

Ashley J. Reeves, DAT, LAT, ATC

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EDUCATION

University of Idaho

Doctor of Philosophy, Education, In Progress

University of Idaho

Graduate Academic Certificate of Completion in Statistical Science, 2020

University of Idaho

Athletic Training, DAT, 2018

University of Idaho

Athletic Training, MS, 2017

Western Washington University

Kinesiology, BS, 2015

CERTIFICATIONS & LICENSURE

Mental Health First Aid Certified, December 2020-2023

Certified MyoKinesthetic Practitioner, May 2018-Present

Idaho Licensed Athletic Trainer, Idaho Board of Medicine, #AT-638, September 2017-Present

NATA BOC Certified Athletic Trainer, #2000028722, June 2017-Present

Basic Life Support (BLS) Provider, American Heart Association, June 2015-Present

National Provider Identifier (NPI), #1396275483

RESEARCH & CLINICAL INTERESTS

Mind-body connection in sports medicine treatment & rehabilitation

Biomechanics of injured populations

PROFESSIONAL EXPERIENCE

Temporary Faculty

Master of Science in Athletic Training Program, University of Idaho, Moscow, ID, Aug 2022-Present

Instructed professional athletic training students in advanced rehabilitation techniques and clinical reasoning.

Research Assistant

Idaho WWAMI Medical Education, University of Idaho, Moscow, ID, Aug 2021-Present

Assisted with a variety of research projects, including internal reports, assisting with student manuscripts/projects, designing and conducting quantitative and mixed methods studies, and writing manuscripts for publication.

Business Owner, Lead Clinician

Beautiful Soul Bodywork, LLC, Moscow, ID, May 2021-Present

Ran all aspects of the business while treating patients using energy medicine and bodywork techniques to help with their overall wellness and in line with their treatment goals. Operating as a bodyworker, specialized in the treatment of chronic pain and trauma.

Clinic Assistant, Athletic Trainer

Integrated Sports Medicine & Rehabilitative Therapy (ISMaRT) Clinic, Moscow, ID, Aug 2021-May 2022

Served as a preceptor to graduate students enrolled in the Master of Science in Athletic Training Program at the University of Idaho. Duties included direct patient care, supervision of students, and overseeing and guiding students in their evaluations and treatments during their clinical rotations in the ISMaRT Clinic.

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Graduate Teaching Assistant, Department of Movement Sciences, Master of Science in Athletic Training Program
University of Idaho, Moscow, ID, May 2017-Aug 2021

Served as a graduate teaching assistant for both synchronous, asynchronous, and hybrid graduate-level courses within the MSAT Program, which also included co-instructing courses.

Athletic Trainer

Integrated Sports Medicine & Rehabilitative Therapy (ISMaRT) Clinic, Moscow, ID, Sept 2017-Aug 2021

Provided holistic patient care to individuals with musculoskeletal injuries & conditions in an outpatient clinic setting, including patients with acute and chronic injuries, patients with chronic pain, perinatal and postpartum patients, and recreational athletes. Role also included serving as a preceptor to the University of Idaho Master of Science in Athletic Training students during their clinical rotations in the ISMaRT Clinic, to include overseeing and guiding students in their evaluations and treatments.

Graduate Teaching Assistant, Department of Movement Sciences

University of Idaho, Moscow, ID, Aug 2017-May 2019

Served as a graduate teaching assistant for synchronous & asynchronous undergraduate courses, which included course development.

Research Assistant

University of Idaho, Moscow, ID, Fall 2017-Spring 2018

Topic: Mulligan Concept Intervention for Pregnancy Related Lumbo-Pelvic Pain

Principal Investigator: Dr. Lindsay Larkins

Served as a research assistant to Dr. Lindsay Larkins to help with all phases of the research process to include recruitment and data collection.

TEACHING ACCOMPLISHMENTS

Course Development

University of Idaho, Moscow, ID

H&S 245: Introduction to Athletic Injuries (Asynchronous), 2018

Course Instructor

University of Idaho, Moscow, ID

AT 533: Integrated Rehabilitation Techniques (Synchronous), Summer 2022

H&S 245: Introduction to Athletic Injuries (Asynchronous), Summer 2018-Spring 2020

H&S 245: Introduction to Athletic Injuries (Synchronous), Spring 2018

Course Co-Instructor

University of Idaho, Moscow, ID

AT 536: Research Methods & Statistics II (Hybrid), Fall 2020

AT 533: Applied Rehabilitation (Synchronous), Summer 2020

Lab Instructor

University of Idaho, Moscow, ID

AT 531: Clinical Anatomy II (Synchronous), Summer 2018-Summer 2021

AT 506: Clinical Anatomy I (Synchronous), Summer 2017-Summer 2021

PEP 300: Applied Human Anatomy & Biomechanics (Synchronous), Fall 2017

Teaching Assistant

University of Idaho, Moscow, ID

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AT 533: Integrated Rehabilitation Techniques (Synchronous), Summer 2021
AT 514: Psychology of Injury & Illness in Athletic Training (Asynchronous), Fall 2020
AT 511: Ethics & Administration in Athletic Training (Hybrid), Spring 2020
AT 553: Clinical Experience IV (Hybrid), Spring 2020-Spring 2021
AT 512: Research Methods & Statistics I (Hybrid), Fall 2019
AT 536: Research Methods & Statistics II (Hybrid), Fall 2019
AT 540: Pharmacology for Athletic Trainers (Hybrid), Fall 2019
AT 507: Care & Prevention of Injuries & Illnesses (Synchronous), Summer 2019-Summer 2020
AT 509: Principles of Rehabilitation (Synchronous), Summer 2019
AT 532: Evaluation & Diagnosis of Injuries & Illness II (Synchronous), Summer 2019-Summer 2021
MVSC 445: Internship Preparation & Professional Development (Synchronous), Fall 2018
PEP 495: Practicum in Exercise Science & Health (Asynchronous), Fall 2017-Fall 2018
PEP 498: Internship in Exercise Science & Health (Asynchronous), Fall 2017-Fall 2018
AT 508: Evaluation & Diagnosis of Injuries & Illnesses I (Synchronous), Summer 2017-Summer 2021
AT 506: Clinical Anatomy I (Synchronous), Summer 2017, Summer 2021

Undergraduate Lab Assistant

Western Washington University, Bellingham, WA

KIN 311: Biomechanics, Spring 2015

Invited Lectures

Reeves AJ. Life of an athletic training student. Invited lecture at Lakewood High School, Arlington, WA. December 2016.

Research Mentor

University of Idaho, Moscow, ID

Graduate Students:

Moni Syeda, Master of Science in Athletic Training Student (co-mentor), 2019-2021
Shayane Santiago, Master of Science in Athletic Training Student (co-mentor), 2019-2021
Jason Bartholomew, Master of Science in Athletic Training Student (co-mentor), 2019-2021
Trezlyn Bartschi, Master of Science in Athletic Training Student (co-mentor), 2019-2021
Ko-Yun Cheng, Master of Science in Athletic Training Student (co-mentor), 2019-2021
Ariana Duran, Master of Science in Athletic Training Student (co-mentor), 2019-2021
Haerin Kim, Master of Science in Athletic Training Student (co-mentor), 2019-2021

Medical Students:

Julio de Leon, Idaho WWAMI Medical Education Student (co-mentor), 2022-Present
Caleb Allred, Idaho WWAMI Medical Education Student (co-mentor), 2021-Present
Ryan Richardson, Idaho WWAMI Medical Education Student (co-mentor), 2021-Present
Taylor Stevenson, Idaho WWAMI Medical Education Student (co-mentor), 2019
James Whitlock, Idaho WWAMI Medical Education Student (co-mentor), 2019

SCHOLARSHIP ACCOMPLISHMENTS

Peer-Reviewed Publications

Duffy S, Martonick N, **Reeves A**, Cheatham SW, McGowan C, Baker RT. Clinician reliability of one-handed instrument-assisted soft tissue mobilization forces during a simulated treatment. J Sport Rehabil. 2022;31(4):505-510. <https://doi.org/10.1123/jsr.2021-0216>

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Martonick NJP, **Reeves AJ**, Whitlock JA, Stevenson TC, Cheatham SW, McGowan CP, Baker RT. Instrument-assisted soft tissue mobilization forces applied by clinicians during a simulated treatment. *J Sport Rehabil.* 2022;31(1):120-124. <https://doi.org/10.1123/jsr.2020-0247>

Miley EN, **Reeves AJ**, Casanova MP, Martonick NP, Baker JG, Baker RT. Test-retest reliability of the Total Motion Release® scale. *J Sports Rehabil.* 2021;30(6):961-964.

Reeves AJ, Baker RT, Cheatham SW, Nasypany A. Point-of-care research: retrospective analysis of the evaluation and classification of tendon pathology in athletic training. *Clin Pract Athl Train.* 2020;3(2):33-44.

Reeves AJ, Baker RT, Casanova MP, Cheatham SW, Pickering MA. Examining the factorial validity of the Quality of Life Scale. *Health Qual Life Outcomes.* 2020;18(32).

Accepted Papers (Peer-Reviewed)

Miley EN, Baker RT, Baker J, **Reeves AJ**, Hanna S. Validity of the Clinometer Smartphone Application™ for measuring knee flexion. *Athl Train Sports Health Care.*

Stevenson TC, Whitlock JA, Martonick N, Cheatham SW, **Reeves AJ**, McGowan C, Baker RT. Descriptive analysis of forces applied by trained clinicians during a two-handed instrument-assisted soft tissue mobilization. *J Athl Train.* 2021; Online ahead of print. doi: 10.4085/1062-6050-282-21

Papers in Review

Allred C, **Reeves AJ**, Casanova MP, Cady AC, Baker RT. Multi-group invariance testing of the Knee Injury Osteoarthritis Outcome Score for Joint Replacement scale. *J Athl Train.* In Review.

Ryu S, Richardson R, Cady AC, **Reeves A**, Casanova MP, Baker RT. Rasch calibration for the International Knee Documentation Committee Subjective Knee Form (IKDC-SKF). *J Athl Train.* In Review.

Casanova MP, **Reeves A**, Moore J, Ryu S, Palmer K, Smith LS, Seegmiller JG, Baker RT. Evaluating the impact of a Project ECHO pediatric behavioral health series in a rural and frontier state: an exploratory investigation. In Review.

Other Publications & Technical Reports

Baker R, Casanova M, **Reeves A**. Rural Underserved Opportunities Program WWAMI University of Idaho site: assessment & evaluation – summer 2021. Report prepared for the North Idaho Area Health Education Center. February 2022.

Baker R, Casanova M, Moore J, Palmer K, **Reeves A**, Smith L. ECHO Idaho: pediatric behavioral health – needs assessment and evaluation. Report prepared for Idaho Department of Health and Welfare, Division of Public Health, Bureau of Clinical and Preventative Services, Maternal and Child Health, Child and Youth with Special Health Care Needs. October 2021.

Grant Funding

Larkins, L., Seegmiller, J (mentor). Mulligan Concept Intervention for Pregnancy Related Lumbo-Pelvic Pain. Clinical Translational Research Infrastructure Network. 8/1/2017-6/30/2018. Funded \$62,730.15
Principal Investigator: Dr. Lindsay Larkins
Research Assistants: **Ashley Reeves**, Youngmin Chun

Reeves AJ, Bailey JP. The Effects of a Mind-Body Intervention on Kinesiophobia and Movement Mechanics in Patients with Anterior Cruciate Ligament Reconstruction. Northwest Athletic Trainers' Association. Funded \$994

Conference Presentations

Reeves AJ, Larkins L, Nasypany A. The shoulder bone connected to the...mind [bone]? – What the song forgot to teach us: Exploring the mind-body connection in patient care. Presentation at the Northwest Athletic Trainers' Association Annual Meeting and Clinical Symposium, Virtual Event. March 2021.

Larkins L, **Reeves AJ**, Smitley M, Fermin S. Balancing the body using contralateral movement: a technique for pain reduction, injury prevention, and increasing range of motion. Presentation at the Idaho Dance Education Organization Conference, Moscow, ID. October 2017.

Instructional Assistant

Lang G, Takahashi N. Técnica Gavilán: Basic course. Lab Assistant at University of Idaho, Moscow, ID. June 2018.

Baker R, Larkins L, Zeigel A. Advancements in manual therapy: an introduction to contemporary applications. Learning Lab Assistant at Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Portland, OR. March 2018.

Larkins L, Zeigel A. Evidence based treatment of meniscal lesions and knee pain. Learning Lab Assistant at Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Portland, OR. March 2018.

Honors & Awards

MSAT Outstanding Student Award, 2017

NWATA Richard Irvin Scholarship, 2016

Edith Betts Graduate Physical Education Scholarship, 2016

Western Washington University, Magna Cum Laude, 2015

SHAPE Washington Emerging Leader Award, 2014

SERVICE

Memberships

Iota Tau Alpha, Delta Beta Chapter, May 2017-Present

National Athletic Trainers' Association, Member in good standing, June 2015-Present

Northwest Athletic Trainers' Association, Member in good standing, June 2015-Present

National Society of Collegiate Scholars, Western Washington University Chapter, October 2013-Present

Professional Outreach

Reviewer, Journal of Athletic Training, 2022-Present

Reviewer, Clinical Practice in Athletic Training, 2020-Present

Reviewer, PeerJ – The Journal of Life and Environmental Sciences, 2019-Present

Medical coverage, UI Dance Program performances, 2017-Present

Poster Reviewer, Idaho WWAMI Medical Education Research Poster Exposition, 2021

MSAT Teaching Assistant Search Committee, 2020

University of Idaho Representative, Northwest Athletic Trainers' Association Student Senate, 2016-2017

Community Service

Volunteer, Real Life on the Palouse Church, Children's Ministry, 2017-2020

PROFESSIONAL DEVELOPMENT

Continuing Education Courses

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Resource Energetics Academy, Bringing in the Vibrations Course, December 2020
Resource Energetics Academy, The Bucket Course, December 2020
ECHO Idaho: Opioid Addiction & Treatment: Non-Pharmaceutical Alternatives for Treating Pain, April 2020
Cannabis as an Intervention for Patient Care, 2020
Athletic Trainer's Utilization & Clinical Establishment of IV Access & Fluid Administration to Improve Patient Care, July 2019
MyoKinesthetic System, Advanced Course, May 2018
Yuen Method, Module 2, July 2017
Yuen Method, Module 1, July 2017
Mulligan Concept, Lower Quarter, July 2017
Inside Dance Medicine at Houston Ballet, June 2017
RockTape FMT Performance, December 2016
RockTape FMT Basic, December 2016
Mulligan Concept, Functional Examination & Treatment of the Pelvis, October 2016
Positional Release Therapy, Lower Quarter, July 2016
MyoKinesthetic System, Upper Body Class, July 2016
Primal Reflex Release Technique, July 2016, July 2017, & July 2021
Total Motion Release Level 3, July 2016
Técnica Gavilán, Instrumented Soft Tissue Mobilization, May 2016 & May 2017
Comprehensive Evaluation & Diagnosis of Shoulder Injuries in Overhead Athletes, March 2016
Total Motion Release, Level 2, March 2016
Mulligan Concept, Upper Quarter, December 2015 & July 2016
Total Motion Release Level 1, October 2015
MyoKinesthetic System, Lower Body Class, July 2015 & July 2017
Positional Release Therapy, Spine & Pelvis, July 2015 & July 2017
Positional Release Therapy, Upper Quarter, June 2015

Conferences Attended

Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Virtual Event, March 2021.
Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Spokane, WA, March 2019
Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Portland, OR, March 2018
Idaho Dance Education Organization Conference, Moscow, ID, October 2017
National Athletic Trainers' Association Clinical Symposia & AT Expo, Houston, TX, June 2017
Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Tacoma, WA, March 2017
National Athletic Trainers' Association Clinical Symposia & AT Expo, Baltimore, MD, June 2016
Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Boise, ID, March 2016

Other Courses and Workshops Attended

Mental Health First Aid Training, December 2020
Safe Zone Training, December 2020
Green Dot Training, December 2020