (in progress)

Glenohumeral Joint Range of Motion and Rotational Strength Following Total Shoulder
Arthroplasty Using Promos (in progress)

Classification of Scapular Pathology in Professional Baseball Pitchers (in progress)

A Descriptive Profile of Upper Extremity Closed Kinetic Chain Function Using the
Davies Upper Extremity Closed Chain Test in Normal Subjects and in Unilaterally
Dominant Upper Extremity Athletes (in progress)

Muscle Activation During Elastic & Plyometric Exercises with 90° of Glenohumeral Joint
Abduction (2007)

A Descriptive Profile of Age Specific Knee Extension/Flexion Strength in Elite Junior Tennis Players (2007)

Glenohumeral Joint Range of Motion and Rotational Strength Following Arthroscopic Rotator Cuff Repair (2007)

Glenohumeral Joint Range of Motion and Rotational Strength Following Arthroscopic Superior Labral Repair (2006)

A Bilateral Profile of Hip Range of Motion in Elite Tennis Players & Professional Baseball Pitchers (2006)

Glenohumeral Joint Range of Motion and Rotational Strength Following Mini-Open Rotator Cuff Repair (2005)

Isokinetic Profile of Wrist Flexion/Extension and Forearm Pronation/Supination Strength in Elite Junior Tennis Players (2005)

An Isokinetic Profile of Trunk Rotation Strength in Elite Tennis Players and Its Relation to a Functional Performance Measurement (2002-3)

Analysis of Baseline Scores from Shoulder Subjective Rating Systems in Healthy Unilaterally Dominant Upper Extremity Athletes (2002)

Analysis of Glenohumeral Joint Range of Motion in Patients Diagnosed with Primary or Secondary Rotator Cuff Impingement (2001)

Quantification of Anterior Translation of the Humeral Head in the Unstable Shoulder Using Stress Radiography (1999)

Intra-rater and Inter-rater Reliability of a Manual Technique to Assess Anterior Humeral Head Translation of the Glenohumeral Joint (1999)

Pre-Post Season Internal & External Rotation Strength in Collegiate Female Tennis Players. (1999)

Isokinetic Elbow Extension/Flexion Strength in Elite Junior Tennis Players (1998)

Isokinetic Shoulder Internal/External Rotation Strength in Healthy Adult Women: A Descriptive Study using the Cybex Norm Dynamometer (1998)

Objective Range of Motion and Strength following Arthroscopic Anterior Shoulder Stabilization - A Multi-Site Research Investigation (1997)

Arthroscopic Anterior Stabilization with Thermal Capsulorrhaphy: An Outcome Oriented Rehabilitation Protocol - Preliminary Report (1997)

Quantification of Anterior Translation of the Humeral Head in the Throwing Shoulder: Clinical Assessment vs. Stress Radiography (1997)

Group Investigator - A Comparison of Three Methods for Measurement of Glenohumeral Joint Internal Rotation (1997)

Group Investigator - Glenohumeral Joint Internal and External Rotation in Elite Junior Tennis Players: A Longitudinal - Developmental Study (1997)

Inter-tester Reliability of Clinical Tests of Medial Elbow Laxity in Professional Baseball Pitchers (1996)

A Bilateral Comparison of Objectively Measured Medial Elbow Laxity in Professional Baseball Pitchers Using Stress Radiography of the Elbow (1995-1996)

Upper Extremity Closed Chain Testing in Unilaterally Dominant Upper Extremity Athletes (1995-1996)

Isokinetic Muscular Endurance of the Rotator Cuff in Elite Junior Tennis Players (1995)

Group Investigator - Relationship between Isokinetic and Functional Lower Back Strength in Elite Junior Tennis Players. United States Tennis Association (1995)

A Comparison Between Isokinetic and Manually Assessed Strength in the Shoulder Internal/External Rotators. (1994)

Distal Upper Extremity Isokinetic Strength in Professional Baseball Pitchers. (1994)

Shoulder Internal and External Rotation Range of Motion of Elite Junior Tennis Players: A Comparison of Two Protocols - United States Tennis Association. (1993)

Shoulder Internal and External Rotation Strength in Professional Baseball Pitchers. (1991-1992)

Group Investigator - Intra vs. Extra-articular ACL Reconstruction Procedures: Isokinetic and Subjective Data. Lincoln Institute for Athletic Medicine. (1991)

Isokinetic Shoulder Strength: Coronal vs. Scapular Plane Testing in Upper Extremity Unilaterally Dominant Athletes. (1991)

Shoulder Internal and External Rotation Strength of Highly Skilled Junior Tennis Players. (1990)

A Total Arm Strength Isokinetic Profile of Highly Skilled Tennis Players and Its Relation to a Functional Performance Measurement. Masters Thesis Arizona State University. (1988)

Test-Retest Reliability of the Biodex Isokinetic Dynamometer Lincoln Institute for Athletic Medicine. (1987)

Concentric vs. Eccentric Isokinetic Strengthening of the Rotator Cuff: Objective Data vs. Functional Test. University of Wisconsin – LaCrosse. (1985)

Group Investigator - Gait Patterns of Elderly Women University of Wisconsin – LaCrosse. (1984)

RESEARCH GRANTS

United States Tennis Association Grant: An Isokinetic Profile of Trunk Rotation Strength in Elite Tennis Players and Its Relation to a Functional Performance Measurement (2001)

United States Tennis Association Grant: A Total Arm Strength Isokinetic Profile of Highly Skilled Tennis Players (1988)

Sports PT Section Small Research Grant: Quantification of Anterior Translation of the Humeral Head in the Throwing Shoulder: Clinical Assessment vs. Stress Radiography (1997)

MANUSCRIPT REVIEW

North American Journal of Sports Physical Therapy (2006- Present)

Perceptual & Motor Skills (2000-Present)

American Journal of Sports Medicine (1995-Present)

Journal of Orthopaedic and Sports Physical Therapy (1991–Present)

British Journal of Sports Medicine (2004-Present)

Journal of Strength and Conditioning Research (1996–Present)

Strength and Conditioning Journal (1998-Present)

Biomechanics (2002- Present)

Journal of Musculoskeletal Medicine (2002)

Archives of Physical Medicine & Rehabilitation (2002)

Medicine & Science in Sports & Exercise (2002)

CLINICAL TEACHING

Coordinator of Clinical Education. Supervision of physical therapy students from multiple accredited universities throughout the U.S. (October 1989-present)

PRESENTATIONS/FACULTY:

“Shoulder Rehabilitation Techniques for the Elite Overhead Athlete”, ATP Tournament Physician’s Conference, Ponte Vedra, FL (December 2007)

“Application of Sport Science and Player Testing in Develop of Elite Junior Tennis Players, USTA High Performance Coach’s Workshop/Davis Cup, Portland, OR (November 2007)

“The Shoulder Complex”, APTA Preview 2020, Phoenix, AZ (November 2007)

“Evaluation & Treatment of the Complex Shoulder”, Physiotherapy Associates, Atlanta, GA (November 2007)

“Complete Conditioning for Tennis”, “Strengthening the Serve of Top Players”, 15th International Tennis Federation Worldwide Coach’s Conference, Asuncion, Paraguay (October 2007)

“Internal Impingement & GIRD”, “Oblique/Intercostal Injuries in Baseball”, Sports Medicine in Baseball, AOSSM, Hollywood, California (October 2007)

“Evaluation & Treatment of the Complex Shoulder”, California Physical Therapy Association Annual Conference, LA, California, (September 2007)

“Evaluation & Treatment of the Complex Shoulder”, Northwest Society for Sports Medicine, Spokane, Washington, (September 2007)

“Integrating Sport Science & Sports Medicine Principles to Coaching the High Performance Player”, USTA High Performance Program, US Open, New York, NY (August 2007)

“Muscle Activation During Plyometric Exercises in 90° Glenohumeral Joint Abduction, Theraband Research Advisory Committee, Budapest, Hungary (July 2007)

“Rehabilitation Following Rotator Cuff Repair”, AOSSM Annual Meeting, Calgary, Canada (July 2007)

“Common Tennis Player Injuries”, “How To Test a Tennis Player”, USTA Hawaii-Pacific Section 2007 Annual Coach’s Workshop, Honolulu, HI (June 2007)

“Evaluation & Treatment of the Complex Shoulder”, New York PT Association, Albany, NY (June 2007)

“Rehabilitation Following Arthroscopic Rotator Cuff Repair”, “Rehabilitation of Shoulder Arthroplasty in the Young, Active Patient”, “Shoulder & Scapular Rehabilitation Evaluation & Conditioning”, “Rehabilitation Techniques & Pearls for the Stiff Shoulder”, “Management of the Stiff Shoulder: Lab”, Cincinnati Sports Medicine Research & Education Foundation, Hilton Head, SC (May 2007)

“Prevention of Tennis Injuries & Performance Enhancement Training”, USTA High Performance Coaching Program, Delray Beach, FL (April 2007)

“Descriptive Profile of Hip Rotation ROM in Elite Tennis Players & Professional Baseball Pitchers”, “Rehabilitation of the Adolescent Elbow”, APTA Combined Sections Meeting, Boston, MA (February 2007).

“Scapular Stabilization for the Throwing Athlete”, “Measurement of ROM & Strength of the Throwing Shoulder”, Annual Baseball Team Medicine Conference, San Diego, CA. (January 2007).

“Evaluation & Treatment of the Complex Shoulder”, Physiotherapy Associates, Nashville, TN (October 2006).

“Rehabilitation Following Labral Repair & Anterior Stabilization of the Glenohumeral Joint”, Arizona PT Association Annual Fall Conference, Phoenix, AZ (October 2006).

“Prevention of Tennis Injuries: Shoulder, Hip & Core”, “The Link Between Stroke Mechanics and Injuries in Tennis”, USTA High Performance Coaching Program, NY, NY (September 2006)

“Special Topics in Shoulder & Elbow Rehabilitation”, Steadman-Hawkins Clinic, Vail, CO (August 2006)

“Osteoarthritis in the Active Athlete: Non-Surgical Treatments”, “Injury Prevention Pre-Conference: Prevention of Shoulder Injuries: Strategies and Conditioning”, AOSSM, Hershey, PA (June 2006)

“Evaluation & Treatment of the Complex Shoulder”, NW Society for Sports Medicine, Portland, OR (June 2006)

“Prevention of Tennis Injuries & Performance Enhancement”, USTA High Performance Coaching Program, Honolulu, HI (June 2006)

“Shoulder Rehabilitation Exercise Progressions “, “Post-Operative Rehabilitation Following Arthroscopic Rotator Cuff Repair”, Concordia Hospital for Special Surgery, Masters in Surgery & Rehabilitation, Laspalla “The Shoulder”, Rome, Italy (May 2006)

“Evaluation & Treatment of the Complex Shoulder”, Fargo, ND (April 2006)

“Evaluation & Treatment of the Complex Shoulder”, Newark NJ (March 2006)

“Evaluation & Treatment of Scapular Pathology”, Southwest Sports Medicine Conference, Banner Desert Medical Center, Mesa, AZ (March 2006)

“Prevention of Tennis Injuries & Performance Enhancement”, USTA High Performance Coaching Program, LaJolla, CA (February 2006)

“Special Considerations for Rehabilitation Following Capsular Plication”, “Glenohumeral Joint ROM, Rotational Isokinetic Strength & Functional Self Report Measures Following All-Arthroscopic Rotator Cuff Repair”, APTA CSM, San Diego, CA (February 2006)

“Scapula Dyskinesia: Evaluation, Intervention & Return to Sport”, 8-hour pre-conference course co-presenter, APTA CSM, San Diego, CA (February 2006)

“Rehabilitation of SLAP Lesions in Throwers”, “Rehabilitation Strategies for Elbow Tendinitis”, “Tennis Players’ Pathology”, 24th Annual Injuries in Baseball Course, ASMI, Woodland Hills, CA (January 2006).

“Examination & Selected Interventions of the Shoulder”, ATPA Course, New York, NY, (November 2005).

“Use of Testing in the Development of a High Performance Player”, USPTA Southwest Conference, Mesa, AZ (October 2005).

“Evaluation & Treatment of the Complex Shoulder, Fairview Hospital, Minneapolis, MN (October 2005).

“Evaluation & Treatment of the Complex Shoulder, AceI, Seattle, WA (October 2005).

“Evaluation & Treatment of the Complex Shoulder”, Pro Rehab, St. Louis, MO (September 2005).

“Sports Medicine & Sports Science Applications for High Performance Coaches”, US Open High Performance Coaching Program, USTA, New York, NY (September 2005).

“Evaluation & Treatment of the Complex Shoulder”, Sioux Valley Hospital, Sioux Falls, SD, (August 2005).

“Evaluation & Treatment of the Complex Shoulder & Elbow, Steadman-Hawkins Clinical Residency Program, Vail, CO (August 2005).

“Evaluation & Treatment of the Complex Shoulder”, Physiotherapy Associates, Baltimore, MD (July 2005).

“Strength Training & Conditioning for Tennis”, NSCA National Conference, Las Vegas, NV (July 2005).

“Evaluation & Treatment of the Overhead Athlete’s Shoulder”, Hawaii Athletic Trainers Association Annual Symposium, Honolulu, HI (July 2005).

“Rotator Cuff Rehabilitation: An Evidenced Based Approach”, “Evaluation & Treatment of the Scapulothoracic Joint”, “Current Trends in Rehab Following Shoulder Arthroplasty”, “Evaluation of the Elbow in the Overhead Athlete”, “New Approaches to Humeral Epicondylitis Rehabilitation”, “Rehabilitation Following Elbow Arthroscopy”, Advanced Topics in Management & Treatment of Shoulder & Elbow Disorders, New York, NY (June 2005).

“Application of Sport Science to Elite Tennis Performance”, USTA High Performance Coaching (May 2005).

“Rehabilitation Following Rotator Cuff Repair”, “Evaluation & Treatment of the Scapula”, Concordia Hospital for Special Surgery, Tuscany, Italy (April 2005).

“Evaluation & Treatment of the Complex Shoulder”, Wichita, KS (March 2005).

“Non-operative Rehabilitation of Rotator Cuff Pathology”, Banner Health Sports Medicine Symposium, Mesa, AZ (March 2005).

“Core Stability in the Elite Tennis Player”, 8th International World Congress of Society for Tennis Medicine & Science, Palm Springs, CA (March 2005).

“Rehabilitation of the Shoulder in the Elite Female Tennis Player”, “Shoulder Rating Scale Data from Healthy Unilaterally Dominant Overhead Athletes”, APTA Combined Sections Meeting, New Orleans, LA (February 2005)

“Rehabilitation of Labral & Capsular Pathology in Throwers”, “Scapular Strengthening Techniques & Neuromuscular Control Drills”, “Rehab & Training Techniques for the Tennis Player”, ASMI 23rd Annual Injuries in Baseball, Scottsdale, AZ (January 2005)

“Evaluation and Treatment of the Complex Shoulder”, National Rehab Hospital, Chevy Chase, Maryland (December 2004)

“Evaluation & Treatment of the Shoulder”, “Core Stability”, “Evaluation & Treatment of the Scapula, Association of Tennis Professionals Sports Medicine Staff Inservice Training, Ponte Vedra Beach, Florida (December 2004)

“Advanced Topics in Management & Treatment of Shoulder Disorders”, Therapeutic Services, Inc., Hollywood, Florida (November 2004)

“Evaluation and Treatment of the Shoulder”, Advanced Continuing Education Institute, Columbus, OH, (November 2004)

“Prevention of Injuries in Tennis/The Role Between Stroke Mechanics and Injury”, USPTA Southwest Convention, Mesa, Arizona (October 2004)

“Advanced Topics in Management & Treatment of Shoulder Disorders”, Therapeutic Services, Inc., Chicago, Illinois (October 2004)

“Examination and Treatment of the Shoulder”, Physiotherapy Associates, Phoenix, AZ (October 2004)

Sports Medicine Specialty Course and “The Link Between Stroke Mechanics & Injury”, USPTA National Convention, Palm Springs, California (September 2004)

“Post-Operative Rehabilitation of the Shoulder”, Fourth International Conference on Therapeutic Exercise, Salzburg, Austria (July 2004)

“Rehabilitation of Glenohumeral Joint Impingement/Clinical Examination of the Shoulder: Instability & Labral Testing/The Utilization of Open & Closed Kinetic Chain Exercises in Shoulder Rehabilitation”, Middletown Regional Sports Medicine Symposium, Cincinnati, OH (July 2004)

“Rehabilitation of Shoulder Impingement”, Society for Tennis Medicine & Science, World Congress in Tennis, London, England (June 2004)

“Promoting Muscular Balance Through Tennis Specific Exercises”, “Tennis Specific Injury Patterns and Strategies to Prevent Them”, LTA Grand Slam Seminar, London, England (June 2004)

“Injury Prevention & Performance Enhancement in Tennis for Elite Tennis Players, USPTA Central California Conference, Ventura, CA (May 2004)

“Sports Medicine & Sports Science for High Performance Coaches”, USA Tennis High Performance Coaching Program, Houston, TX (May 2004)

“Advanced Topics in Management & Treatment of Shoulder Disorders”, Therapeutic Services, Inc., Annapolis, MD (May 2004)

“Clinical Anatomy, Biomechanics and Pathophysiology of the Elbow/Evaluation and Treatment of the Shoulder”, Rocky Mountain University Doctorate Program, Provo, UT (April 2004)

“Post-Operative Rotator Cuff Repairs: Evidence Based Practice”, Guest Presentation, Armstrong Atlantic University, Savannah, GA (February 2004)

“Sports Medicine Specialty Course” and USA Tennis High Performance Continuing Education Program: Periodization Training for Injury Prevention, USPTR National Convention, Hilton Head, SC (February 2004)

“Advanced Topics in Management & Treatment of Shoulder Disorders”, Therapeutic Services, Inc., NY, NY (November 2003)

“Strength Training & Conditioning for Tennis”, High Performance Coaching Program, USTA National Tennis Center, NY, NY (November 2003)

“Evaluation & Treatment of the Complex Shoulder”, Advanced Physical Therapy Associates, Newark, NJ (November 2003)

“Advanced Concepts in Shoulder Rehabilitation”, Durango Sports Club, Durango, CO (October 2003)

“Practical Training to Prevent Injury & Enhance Performance”, Southwest USPTA Division Conference, Mesa, AZ (October 2003)

“Sports Medicine & Biomechanics Specialty Course”, “Application of Periodization to Injury Prevention & Rehabilitation”, USPTA World Conference on Tennis, Hollywood, FL (September 2003)

“Impingement in the Older Overhead Athlete”, Third Annual International Conference on Therapeutic Exercise, Coronado, CA (August 2003)

“Closed Kinetic Chain Exercises: Implementation of Current Evidence to Develop Exercise Strategies for the Upper & Lower Extremity”, High Altitude Lecture Series, NAU, Flagstaff, AZ (August 2003)

“Rehabilitation of Ulnar Collateral Ligament Injuries in the Throwing Athlete”, AOSSM, San Diego (July 2003)

“Unveiling Common Myths Surrounding Shoulder Exercise & Function”, “Balance Training for Tennis”, IDEA World Fitness & Personal Trainer Convention, Anaheim, (July 2003)

“Rotator Cuff Rehabilitation”, “Complex Case Studies of the Shoulder”, “An Isokinetic Profile of Wrist Flexion/Extension Strength in Elite Female Junior Tennis Players”, APTA National Meeting, Washington, D.C. (June 2003)

“Shoulder Rehabilitation & Musculoskeletal Adaptations of the Upper Limb Extremity in Tennis Players, Fifth Conference Internationale Medicine in Tennis, Paris, France (May 2003)

“Biomechanics of Throwing”, “Non-Operative Rehab of Rotator Cuff Injury”, “Post-operative Rehabilitation of Superior Labral Injury”, and “Evaluation of the Shoulder for Rotator Cuff and Labral Injury”, Fifth Annual Japanese Athletic Training Symposium, Osaka, Japan (March 2003)

“Post-operative Rehabilitation & Conservative Management of SLAP Injuries”, APTA Combined Sections, Tampa Florida (February 2003)

“Biomechanics of Throwing”, “Rehabilitation of the Throwing Elbow”, Annual Baseball Team Medicine Conference, Phoenix, Arizona (January 2003)

“Evaluation & Treatment of the Complex Shoulder”, Physiotherapy Associates, Nashville, Tennessee (December 2002)

“Evaluation & Treatment of the Complex Shoulder”, Physiotherapy Associates, Tempe, Arizona (November 2002)

“Evaluation & Treatment of Rotator Cuff Pathology”, Oregon Physical Therapy Association State Meeting, Portland, Oregon, (October 2002)

World Conference on Tennis, Sports Medicine Specialty Course, United States Professional Tennis Association, Las Vegas (September 2002)

“Evaluation & Treatment of the Shoulder”, Physiotherapy Associates, Chicago, IL (September 2002)

“Evaluation & Treatment of the Shoulder & Elbow”, Physiotherapy Associates, Tampa, FL (September 2002)

“Training for Peak Performance & Injury Prevention”, USA Tennis Teachers’ Conference, New York, NY (August 2002)

“Nonoperative Rehabilitation of Shoulder Instability”, “Scapular Evaluation & Stabilization Exercise Lab”, & “Evaluation Techniques for Assessing Labral Pathology & Glenohumeral Joint Instability”, 3rd Annual Middletown Regional Hospital Sports Medicine Symposium, Cincinnati, OH (July 2002)

“Evaluation & Treatment of the Complex Shoulder” Colorado Springs, (July 2002)

London Tennis Association Coaching Symposium, London, UK (June 2002)

Reunion de Traumatologia y Medicina del Deporte, Mexico City, Mexico (June 2002)

“The Role of the Scapula in Evaluation & Treatment of the Shoulder”, “Open & Closed Kinetic Chain Exercise”, & “Rehabilitation Following Elbow Arthroscopy”, Sports Medicine Symposium, NY, NY (June 2002)

“Rehabilitation of Bicipital Tendinitis”, APTA CSM, Boston MA (February 2002)

“Clinical Evaluation & Treatment of the Shoulder”, Dogwood Institute, Phoenix, AZ (February 2002)

“Strength Training for Tennis”, “Application of Sports Science to Tennis”, USA Tennis High Performance Coaching Workshop, Key Biscayne, FL (January 2002)

“Fitness for Success: Application of Sports Science to Tennis”, USA Tennis Competition Training Center Coaches’ Workshop, Key Biscayne, FL (January 2002)

“On-Court Training Techniques for Players & Coaches”, USA Tennis Southwest Tennis Conference, Tucson, AZ (November 2001)

“Clinical Evaluation & Treatment of the Upper Extremity: A Two Day Seminar”, Cincinnati, OH (October 2001)

“Strength Training for Tennis”, “Application of Sports Science to Tennis”, USA High Performance Coaching Program, Newport Beach, CA (August 2001)

“Exercise to Strengthen the Shoulder”, “Analysis of Human Gait, IDEA Personal Trainer Summit West, San Francisco, CA (July 2001)

“Evaluation & Treatment of the Complex Shoulder”, Washington University, St. Louis, MO (June 2001)

“Adaptive Changes in the Athlete’s Elbow”, “Conservative & Post-op Therapy for Humeral Epicondylitis”, “Rehabilitation Following Elbow Arthroscopy”, & “Improper Sports Techniques: Their Effects on Elbow Injuries in Athletes and In Those Who Want To Be”, Surgery & Rehabilitation of the Hand – Emphasis on the Elbow, Philadelphia, PA (March 2001)

“Exercise to Strengthen the Shoulder”, “Analysis of Human Gait, IDEA Personal Trainer International Summit, NY, NY (February 2001)

“Examination & Rehabilitation of Shoulder Pathology: A Pre-Conference Course”, “Integration of Open & Closed Chain Rehab Methods to Strengthen the Rotator Cuff”, APTA CSM, San Antonio, TX (February 2001)

“Rehabilitation of Internal Impingement & Thermal Capsular Shrinkage”, “Use of Cryotherapy for Healthy & Injured Baseball Players”, ASMI 19th Annual Injuries in Baseball Course, Phoenix, AZ (January 2001)

“Evaluation & Treatment of the Elbow”, Physiotherapy Associates Two Day Lecture & Lab Course, Atlanta, GA (November 2000)

“Tennis Specific Training for Seniors”, USTA/USPTA Southwest Division Meeting, Albuquerque, NM (November 2000)

“Closed Kinetic Chain Rehabilitation for the Shoulder”, Arizona State Physical Therapy Association, Phoenix, AZ (October 2000)

“Clinical Evaluation & Treatment of the Shoulder, Two Day Seminar, Dogwood Institute. Baltimore, MD (August 2000) and Danbury, CT (October 2000)

“Sports Medicine Biomechanics Specialty Course” and “Da Agony of Da Feet”, USPTA National Convention, Phoenix, AZ (September 2000)

“Sports Science in Tennis”, “Strength Training for Tennis Players”, USA Tennis High Performance Coaching, Stanford, CA (August 2000)

“Evaluation & Treatment of the Complex Shoulder”, Two Day Lecture & Lab Course, Methodist Hospital, Indianapolis, IN (July 2000)

“Complete Conditioning for Tennis”, NSCA National Convention, Orlando, FL (June 2000)

“Closed Chain Rehabilitation Methods for the Upper Extremity”, APTA National Convention, Indianapolis, IN (June 2000)

“Use of Isokinetics in Rehabilitation”, Two Day Inservice, Hong Kong Physiotherapy Association, Scottsdale, AZ (April 2000, September 2000 and December 2000)

“Strengthening the Shoulder”, “Conditioning for Tennis”, and “Open and Closed Kinetic Chain Exercises”, IDEA International Personal Training Summit, Philadelphia, PA (February 2000)

“Intra-Rater Reliability of a Manual Technique to Assess Anterior Humeral Head Translation of the Glenohumeral Joint”, “Measurement of Muscular Strength & Functional Performance”, “Measurement of ROM and Humeral Head Translation”, and “Shoulder Stabilization & Partial Removal of Scapula”, APTA Combined Sections Meeting, New Orleans, LA (February 2000)

“Clinical Evaluation & Treatment of the Shoulder”, Dogwood Institute, Venice, FL (January 2000)

“Scientific Rationale & Practical Applications for Training the Upper Extremity & Trunk in the Tennis Player”, NSCA Sports Specific Training Conference, Anaheim, CA (January 2000)

“The Use of Isokinetics in Rehabilitation of the Shoulder & Elbow”, Henley Healthcare Cybex Medical, International Isokinetics Seminar, Las Vegas, NV (December 1999)

“Rehabilitation of the Shoulder & Use of Modalities in Physical Therapy”, ACSM Advanced Team Physician Course, Phoenix, AZ (December 1999)

“Complete Conditioning for Tennis”, USTA & USPTA Southwest Tennis Conference, Mesa, AZ (November 1999)

“Clinical Evaluation & Treatment of the Shoulder”, Dogwood Institute, Gulfport, MS (November 1999)

“Clinical Evaluation & Treatment of the Shoulder: A PT/MD course”, Minneapolis, MN (October 1999)

“Evaluation & Treatment of the Shoulder, Methodist Sports Medicine”, Indianapolis, IN (October 1999)

“Clinical Evaluation of the Shoulder”, Idaho Physical Therapy Association State Meeting, Sun Valley, ID (September 1999)

“Upper Quarter: Cervical & Shoulder Evaluation & Treatment”, High Altitude Lectures, Northern Arizona University, Flagstaff, AZ (August 1999)

“The Dangers of Improper Technique”, “Tennis Biomechanics & Sports Medicine”, “Training the Trunk & Lower Body to Improve Power”, “Shoulder & Elbow Exercises for Prevention of Injury & Performance Enhancement”, British Tennis Coaches Association, International Conference, London, England (June 1999)

“A Descriptive Profile of Bilateral Glenohumeral Joint Internal/External Rotation Strength in Uninjured Females Using the Cybex Norm Dynamometer”, “Quantification of Anterior Translation of the Humeral Head in the Throwing Shoulder, Clinical Assessment vs. Stress Radiography”, APTA National Meeting, Washington, D.C. (June 1999)

“Isokinetic Profile of Elbow Flexion/Extension Strength in Elite Junior Tennis Players”, ACSM National Meeting, Seattle, WA (June 1999)

“Current Concepts in Rehabilitation of the Shoulder”, Denver Broncos Training Facility, Denver, CO (May 1999)

“Complete Conditioning for Tennis”, “The Athlete’s Shoulder”, “Analysis of Upper Extremity Sport Movements”, IDEA International Personal Training Summit, Baltimore, MD (March 1999)

“Sports Medicine & Biomechanics”, USPTR International Symposium, Hilton Head, SC (February 1999)

“Rehabilitation Following Arthroscopic Shoulder Stabilization Using Thermal Capsulorrhaphy”, APTA Combined Sections Meeting, Seattle, WA (February 1999)

“Clinical Evaluation of the Complex Shoulder”, Dogwood Institute, Memphis, TN (January 1999)

“Clinical Evaluation of the Complex Shoulder”, Dogwood Institute, Vancouver, WA (December 1998)

“Non-operative & Post-operative Rehabilitation of the Unstable Shoulder”, Lincoln Institute for Athletic Medicine Sports Medicine Symposium, Phoenix, AZ (November 1998)

“Clinical Evaluation & Treatment of the Complex Shoulder”, Physiotherapy Associates, Washington, D.C. (November 1998)

“Rehabilitation Following Arthroscopic Thermal Capsulorrhaphy”, “Techniques to Enhance Glenohumeral Joint Stability (Lab)”, APTA Sports Physical Therapy Team Concept Meeting, Denver, CO (October 1998)

“Post-operative Rehabilitation Following Anterior Glenohumeral Joint Stabilization”, “Dynamic Scapular Stabilization Lab”, & “Rehabilitation Following Rotator Cuff Repair”, APTA Sports Physical Therapy Clinical Competencies, Phoenix, AZ (May 1998)

“Rehab following Rotator Cuff Surgery”, “Rehab following Shoulder Stabilization”, and “Dynamic Scapular Stabilization Lab”, SPTS Clinical Competencies and Workshop Conference, Scottsdale, AZ (May 1998)

“Clinical Evaluation & Treatment of the Complex Shoulder”, Physiotherapy Associates, Grand Rapids, MI (April 1998)

“Evaluation and Treatment of the Shoulder Complex”, Dogwood Institute, Green Bay, WI (April 1998)

“Integrated Rehabilitation of the Shoulder in Tennis Players”, 4th International Conference on Sports Medicine and Science in Tennis, Key Biscayne, FL (March 1998)

“Inter-rater reliability of manual valgus stress testing of the elbow joint and its relation to an objective stress radiography technique in professional baseball pitchers”, “Functional Assessment of the Upper Extremity: Return Guidelines”, “Range of Motion Complications following Rotator Cuff Repair”, APTA Combined Sections Meeting, Boston, MA (February 1998)

“Rehabilitation of Traditional versus Deltoid Splitting Rotator Cuff Repairs”, Orthopaedic Update, Arizona Physical Therapy Association, Phoenix, AZ (January 1998)

“Rehabilitation of the Complex Shoulder”, National Rehabilitation Hospital, Washington, DC (January 1998)

“Rehabilitation of Common Tennis Injuries & Biomechanical Causes of Tennis Injuries”,

ITF World Coaches Conference. Puerto Vallarta, Mexico (November 1997)

“Use of Isokinetics in Rehabilitation”, 2 Day Training Course, Scottsdale, AZ (September 1997 and January 1998)

“Clinical Evaluation & Treatment of the Shoulder”, Dogwood Institute Birmingham, AL (August 1997)

“New and Innovative Techniques on the Conservative & Surgical Approach to Shoulder and Elbow Dysfunction”, Manchester, England (July 1997)

“A Hands-On Approach to Designing a Balanced Training Program for Tennis Players”, NSCA National Meeting, Las Vegas, NV (June 1997)

Sports Medicine / Sports Biomechanics Specialty Courses USPTA Southwest Divisional Convention, Mesa, AZ (April 1997)

“Mechanism of Injury, Evaluation, & Treatment of the Shoulder”, Orthopaedic Rehabilitation Seminars, Denver, CO (March 1997)

“Use of Isokinetics in Rehabilitation of the Throwing Athlete”, Cincinnati Sports Medicine Conference, Cincinnati, OH (March 1997)

“Documentation of Shoulder Function; Rehab Following Open Rotator Cuff Repair”, “Rehabilitation of Shoulder Injuries in Tennis”, “A Bilateral Comparison of Medial Elbow Joint Laxity Using Stress Radiography in Professional Baseball Pitchers” & “Comparison of Open & Closed Kinetic Chain UE Tests in Patients with Rotator Cuff Pathology and Glenohumeral Joint Instability”, APTA Combined Sections Meeting, Dallas, TX (February 1997)

“Clinical Evaluation & Treatment of the Complex Shoulder”, Physiotherapy Associates, St.Louis, MO (January 1997), Dearborne, MI (February 1997), Newark, NJ (May 1997), Columbus, OH (June 1997), & Seattle, WA (September 1997)

“Power Tennis & the Human Body” - ETA Sports Science Conference, New York, NY (January 1997)

“New and Innovative Techniques on the Conservative & Surgical Approach to Shoulder and Elbow Dysfunction”, Lake Tahoe, NV (December 1996)

Sports Medicine Specialty Course - USPTA National Headquarters, Houston, TX (November 1996)

Scientific Principles & Clinical Application of Shoulder Rehabilitation”, Arizona Physical Therapy Association Educational Series, Phoenix, AZ (November 1996)

Sports Medicine / Sports Biomechanics Specialty Course - USPTA National Convention Palm Springs, CA (September 1996)

“Preventing Tennis Injuries”, USTA Elite Coaches Workshop, New York, NY, (September 1996)

“Clinical Evaluation and Treatment of the Complex Shoulder”, Physiotherapy Associates, Coral Gables, FL (August 1996)

“The Scientific Principles & Clinical Application of Isokinetics in Musculoskeletal Rehabilitation”, 2 day Isokinetic Inservice for Therapists from Hong Kong (April 1996 & June 1996)

“Unilateral Closed Chain Stance Stability in Elite Junior Tennis Players and Professional Baseball Pitchers”, ACSM National Convention, Cincinnati, OH (May 1996)

“Post-Operative Rehabilitation following Rotator Cuff Surgery”, “Post-Operative Rehabilitation following Shoulder Stabilization”, Sports PT Section Clinical Competencies Workshop, Denver, CO (April, 1996)

“Evaluation and Treatment of the Shoulder”, Dogwood Institute, Newark, New Jersey (March 1996), Punta Gorda, FL (May 1996) & Glens Falls, NY (October 1996)

Sports Medicine/Sports Biomechanics Specialty Courses. USPTA Northern California Division Meeting Santa Rosa, CA (March 1996)

“Shoulder Impingement”, APTA CSM, Atlanta, GA (February, 1996)

“A Rehabilitative and Surgical Approach to Management of Shoulder Pathology”, Northeast Seminars. Palm Springs, CA (February 1996), Boston, MA (May 1996). Philadelphia, PA (September 1996), & Indianapolis, IN (November 1996)

“The Scientific and Clinical Rationale for the Utilization of Open and Closed Kinetic Chain Exercises for Lower Extremity Rehabilitation”, Orthopaedic Update, Arizona Physical Therapy Association, Scottsdale, AZ (January 1996)

“Rehabilitation of Lateral and Medial Epicondylitis”, “Biomechanics of Tennis and its Effect on the Elbow”, American Society of Hand Therapists, Orlando, FL (January 1996)

“Injury Prevention, The Ultimate Player Competency”, USTA Area Training Center Workshop Miami, FL (January 1996)

“Post-Operative Rehabilitation following Shoulder Stabilization”, “Joint Mobilization Lab” - 16th Annual Team Concept Meeting, Dallas, TX (November 1995)

“Clinical Evaluation and Treatment of the Shoulder”, Dogwood Institute, Eureka, CA, & Sioux Falls, SD (September 1995)

“Scientific and Clinical Rationale for the Utilization of Isokinetics in Musculoskeletal Rehabilitation” - 2 day Inservice, Scottsdale, AZ (August 1995)

“Optimal Positions to Enhance Shoulder Strength. Isokinetic Muscular Endurance of the Rotator Cuff in Elite Junior Tennis Players”, “Testing and Training the Upper Extremity in Tennis Players”, National Strength & Conditioning Assoc. National Convention, Phoenix, AZ (June 1995)

“Evaluation & Clinical Management of Common Shoulder Problems”, Dogwood Institute-Lansing, MI (May 1995)

“Changes in the Game of Tennis - How they Affect the Body”, “Fitness Training and Periodization”, Southwest USPTA Convention, Sedona, AZ (May 1995)

“Rehabilitation of the Knee”, “Rehabilitation of the Shoulder”, “Physical Demands of Tennis: Injury Prevention”, USTA Sports Medicine and Science Symposium Key Biscayne, FL (April 1995)

“Rehabilitation of Overuse Injuries to the Shoulder”, “Use of Isokinetics in Rehabilitation of Musculoskeletal Injury: A Clinical Workshop”, South African Sports Medicine Association Symposium, Durban, South Africa (March 1995)

“Use of Isokinetics in Rehabilitation of Musculoskeletal Injury”, Johannesburg, South Africa (March 1995)

“Shoulder and Elbow Injuries in Tennis”, Texas USPTA Division Meeting Dallas, TX (February 1995)

“The Use of Isokinetic Testing & Training in Rehabilitation of Musculoskeletal Injury”, Freestyle Sports Medicine Symposium, Vancouver, BC (January 1995)

“Strength Training for Tennis”, “Sports Medicine and Sports Biomechanics”, USPTA National Convention, Palm Springs, CA (September 1994)

“Use of Closed Chain Exercise in Rehabilitation of the Shoulder”, Society for Tennis Medicine, Indianapolis, IN (August 1994)

“Sports Medicine & Sports Biomechanics in Tennis”, United States Professional Tennis Association, Houston, TX (August 1994)

“Principles of Isokinetic Exercise and Testing”, “Application of Isokinetics in Rehabilitation of the Knee”, & “Use of Isokinetics in Rehabilitation of the Shoulder”, University of Guadalajara and Guadalajara Medical Congress of Rehabilitative Medicine, Guadalajara, Mexico (May 1994)

“Muscular Strength Relationship Between Normal Grade Manual Muscle Testing”, “Isokinetic Measurement of the Shoulder Internal and External Rotators”, APTA Combined Sections Meeting, New Orleans, LA (1994)

“Principles and Applications of Eccentric Strengthening for the Throwing Arm”, “Joint Awareness/Proprioceptive Testing of the Shoulder Complex”, “Optimal Positions and Techniques to Enhance Shoulder Strength”, 12th Annual Injuries in Baseball Course. Birmingham, AL (January 1994)

“Use of Flexibility and Strength Training to Enhance Performance and Prevent Injuries in Tennis”, USTA Training Camp, Boise, ID (December 1993)

“Rehabilitation of the Shoulder in Tennis Players”, “Rehabilitation of Injuries to the Throwing Shoulder”, “Challenge of the Shoulder”, Continuing Education Network. San Antonio, TX (November 1993)

“Use of Isokinetics in Rehabilitation of the Shoulder and Distal Upper Extremity”, Hong Kong Physiotherapy Association. Hong Kong (November 1993)

“Application of Eccentric Isokinetics in Rehabilitation of Muscle Tendon Unit”, “Biomechanical Principles Influencing Optimal Application of Isokinetics in Rehabilitation”, “Open and Closed Kinetic Chain Exercise and its Application to Isokinetics and Clinical Rehabilitation”, A Cybex Lecture Seminar Series: Japan, China, and Hong Kong (October-November 1993)

“Rehabilitation of the Shoulder”, Continuing Education Network, Phoenix, AZ, (October 1993)

“Sports Medicine and Sport Biomechanics”, USPTA National Convention Boca Raton, FL (September 1993)

“Care and Prevention of Tennis Injuries”, USTA Tennis Teachers Conference, New York, NY (September 1993)

“Tennis Specific Flexibility”, RCA Championships USTA Sports Science Symposium. Indianapolis, IN (August 1993)

“Testing and Training Elite Junior Tennis Players”, National Strength and Conditioning Association National Conference Las Vegas, NV (June 1993)

“The Clinical Application of Isokinetic Training and Testing in Orthopaedic and Sports Physical Therapy”, “Seminar for Muscle Function”, Tokyo, Japan (May 1993)

“Upper Extremity Rehabilitation”, USTA National Conference on Sports Medicine and Science in Tennis, Tampa, FL (April 1993)

“Testing Elite Junior Tennis Players: A Typical Day at a USTA National Camp”, USTA Annual Meeting, Maui, Hawaii (March 1993)

“Fitness Testing”, “Strength Training for Tennis”, USTA Area Training Center Coaches Workshop, Indianapolis, IN (February 1993).

“Fitness Training and Periodization”, Dallas, TX (February 1993).

“Shoulder Internal and External Rotation Range of Motion of Elite Junior Tennis Players: A Comparison of Two Protocols”, APTA Combined Sections Meeting, San Antonio, TX (February 1993)

“Isokinetic Muscular Performance of the Pitcher”, “Special Strengthening and Stretching Drills for the Throwing Athlete”, 11th Annual Injuries in Baseball Course, Birmingham, AL (January 1993)

“Fitness Training and Periodization”, Burnsville, MN (January 1993)

“Isokinetic Testing and Rehabilitation of the Distal Upper Extremity”, Cybex National Seminar Series, Orlando, FL (October 1992)

“Shoulders, Elbows and Knees in Tennis”, USPTA National Convention, Tucson, AZ (September 1992)

“Sport Physiology: A USPTA Specialty Course”, United States Professional Tennis Association National Convention, Tucson, AZ (September, 1992)

“Use of Isokinetics in Rehabilitation of the Shoulder”, Biodex Clinical Workshops. Los Angeles, CA (May 1992), Dallas, TX (July 1992) & Houston, TX (September 1992)

“Isokinetic Shoulder Strength: Coronal vs. Scapular Plane Testing in Upper Extremity Unilaterally Dominant Athletes” & “Isokinetic Shoulder Strength of the Rotator Cuff in Professional Baseball Pitchers”, APTA National Convention, Denver, CO (June 1992)

“Shoulder Impingement/Overuse Advanced Rehab”, “Post Operative Rehabilitation following Open Repair of the Rotator Cuff”, & “Tennis Specific Injuries”, The Miami Sports Medicine Symposium, Miami, FL (March 1992)

“Fitness Training & Periodization”, Palm Springs, CA & San Diego, CA (January 1992)

“Eccentric and Concentric Isokinetic Strength Characteristics of the Rotator Cuff”, & “Rotator Cuff Strength of Highly Skilled Junior Tennis Players”, APTA National Meeting, Boston, MA (June 1991)

“Sports Medicine and Sports Science in Tennis”, USPTA Coaches Across America Workshop, Albuquerque, NM (February 1991)

“Orthopaedic Update: Evaluation & Management of Patients with Shoulder Dysfunction”, Arizona Physical Therapy Association, Scottsdale, AZ (January 1991)

“Current Concepts in Shoulder Examination & Treatment”, Los Angeles, CA (November 1990)

“A Total Arm Strength Isokinetic Profile of Highly Skilled Tennis Players”, ACSM National Meeting, Salt Lake City, UT (May 1990)

“Prevention of Tennis Injuries”, USPTA Coaches Across America Workshop, Phoenix, AZ (January 1990)

“Common Aerobic Dance Injuries”, National Aerobics Training Center, Phoenix, AZ, (1988–1992)

“Test-Retest Reliability of the Biodex Isokinetic Dynamometer”, Southwest ACSM Meeting, Las Vegas, NV (December 1988)

“The Spine: Anatomical and Biomechanical Considerations in Aerobic Dance”, Fitness Forum, Phoenix, AZ (May 1988)

“Common Aerobic Dance Injuries”, Arizona State Physical Therapy Convention, Phoenix, AZ (January 1988)

“Overuse Injuries of the Upper Extremity in Tennis: Biomechanics, Prevention and Treatment”, Southwest Professional Tennis Association, Tucson, AZ (May 1987)

“The Low Back and Aerobics”, Fitness Forum, Phoenix, AZ (February 1987)

“Elbow and Shoulder Problems in Racquet Sports”, Arizona State Physical Therapy Convention, Phoenix, AZ (January 1987)

“Concentric vs. Eccentric Isokinetic Strengthening of the Rotator Cuff: Objective Data vs. Functional Test”, APTA National Convention, Chicago, IL (June 1986)

RESEARCH ACCEPTED FOR PUBLICATION:

“A Descriptive Profile of Age Specific Knee Extension/Flexion Strength in Elite Junior Tennis Players”, British Journal of Sports Medicine, Vol.41, No.11, pp.728-732, 2007.

“Descriptive Profile of Hip ROM in Elite Tennis Players and Professional Baseball Pitchers”, American Journal of Sports Medicine, Vol.39, No.8, pp. 1371-1376, 2007.

“Isokinetic Profile of Wrist & Forearm Strength in Elite Junior Tennis Players”, British Journal of Sports Medicine, Vol.40, No.5, pp. 411-414, 2006.

“Descriptive Report of Shoulder ROM and Rotational Strength 6 & 12 Weeks Following Rotator Cuff Repair Using a Mini-Open Deltoid Splitting Technique”, Journal of Orthopaedic & Sports Physical Therapy, Vol.36, No.5, pp. 326-3335, 2006.

“Isokinetic Profile of Shoulder IR and ERs of High School Aged Baseball Pitchers”, Journal of Strength & Conditioning Research, Vol.18, No.4, pp.689-694, 2004.

“An Isokinetic Profile of Trunk Rotation Strength in Elite Tennis Players”, Medicine & Science in Sports & Exercise, Vol.36, No.11, pp.1959-1963, 2004.

“Difference in Isokinetic Torque Acceleration Energy of the Rotator Cuff: Competitive Male Pitchers vs. Male Non-Athletes”, Journal of Strength & Conditioning Research, Vol.18, No. 3, pp.447-450, 2004.

“Isokinetic Profile of Elbow Flexion & Extension Strength in Elite Junior Tennis Players”, Journal of Orthopaedic & Sports Physical Therapy, Vol. 33 (2): 79-84, 2003.

“Age Specific Isokinetic Glenohumeral IR and ER Strength in Elite Junior Tennis Players”, Journal of Science & Medicine in Sport, Vol. 6 (1): 65-72, 2003.

“Glenohumeral Joint Total Rotation Range of Motion in Elite Tennis Players and Baseball Pitchers”, *Medicine & Science in Sports and Exercise*, Vol.34 (12): 2052-2056, 2002.

“Intra-rater & Inter-rater Reliability of a Manual Technique to Assess Anterior Humeral Head Translation of the Glenohumeral Joint”, *Journal of Shoulder & Elbow Surgery*, Vol. 11 (5): 470-475, 2002.

“Effects of a 4-month season on Glenohumeral Joint Rotational Strength & Range of Motion in Female Collegiate Tennis Players”, *Journal of Strength & Conditioning Research*, Vol. 16 (1): 92-96, 2002.

“Assessment of Shoulder Strength in Professional Baseball Pitchers”, *Journal of Orthopaedic & Sports Physical Therapy*, Vol.30 (9): 544-551, 2000.

“Shoulder Internal/External Rotation Range of Motion In Nationally Ranked Junior Tennis Players: A Longitudinal Analysis”, *Journal of Strength & Conditioning Research*. Vol.14 (2): 140-143, 2000.

“Quantification of Anterior Translation of the Humeral Head in the Throwing Shoulder: Clinical Assessment vs. Stress Radiography”, *American Journal of Sports Medicine*, Vol. 28 (2): 161-167, 2000.

“Glenohumeral Joint ROM & Strength Following Thermal Capsulorrhaphy”, *Journal of Orthopaedic & Sports Physical Therapy*, Vol.29 (3): 160-167, 1999.

“Isokinetic Muscular Fatigue of the Shoulder Internal & External Rotators”, *Journal of Orthopaedic & Sports Physical Therapy*, Vol.29 (5): 275-281, 1999.

“A Bilateral Comparison of Medial Elbow Joint Laxity Using Stress Radiography in Professional Baseball Pitchers”, *American Journal of Sports Medicine*, Vol. 26 (3): 420-424, 1998.

“Glenohumeral Joint Internal and External Rotation Range of Motion in Elite Junior Tennis Players”, *J Orthop Sports Physical Therapy*, Vol. 24:6, 1996.

“Concentric Internal and External Rotation Strength in Professional Baseball Pitchers”, *J Orthop Sports Physical Therapy*, Vol 25:5, 1997.

“Single vs. Multiple Joint Isokinetic Testing in ACL Reconstructed Patients”. *Isokinetics and Exercise Science*, Vol 6: 109-115, 1996.

“Muscular Strength Relationship between Normal Grade MMT and Isokinetic Measurement of the Shoulder Internal External Rotators”, *Isokinetics and Exercise Science*, Vol 6:1, 51-56 (1996).

“Relationship between Isokinetic and Functional Trunk Strength in Elite Junior Tennis Players”, *Isokinetics and Exercise Science* Vol 6:1, 15-20 (1996).

“Concentric Isokinetics Quadricep and Hamstring Strength in Elite Junior Tennis Players”, *Isokinetics and Exercise Science*, Vol.5, 3-6 (1995).

“Eccentric Isokinetics”, *Orthopaedic Physical Therapy Clinics of North America*, Volume 1, Number 2 (1992).

“Shoulder Internal and External Rotation Strength and Range of Motion in Highly Skilled Junior Tennis Players”, *Isokinetics and Exercise Science*, Vol. 2, (2), 1992.

“A Total Arm Strength Isokinetic Profile of Highly Skilled Tennis Players and its Relation to a Functional Performance Measurement”, *Isokinetics and Exercise Science*, Volume 1, Number 1 (1991).

“Test-Retest Reliability of the Biodex Isokinetic Dynamometer”, *Journal of Orthopaedic and Sports Physical Therapy*, Vol. 11 (7): 298-300, 1990.

“Concentric vs. Eccentric Isokinetic Strengthening of the Rotator Cuff: Objective Data vs. Functional Test”, *American Journal of Sports Medicine*, Vol. 8 (1), 1988.

INVITED PUBLICATIONS:

Chapters: “Rehabilitation Following Rotator Cuff & Labral Surgery”, “Rehabilitation Following Ulnar Collateral Ligament Reconstructions”, *Orthopaedic Knowledge Update*, American Academy of Orthopaedic Surgeons (In Progress)

Chapters: “Arthroscopic Surgery & Rehabilitation of the Shoulder”, “Surgical Treatment & Rehabilitation of the Elbow”, *Orthopaedic Physical Therapy*, Donatelli & Wooden, Elsevier, (In Progress)

Book: Functional Progressions for Sport Rehabilitation, Human Kinetics, (In Progress).

Book: Medicina Deportiva Aplicada al Tenis, Vol.3 (In Progress).

Chapter: “The Shoulder in Tennis”, “Shoulder Arthroplasty in the Athletic Shoulder”, “The Shoulder in Swimming”, “Isokinetic Evaluation of the Shoulder”, The Athlete’s Shoulder, Elsevier Science (In Progress).

Book: Complete Conditioning for Tennis Vol.II, Human Kinetics (2007).

Chapter: “Principles of Injury Prevention and Rehabilitation”, Chandler & Brown Editors, (2007).

Chapter: “Rehabilitation of the Elbow”, Musculoskeletal Interventions: Techniques for Therapeutic Exercise, McGraw-Hill, Vogt, Hoogenboom & Prentice Eds (2007).

Chapter: “Current Concepts in Orthopaedic Physical Therapy: The Shoulder:PT Patient Management Using Current Evidence”, Orthopaedic Section APTA Independent Study Course (February 2007)

Chapter: “Evaluation of Glenohumeral, Acromioclavicular, & Scapulothoracic Joints in the Overhead Throwing Athlete, Sports Specific Rehabilitation, Churchill-Livingstone Elsevier, Bob Donatelli, Editor, (2007).

Chapters: “Rehabilitation After Surgical Treatment of the Long-Head Biceps Tendon”, “Rehabilitation After Mini-Open & Arthroscopic Repair of the Rotator Cuff”, Post-Surgical Orthopaedic Sports Rehabilitation: Knee & Shoulder, Mosby-Elsevier, Robert Manske, Editor (2006)

Book: Shoulder Rehabilitation: Non-Operative Treatment, Thieme, 2006.

Chapters: “Isokinetic Profiling of Elite Tennis Players”, “Eccentric Muscular Training for Tennis”, Medicina Deportiva Aplicada al Tenis, Vol.2, (2005).

Book: Strength Band Training, Human Kinetics, 2005.

Chapter: “Elbow Problems in the Active Older Population”, Injury Prevention and Rehabilitation for Active Seniors, Kevin Speer, M.D., Editor, Human Kinetics, 2005.

Chapter: “Rehabilitation of the Glenohumeral Joint Following Capsular Plication”, APTA Sports Physical Therapy Association Home Study Course, 2005.

Chapter: “Evaluation of the Glenohumeral Joint, Acromioclavicular Joint, and Scapula in the Overhead Throwing Athlete”, Taking the Athlete From Rehabilitation to Sport Specific Training, Robert Donatelli, Editor, Elsevier Science, 2005.

Book: Clinical Examination of the Shoulder, W.B. Saunders, 2004.

Chapter: “Special Populations: Orthopaedic Injury Rehabilitation Concerns”, NSCA’s Essentials of Personal Training, Earle & Baechle, Human Kinetics, 2004.

Chapters: “Proprioception & Neuromuscular Control”, “Application of Isokinetics in Testing & Rehabilitation”, Rehabilitation of the Injured Athlete, 3rd Edition, Harrelson & Wilk, 2004.

Chapter: “Etiology & Evaluation of Rotator Cuff Pathology & Rehabilitation”, Physical Therapy of the Shoulder, 4th Edition, Donatelli, 2004.

Book: The Scientific & Clinical Application of Elastic Resistance, Human Kinetics, 2003.

Chapter: “Movement Mechanics”, Strength & Conditioning for Tennis, International Tennis Federation, 2003.

CD ROM: “The Scientific and Clinical Application of Elastic Resistance”, Release 1.0, Human Kinetics, 2003.

Book: Comprehensive Sports Injury Management: From Examination of Injury to Return to Sport, 2nd Edition, Pro-Ed Publishers, 2003.

Chapter: “Movement Mechanics”, Strength & Conditioning For Tennis, ITF, 2003.

Article: “Case Illustrates Risk of Thermal Shrinkage in Knee Joint”, Biomechanics, Vol. 10 (9), September 2003.

Article: “Plyometrics Redefine Rehab for Overhead Athletes”, Biomechanics, Vol. 9 (9): 18-28, 2002.

Chapters: “Rehabilitacion de las Lesiones del Miembro Inferior”, “Principios Cientificos del Entrenamiento para Tennis”, Medicina Deportiva Aplicada Al Tennis, Maquirriain, Buenos Aires, Argentina, 2002.

Chapters: “Strength Training, Flexibility Training & Physical Conditioning”, “Pre-participation Profiling for Tennis”, Tennis: IOC Handbook of Sports Medicine & Science, Renstrom, Blackwell Science, 2002.

Article: “Osteoarthritis of the Glenohumeral Joint: Nonsurgical Treatment Options”, Physician & Sports Medicine, Vol 30(4) pp. 19-32, April 2002.

Book: Closed Kinetic Chain Exercise, Human Kinetics, 2001.

Chapter: “Adolescent Baseball Pitcher with Medial Elbow Pain & Diagnosis of Medial Epicondylitis”, Current Topics in Musculoskeletal Medicine: A Case Study Approach, DeCarlo & Oneacre, SLACK Publishing, 2001.

Chapter: “Training Muscles for Strength & Speed”, World-Class Tennis Technique, Roetert & Groppe, Human Kinetics, 2001.

Article: “Biomechanics of Movement in Tennis”, ITF Coaching & Sports Science Review, ITF, July 2001.

Home Study Course: “Proprioception & Neuromuscular Control of the Glenohumeral Joint: Basic Science to Clinical Application”, SPTS, 2001

Article: “The Application of Isokinetics in Testing and Rehabilitation of the Shoulder Complex”, Journal of Athletic Training, Vol.35, No.3, p.338-350, 2000.

Chapters: “Examination of The Shoulder & The Unstable Shoulder”, Impairment-Based Diagnosis of the Shoulder, Tovin & Greenfield, F.A. Davis Publishing Company, 2000.

Chapters: “Restoring Performance After Injury”, High Performance Sports Conditioning, Foran, Human Kinetics Publishers, 2001.

Chapter: “The Role of Warm-up & Stretching in Tennis”, Tennis Medicine for Tennis Coaches, Crespo, Plum & Reid, ITF, 2001.

Article: “Injury Prevention”, USA Tennis Parents’ Guidebook, USTA, 2001.

Book (Editor): Knee Ligament Rehabilitation 2nd Edition, W.B. Saunders Co., 2000.

Chapters: “Closed Kinetic Chain Testing Techniques of the Upper Extremities”, “Clinical Application of Closed Kinetic Chain Exercises in the Upper Extremities”, Orthopaedic Physical Therapy Clinics of North America, Vol. 9 (2), 1-11, June, 2000.

Article: “Conditioning the Shoulder for Tennis”, IDEA Personal Trainer, May 2000.

Article: “Documentation Enhances Understanding of Shoulder Function”, Biomechanics, Vol 6, No 2, pp. 47-56, February 1999.

Article: “Focused Exercise Aids Shoulder Hypomobility”, Biomechanics, Vol. 6, No 11 pp. 77-82, November 1999.

Chapter: “The Use of Isokinetics in Tennis Players”, Isokinetic Performance Enhancement, Lee Brown, editor, Human Kinetics Publishers, 1999.

Book (co-author): Complete Conditioning for Tennis. Human Kinetics Publishing. Roetert & Ellenbecker, August 1998.

Article: “Sport Specific Muscle Strength Imbalances in Tennis”, Journal of Strength & Conditioning, April 1998.

Chapters: “Preparticipation Profiling of Tennis Players and Strength Training Flexibility”, & “Physical Conditioning for Tennis Players”, International Olympic Committee Sports Medicine Book, 1998.

Article: “Tennis Specific Shoulder and Trunk Strength Training”, Journal of Strength & Conditioning, June 1997.

Chapter: “The Application of Isokinetics in Testing and Rehabilitation of the Injured Athlete”, Physical Rehabilitation of the Injured Athlete, W.B. Saunders, Harrelson, Wilk & Andrews, 1997.

Book (author): The Elbow in Sport: Mechanism of Injury, Evaluation and Treatment. Human Kinetics, 1996.

Chapter: “Etiology and Evaluation of Rotator Cuff Pathology and Rehabilitation”, Physical Therapy of the Shoulder, R. Donnatelli, Churchill Livingstone, 1996.

Chapter: “Isokinetic Assessment of Upper Extremity Strength”, Orthopaedic & Sports Physical Therapy, 3rd edition, Malone, McPoil, Nitz, Mosby, 1996.

Article: “Flexibility Training for Tennis”, Journal of Strength & Conditioning, December 1995.

Chapter: “Rehabilitation of Shoulder and Elbow Injuries in Tennis Players”, Clinics in Sports Medicine, 1995.

Chapter: “Tennis Injuries”, The Athlete’s Shoulder, Wilk, K & Andrews, Churchill Publishing, 1993.

Chapter: “Elbow, Forearm, and Wrist Testing and Rehabilitation”, A Compendium of Isokinetics in Clinical Usage Third Edition, George Davies, S & S Publishers, 1992.

Chapter: “The Scientific and Clinical Rationale for the Utilization of a Total Arm Strength Rehabilitation Program for Shoulder and Elbow Overuse Injury”, Orthopaedic Home Study Course, American Physical Therapy Association, 1992.

Chapter: "Rehabilitation of Overuse Injury of the Shoulder", Clinics in Sports Medicine, Volume 8, Number 3 - July, 1989.

Column: Sport Science in Tennis, Sun Tennis Monthly Column, Southwest Tennis Association. October 1991-1994.

CONTINUING EDUCATION:

APTA Preview 2020 (November 2007)

AOSSM Sports Medicine & Baseball, Hollywood, CA (October 2007)

AOSSM Annual Meeting, Calgary, Canada (July 2007)

Advances on the Knee & Shoulder, Cincinnati Sports Medicine & Education Foundation, Hilton Head, SC (May 2007)

APTA Combined Sections Meeting, Boston, MA (February 2007)

Injury Prevention & Treatment Techniques, Baseball Medicine, San Diego, CA (January 2007)

AOSSM Annual Meeting, Hershey, PA (June 2006).

APTA CSM, San Diego, CA (February 2006).

24th ASMI Annual Injuries In Baseball Course, Woodland Hills, CA (January 2006).

AOSSM Annual Meeting, Keystone, CO (July 2005).

APTA CSM, New Orleans, LA (February 2005).

Examination and Treatment of the Knee, George Davies, Phoenix, AZ (January 2005).

Bands, Balls & Balance, Theraband Academy (September 2004).

ICOTE, Salzburg, Austria (July 2004).

AOSSM, San Diego, CA (July 2003).

APTA National Meeting, Washington, DC (June 2003).

APTA Combined Sections Meeting, Tampa, FL (February 2003)

Foot Biomechanics & Orthotic Therapy, Michael Wooden, Phoenix, AZ (October 2002)

APTA Combined Sections Meeting, Boston, MA (February 2002)

APTA Combined Sections Meeting, San Antonio, TX (February 2001)

Arizona State Physical Therapy meeting, Phoenix, AZ (October, 2000)

NSCA National Convention, Orlando, FL (June, 2000)

APTA National Meeting, Indianapolis, IN (June, 2000)

APTA Combined Sections Meeting, New Orleans, LA (February, 2000)

NSCA Sports Specific Training Conference, Anaheim, CA (January, 2000)

APTA National Meeting, Washington, D.C. (June, 1999)

ACSM National Meeting, Seattle, WA (June, 1999)

APTA Combined Sections Meeting, Seattle, WA. (February 1999)

APTA Sports Physical Therapy Team Concept Meeting, Denver, CO (October 1998)

APTA National Meeting, Orlando, FL (June 1998)

APTA Sports Physical Therapy Competency Meeting, Phoenix, AZ (May, 1998)

USTA 4th Internat'l Sports Med & Science Symposium. Key Biscayne, FL (March 1998)
APTA Combined Sections Meeting, Boston, MA (February 1998)
McConnell Shoulder Course, Phoenix, AZ (October 1997)
NSCA National Meeting, Las Vegas, NV (June 1997)
APTA Combined Sections Meeting, Dallas, Texas (February 1997)
ACSM National Convention, Cincinnati, Ohio (May 1996)
APTA Combined Sections Meeting, Atlanta, Georgia (February 1996)
The Shoulder: Northeast Seminars George Davies, Tempe, Arizona (November 1995)
Sports Physical Therapy Section - Team Concept Mtg, Dallas, Texas (November 1995)
National Strength & Conditioning Assc. Nat'l Convention, Phx, Arizona (June 1995)
USTA Sports Medicine and Science Symposium, Key Biscayne, Florida (April 1995)
Society for Tennis Medicine Annual Meeting, Indianapolis, Indiana (August 1994)
APTA Combined Sections Meeting. New Orleans, Louisiana (February 1994)
12th Annual Injuries in Baseball Course. Birmingham, Alabama (January 1994)
The Foot & Ankle: Healthsouth & USOC Course. Phoenix, Arizona. (March 1993)
APTA CSM, San Antonio, Texas (February 1993)
11th Annual Injuries in Baseball Course, Birmingham, AL (January 1993)
Cybex National Seminar Series, Orlando, FL (October 1992)
APTA National Convention, Denver, CO (June 1992)
Miami Sports Med Symposium "The Upper Extremity in Sports", (March 1992)
The Knee: A Healthsouth & USOC, Phoenix, AZ, (January 1991)
APTA National Convention, Boston, MA (June 1991)
ACSM National Convention, Salt Lake City, UT, (May 1990)
The Foot & Ankle, Healthsouth Sports Medicine Network, Birmingham, AL (1989)
McConnell Patellofemoral Rehabilitation, Phoenix, AZ, (August 1989)
Arizona State Physical Therapy Convention, Phoenix, AZ (January 1988)
Athletic Training Internships, Professional Tennis: ATP Scottsdale (1991- 2005)
WCT Scottsdale Open Tennis Tournament, (1987)
Virginia Slims of Arizona Tennis Tournament WTA (1987)
Arizona State Physical Therapy Convention, Phoenix, AZ (January, 1987)
APTA National Convention, Chicago, IL (June, 1986)
Craniosacral Therapy - The Upledger Institute, Tucson, AZ (February 1987)

HONORS/AWARDS:

SPTS Ron Peyton Award, APTA Combined Sections Meeting, Boston, MA (February 2007)

Rada Distinguished Alumni Award, University of Wisconsin-LaCrosse, (May 2005)

Preceptor Award, Drexel University College of Health Professions (May 2005)

Sports Medicine & Rehabilitation Specialist Award, National Strength & Conditioning Association (July 2003)

Volunteer Service Award (10 years), USTA National Meeting (March 1999)

Clinical Education Award, APTA Sports Section (February 1999)

Joe Bergen Clinical Excellence Award, Healthsouth Outpatient Rehabilitation (February 1991)

PROFESSIONAL MEMBERSHIPS:

American Orthopaedic Society for Sports Medicine (2004-Present)

Society for Tennis Medicine & Science (2004-Present)

ICCUS – Sports Physical Therapy Society (2003-Present)

American Physical Therapy Association, Sports Section (1984-Present)

American College of Sports Medicine (1989–Present)

National Strength and Conditioning Association (May 1990-Present)

United States Tennis Association - Lifetime Member

United States Professional Tennis Association, Pro-1 (August 1990-Present)