

CURRICULUM VITAE
University of Idaho

NAME: Alan Mark Nasypany Jr. EdD, LAT, ATC

DATE: Aug 2014

TITLE: Assistant Clinical Professor

DEPARTMENT: Movement Sciences

OFFICE LOCATION AND CAMPUS ZIP:

Physical Education Building, Room 205
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DATE OF UI EMPLOYMENT: Fall 2007

EDUCATION

Degrees

Aug 2002 - July 2005 Ed.D.- Physical Education Teacher Education, West Virginia University, West Virginia.

Dissertation: Perceptions of Athletic Training Clinical Instructors Regarding the Clinical Education Process. Advisor: Andrew Hawkins, Ph.D.

Aug 1998 - May 2000 M.Ed.- Health, Physical Education, & Recreation. Frostburg State University, Maryland.

Aug 1995 - May 1998 B.S.- Athletic Training/Sports Medicine. Wingate University, North Carolina.

Certifications & Licenses

National Athletic Trainer's Association Board of Certifications, Certified Athletic Trainer (1998-cont)

Idaho Athletic Training License (2007- cont)

American Heart Association, First Aid and CPR certification for the health care provider (2001)

National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (2002)

Pennsylvania Class "A" Athletic Trainer's Licensure (expired)

Virginia Athletic Training License (expired)

EXPERIENCE

Teaching

2011-current *Director and Course Instructor of Athletic Training Education (Doctor of Athletic Training and MS Athletic Training)* University of Idaho- Department of Movement Sciences

2007-current *Athletic Training Education Program Director, Clinical Coordinator, and Course Instructor* University of Idaho- Department of Movement Sciences

2005-2007 *Assistant Professor*, Shenandoah University- Division of Athletic Training

2002-2004 *Course Co-instructor*, West Virginia University School of Physical Education

2001-2004 *Instructor*, HealthWorks Rehab and Fitness

2000-2002 *Instructor*, Tidewater Physical Therapy

Academic Administrative Employment

2007-present ***Program Director/Clinical Coordinator University of Idaho, Moscow, Idaho***

Director of Athletic Training Education/Clinical Athletic Trainer

Designed, developed, and implemented the first Doctor of Athletic Training Degree in the world.

Direct all aspects of the Doctor of Athletic Training, MSAT, and BSPE in AT programs

Supervise and mentor 37 doctoral athletic training students.

Led admission and retention efforts in a 100% self-support AT model.

Established a track-record of scholarship in the AT Education Programs.

Created a new entry-level master's Athletic Training Educational Program.

Designed and implemented all phases of a CAATE approved educational program.

Performed analysis and evaluation of the current AT professional program.

Earned the maximum CAATE reaccreditation time of 10 years in 2009-10.

Raised UI's first time BOC pass rate from 37% annually to greater than 80% in the past 7 years.

National average is ~62%. We have a 90+% pass rate for the past 3 years.

Improved program sustainability by exploring revenue generating options for the ATEP.

Created and administer annual multi-million dollar budget, projected to grow significantly from there in the next 3 years.

Supervise all clinical placements of students.

Currently teach classes in a CAATE approved educational program.

Certify and supervise Preceptors.

Advise 3 Masters athletic training students, and 15 doctoral students.

Supervise and assist with graduate research projects.

Serve on various committees including the College of Education Assessment Committee, and Departmental Curriculum Committee, along with many ATEP committees.

Design, cultivate, and oversee off-campus clinical rotations.

Successfully completed Self-Study and Site Visit for CAATE Accreditation.

Created, designed, and implemented an on-campus Integrative Sports Medicine, rehabilitation, and Treatment clinic.

2005-2007 Assistant Professor/Clinical Certified Athletic Trainer, Shenandoah University, Winchester, VA

Assistant Professor/Clinical Athletic Trainer

Taught classes in a CAATE approved educational program.

Head Men's Soccer Athletic Trainer (2005).

Head Women's Lacrosse Athletic Trainer (2006, 2007).

Head Football Athletic Trainer (2006).

Presently supervise students during their clinical education rotations.

Provided athletic training services to Division III intercollegiate athletes.

Offered athletic training services as necessary to SU dancers and other physically active students.

Advised 10 entry-level graduate athletic training students.

Supervised medical residents in their sports medicine rotations.

Supervised and assist with graduate research projects.

Served on various committees.

Non-Academic Appointments

2001-2005 *Certified Athletic Trainer, HealthWorks Rehab and Fitness, Morgantown, WV*

Clinical Athletic Trainer

- Established personal training programs to individuals for complex cases (i.e. clients with significant health problems or physiological dysfunction).
- Developed programs for elderly clients, centered around their goals and desires.
- Established women centered exercise programs centered around the special needs of women.
- Bridged the gap between physical therapy and personal training, by transitioning difficult patients from physical therapy to regimented and supervised personal programs.
- Specialized in treatment of spine rehabilitation and exercise prescription.
- Provided sports medicine care in an industrial rehabilitation program in a team with an occupational therapist and physical therapist.
- Cared for individuals with chronic pain in a behavior-based functional restoration program directed by a psychologist.
- Treated orthopedic injuries in a diverse patient population.
- Worked on a team, with a certified hand therapist in a hand rehabilitation center for 1 year.
- Provided many hours of local outreach coverage through the clinic and have coordinated and supervised as many as 15 ATC's.
- Guest lecturer in a wide variety of athletic training and physical therapy classes.
- Integrated research into practice.
- Refined my ability to listen, and communicate on a variety of levels.

2000-2001 *Certified Athletic Trainer New Kent High School, New Kent Virginia*

Head Athletic Trainer

- Established emergency action plan for coaching staff and administration.
- Consulted with team physicians, and other certified medical professionals.
- Communicated with parents/guardians of injured athletes.
- Provided practice and home event coverage for 20 teams (10 male, 10 female).
- Lectured in Advanced Physical Education classes on athletic training related topics.
- Performed evaluation, treatment, and rehabilitation on a daily basis.

**2000-2001 *Certified Athletic Trainer/Exercise Specialist Tidewater Physical Therapy,
Williamsburg, Virginia***

Certified Athletic Trainer

Educated, supervised, and advised physical therapy patients on proper exercise techniques. Discussed expectations and concerns in regards to patients' injury, helping to establish and maintain challenging yet realistic goals.

Functioned as part of a team in a very busy, professional atmosphere.

Worked with a wider spectrum of injuries, which are normally outside the realm of many athletic populations, including issues pertaining specific populations such as geriatric and pediatric.

Instructed and re-certified fellow employees in American Red Cross Sport Safety and First Aid.

**1998-2000 *Certified Graduate Assistant Athletic Trainer, Frostburg State University
Certified Athletic Trainer Allegany High School***

Head Athletic Trainer

Supervised student athletic trainers, provided coverage for twelve varsity athletic teams (with an emphasis on football and wrestling).

Performed rehabilitations, and completed injury reports and pre-participation paperwork.

Other responsibilities were comprised of consulting with team physicians, parents, coaches, and athletes.

Volunteer activities included serving as a guest speaker at local high schools about the career of athletic training, and teaching of sports injury classes to local youth coaches.

TEACHING ACCOMPLISHMENTS

Courses Taught University of Idaho

Doctoral= 17 New Courses

Course-Instructor. Current Issues In Clinical Practice I- manual and rehabilitation therapy (2011-current)

Course-Instructor. Current Issues in Clinical Practice II- manual and rehabilitation therapy (2012-Current)

Course-Instructor. Current Issues in Clinical Practice III- manual and rehabilitation therapy (2012-current)

Course-Instructor. Current Issues In Clinical Practice IV- manual and rehabilitation therapy (2013-current)

Course Instructor. Clinical Research I- Research Methods in Athletic Training (2011-current)

Course-Instructor. Clinical Research II- Action Research (2011-current)

Course-Instructor. Clinical Research III- Advanced Action Research (2012-current)

Course-Instructor. Clinical Research IV- Qualitative and Survey Research (2012-current)

Course-Instructor. Clinical Research V- Quantitative Methods and Statistics (2012-current)

Course-Instructor. Clinical Research VI- Dissertation in AT (2012-current)

Course-Instructor. Seminar in AT II- Leadership and mentoring in AT (2012-current)

Course-Instructor. Athletic Training Residency I (2011-current)

Course-Instructor. Athletic Training Residency II (2012-current)

Course-Instructor. Athletic Training Residency III (2012-current)

Course-Instructor. Doctoral Professional and Post-Professional Practice in AT (2011-current)

Course-Instructor. Doctoral Seminar in AT Clinical Practice- Post Professional Evidence-based Practice II (2011-current)

Course-Instructor. Doctoral Seminar in AT Clinical Practice- Post Professional Evidence-based Practice (2011-current)

Undergraduate= 23 New courses

Course-Instructor. Functional Anatomy for Health Care Professionals- (2010-current)

Course-Instructor. Undergraduate Evaluation of Injuries and Illnesses (2007)

Course-Instructor. Undergraduate Evaluation of Injuries and Illnesses I H&S 464 (2007)

Course-Instructor. Undergraduate Evaluation of Injuries and Illnesses I H&S 466 (2007)

Course-Instructor. Undergraduate Introduction to Athletic Training (2007-2012)

Course-Instructor. Undergraduate Introduction to Athletic Injuries (2008)

Course-Instructor. Undergraduate Rehabilitation of Injuries and Illnesses (2008- 2012)

Course-Instructor. Undergraduate Clinical Experience Course PEP 171 (2007-2013)

Course-Instructor. Undergraduate Clinical Experience Course PEP 272 (2007-2013)
Course-Instructor. Undergraduate Clinical Experience Course PEP 273 (2007-2013)
Course-Instructor. Undergraduate Clinical Experience Course PEP 371 (2007-2013)
Course-Instructor. Undergraduate Clinical Experience Course PEP 372 (2007-2013)
Course-Instructor. Undergraduate Clinical Experience Course PEP 471 (2007-2013)
Course-Instructor. Undergraduate Clinical Experience Course PEP 472 (2007-2013)
Course-Instructor. Undergraduate Clinical Education I H&S 204 (2008-2013)
Course-Instructor. Undergraduate Clinical Education II H&S 204 (2008-2013)
Course-Instructor. Undergraduate Clinical Education III H&S 404 (2008-2013)
Course-Instructor. Undergraduate Clinical Education IV H&S 404 (2008-2013)
Course-Instructor. Undergraduate Clinical Education V H&S 404 (2008-2013)
Course-Instructor. Undergraduate Clinical Education VI H&S 404 (2008-2013)
Course-Instructor. Undergraduate Medical Terminology (2007-current)
Course-Instructor. Undergraduate Evaluation of Injuries & Illnesses Lower Extremity (2008-current)
Course-Instructor. Undergraduate Evaluation of I & I Upper Extremity (2009-current)

Courses Taught Shenandoah University

Course-Instructor. Entry-level Graduate Industrial Rehabilitation (2005, 2006)
Course-Instructor. Entry-level Graduate Psychology of Injury and Referral (2006, 2007)
Course-Instructor. Entry-level Graduate Advanced Athletic Training Techniques (2006)
Course-Instructor. Entry-level Graduate Therapeutic Modalities I (2006)
Course-Instructor. Entry-level Graduate Functional Human Anatomy I (2006)
Course-Instructor. Entry-level Graduate Seminar In Athletic Training (2006, 2007)
Course-Instructor. Undergraduate Biomechanics (2006)

Courses Taught/Co-taught at West Virginia University

Course Co-Instructor. Graduate Gross Anatomy – graduate
Course Co-Instructor. Graduate Advanced Rehabilitation Techniques – graduate
Course Co-Instructor. Graduate/Undergraduate Biomechanics – graduate/undergraduate

Course Co-Instructor. Graduate Advanced Orthopedic Assessment – graduate

Other Teaching

Shenandoah University- Supervised 3rd year residents in sports medicine residencies.

HealthWorks Rehab and Fitness, Instructor. Provided instruction to individuals aging from 18-65, who were enduring chronic pain, on a variety of topics such as, fundamentals of exercise, anatomy, nutrition, body mechanics, and pathology of pain, on a weekly basis. These patients come from vocationally diverse backgrounds from manual laborers to physician assistants.

Student Supervision

2009-current Created a non-profit AT clinic on campus that treats non –intercollegiate students, faculty, staff and community members. Student directed clinic. Supervised doctoral and entry-level students within this model.

2007-2009 Supervised the clinical education experiences of 24 undergraduate students
Developed documents and tools to more effectively monitor student learning in clinical education rotations.
Designed the clinical courses to reinforce learning as the primary objective in the clinical education process by adding comprehensive written and practical exams that were tailored to their current education level.

Used effective teaching principles to maximize their clinical experiences

2005-2007 Directly supervised up to nine entry-level graduate athletic training students per semester during their clinical rotations
Developed documents and tools to more effectively monitor student learning in clinical education rotations.
Used effective teaching principles to maximize their clinical experiences
Initiated student-led clinical experiences where I played a teaching/support role for the students.

2001-2004 Supervised graduate and undergraduate athletic training students in their clinical rotations at HealthWorks Rehab and Fitness.

1998-2000 Supervised up to four undergraduate students as serving as the head athletic trainer at Allegany High School, Cumberland, Md.

Teacher Supervision

2002-2004 Provided clinical supervision with new professors as a part of new faculty professional development.

2002-2004 Led clinical supervision cycles aimed at improving the professional development of practicing ATC colleagues.

ACI/ATC Supervision

2007-2009 Directly supervised nine ACIs as the clinical coordinator
Developed documents and tools to more effectively monitor student learning in clinical education rotations.
Mentored the staff certified ATCs in efforts to better facilitate learning in the clinical setting
Consulted with clinical staff to determine how I could make the process more effective and efficient.

1998-2004 Coordinated and supervised as many as 15 ATC's at one time, during work at athletic summer camps and clinic outreach events.

Non- Credit Classes, Workshops, and Seminars

Anatomy lectures- Continuing education courses (PT, AT, MD, etc).

University of Idaho/University of Washington- Guest lecturer for WWAMI medical schools musculoskeletal medicine courses (several annually).

University of Idaho. Many lectures to organizations, businesses, and individuals about AT topics.

University of Idaho. Annually deliver back /health and flexibility lectures to MVSC201

Introduction to Personal Wellness and Behavior Change course. Annually deliver Pain, mindfulness, and QiGong lectures and workshops for H&S 451Psychosocial Determinants of Health course.

HealthWorks Rehab and Fitness, Instructor. Yearly guest lecture on body mechanics and ergonomics to university physical therapy students.

HealthWorks Rehab and Fitness, Instructor. Guest lecture in a continuing education course, "Motivating Physical Therapy Patients Using a Gestalt Approach".

Tidewater Physical Therapy, Instructor. Re-certified 30 clinicians in American Red Cross Sports Safety, First Aid, and CPR.

New Kent High School, Instructor. Guest lectured in several Advanced Physical Education Classes on athletic training related topics.

Survey Development

Developed multiple surveys for the assessment of the ATEP (2007-9).

Perceptions of athletic training clinical instructors regarding the athletic training clinical education process. Online survey (2004).

Institutional Support of CAATE approved education programs (developed and currently collecting)

SCHOLARSHIP ACCOMPLISHMENTS

Refereed/Adjudicated (books, abstracts etc)

International Publications

Hansen Honeycutt JA, Nasypany AM, & Baker RT. (2017). Treatment utilizing a muscle energy technique and the myokinesthetic system on patients with a diagnosed disc injury. *International Journal of Athletic Therapy and Training*. 22(4):6-12.

Hudson R, Baker RT, Nasypany A, & Reordan D. (2017). Treatment of anterior shoulder subluxation using the Mulligan Concept and reflex neuromuscular stabilization: a case study. *International Journal of Sports Physical Therapy*, 12(1):155-162.

Cramer JD, Quintero M, Rhinehart AJ, Rutherford C, Nasypany A, May J, & Baker RT. (2017). Exploration of score agreement on a modified upper quarter Y-Balance test kit as compared to the upper quarter Y-Balance test. *International Journal of Sports Physical Therapy*, 12(1):117-124.

Hansen Honeycutt J, Chapman EB, Nasypany A, Baker RT, & May J. (2016). A clinical guide to the assessment of breathing pattern disorders in the physically active: Part 2, a case series. *International Journal of Sports Physical Therapy*, 11(6):971-976.

- Chapman EB, Hansen Honeycutt J, Nasypany A, Baker RT, & May J. (2016). A clinical guide to the assessment and treatment of breathing pattern disorders in the physically active: Part 1. *International Journal of Sports Physical Therapy*, 11(5):803-809.
- Hancock C, Hansberger B, Loutsch R, Stanford E, Zeigel A, Bonser R, Baker R, Cheatham S, May J, & Nasypany A. (2016). Changes in hamstring range of motion following proprioceptive neuromuscular facilitation stretching compared with static stretching: a critically appraised topic. *International Journal of Athletic Therapy and Training*, 21(5):1-7.
- Hudson, R, Richmond, A, Sanchez, B, Stevenson, V, Baker, RT, May J, Nasypany AM, Reordan, D, (2016). An Alternative Approach to the treatment of meniscal pathologies: A case series analysis of the Mulligan Concept. *International Journal of Sports Physical Therapy*, 11(4): 564-574.
- Fyock M, Nasypany AM, Seegmiller JG, Baker RT (2016). Treating patients with patellofemoral pain syndrome using regional interdependence theory: A critically appraised topic. *International Journal of Athletic Therapy and Training*, 21(3):5-11.
- Syverston P, Baker RT, & Nasypany A. (2016). Avulsion fracture of the anterior superior iliac spine and the iliac crest: a mindfulness approach to rehabilitation. *International Journal of Athletic Therapy and Training*, 21(1):24-29.
- Brody K, Baker RT, Nasypany A, & Seegmiller JG. (2015). Meniscal lesions: the physical examination and evidence for conservative treatment. *International Journal of Athletic Therapy and Training*, 20(5):35-38.
- McMurray J, Landis S, Lininger K, Baker RT, Nasypany A, & Seegmiller J. (2015). A comparison and review of indirect myofascial release therapy, instrument assisted soft tissue mobilization, and active release techniques to inform clinical decision-making. *International Journal of Athletic Therapy and Training*, 20(5):29-34.
- Brody K, Baker RT, Nasypany A, & May J. (2015). The myokinesthetic system, part 2: treatment of chronic low back pain. *International Journal of Athletic Therapy and Training*, 20(5):22-28.
- Brody K, Baker RT, Nasypany A, & Seegmiller JG. (2015). Treatment of meniscal lesions using the mulligan “squeeze” technique: a case series. *International Journal of Athletic Therapy and Training*, 20(6):24-31.
- Rhinehart AJ, Schroeder KM, May J, Baker R, Nasypany AM. Movement assessment: techniques and possible integration into clinical practice. *International Journal of Athletic Therapy and Training*, 20(6):5-9.

- Baker RT, Hansberger BL, Warren L, & Nasypany A. (2015). A novel approach for the reversal of chronic apparent hamstring tightness: a case report. *International Journal of Sports Physical Therapy*, 10(5): 723-734.
- Hansberger BL, Baker RT, May J, & Nasypany A. (2015). A novel approach to treating plantar fasciitis – effects of primal reflex release technique: a case series. *International Journal of Sports Physical Therapy*, 10(5): 690-701.
- Syverston P, Baker RT, & Nasypany A. Avulsion fracture of the anterior superior iliac spine and the iliac crest: a mindfulness approach to rehabilitation. (*In Press – International Journal of Athletic Therapy and Training*).
- Brody K, Baker RT, Nasypany A, & Seegmiller JG. (2015). Meniscal lesions: the physical examination and evidence for conservative treatment. *International Journal of Athletic Therapy and Training*, 20(5):35-38.
- McMurray J, Landis S, Lininger K, Baker RT, Nasypany A, & Seegmiller J. (2015). A comparison and review of indirect myofascial release therapy, instrument assisted soft tissue mobilization, and active release techniques to inform clinical decision-making. *International Journal of Athletic Therapy and Training*, 20(5):29-34.
- Brody K, Baker RT, Nasypany A, & May J. (2015). The myokinesthetic system, part 2: treatment of chronic low back pain. *International Journal of Athletic Therapy and Training*, 20(5):22-28.
- Brody K, Baker RT, Nasypany, A, & May J. (2015). The myokinesthetic system, part 1: a clinical assessment and matching treatment intervention. *International Journal of Athletic Therapy and Training*, 20(4):5-9.
- Loutsch RA, Baker RT, May JM, & Nasypany AM. (2015). Reactive neuromuscular training results in immediate and long-term improvements of measures of hamstring flexibility: a case report. *International Journal of Sport Physical Therapy*, 10(3):371-377.
- Krzyanowicz R, Baker RT, Nasypany A, & Seegmiller JG. (2015). Patient outcomes utilizing the selective functional movement assessment and mulligan mobilizations with movement on recreational dancers with sacroiliac joint pain. *International Journal of Athletic Therapy and Training*, 20(3):31-37.
- Matocha M, Baker RT, Nasypany A, & Seegmiller JG. (2015). Effects of neuromobilization on tendinopathy: Part 2. *International Journal of Athletic Therapy and Training*, 20(2), 41-47.

- Matocha M, Baker RT, Nasypany A, & Seegmiller JG. (2015). Effects of neuromobilization on tendinopathy: Part 1. *International Journal of Athletic Therapy and Training*, 20(2), 36-40.
- Eusea J, Nasypany A, Seegmiller JG, & Baker RT. (2015). Utilizing Mulligan sustained natural apophyseal glides (SNAGS) within a clinical prediction rule for treatment of low back pain (LBP) in a secondary school football player. *International Journal of Athletic Therapy and Training*, 20(1), 18-24.
- Gamma, SC, Baker, RT, Lorio, S, Nasypany, A, & Seegmiller, JG. (2014). A Total Motion Release warm-up improves dominant arm shoulder internal and external rotation in baseball players. *International Journal of Sport Physical Therapy*, 9(4), 509-516.
- Warren, L, Baker, RT, Nasypany, A, & Seegmiller, JG. Core concepts: Understanding the complexity of the spinal stabilizing system in local and global injury prevention and treatment. *International Journal of Athletic Therapy and Training*, 19(6), 28-33.
- Baker, RT, Van Riper, M, Nasypany, A, & Seegmiller, JG. (2014). Evaluation and treatment of apparent reactive tendinopathy of the biceps brachii. *International Journal of Athletic Therapy and Training*, 19(4), 14-21.
- Baker, R, Nasypany, A, Seegmiller, J, Baker, J (2013): Instrument-Assisted Soft Tissue Mobilization Treatment for Tissue Extensibility Dysfunction. *International Journal of Athletic Therapy and Training*. 15(5), 16-21.
- Baker, R, Nasypany A, Seegmiller J, & Baker J. (2013) Treatment of Acute Torticollis Using Positional Release Therapy: A Case Series - Part 2. *International Journal of Athletic Therapy and Training*, 18(2), 38-43.
- Baker R, Nasypany A, Seegmiller J, & Baker J. (2013) Treatment of Acute Torticollis Using Positional Release Therapy: A Case Series - Part 1. *International Journal of Athletic Therapy and Training*, 18(2), 34-37.
- Baker R, Nasypany A, Seegmiller J, & Baker J. (2013) The mulligan concept: Mobilizations with movement. *International Journal of Athletic Therapy and Training*, 18(1), 30-34.
- Naoui, A., Grindley, E., & Nasypany, A. (2008). Psychological Factors Related to the Assessment and Treatment of Chronic Lower Back Pain Patients: Review and Recommendations. *The Research Bulletin of Health and Sports Sciences*.

National Publications & Abstracts

- Chapman EB, Nasypany A, May J, Henry T, Hummel C, & Jun HP. (In Press). Investigation of the Rosenbaum concussion knowledge and attitudes survey in collegiate athletes. *Clinical Journal of Sports Medicine*.
- Lawson B, Williamson J, Baker RT, May J, Larkins L, & Nasypany A. (In Press). Examining the effect of the Mulligan Concept fibular repositioning taping technique after a lateral ankle sprain: A case review. *Athletic Training and Sports Health Care*.
- Gamma S, Baker RT, Iorio S, Nasypany A, May J, Seegmiller JG. (In Press). Comparing the immediate effects of a Total Motion Release warm-up and a dynamic warm-up protocol on the dominant shoulder in baseball athletes. *Journal of Strength and Conditioning Research*.
- May J, Nasypany A, Seegmiller JG, & Baker RT. (In Press). Patient outcomes utilizing the mulligan concept of mwm to treat intercollegiate patients diagnosed with a lateral ankle sprain: an a priori case series. *Journal of Sport Rehabilitation*.
- Hudson R, Baker RT, May J, Reordan D, & Nasypany A. (2017). Novel treatment of lateral ankle sprains using the Mulligan concept: an exploratory case series analysis. *Journal of Manual and Manipulative Therapy*.
- Brody K, Nasypany AM, Baker RT, & May JM. (2017). Analysis of patient outcomes using the MyoKinesthetic System for the treatment of low back pain: a case series. *Journal of Chiropractic Medicine*. 16(2):111-121.
- Syverson P, Dietz E, Matocha M, McMurray J, Baker RT, Nasypany A, Reordan D, & Paddack M. (2017). A treatment-based classification algorithm to treat Achilles tendinopathy: an exploratory case series. *Journal of Sport Rehabilitation*, 26(3):260-268.
- Bonser, B, Hancock, C, Loutch, R, Zeigel, A, Stanford E, Baker, RT, Nasypany, AM, May, J, Cheatham, S. (In Press). Changes in Hamstring Range of Motion Following Neurodynamic Sciatic Sliders: A Critically Appraised Topic. *Journal of Sport Rehabilitation*.
- Judge K, Nasypany A, Baker R, & May J. (2017). The mulligan concept for the treatment of anterior knee pain. *Journal of Sports Medicine and Allied Health Science: Official Journal of the Ohio Athletic Trainers' Association*.

- Hansen Honeycutt J, Chapman EB, Nasypany A, Baker RT, & May J. (2016). A clinical guide to the assessment of breathing pattern disorders in the physically active: Part 2, a case series. *International Journal of Sports Physical Therapy*, 11(6):971-976.
- Hudson, R, Richmond, A, Sanchez, B, Stevenson, V, Baker, RT, May J, Nasypany AM, Reordan, D, (2016). An Alternative Approach to the treatment of meniscal pathologies: A case series analysis of the Mulligan Concept. *International Journal of Sports Physical Therapy*, 11(4): 564-574.
- Stevenson V, Baker RT, Nasypany A, & May J. (2016). Using the MyoKinesthetic System to treat bilateral chronic knee pain: a case study. *Journal of Chiropractic Medicine*, 15(4):294-298.
- Chapman EB, Hansen Honeycutt J, Nasypany A, Baker RT, & May J. (2016). A clinical guide to the assessment and treatment of breathing pattern disorders in the physically active: Part 1. *International Journal of Sports Physical Therapy*, 11(5):803-809.
- Hansberger BL, Nasypany A, & Baker RT, May J. (2016). Incorporating neurodynamics in the treatment of lower leg pain. *Athletic Training & Sports Health Care*, 8(1):36-39.
- May J, Krzyanowicz R, Nasypany A, Baker R, & Seegmiller J. (2015). Mulligan concept use and clinical profile from the perspective of American certified Mulligan practitioners. *Journal of Sport Rehabilitation*, 24:337-341.
- Seegmiller JG, Nasypany A, Kahanov L, Seegmiller J, & Baker RT. (2015). Trends in doctoral education among health professions: An integrative review. *Athletic Training Education Journal*, 10(1):47-56.
- Seegmiller, JG, Nasypany, A, Kahanov, L, Seegmiller, J, & Baker, RT . Trends in doctoral education among health professions: An integrative review. *Athletic Training Education Journal – In Press*.
- Gamma S, Baker RT, Iorio S, Nasypany A, May J, Seegmiller JG. (2015). Comparing the immediate effects of a Total Motion Release warm-up and a dynamic warm-up protocol on the dominant shoulder in baseball athletes. *Journal of Athletic Training*, 50(9): 982.
- Baker RT, Graham VL, Seegmiller JG, Nasypany A, Vella CA. Clinical reaction time is not significantly affected by moderate-intensity aerobic exercise. *Journal of Athletic Training*, 50(6-S), S-252.
- Hancock CL, Nasypany A, Baker R, May J. (2015). Acute pain and dysfunction of shoulder musculature –football strong safety. *Medicine and Science in Sports and Exercise*, 47(5-S), 15-17.

- Hansberger BL, Baker RT, Nasypany A, May J, Seegmiller JG. (2015). Neurodynamics and bilateral shin pain – track. *Medicine and Science in Sports and Exercise*, 47(5-S), 843-846.
- Eusea, J, Nasypany, A, Baker, R, & Seegmiller, JG. (2014). The mulligan traction straight leg raise: a case report. *Medicine and Science in Sports and Exercise*, 46(5-S), 447-450.
- Ruiz, D, Baker, RT, Nasypany, A, & Seegmiller, JG. (2014). Treatment of hip and groin pain – cheerleading. *Medicine and Science in Sports and Exercise*, 46(5-S), 447-450.
- Baker, RT, Nasypany, AM, & Seegmiller, JG. (2013). The reversal of chronic musculoskeletal dysfunction and pain. *Medicine and Science in Sports and Exercise*, 45(5-Supplement), 718.
- Baker RT, Nasypany AM, & Seegmiller JG. (2013) The reversal of chronic musculoskeletal dysfunction and pain. *Medicine and Science in Sports and Exercise*, 45(5-Supplement), 718.
- Park J, Nasypany, A. (2012) Psychological Consultation in Rehabilitation. *The Internet Journal of Allied Health Sciences and Practice*, 10(1).
- Grindley, E., Zizzi, S, & Nasypany, A. (2008). The Use of Protection Motivation Theory, Affect and Barriers to Predict Adherence to Injury Rehabilitation. *Physical Therapy Journal*, 88(12), p1529-40. Subject of Invited Commentary.
- Grindley, E., Zizzi, S, & Nasypany, A. (2008). The Use of Protection Motivation Theory, Affect and Barriers to Predict Adherence to Injury Rehabilitation. *Physical Therapy Journal*, 88(12), p1543-44. (Author’s Response to Invited Commentary).

International Presentations

- Seegmiller J, Nasypany, A, Seegmiller J. Trends in doctoral education among healthcare professions in the United States. *Association for Medical Education in Europe*. Presented by first author in Lyon France, August 2012
- Nasypany, A, & Hawkins, A. (2008) A fear reduction intervention on behaviorally limited functional movements for patients with chronic pain. *Applied Behavior Analysis International* (Presentation by second author in Chicago, May 08)

National Presentations

- Gamma S, Baker RT, Nasypany A, Lorio S, May J, Seegmiller JG. (June 2015). *Comparing the immediate effects of a Total Motion Release warm-up and a dynamic warm-up on the dominant shoulder in baseball athletes*. Poster Presentation at the World Federation of Athletic Therapy and Training Conference, St. Louis, MO.

Hancock CL, Nasypany A, Baker R, & May J. (May 2015). *Acute pain and dysfunction of shoulder musculature – football strong safety*. Accepted Podium Presentation at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Hansberger BL, Baker RT, Nasypany A, May J, & Seegmiller J. (May 2015). *Neurodynamics and bilateral medial tibial stress syndrome – track*. Accepted Podium Presentation at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Baker RT, Warren L, Nasypany A, Bonser B, Hancock C, Hansberger B, Loutsch R, Stanford E, & Zeigel A. (June 2015). *Apparent hamstring tightness: Removing stretching from your daily practice*. Learning Lab at the National Athletic Trainers' Association 66th Clinical Symposia, St. Louis, MO.

Krzyzanowicz, R, May, J, & Nasypany, A. (June 2014). *Nuts & Bolts: A Practical Guide to Collecting Patient Outcomes*. Web Presentation in the EBP Category at the National Athletic Trainers' Association 65 Clinical Symposia, Indianapolis, IN.

Ruiz, D, Baker, RT, Nasypany, AM, & Seegmiller, JG. (May 2014). *Treatment of hip and groin pain - cheerleading*. Podium Presentation at the American College of Sports Medicine Annual Meeting, Orlando, FL.

Eusea, J, Baker, RT, Nasypany, AM, & Seegmiller, JG. (May 2014). *Treatment of chronic hamstring dysfunction in a dance: A case report*. Podium Presentation at the American College of Sports Medicine Annual Meeting, Orlando, FL.

Baker RT, Nasypany AM, & Seegmiller JG. (May 2013). *The reversal of chronic musculoskeletal dysfunction and pain*. Podium Presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.

Nasypany, A, Seegmiller J. (Jan 2013). *A model for developing scholarly advanced practice athletic trainers in post-professional education programs*. Poster presentation at the National Athletic Training Educators' Conference. Dallas, Texas. Presentation by 1st author.

Seegmiller, J, Nasypany A. (2012). *Trends in doctoral education among health professions: Why athletic trainers should care*. *Peer reviewed national presentation*. 63rd Annual Meeting and Clinical Symposia, June 2012: St. Louis. Evidence-Based Forum. Presentation by both authors. Leamor Kahanov- Session Moderator.

Regional Presentations

- Baker RT, Graham VL, Seegmiller JG, Nasypany A, Vella VA. (April 2015). *Clinical reaction time is not significantly affected by moderate-intensity aerobic exercise*. Poster Presentation at the Far West Athletic Trainers' Association Annual Meeting and Clinical Symposium, San Diego, CA.
- Sanchez BJ, Baker RT, Nasypany AM. (April 2015). *Non-operative treatment of an apparent meniscal lesion: a case report*. Poster Presentation at the Far West Athletic Trainers' Association Annual Meeting and Clinical Symposium, San Diego, CA.
- Baker RT, Graham VL, Seegmiller JG, Nasypany A, Vella VA. (March 2015). *Clinical reaction time is not significantly affected by moderate-intensity aerobic exercise*. Podium Presentation at the Northwest Athletic Trainers' Association Annual Meeting and Clinical Symposium, Spokane, WA.
- Brody K, Baker RT, Nasypany A, May J. (March 2015). *Treatment of chronic low back pain using the Myokinesthetic System: a case report*. Poster Presentation at the Northwest Athletic Trainer's Association Annual Meeting and Clinical Symposium, Spokane, WA.
- Gamma, S, Baker, RT, Nasypany, A, Seegmiller, JG, & Lorio, S. (April 2014). *Total Motion Release significantly increases dominant arm shoulder internal and external rotation as compared with a traditional warm-up in pitchers*. Poster Presentation at the Far West Athletic Trainers' Association Annual Meeting & Clinical Symposium, Las Vegas, NV.
- Graham, VL, Baker, RT, Brody, K, Seegmiller, JG, & Nasypany, A. (March 2014). *The king-devick test is not significantly affected by exercise: a pilot study*. Poster Presentation at the Northwest Athletic Trainer's Association Annual Meeting and Clinical Symposium, Portland, OR.
- Brody, K, Graham, VL, Baker, RT, Seegmiller, JG, & Nasypany, A. (March 2014). *The sway balance test is not significantly affected by exercise: a pilot study*. Poster Presentation at the Northwest Athletic Trainer's Association Annual Meeting and Clinical Symposium, Portland, OR.
- Baker, RT, Graham, VL, Brody, K, Seegmiller, JG, & Nasypany, A. (March 2014). *Clinical reaction time is not significantly affected by exercise: a pilot study*. Poster Presentation at the Northwest Athletic Trainer's Association Annual Meeting and Clinical Symposium, Portland, OR.
- Graham, VL, Baker, RT, Brody, K, Seegmiller, JG, & Nasypany, A. (February 2014). *Exercise does not significantly affect the king-devick, sway balance, and clinical reaction time tests: A pilot study*. Poster Presentation at the Big Sky Athletic Training and Sports Medicine Conference, Big Sky, MT.

Baker, J, Baker, RT, Nasypany, A, & Seegmiller, J. (April 2013). *Reversal of Chronic Musculoskeletal dysfunction*. Presentation at the Far West Athletic Trainers' Association Annual Meeting & Clinical Symposium, Sacramento, CA.

Baker, J, Baker, RT, Nasypany A, & Perez S. (April 2012) *Treatment of Acute Torticollis Using Positional Release Therapy: A Case Series*. Presentation at the Far West Athletic Trainers' Association Annual Meeting & Clinical Symposium, San Diego, CA.

Grindley, E., & Nasypany N. (2010). *Integrated Rehabilitation: Understanding the Physical and Psychological Recovery From Injury*. Presented at the Northwest Student Sport and Exercise Psychology Symposium in Moscow, ID.

Martschinske, J., & Rey, B. (March 2009). *Effects of interferential stimulation, cryotherapy, and a combination treatment on pain, range of motion, and limb volume as applied to treat delayed onset muscle Soreness*. Presented at NWATA Student forum. Faculty Advisor.

Bresley, A. (March 2008). *No differences in neuromuscular response after short-term rehabilitative exercises in healthy participants*. Presented at NWATA Student Forum March, 2008 and at UI Student Research Conference. Faculty Advisor.

State Presentations

Seegmiller, J, & Nasypany, A. (July 2013). *Advance Practice in the Athletic Training Setting*. Invited Presentation at the Idaho Athletic Trainers' Association State Meeting, Coeur D'Alene, ID.

Seegmiller, J, & Nasypany, A. (July 2013) *Five minute treatments that may change your practice*. Invited Presentation at the Idaho Athletic Trainers' Association State Meeting, Coeur D'Alene, ID.

Farley, A., & Nasypany, A. (October 2009). *Core stability exercises & benefits*. Presented at IAHPERD.

Hanway, C., & Nasypany, A. (October 2009). *Essentials of cross training*. Presented at IAHPERD.

Taylor, A., & Nasypany, A. (October 2009). *The what, why, when, & how of stretching*. Presented at IAHPERD on 10/2/09.

Taylor, A., & Nasypany, A. (October 2009). *Essentials of concussion recognition & management*. Presented at IAHPERD.

Nasypany, A. (June 2009). *Where are you going? Tips for a successful career in athletic training*. Presented at the Idaho State Athletic Trainers Annual Symposium.

Brown, H., Goc Carp, G., Miller, E., Nasypany, A., & Scruggs, P. (April 2009). *Keeping your building active*. Presented at the University of Idaho's College of Education, Celebration of Teaching.

Grindley, E., Zizzi, S., & Nasypany, A. (2005). Using protection motivation theory, mood, and barriers to assess physical therapy patients' perceptions at the onset of injury rehabilitation. Paper presented at the AAASP Conference in Vancouver, British Columbia, Canada.

Supervised student presentations at the NorthWest Athletic Trainer's Association Meetings (2008-2009).

Grant Involvement

Martschinske, J., & Seegmiller, J., Nasypany, A. (2008). *Effects Ice, Electrical Stimulation, and a Combination Treatment on Delayed Onset Muscle Soreness*. Second consecutive year of funding (\$5000).

Nasypany, A. & Grindley, E. (2007). *Use of PDA's in athletic training clinical education*. Grant received to pilot the process (\$750) University of Idaho.

Bresley, A., & Seegmiller, J., Nasypany, A. (2007). *Augmented muscle training in the quadriceps muscle group*. Co-author and co-investigator for student grant. Student received the first funded grant in AT program history (\$5000).

Nasypany, A., Schmiegl, R., & Grindley, E. (2007). *A need and feasibility study of a teaching excellence center/initiative at Shenandoah University*. SU Faculty development grant submitted for \$2140.00. Not funded.

Schmiegl, R., Peart, N., & Nasypany, A. (2007). *Exploring racial diversity and cultural competence in ATEP's*. (Funded for \$5200).

SERVICE

Journal Reviews

Reviewer for the Athletic Training Education Journal 08-present (~2 reviews/year).

Reviewer for NATA Evidence-Based Practice Programs 2014

University of Idaho

University of Idaho Community

Athletic Training

Direct a student run AT Clinic on campus.

Provide athletic training services to University of Idaho athletic teams

Provide athletic training services to University of Idaho dancers

Athletic trainer for various dance performances for the UI Dance Department. 08-cont.

Provide athletic training services to physically active individuals in the UI community

Committee Involvement-College Level

Member of College of Education Assessment Committee (07-present)

Member of College of Education Technology Committee (09-2013)

Committee Involvement-Department Level

Member of Movement Sciences Curriculum Committee (2007-present)

Committee Involvement-Program Level

Chair of Athletic Training Student Admission Committee 07- cont

Chair of Athletic Training Alumni Relations Committee. 07 - cont

Chair of Athletic Training Community Service Committee. 07 - cont

Chair of the University of Idaho Athletic Training Clinical Education Committee 07 - cont

Chair of the Athletic Training Curriculum Development Committee 07 - cont

Chair of the Athletic Training Education Accreditation Committee 07 - cont

Local Community

Provided athletic training services for UI non-intercollegiate athletes 07 – cont

Shenandoah University

SU Community

Athletic Training

Head athletic trainer for various sports teams (men's soccer, women's lacrosse, and football). 05-07 (3000 hours)

Athletic trainer for various dance performances for the SU Dance Department. 05-07.

Athletic trainer for SU Soccer Alumni game 05-07

Committee Involvement

Head of athletic training alumni relations. 06 - 07

Head of athletic training community service. 06 - 07

Member of the SU athletic training clinical education committee 06 - 07

Member of the SU athletic training program development committee 06 - 07

Member of the SU athletic training reaccreditation committee 06 - 07

Involved in the QEP- Student Learning Initiative. Oct 06-cont

Local Community

Consulted with local area business in relation to work site analyses (injury prevention and worksite safety). This involved meeting with key personnel, discussing health and safety concerns and needs at the facility, and providing suggestions of specific ways to improve safety, work ergonomics, and behavior change. Feb 06

Oversaw the development and implementation of a Massage-A-Thon conducted by SU athletic training students. This involved coordinating the learning experience for the students as well as overseeing the event from establishment to post event assessment. Oct 06

Performed free biomechanical assessment of community members at a local area business with SU athletic training students. This involved coordinating the learning experience for the students as well as overseeing the event from establishment to post event assessment. Dec 06

HealthWorks Rehab and Fitness

Health Fairs- Consulted with clients regarding orthopedic concerns.

Women's Wellness Day- Participated in educating women on a variety of women's health related topics.

Clinic Outreach- Provided athletic training services for a wide variety of athletic events (on the average of 15 hours per month).

Saturday Morning Sports Medicine Clinics- Treated patients with a wide variety of orthopedic injuries in conjunction with other HealthWorks Rehab and Fitness athletic trainers and physicians (2001-2004).

Preseason Sports Physicals- Participated in pre-season sports screenings with other HealthWorks Rehab and fitness ATC's and physicians (2001-2004).

Professional Organizations/Memberships

National Athletic Trainer's Association (since 1997)

Certified Strength and Conditioning Association (since 02)

Professional Development (workshops, CEUs etc)

Total Motion Release Level 1, 2, 3

Primal Reflex Release Technique (All 5 levels and Master Instructor)

Associative Awareness Techniques Level 1, 2, & 3

Thoracic Ring Approach

Diastasis Rectus Abdominus

Mulligan Concept Intro, Spine, Upper Extremity, Lower Extremity, Advanced, Canine

Shirley Sahrman

Yi Ren QiGong Levels 1a, 1b, 2a, 2b, 3a, 3b

Take 10 (mindfulness) all levels

Lifeflow Meditation all levels

Emotion Code Course

Body Code Course

The Tapping Solution World Summit 2013 and 2014

The Tapping Solution Book

Emotion Code Book

Matrix Energetics Book and Full Immersion Course

Strain-Counterstrain Book and Courses (D'Ambrogio, Roth, Spiecher)

Functional Movement Systems Courses and Books (Gray Cook)

Functional Anatomy: A Cadaver Review of the Shoulder, Hip and Pelvis (Paul Mettler)

Rehab of the Shoulder: Non-Operative and Operative Treatment of Shoulder Instability and
Rotator Cuff Injuries (Kevin Wilk)

Myofascial Release vs Feldenkrais Method: A comparison and Contrast (Sandy Burkhart)

Functional Anatomy: A Cadaveric Review of the Hand, Wrist, and Elbow (Neal Pratt)

Neuro-developmental Treatment (NDT) Approach (Waleed Al-Oboudi)

Differential Diagnosis of the Neuromusculoskeletal system (David Magee)

Knee Rehab: Patellofemoral and ACL Injuries (Mangine)

Diagnosis and Treatment of Musculoskeletal Imbalances (Sahrmann)
CranioSacral Therapy- Recognizing the Body-Mind Continuum (John Upledger)
Cadaver Review: Cervicothoracic and Scapulohumeral Regions (James Porterfield)
Mobilization of the Nervous System Clinical Reasoning and Pain
Cadaveric Review of the Thigh, Knee, & leg (Peter Leininger)
Assessment of the Lumbar Spine (David Magee)
Managing Challenging Lower Limb Problems (Jenny McConnell)
Recognition and Treatment of Shoulder Injuries in the Overhead Throwing Athlete (Wilk)
Functional Relationships of the Lower Half (Richard Jackson)
The Silva Method
The Science of Medical Intuition (Shealy and Myss)
Chakra 7 (Carol Tuttle)
The Power of Creative Visualization (Lisa Nichols)
QiGong Ecstasy (Robert Peng)
Become an QiGong Healer (14 day course- Robert Peng)
QiGong (Ken Cohen)
Native Wisdom (Ken Cohen)
The Matrix Energetics Experience
Energy Medicine Essentials
Energy Medicine 5 day program
Energy Medicine Radiant Circuits
Energy Medicine Energy Tracker
Energy Medicine Colors
Energy Medicine Energy Intuition
Energy Medicine Removing Deeply Embedded Patterns
Energy Medicine Diamond Inlay
Energy Medicine 5 Elements
Energy Medicine Testing (review class)
Energy Medicine Pain Illness, and the difficult patient
Yuen Method (several levels)