

Ashley J. Reeves, DAT, LAT, ATC

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EDUCATION

University of Idaho

Doctor of Philosophy, Education, In Progress

Specialization: Exercise Science

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

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

Mental Health First Aid Certified, December 2020-2023

RESEARCH & CLINICAL INTERESTS

Mind-body connection in sports medicine treatment & rehabilitation

Biomechanics of injured populations

PROFESSIONAL EXPERIENCE

Summer Lab Instructor/Assistant

TRIO-INSPIRE, Upward Bound, University of Idaho, Moscow, ID, Summer 2024-Present

Assisted with Upward Bound summer programming, working with high school students who were aspiring first generation college students. Duties focused on managing the biomechanics lab during application of motion capture.

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 studies, and writing manuscripts for publication.

Clinic Assistant, Athletic Trainer

Integrated Sports Medicine & Rehabilitative Therapy (ISMaRT) Clinic, Moscow, ID, Academic Years, Fall 2021-Spring 2024

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

Business Owner, Lead Clinician

Beautiful Soul Bodywork, LLC, Moscow, ID, May 2021-Sept 2022

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

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Temporary Faculty

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

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

Athletic Trainer

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

Provided holistic patient care to individuals with musculoskeletal injuries and 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, 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.

Graduate Teaching Assistant, Department of Movement Sciences

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

Served as a graduate teaching assistant for synchronous and 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, with responsibilities that included assisting with 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; Summer 2023-2024

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

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

Updated May 2024

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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

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
Caleb Allred, Idaho WWAMI Medical Education Student (co-mentor), 2021-2023
Ryan Richardson, Idaho WWAMI Medical Education Student (co-mentor), 2021-2022
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 (N = 15)

Moore JD, Lords AM, Casanova MP, **Reeves AJ**, Lima A, Wilkinson C, Deming SM, Baker RT. Exploring healthcare provider retention in a rural and frontier community in Northern Idaho. *BMC Health Serv Res.* 2024;24:381. <https://doi.org/10.1186/s12913-024-10807-5>

Casanova MP, **Reeves AJ**, Baker RT. Psychometric properties of a modified Athlete Burnout Questionnaire in the collegiate athletics setting. *J Sport Rehabil.* 2023;32(5):581-589. <https://doi.org/10.1123/jsr.2022-0217>

Casanova MP, **Reeves A**, Moore J, Ryu S, Palmer K, Smith LH, Seegmiller JG, & Baker RT. Evaluating the impact of a Project ECHO pediatric behavioral health series in a rural and frontier state: an exploratory investigation. *Telemed Rep.* 2023;4(1):10-20. <https://doi.org/10.1089/tmr.2022.0033>

Martonick N, North K, **Reeves A**, McGowan C, Baker RT. The effect of instrument and stroke type on force application during instrument-assisted soft tissue mobilization. *BMJ Open SEM.* 2023;9(2):e001483. doi:10.1136/bmjsem-2022-001483

Miley EN, Baker RT, Baker J, **Reeves AJ**, Hanna S. Validity of the Clinometer Smartphone Application™ for measuring knee flexion. *Int J Athl Ther Train.* 2023;28(2):97-103. <https://doi.org/10.1123/ijatt.2021-0019>

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Richardson R, Casanova MP, **Reeves AJ**, Ryu S, Cady AC, Baker RT. Evaluating the psychometric properties of the International Knee Documentation Committee – Subjective Knee Form. *Int J Sports Phys Ther.* 2023;18(4):923-939. <https://doi.org/10.26603/001c.83940>

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 Sport Rehabil.* 2023;32(5):505-512. <https://doi.org/10.1123/jsr.2022-0221>

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.* 2023;58(1):60-64. <https://doi.org/10.4085/1062-6050-282-21>

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. *Osteoarthr Cartil.* 2022;4(4):100296. <https://doi.org/10.1016/j.ocarto.2022.100296>

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>

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>

Syeda S, Bartholomew J, Santiago SV, **Reeves AJ**, Martonick NJP, Cheatham SW, Baker RT. Exploring force production reliability across different levels of clinical experience during a simulated one-handed instrument-assisted soft tissue mobilization treatment: a pilot study. *Int J of Sports Phys Ther.* 2022;17(6):1136-1143. <https://doi.org/10.26603/001c.38170>

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. <https://doi.org/10.1123/jsr.2020-0275>

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). <https://doi.org/10.1186/s12955-020-01292-5>

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. <https://doi.org/10.31622/2020/0002.5>

Peer-Reviewed Manuscripts – In Review (N = 1)

Baker RT, Martonick NJP, Smitley MC, Ludwig C, **Reeves AJ**. Instrument-assisted soft tissue mobilization two-handed grip force production consistency: an exploratory study. In Review.

Other Publications & Technical Reports (N = 12)

Moore JD, **Reeves AJ**, Wiet R, Deming S, Casanova MP, Dluzniewski A, Baker RT. The Hispanic profile data book for Idaho, sixth edition. Report prepared for the Idaho Commission on Hispanic Affairs. December 2023.

Reeves AJ, Wiet R, Deming SM, Moore JD, Dluzniewski A, Casanova MP, Baker RT. Medication for opioid use disorder (MOUD) assessment continuation: current practices and provider views on recent policy changes. Report prepared for the Idaho Department of Health and Welfare. September 2023.

Casanova MP, **Reeves AJ**, Dluzniewski A, Winters Juel L, Dunay M, Baker RT. Geriatric care in Idaho: Idaho provider perceptions and knowledge of geriatric care, Alzheimer's disease, and related dementias. Report prepared for ECHO Idaho and the Idaho Department of Health and Welfare. June 2023.

Reeves AJ, Casanova MP, Baker RT. ECHO Idaho: viral hepatitis and liver care MOC quality improvement cohort pre-series evaluation. Report prepared for ECHO Idaho. March 2023.

Casanova MP, Dluzniewski A, Wiet R, **Reeves AJ**, Baker RT. "Call Me: Stories from North Idaho" Documentary: evaluation and assessment report. Report prepared for Panhandle Health District. February 2023.

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Casanova MP, **Reeves AJ**, Dluzniewski A, Wiet R, Baker RT. ECHO Idaho: pediatric autism MOC Quality Improvement Cohort program evaluation. Report prepared for ECHO Idaho. December 2022.

Casanova MP, **Reeves AJ**, Dluzniewski A, Wiet R, Baker RT. ECHO Idaho: pediatric autism program evaluation. Report prepared for ECHO Idaho. November 2022.

Casanova MP, **Reeves AJ**, Baker RT. Community health assessment Clearwater Valley region. Report prepared for the Innovia-Avista Foundation. June 2022.

Casanova MP, **Reeves AJ**, Moore JD, Ryu S, Baker RT. Patient vaccine hesitancy in Idaho: educational programming evaluation – June 2022. Report prepared for the Idaho Department of Health and Welfare. June 2022.

Casanova MP, **Reeves AJ**, Ryu S, Moore JD, Baker RT, Blades KC, Palmer K. ECHO Idaho COVID-19 program evaluation – June 2022. Report prepared for the Idaho Department of Health and Welfare. June 2022.

Reeves AJ, Casanova MP, Baker RT. 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.

Casanova MP, **Reeves AJ**, Moore JD, Palmer K, Smith LH, Baker RT. 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

Funded (N = 2)

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. Role: Student Principal Investigator

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. Role: Research Assistant

Conference Presentations (N = 3; *Presenter)

Reeves AJ*. The effects of a mind-body intervention on kinesiophobia and movement mechanics in patients with anterior cruciate ligament reconstruction. Podium Presentation at the Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Boise, ID. April 2024.

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.

Invited Lectures (N = 2)

Reeves AJ. "Clinicians are the worst patients"...? Not anymore: self-care strategies for clinicians. Interactive Lecture at the Northwest Athletic Trainers' Association Student Symposium 2023, Spokane, WA. March 2023.

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

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.

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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

American College of Sports Medicine Northwest, Student Member, February 2024-Present
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

University of Idaho Club Sports, March 2024-Present
Reviewer, BMC Sports Science, Medicine and Rehabilitation, 2024-Present
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; 2023
University of Idaho Representative, Northwest Athletic Trainers' Association Student Senate, 2016-2017

PROFESSIONAL DEVELOPMENT

Continuing Education Courses

Functional ACL Prevention Warm-ups and Beyond Workshop, April 2024
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

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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, Spokane, WA, April 2024

Northwest Athletic Trainers' Association Annual Meeting & Clinical Symposium, Spokane, WA, March 2023

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