

# Curriculum Vitae

## Phil Plisky, PT, DSc, OCS, ATC, CSCS

Department of Physical Therapy, University of Evansville  
515 Bob Jones Way  
Evansville, IN 47708  
812-488-2348

### Education

Degree: Doctor of Science  
Institution: Rocky Mountain University of Health Professions  
Major: Orthopaedic Physical Therapy  
Date Awarded: December 2005

Degree: Master of Physical Therapy  
Institution: University of Evansville  
Major: Physical Therapy  
Date Awarded: May 1998

### Licensure Information

Licensed Physical Therapist  
State of Indiana  
License number: 05006207A  
August 1998-present

Licensed Athletic Trainer  
State of Indiana  
License number: 36000603A  
March 2000-present

### Certification Information

Certified Athletic Trainer  
National Athletic Trainers' Association  
Certification number: 119902189  
November 1999-present

Certified Strength & Conditioning Specialist  
National Strength & Conditioning Association  
Certification number: 977197  
August 1997-present

Orthopaedic Certified Specialist  
American Board of Physical Therapy Specialties  
June 2004-present

### Employment

#### Title/Position: Professor & Director of Residency Programs

Rank: Professor  
Director of Residency Programs (2019-2024)  
Interim Director DPT Program (2021-2022)  
Eykamp Director of Teaching Excellence (2016-2018)  
Founding Director of ProRehab & UE Sports Residency Program (2006-2020)  
Tenure Status: Tenured  
Institution: University of Evansville  
Location: Evansville, Indiana

Duration: January 2010 to 2024, Adjunct Faculty (2001-2009)

**Title/Position: Owner, Physical Therapist, Certified Athletic Trainer, Certified Strength & Conditioning Specialist**

Organization: Balanced EBP LLC, Evansville, Indiana

Duration: January 2020 to present

**Title/Position: Physical Therapist & Certified Athletic Trainer**

Facility: ProRehab, PC, Evansville, Indiana

Duration: May 2003 to May 2020, Vice President of Clinical Excellence 2006-2009

**Title/Position: Assistant Professor**

Rank: Assistant Professor

Institution: Rocky Mountain University of Health Professions

Location: Provo, Utah

Duration: November 2005 to 2014

**Title/Position: Director of Rehabilitation & Diagnostic Services**

Facility: Syringa General Hospital, Grangeville, Idaho

Duration: July 2000 to May 2003

**Title/Position: Athletic Trainer (volunteer)**

Facility: Grangeville High School, Grangeville, Idaho

Duration: August 2000 to May 2003

**Title/Position: Staff Physical Therapist, Certified Athletic Trainer, Certified Strength & Conditioning Specialist**

Facility: The Community Hospital, Munster, Indiana

Duration: June 1998 to June 2000

**Peer Reviewed Publications (35):**

Rhon DI, Plisky PJ, Kiesel K, Greenlee TA, Bullock GS, Shaffer SW, Goffar SL, Teyhen DS. [Predicting Subsequent Injury after Being Cleared to Return to Work from Initial Lumbar or Lower Extremity Injury](#). Med Sci Sports Exerc. 2023 Jul 24. doi: 10.1249/MSS.0000000000003257. Epub ahead of print. PMID: 37486770.

Rhon DI, Teyhen DS, Kiesel K, Shaffer SW, Goffar SL, Greenlee TA, Plisky PJ. [Recovery, Rehabilitation, and Return to Full Duty in a Military Population After a Recent Injury: Differences Between Lower-Extremity and Spine Injuries](#). Arthrosc Sports Med Rehabil. 2022 Jan 28;4(1):e17-e27. doi: 10.1016/j.asmr.2021.09.028. PMID: 35141533; PMCID: PMC8811499.

Plisky P, Schwartkopf-Phifer K, Huebner B, Garner MB, Bullock G. [Systematic Review and Meta-Analysis of the Y-Balance Test Lower Quarter: Reliability, Discriminant Validity, and Predictive Validity](#). Int J Sports Phys Ther. 2021;16(5):1190-1209. Published 2021 Oct 1. doi:10.26603/001c.27634

Rhon DI, Teyhen DS, Kiesel K, Shaffer SW, Goffar SL, Greenlee TA, **Plisky PJ**. [Recovery, rehabilitation, and return to full duty in a military population after a recent injury: Differences between lower extremity and spine injuries.](#) *Arthrosc Sports Med Rehabil*. 2022 Jan 28;4(1):e17-e27. doi: 10.1016/j.asmr.2021.09.028. PMID: 35141533; PMCID: PMC8811499.

**Plisky PJ**, Bullock GS, Garner MB, et al. [The Dorsiflexion Range of Motion Screen: A Validation Study.](#) *IJSPT*. 2021;16(2):306-311.

Teyhen DS, Shaffer SW, Butler RJ, Goffar SL, Kiesel KB, Rhon DI, **Plisky PJ**. [Identification of Risk Factors Prospectively Associated with Musculoskeletal Injury in a Warrior Athlete Population.](#) *Sports Health*. 2020. Nov/Dec;12(6):564-572

Krysak S, Harnish CR, Plisky PJ, Knab AM, Bullock GS. [Fundamental Movement and Dynamic Balance Disparities Among Varying Skill Levels in Golfers.](#) *Int J Sports Phys Ther*. 2019 Jul;14(4):537-545

Gourlay J, Bullock G, Weaver A, Matsel K, Kiesel KB, **Plisky PJ**. [The Reliability and Criterion Validity of a Novel Dorsiflexion Range of Motion Screen.](#) *Athletic Training and Sports Health Care*. 2019

Huebner BJ, **Plisky PJ**, Kiesel KB, Schwartzkof-Phifer K. [Can Injury Risk Category Be Changed In Athletes? An Analysis Of An Injury Prevention System.](#) *Int J Sports Phys Ther*. 2019; 14(1): 127-134/ DOI: 10.26603/ijsp20190127

Sipe CL, Ramey KD, **Plisky PJ**, Taylor JD. [The Y Balance Test Lower Quarter is a Valid and Reliable Assessment in Older Adults.](#) *J Aging Phys Act*. 2019 Jan 24:1-23.

Teyhen DS, Goffar SL, Shaffer SW, Kiesel K, Butler RJ, Tedaldi AM, Prye JC, Rhon DI, **Plisky PJ**. [Incidence of Musculoskeletal Injury in US Army Unit Types: A Prospective Cohort Study.](#) *J Orthop Sports Phys Ther*. 2018 Oct;48(10):749-757.

Bullock GS, Arnold TW, **Plisky PJ**, Butler RJ. [Basketball Players' Dynamic Performance Across Competition Levels.](#) *J Strength Cond Res*. 2018 Apr 4.

Rhon DI, Teyhen DS, Shaffer SW, Goffar SL, Kiesel K, **Plisky PJ**. [Developing predictive models for return to work using the Military Power, Performance and Prevention \(MP3\) musculoskeletal injury risk algorithm: a study protocol for an injury risk assessment programme.](#) *Inj Prev*. 2018 Feb;24(1):81-88.

Teyhen DS, Shaffer SW, Butler RJ, Goffar SL, Kiesel KB, Rhon DI, Boyles RE, McMillian DJ, **Plisky PJ**. [Association of Physical Inactivity, Weight, Smoking, and Prior Injury on Physical Performance in a Military Setting.](#) *J Athl Train*. 2016; Nov;51(11):866-875.

Teyhen DS, Shaffer SW, Butler RJ, Goffar SL, Kiesel KB, Rhon DI, Boyles RE, McMillian DJ, **Plisky PJ**. [Application of Athletic Movement Tests that Predict Injury Risk in a Military Population: Development of Normative Data.](#) *Mil Med*. 2016;181(10):1324-1334.

Teyhen DS, Shaffer SW, Butler RJ, Goffar SL, Kiesel KB, Rhon DI, Williamson JN, **Plisky PJ**. [What Risk Factors Are Associated With Musculoskeletal Injury in US Army Rangers? A Prospective Prognostic Study.](#) Clin Orthop Relat Res. 2015 Sep;473(9):2948-58.

Butler RJ, Myers HS, Black D, Kiesel KB, **Plisky PJ**, Moorman CT 3rd, Queen RM. [Bilateral differences in the upper quarter function of high school aged baseball and softball players.](#) Int J Sports Phys Ther. 2014 Aug;9(4):518-24.

Butler R, Arms J, Reiman M, **Plisky P**, Kiesel K, Taylor D, Queen R. [Sex differences in dynamic closed kinetic chain upper quarter function in collegiate swimmers.](#) J Athl Train. 2014 Jul-Aug;49(4):442-6.

Teyhen DS, Riebel MA, McArthur DR, Savini M, Jones MJ, Goffar SL, Kiesel KB, **Plisky PJ**. [Normative data and the influence of age and gender on power, balance, flexibility, and functional movement in healthy service members.](#) Mil Med. Apr 2014;179(4):413-420.

Butler RJ, Queen RM, Beckman B, Kiesel KB, **Plisky PJ**, [Comparison of dynamic balance in adolescent male soccer players from Rwanda and the United States.](#) Int J Sports Phys Ther. 2013; 8(6): 749-755.

Kiesel KB, Butler RJ, **Plisky PJ**. [Limited and Asymmetrical Fundamental Movement Patterns Predict Injury in American Football Players.](#) J Sport Rehabil. 2014 May;23(2):88-94.

Butler RJ, Lehr ME, Fink M, Kiesel KB, **Plisky PJ**. [Dynamic Balance Performance and Noncontact Lower Extremity Injury in College Football Players: An Initial Study.](#) Sports Health. 2013 Sep;5(5):417-22.

Lehr ME, **Plisky PJ**, Kiesel KB, Butler RJ, Fink M, Underwood FB. [Field Expedient Screening and Injury Risk Algorithm Categories as Predictors of Non-Contact Lower Extremity Injury.](#) Scan J Med Sci Sport. 2013 Aug;23(4):e225-32

Butler RJ, Contreras M, Burton LC, **Plisky PJ**, Goode A., Kiesel KB. [Modifiable Risk Factors Predict injuries in Firefighters during Training Academies.](#) Work. 2013; 46(1):11-7.

Gribble PA, Hertel J, **Plisky PJ**. [Using the Star Excursion Balance Test to Assess Dynamic Postural Control Deficits and Outcomes in Lower Extremity Injury: a literature and systematic review.](#) J Athl Train. 2012;47(3):339-57.

Teyhen DS, Shaffer SW, Umlauf JA, Akerman RJ, Canada JB, Butler RJ, Goffar SL, Walker MJ, Kiesel KB, **Plisky PJ**. [Automation to improve efficiency of field expedient injury prediction screening.](#) J Strength Cond Res. 2012 Jul;26 Suppl 2:S61-72.

Butler RJ, SouthersC, Gorman PP, Kiesel KB, **Plisky PJ**. [Differences in Soccer Players' Dynamic Balance Across Levels of Competition.](#) J Athl Train. 2012;47(6):616-620.

Gorman PP, Butler RJ, Kiesel KB, Rauh MJ, **Plisky PJ**. [Differences in dynamic balance scores in one sport versus multiple sport high school athletes.](#) Int J Sports Phys Ther. 2012 ;7(2):148-53.

- Gorman PP, **Plisky PJ**, Butler RJ, Kiesel KB. [Upper Quarter Y Balance Test: Reliability and Performance Comparison Between Genders in Active Adults.](#) *J Strength Cond Res.* 2012; 26(11):3043-8.
- Butler RJ, Kiesel KB, **Plisky PJ**. [Interrater Reliability of Videotaped Performance on the Functional Movement Screen Using the 100-Point Scoring Scale.](#) *Athletic Training and Sports Health Care.* 2012 ; 4 (3): 103-109.
- Kiesel KB, **Plisky PJ**, Butler RJ. [Functional Movement Test Scores Improve following an Off-season Intervention Program in Professional Football Players.](#) *Scand J Med Sci Sport* 2011; 21(2): 287-92.
- Butler RJ, **Plisky PJ**, Southers C, Scoma C, Kiesel KB. [The Functional Movement Screen Deep Squat Test: A Quantitative Validation of the Clinical Scoring Criteria.](#) *Sport Biomechanics.* 2010; 9(4): 270–279
- Minick KI, Kiesel K, Burton L, Taylor A, **Plisky PJ**, Butler RJ. [Inter-rater Reliability of the Functional Movement Screen.](#) *J Strength Cond Res.* 2010; 24(2):479–486
- Plisky PJ**, Gorman P, Kiesel K, Butler R, Underwood F, Elkins B. [The reliability of an instrumented device for measuring components of the Star Excursion Balance Test.](#) *NAJSPT.* 2009;4(2):92-99.
- Kiesel K, **Plisky PJ**, Voight M. [Can serious injury in professional football be predicted by a preseason functional movement screen?](#) *NAJSPT.* 2007;2(3):147-158
- Plisky PJ**, Rauh MJ, Kaminski TW, Underwood, FB. [Star Excursion Balance Test predicts lower extremity injury in high school basketball players.](#) *J Orthop Sports Phys Ther.* 2006;36(12):911-9

## Peer Reviewed Scientific and Professional Presentations (57)

- Grannan, A, Schwartzkopf-Phifer KB, **Plisky PJ**. High injury risk multisport athlete: discharged from care at 6 months following ACL reconstruction. Poster presented at: APTA Combined Sections Meeting, San Antonio, TX, February 2022.
- Plisky PJ**, Schwartzkopf-Phifer KB, Huebner BJ, Garner MB, Bullock GS. Systematic Review and Meta-Analysis of Y-Balance Test Lower Quarter: Reliability, Discriminant Validity, and Predictive Validity. Poster presented at APTA Combined Sections Meeting, February 2021.
- Schwartzkopf-Phifer KB, **Plisky PJ**, Huebner BJ, Bullock GS. The relationship between competition level and dynamic balance in male and female basketball players. Poster presented at APTA Combined Sections Meeting, February 2021.
- Rhon DI, Teyhen DS, Greenlee TA, Kiesel KB, Shaffer SW, Goffar SL, Farias A, Mayhew RJ, **Plisky PJ**. Poor soldier medical readiness in the year following return to unrestricted duty after musculoskeletal injury: Results from the Selective Functional Movement Assessment and the

relevance of recency of injury to future injury risk. Podium, Military Health System Research Symposium, Kissimmee, FL, August 2020.

Rhon DI, Teyhen DS, Kiesel K, Greenlee TA, Shaffer SW, Goffar SL, **Plisky PJ**. Does Recency of Musculoskeletal Injury Strengthen Association between Past Injury History and Future Injury Risk? Podium, APTA CSM Annual Conference, Denver, CO. February 2020

Rhon DI, Teyhen DS, Kiesel K, Greenlee TA, Shaffer SW, Goffar SL, **Plisky PJ**. Selective Functional Movement Assessment in Soldiers Cleared for Unrestricted Full Duty after Musculoskeletal Injury. Podium, APTA CSM Annual Conference, Denver, CO. February 2020

Hermann AJ, Bullock G, Huebner B, Matsel K, Kiesel K, Gourlay J, Denning N, **Plisky PJ**. (2020). Comparison Of Novel Hop Testing Method To Identify Decreased Performance And Asymmetries. *Medicine & Science in Sports & Exercise*. 52. 52-52. 10.1249/01.mss.0000670564.84341.af.

Denning N, Bullock G, **Plisky PJ**, Kiesel KB. The relationship between repeated vertical and broad jumps. Poster presentation at APTA Combined Sections Meeting 2019; Washington, DC.

Ramey K, Sipe CL, **Plisky PJ**, Taylor D. Validity and Reliability of the Lower Quarter Y Balance Test in Older Adults. *Archives of Physical Medicine and Rehabilitation* 99(10):e52 October 2018

Kiesel KB, Schwartzkopf-Phifer K, Huebner BJ, Bullock GS, Garner MB, Hayden J, Matsel KA, Ricard R, **Plisky PJ**. The Reliability And Criterion Validity Of A Novel Dorsiflexion Range Of Motion Screen. Poster presentation at the American College of Sports Medicine (ACSM); Minneapolis, MN May 2018.

Bullock GS, **Plisky PJ**, Matsel KA, Weaver A, Gourlay J, Kiesel KB. The Relationship Between The Half Kneeling Ankle Dorsiflexion And A Novel Weight Bearing Lunge Tests. Poster presentation at the American College of Sports Medicine (ACSM); Minneapolis, MN May 2018.

Englert A, **Plisky PJ**, Kiesel KB. A Comprehensive Movement Approach to Prevent Injury and Enhance Performance in Collegiate Cross-Country Runners: A Case Study. Poster presentation at APTA Combined Sections Meeting 2018; New Orleans, LA.

Arnold TA, Butler RJ, Queen R, **Plisky PJ**. Differences on the Lower Quarter Y Balance Test in High School, College and Professional Baseball Players. Poster presentation at 2015 American College of Sports Medicine (ACSM). San Diego, CA May 2015

Shaffer SW, Teyhen DS, Butler RJ, Williams, AM, Prye JC, Goffar SL, Kiesel KB, Rhon DI, **Plisky PJ**. Prospective Musculoskeletal Injury Rates Among Different Categories of Soldiers. Platform presentation at the APTA Annual Combined Sections Meeting, Orthopaedics Section, February 2015.

Teyhen DS, Shaffer SW, Butler RJ, Goffar SL, Kiesel KB, Rhon DI, Williamson JN, **Plisky PJ**. Identification of Intrinsic Risk Factors Associated with Musculoskeletal Injury in Rangers.

Platform presentation at the APTA Annual Combined Sections Meeting, Sports Section, February 2015.

Teyhen DS, Shaffer SW, Butler RJ, Goffar SL, Kiesel KB, Rhon DI, **Plisky PJ**. Factors Associated with Predicting Time-loss Injuries in Active Duty Soldiers. Platform presentation at the APTA Annual Combined Sections Meeting, Orthopaedics Section IN, February 2015.

Kiesel KB, Butler RJ, **Plisky PJ**, Schwartzkoph-Phifer K. Normative data on the Selective Functional Movement Assessment top tier movements; Poster presented at: APTA Combined Sections Meeting 2015; Indianapolis, Indiana.

Rhon DI, Teyhen DS, Shaffer SW, Butler RJ, Goffar SL, Kiesel KB, Boyles RE, McMillian D, Williamson JN, **Plisky PJ**. Comparison of Performance between Rangers, Combat, Combat Service, and Combat Service Support Soldiers. 3rd International Congress on Soldiers' Physical Performance, Boston, MA, Aug 2014.

Teyhen DS, Rhon DI, Butler RJ, Shaffer SW, Goffar SL, McMillian D, Boyles, RE, Kiesel KB, **Plisky PJ**. Influence of Physical Activity, Weight, Smoking and Prior Injury on Performance. 3rd International Congress on Soldiers' Physical Performance, Boston, MA, Aug 2014.

Shaffer SW, Teyhen DS, Butler RJ, Williams AM, Prye J, Goffar SL, Kiesel KB, Rhon DI, **Plisky PJ**. Prospective Musculoskeletal Injury Rates Among Different Categories of Soldiers. 3rd International Congress on Soldiers' Physical Performance, Boston, MA, Aug 2014.

Teyhen DS, Shaffer SW, Butler RJ, Goffar SL, Kiesel KB, Rhon DI, **Plisky PJ**. Influence of Pain and Prior Injury on Musculoskeletal Injury Occurrence: A Prospective Review of a Large Military Cohort. 3rd International Congress on Soldiers' Physical Performance, Boston, MA, Aug 2014.

Teyhen DS, Shaffer SW, Butler R, Goffar SL, Kiesel KB, Rhon DJ, **Plisky PJ**. Pain and Prior Injury as Risk Factors for Musculoskeletal Injury in Service Members: A Prospective Cohort Study. J Orthop Sports Phys Ther 2014; 44(1): A39-40.

Teyhen DS, Shaffer SW, Goffar SL, Rhon DJ, Butler R, McMillian DJ, Boyles R, Kiesel KB, **Plisky PJ**. Influence of Physical Activity, Weight, Smoking, and Prior Injury on Physical Performance. J Orthop Sports Phys Ther 2014; 44(1): A167.

Huebner B, Riley M, Alm A, Matsel K, Erion A, Whetstone K, Joyce B, **Plisky PJ**, Kiesel KB, Butler RJ. A Pre-Season Injury Prevention Training Program Improves Movement Test Scores and Injury Risk Category. American College of Sports Medicine Annual Meeting. 2013.

Shutt JM, Queen RM, Kiesel K, **Plisky PJ**, Rose G, Butler RJ. Relationship between Upper Quarter Function and Golf Kinematics. Combined Sections Meeting, American Physical Therapy Association 2013; San Diego, California.

Arnold TA, Butler RJ, **Plisky PJ**, Kiesel, KB. Dynamic balance values differ across competition level and sporting activities. Combined Sections Meeting, American Physical Therapy Association 2013; San Diego, California.

Butler RJ , Salinas V, Queen RM, Garrett WE, **Plisky PJ**. Hypermobility and dynamic balance in junior soccer players from Spain. Combined Sections Meeting, American Physical Therapy Association 2013; San Diego, California.

Teyhen DS, Shaffer S, **Plisky PJ**, Kiesel KB, Butler RJ, Goffar SL, Rohn D, McMillan D, Boyles B, Williamson A. Comparison between Rangers, Combat, Combat Service, and Combat Service Support Soldiers on Multiple Performance Measures Predictive of Injury Risk. Combined Sections Meeting, American Physical Therapy Association 2013; San Diego, California.

Teyhen DS, Shaffer S, **Plisky PJ**, Kiesel KB, Butler RJ, Goffar SL, Rohn D, McMillan D, Boyles B, Williamson A. Application of Athletic Movement Tests that Predict Injury Risk in a Military Population: Development of Normative Data. Combined Sections Meeting, American Physical Therapy Association Sections Meeting 2013; San Diego, California

Reiman MP, **Plisky PJ**, Kiesel KB, Gorman PP, Taylor D, Butler RJ. Gender differences on the Upper Quarter Y Balance Test in Collegiate Swimmers. American College of Sports Medicine Annual Meeting. 2012.

Garrigues G, Gorman PP, **Plisky PJ**, Kiesel KB, Myers H, Black D, Queen RM, Butler RJ. Differences on the Upper Quarter Y Balance test between high school and college baseball players. American College of Sports Medicine Annual Meeting. 2012.

**Plisky PJ**, Butler RJ, Kiesel KB. Technology Used To Enhance Functional Testing and Personalize Injury Prevention. Combined Sections Meeting, American Physical Therapy Association, Chicago, IL, Feb 2012.

Butler RJ, Queen RM, Kiesel KB, **Plisky PJ**. Field Testing Dynamic Balance in Rwanda. Combined Sections Meeting, American Physical Therapy Association, Chicago, IL, 2012.  
**\*Recognition for Social Responsibility from the American Physical Therapy Association Health Policy and Administration Section Global Health SIG**

Butler RJ, Myers H, Black DW, Queen RM, **Plisky PJ**. Bilateral differences on the Upper Quarter Y Balance Test in throwing athletes. Combined Sections Meeting, American Physical Therapy Association, Chicago, IL, 2012.

Teyhen DS, Shaffer SW, Umlauf JA, Akerman RJ, Canada JB, Butler RJ, Goffar SL, Kiesel KB, Walker MJ, **Plisky PJ**. Enhancing Efficiency Through Automation for a Comprehensive Injury Screening System. Combined Sections Meeting, American Physical Therapy Association, Chicago, IL, 2012.

Teyhen DS, McArthur DR, Riebel MA, Savini MG, Goffar SL, Walker MJ, **Plisky PJ**. The Influence of Age and Sex on Power, Balance, Flexibility, and Functional Movement In Healthy Service Members. Combined Sections Meeting, American Physical Therapy Association, Chicago, IL, 2012

Teyhen DS, Kiesel KB, Shaffer SW, Clevenger GK, Jones MJ, **Plisky PJ**. Validation of a Regression Equation to Predict Dynamic Balance. Combined Sections Meeting, American Physical Therapy Association, Chicago, IL, 2012.



Teyhen DS, Shumway JD, Avant KA, Saxion CE, Butler RJ, Shaffer SW, **Plisky PJ**. Discriminant Validity of Upper and Lower Quarter Y-Balance Tests in Healthy Service Members. Combined Sections Meeting, American Physical Therapy Association, Chicago, IL, 2012.

**Plisky PJ**, Strack DS, Butler RJ. Does performance on the Y Balance Test vary across competition levels in male basketball players? American College of Sports Medicine Annual Meeting. Denver, CO. 2011.

Butler RJ, Contreras M, Burton L, **Plisky PJ**, Kiesel KB. Functional Movement Screen and Physical Performance scores during a Firefighter Academy: implications for injury screening. American College of Sports Medicine Annual Meeting. Denver, CO. 2011.

Teyhen D, **Plisky PJ**, Shaffer S, Goffar S, Walker M, Butler R, Kiesel K. Automation to Improve Efficiency of Field Expedient Injury Prediction Screening. 2nd International Congress on Soldiers' Physical Performance, Jyväskylä, Finland, May 2011.

Teyhen D, **Plisky PJ**, Schaffer S, Goffar S, Walker M, Butler RJ, Kiesel KB. Keeping Them in the Game - Tools and Techniques to Effectively Perform Organizational Injury Risk Screenings. Combined Sections Meeting of the American Physical Therapy Association, New Orleans, LA 2011.

Holder B, **Plisky PJ**, Kiesel KB. Use of Functional Movement Assessment and Testing with a 35-year-old runner with severe hip pain. Combined Sections Meeting of the American Physical Therapy Association, New Orleans, LA 2011.

Kiesel KB, Butler RJ, **Plisky PJ**. Results Of A Training Program Designed To Improve Fundamental Movement Patterns In Professional Football Players. American College of Sports Medicine Annual Meeting. Baltimore, MD. 2010.

McFelea JT, Butler RJ, Kiesel KB, **Plisky PJ**, Elkins B. Can A Six-week Training Program Improve Dynamic Balance And Functional Movement In Middle School-aged Children? American College of Sports Medicine Annual Meeting. Baltimore, MD. 2010

Hickey JN, Barrett BA, Butler RJ, Kiesel KB, **Plisky PJ**. Reliability of the Functional Movement Screen Using a 100-point Grading Scale. American College of Sports Medicine Annual Meeting. Baltimore, MD. 2010.

Gorman PP, Butler RJ, **Plisky PJ**, Kiesel KB, Rauh MJ. Performance Differences across Competition Levels in the Performance of the Y Balance Test in Soccer. American College of Sports Medicine Annual Meeting. Baltimore, MD. 2010.

**Plisky PJ**, Gorman PP, Butler RJ, Kiesel KB, Rauh MJ. Comparison of performance on the Star Excursion Balance Test by sport, competition level, and gender. Combined Sections Meeting of the American Physical Therapy Association, Las Vegas, NV 2009.

Kiesel K, **Plisky PJ**, Butler RJ, Burton L, Cook G. Functional Movement Test Scores Improve following a Standardized Off-season Intervention Program; Platform presented at: Combined Sections Meeting of the American Physical Therapy Association, 2009; Las Vegas, NV.

Butler RJ, Kiesel KB, Gorman PP, **Plisky PJ**. Does age affect Star Excursion Balance Test scores over the course of one year? Third Annual Conference on Movement Dysfunction 2009. Edinburgh, UK.

Kiesel KB, Butler RJ, **Plisky PJ**. Fundamental Movement Dysfunction as Measured by the Functional Movement Screen Shifts the Probability of Predicting a Musculoskeletal Injury in Firefighters. Third Annual Conference on Movement Dysfunction 2009. Edinburgh, UK.

Butler RJ, Elkins B, Kiesel KB, **Plisky PJ**. Gender differences in Functional Movement Screen and Y-Balance Test scores in middle school aged children. Med Sci Sports Exer 2009; 40(5 S), 1950.

McFelea JM, **Plisky PJ**, Kiesel KB, Gorman PP, Rauh MJ, Butler RJ. Comparison of single and multi-sport athletes' performance on the Y Balance Test. Med Sci Sports Exer 2009; 40(5 S), 1849.

Kiesel KB, **Plisky PJ**, Kersey P. Functional Movement Test Score as a Predictor of Time-loss during a Professional Football Team's Pre-season. Medicine & Science in Sports & Exercise. 40(5) Supplement 1:S234, May 2008.

**Plisky PJ**, Gorman PP, Butler RJ, Kiesel KB, Underwood FB, Elkins B. The development and reliability of an instrumented version of components of the Star Excursion Balance Test. Combined Sections Meeting of the American Physical Therapy Association, Nashville, TN 2008.

Gorman P, **Plisky PJ**, Baumgart M, Kiesel K. Pharmacology and clinical prediction rule in treating acute low back pain: A single case report. (Poster Presentation): American Physical Therapy Association National Conference, 2007; Denver, CO.

**Plisky PJ**, Rauh MJ, Kaminski TW, Underwood FB. Incidence of injury in boys and girls high school basketball players. Combined Sections Meeting of the American Physical Therapy Association, San Diego, CA 2006.

**Plisky PJ**, Rauh MJ, Kaminski TW, Underwood, FB. Star Excursion Balance Test predicts lower extremity injury in high school basketball players. Combined Sections Meeting of the American Physical Therapy Association, San Diego, CA 2006.

## **Books & Chapters**

**Plisky PJ**. Functional Testing to Return Athlete Back to Sport After ACL Reconstruction. In Physical Therapy Case Files: Sports. Brumitt J editor. New York, McGraw Hill Professional, 2016

**Plisky PJ**. Preseason Testing to Assess Athletic Readiness and Risk of Injury in a Soccer Player. In Physical Therapy Case Files: Sports. Brumitt J editor. New York, McGraw Hill Professional, 2016

Kiesel KB, **Plisky PJ**. Establishing Functional Baselines and Appropriate Off-Season Conditioning and Injury Prevention. In Functional Training Handbook. Liebenson, editor. 1st ed. Aptos, CA: Lippincott, Williams & Wilkins; 2014:271-282.

**Plisky PJ**, Cook G. Core Testing and Functional Goniometry. In: Cook G, Burton L, Keisel K, Rose G, eds. Movement: Functional Movement Systems: Screening, Assessment, Corrective Strategies. 1st ed. Aptos, CA: On Target Publications; 2010:367-372.

### **Invited Presentations – Selected**

“Measurement, Gauges, and Perspective in Baseball” MLB Winter Meetings for Professional Baseball Strength and Conditioning Coaches Society, San Diego, CA. December 2023.

“Developing Performance Systems: Functional Movement Systems Integration Part 1” Pittsburgh Penguins Medical and Strength & Conditioning Staff, Pittsburgh, PA. October 2022

“Developing Performance Systems: Functional Movement Systems Integration Part 2” Pittsburgh Penguins Medical and Strength & Conditioning Staff, Pittsburgh, PA. November 2022

“Functional Movement Screen Level 2” Toronto Blue Jays Medical and Strength & Conditioning Staff, Jupiter, FL. February 2022

“Functional Movement Systems - Unplugged” St. Louis Cardinals Medical and Strength & Conditioning Staff, Jupiter, FL. February 2022

“Functional Movement Systems Integration – 3 Day Course” St. Louis Cardinals Medical and Strength & Conditioning Staff, Jupiter, FL. February 2020

“Injury Prevention & Performance.” Sacramento Kings Medical and Strength & Conditioning Staff, Indianapolis, IN. December 2019

“Are you inadvertently being ageist?” Functional Aging Institute Symposium, Orlando FL. June 2017.

“Update and Analysis of the Past 4 Years of Systematic Injury Prevention” Milwaukee Brewers Baseball Medical Staff, Maryvale, AZ February 2017

“The key to advancing your musculoskeletal practice” University of Oklahoma Elam-Plowman Endowed Lectureship. March 2017.

“The key to advancing your musculoskeletal practice” Northwestern University. Evanston, IL October 2016

“Improving Performance with Systematic Injury Prevention” Milwaukee Brewers Baseball Medical Symposium, Maryvale, AZ January 2015.

“The Future of Human Performance Panel.” The Association of the United States Army’s Institute of Land Warfare Medical Hot Topic Conference. Arlington, VA September 2014.

“Functional Movement Screening” University of Louisville, Louisville, KY, September 2014.

“Selective Functional Movement Assessment” California Baptist University, Riverside, CA. March 2014.

“Who's Ready to Play? A Preparticipation Screen & Return to Play Lab Course” Pre-conference course at the APTA Annual Combined Sections Meeting, Las Vegas, NV February 2014.

“Return to Sport & Pre-Participation Physical Testing” Great Lakes Athletic Trainers Association Annual Meeting. Chicago, IL March 2013

“Injury Prevention Using Comprehensive Movement Screening, Testing, & Assessment” University of Notre Dame, South Bend, IN, December, 2012

Cook G, Kiesel K, Plisky P. “Functional Screening & Injury Prevention: Functional Movement Assessment – Implications for the Manual Therapist.” International Federation of Orthopaedic Manipulative Physical Therapists, Quebec, Canada. October 2012.

“Practical Implementation of Injury Prevention in Professional Soccer” Major League Soccer Medical Symposium, Ft. Lauderdale, FL. January 2012

Functional Movement Screen, Y Balance Test. Professional Soccer Athletic Training Society. Ft. Lauderdale, FL. January 2012

“Functional Movement Screen, Y Balance Test, and Selective Functional Movement Assessment” University of Louisville, Louisville, KY, July 2011

“Organizing Your Functional Toolbox” University of Michigan, Ann Arbor, MI, March 2011

Distinguished Lecturer Series. U.S. Army-Baylor University Doctoral Program in Physical Therapy, San Antonio, TX , July 2010

“Functional Movement Screen & Y Balance Test”, Sponsored by the Wolverhampton Wanderers, Wolverhampton, England, May 2010.

“Functional Movement Screen & Y Balance Test”, The Football Association of England, Daventry, England, May 2010.

“Comprehensive Injury Prevention System: Using the Functional Movement Screen, Y Balance Test, and Selective Functional Movement Assessment to Prevent Injury in Football Players”, Arsenal Football Club, London, England, May 2010.

“Injury Risk Assessment: A Practical Approach”, American Medical Society for Sports Medicine. Cancun, Mexico, April 2010

“Why Do Players Sustain Non-Contact Injuries. The Effect of Pain on Motor Control”, Professional Soccer Industry Medical Symposium , Ft Lauderdale, FL, January 2009

“Utilizing the Y Balance Test for Injury Prediction & Return to Sport Testing”, Professional Soccer Athletic Training Society, Ft Lauderdale, FL, January 2009.

“Functional Movement Screen & Corrective Exercise”, University of Louisville, Louisville, KY, May 2009.

“Functional Movement Screen & Y Balance Test”, The Columbus Crew Medical Staff, Columbus, OH, January 2008.

“Solving the Mystery of the Injured Athlete: An Evidence Based Approach” & “Movement Testing for Injury Prediction & Return to Sport”, The 14th Annual Sports Medicine Symposium for the Healthcare Professional , Cincinnati, OH February, 2008.

“Functional Movement Screen & Y Balance Test”, University of Louisville, Louisville, KY, June 2008.

“Solving the Mystery of the Injured Athlete: An Evidence Based Approach”, Atrium Medical Center Sports Medicine Symposium, Cincinnati, OH June, 2008.

“Solving the Mystery of the Injured Athlete: An Evidence Based Approach to Movement Assessment and Functional Exercise”, Encore Rehabilitation and Sports Medicine, Birmingham, AL, July 2008

“Advanced Functional Movement Screen Corrective Exercises & Y Balance Test”, St. Vincent Sports Performance Center, Indianapolis, IN, July 2008.

“Functional Movement Screen & Y Balance Test”, Ball State University, Muncie, IN July 2008.

The Pre-Participation Physical Exam: Evidence-Based Musculoskeletal Screening. Deaconess Hospital Grand Rounds; 2007; Evansville, IN.

Diagnostic imaging for the physical therapist. Southwest District APTA Fall Meeting; 2006; Evansville, IN.

Acute low back pain: advances in classification and treatment. Deaconess Hospital Grand Rounds; 2006; Evansville, IN.

### **Continuing Education Courses Taught**

Optimize Your Career and Beat Burnout Part 1: Identify Your Ideal  
Optimize Your Career and Beat Burnout Part 2: Create Work–Life Balance  
Optimize Your Career and Beat Burnout Part 3: Take Your Next Steps  
Return to Full Performance After ACL Reconstruction Rehabilitation  
ACL Reconstruction Rehabilitation: Beyond the Protocol  
Exploring Popular Questions About Evidence-Based Practice  
Upping Your Game in ACL Reconstruction Rehabilitation  
Maximizing Arm Health and Recovery in Baseball Players  
Secrets to Engineering Athletic Performance: From Youth to Professionals

Sports Performance and Injury Prevention  
Discharge and Return to Sport: Case Studies  
Discharge and Return to Sport Part 1: Know When They Are Ready  
Discharge and Return to Sport Part 2: Lower Body  
Discharge and Return to Sport Part 3: Upper Body  
Preparticipation Physical Evaluation: Musculoskeletal  
Strategies for Musculoskeletal Health Promotion  
Musculoskeletal Self-Screen: Getting and Keeping the Ideal Patient  
Selective Functional Movement Level 1  
Selective Functional Movement Level 2  
Functional Movement Screen Level 1  
Functional Movement Screen Level 2  
Y Balance Test Certification  
Fundamental Capacity Screen

### **Funded/In Review Grant Activity**

Development of Predictive Models of Injury for the Lower Extremity, Lumbar, and Thoracic Spine after Discharge from Physical Rehabilitation. Department of Defense Injury Prevention, Physiological and Environmental Health Award (IPPEHA). Application: W81XWH-13-MOMJPC5-IPPEHA, Awarded. \$1,134,558. Co-Investigator. 2013-2023

Military Specific Computerized Algorithms to Predict Musculoskeletal Injury, Defense Medical Research and Development Program. Application Log Number: D10\_I\_AR\_J5\_951, Funded: \$1,632,845. *Co-Investigator 2010*

Automated Musculoskeletal Injury Risk Identification Algorithms, U.S. Army Medical Research and Materiel Command, Telemedicine and Advanced Technology Research Center, AMEDD Advanced Medical Technology Initiative. Application Log Number: 1053, Funded \$258,041. *Co-Investigator 2010*

Welborn Baptist Foundation: \$39,500 award for Movement Testing and Injury Prevention in Junior High School Students. *Co-investigator 2*

Idaho Community Foundation: \$2000 award for purchase of Automatic External Defibrillator for Physical Therapy Department and use at local high school sporting events. *Primary author 2002*

Idaho Hospital Association: \$5000 award for the development of the Tuition Assistance Program to provide funding for the education of hospital employees and community members in professions with national shortages including nursing, physical therapy, and radiology technologist. *Primary author 2002*

### **Current/Active Research Activity**

Authorship: Primary Investigator  
Nature: Automated Musculoskeletal Injury Risk Identification Algorithms. Investigator.  
Funding: Externally funded grant.

Authorship: Primary Investigator

Nature: The Reliability and Validity of the ArmCare Application in Baseball Players, 2023

Funding: None

### **Membership in Scientific/Professional Organizations**

American Physical Therapy Association

Duration: October 1995 to present

Position: Member

Section: Orthopaedic, Sports, Administration

National Athletic Trainers' Association

Position: Member

Duration: October 1996 to present

Indiana Physical Therapy Association

Duration: October 1995 to present

Position: Member, Public Relations Committee 1999

Indiana Athletic Trainers' Association

Position: Member

Duration: March 2000 to present

Idaho Physical Therapy Association

Duration: July 2000 to May 2003

Position: President-elect North Central District

Idaho Athletic Trainers' Association

Position: Member

Duration: August 2000 to May 2003

**Consultative and Advisory Positions Held:**

Title: Combine Performance Testing Consultant & Coordinator

Agency: Major League Baseball

Duration: March 2021 to present

Title: Combine Performance Testing Consultant & Coordinator

Agency: National Hockey League

Duration: May 2015 to present

Title: Performance & Injury Prevention Consultant

Agency: Various NBA, NFL, MLB, MLS teams

Duration: May 2010 to present

Performance Systems Consultant

Organization: Milwaukee Brewers

Duration: February 2014 to February 2017

Implemented performance systems to transform the organization in all 8 teams to one of the most injured teams in the league to the least injured.

**Community Service**

Position: Staff Parish Committee

Organization: Blue Grass United Methodist Church

Date: January 2015 to 2018, January 2022 to present

Position: Administrative Council Chair

Organization: Blue Grass United Methodist Church

Date: January 2011 to 2014

Position: Staff Parish Committee

Organization: Old North United Methodist Church

Date: January 2007 to December 2007

Position: Board of Directors

Organization: Pine Tree Community Credit Union

Date: January 2001 to May 2003

**Selected Service to the University/College/School on Committees/Councils/Commissions**

ECTE grant advisory committee 2018-2024

New Program Incubator Panel Member 2021-2024

International Movement Screening and Interventions Group Core Group 2016-2023

Programs Task Forces for Innovation and Re-investment Fund, University of Evansville 2015

Admissions and Standards Committee 2015

Interdisciplinary ad hoc committee selecting the Outstanding Alumnus/Alumna Award recipient, Rocky Mountain University of Health Professions 2014 to present

Healthy Lifestyle Coalition Committee (Chair), University of Evansville, 2012-Present

Community Connections Workgroup for Strategic Planning University of Evansville, 2011

Focus group for the University of Evansville Master Plan, 2011

Physical Therapy Programs Strategic Planning and Branding Committee (Chair), 2010-Present



### **Honors and Awards**

Award: Sadelle and Sydney Berger Faculty Scholarship Award

Awarding Agency: University of Evansville

Date: August 2023

Recognizes faculty members who consistently go above and beyond to advance research, education, and professional excellence.

Award: 2016 United Methodist Exemplary Teacher Award

Awarding Agency: General Board of Higher Education and Ministry of the United Methodist Church

Date: December 2016

Award: Mary Bennett Teaching Excellence Award

Awarding Agency: University of Evansville Doctor of Physical Therapy Program Class 2016

Date: May 2016

Award: Mary Bennett Teaching Excellence Award

Awarding Agency: University of Evansville Doctor of Physical Therapy Program Class 2015

Date: May 2015

Award: Mary Bennett Teaching Excellence Award

Awarding Agency: University of Evansville Doctor of Physical Therapy Program Class 2014

Date: May 2014

Award: Outstanding Alumnus of Rocky Mountain University of Health Professions

Awarding Agency: Rocky Mountain University of Health Professions

Date: August 2013

Award: Mary Bennett Teaching Excellence Award

Awarding Agency: University of Evansville Doctor of Physical Therapy Program Class 2013

Date: May 2013

Award: Mary Bennett Teaching Excellence Award

Awarding Agency: University of Evansville Doctor of Physical Therapy Program Class 2011

Date: May 2011

Award: Colonel Marilyn J. Anderson Distinguished Lecturer Series Award

Awarding Agency: U.S. Army-Baylor University Doctoral Program in Physical Therapy

Date: July 2010

Award: Mary McMillan Scholarship

Awarding Agency: American Physical Therapy Association

Date: March 1998

Award: Magna cum laude

Awarding Agency: University of Evansville, Evansville, Indiana

Date: May 1998

### **Selected Continuing Education (Past 5 years)**

Mitigating Burnout: Introducing the Coach Approach in Healthcare (2024)  
Duke Sports Medicine Baseball Symposium (2024)  
MLB Winter Meetings PBSCS Educational Symposium (2023)  
How to Test and Train Psychological Readiness to Return to Sport (2023)  
A Comprehensive Approach to the Use of BFR in ACL Rehab (2023)  
Leveraging Measurement to Inform Athlete Readiness in ACL Rehab (2023)  
ACL Rehab: Motor Learning Strategies for Adaptive Neuroplasticity (2023)  
Mental Health First Aid (2023)  
MLB Winter Meetings PBSCS & PBATS Educational Symposium (2023)  
Career Coaching Summit, Austin TX (30 hours) (2023)  
ArmCare Specialist Course (Online) (2023)  
Duke Sports Medicine Baseball Symposium (2023)  
CAPTE 2022 - Self-Study Workshop for PT Programs Parts 1-3 (2022)  
MLB Winter Meetings PBSCS Educational Symposium (2022)  
American Physical Therapy Association Combined Sections Meetings 2019-21  
Essential Elements of Running (2019)  
Pitching Screening and Assessment - On Base University (2019)  
Hitting Screening and Assessment - On Base University (2019)

### **Other Selected Continuing Education**

Functional Dry Needling Level 2 – Kinetacore (2015)  
American Physical Therapy Association Combined Sections Meetings 2000-2017  
The Global Leadership Summit (2011-2014)  
Functional Dry Needling Level 1 – Kinetacore (2013)  
Trigger Point Dry Needling for the Lower Quarter. Evidence in Motion (2012)  
Public Speaking Course Titleist Performance Institute (2012)  
American College of Sports Medicine National Conferences (2003, 2011)  
American Medical Society for Sports Medicine. Cancun, Mexico, April 2010  
Kettlebells for the Rehabilitation Professional (2010)  
Physical Therapist Clinical Performance Instrument for Students: A Self Guided Training Course  
Functional Movement Screening & Corrective Exercise Level 2  
Evidence-based Examination & Selected Interventions for Patients with Cervical Spine Disorders  
Selective Functional Movement Assessment Level 2  
Evidence-based Examination and Selected Interventions for Patients with Lumbopelvic Spine and Hip Disorders  
Functional Movement Screening & Corrective Exercise  
Selective Functional Movement Assessment Level 1  
Diagnosis and Treatment of Patients with Musculoskeletal Shoulder Dysfunctions: Evidence Based Approach  
American College of Sports Medicine National Conference  
American Physical Therapy Association Combined Sections Meeting (1998-2015)  
Guide to Physical Therapist Practice Training Seminar  
National Strength & Conditioning Association National Conference  
Northwest Athletic Trainers Association Clinical Symposium

APTA Coding 2001 and Beyond  
NATABOC Examiner Training Workshop  
Functional Anatomy of the Wrist and Hand  
Acute & Chronic Ankle Sprains, Chronic Ankle Instability - Surgical Treatment  
Introduction to Evaluation and Treatment of Temporal Mandibular Joint Dysfunction  
Water Safety for the Physical Therapist  
Muscle Energy Techniques for the Pelvis, Sacrum, Lumbar, Thoracic & Cervical Spine  
American Physical Therapy Association Clinical Instructor Credentialing Program  
Management of Potentially Catastrophic Injuries in Athletics  
Indiana Physical Therapy Association Leadership Conference  
Strength and Conditioning Principles for the Physical Therapist  
Locomotor Biomechanics and Applied Orthotic Therapy

### **Current Teaching Responsibilities in the Entry-Level Program**

#### Spring Semester

Course Title: PT 632 - Medical Imaging (2 credit hr.)

Year: Spring 2023

Type: Primary

Role: Instructor

Course Title: PT 643 – Leadership & Practice Administration (3 credit hr.)

Year: Spring 2023

Type: Primary

Role: Instructor

Course Title: PT 651 –Scientific Inquiry V: Synthesis and Application of Current Evidence in  
(2 credit hr.)

Year: Spring 2023

Type: Primary

Other: Schwartzkopf-Phifer

Role: Lecturer

#### Fall Semester

Course Title: PT 514 – Foundations in Therapeutic Exercise (2 credit hr.)

Year: Fall 2022

Type: Primary

Other: Matsel

Role: Lecturer

Course Title: PT 726 - Patient Management IV: Advanced Musculoskeletal Practice (5 credit  
hr.)

Year: Fall 2022

Type: Primary

Other: Huebner, Matsel, Whetstone

Role: Course Coordinator

Course Title: PT 742 – Clinical & Professional Issues IV (2 credit hr.)

Year: Fall 2022

Type: Primary  
Role: Instructor

Summer

Course Title: PT 661 - Clinical I (5 credit hr.)

Year: Summer 2022

Type: Primary

Role: Instructor

Course Title: PT 761 - Clinical I (5 credit hr.)

Year: Summer 2022

Type: Primary

Role: Instructor