JAY HERTEL, Ph.D., ATC, FACSM, FNATA

University of Virginia 210 Emmet Street South Charlottesville, VA 22904-4407 434-243-8673 (W) jhertel@virginia.edu

Work Experience:

2011-present	Joe H. Gieck Professor of Sports Medicine, University of Virginia	
2011-present	Professor of Kinesiology & Orthopedic Surgery, University of Virginia	
2007-2011 Associate Professor of Kinesiology and Physical Medicine & Rehabilitat		
	University of Virginia	
2004-2007	Assistant Professor of Kinesiology and Physical Medicine & Rehabilitation,	
	University of Virginia	
2004-2007	Adjunct Assistant Professor, Department of Kinesiology, Pennsylvania State	
	University	
2002-2004	Assistant Professor of Kinesiology and Orthopedics & Rehabilitation, Pennsylvania	
	State University	
1999-2002	Assistant Professor of Kinesiology, Pennsylvania State University	
1996-1999	Graduate Teaching and Research Assistant, Department of Kinesiology,	
	Pennsylvania State University,	
1996-1999	Athletic Trainer, Intramural Sports, Pennsylvania State University	
1995-1996	Assistant Athletic Trainer, Virginia Military Institute	
1994-1995	Staff Athletic Trainer, Sports Physical Therapy Center, Kenosha, WI	
1994-1995	Adjunct Instructor, University of Wisconsin - Parkside, Dept. of Physical Education	
1993-1994	Graduate Assistant Athletic Trainer, Department of Athletics, University of Virginia	
1992-1993	Athletic Training Intern, Green Bay Packers (summers)	

Education:

<u>Pennsylvania State University</u>, University Park, PA. Doctor of Philosophy (1999).
 College of Health and Human Development, Department of Kinesiology,
 Major: Motor Behavior
 Dissertation: Effect of rearfoot orthotics on postural control following lateral ankle sprain.

<u>University of Virginia</u>, Charlottesville, VA. Master of Education (1994). Curry School of Education, Program Area of Health and Physical Education, Major: Athletic Training Thesis: Effect of lateral ankle joint anesthesia on joint position sense, postural sway, and center of balance.

<u>University of Wisconsin - La Crosse</u>, La Crosse, WI. Bachelor of Science (1993). College of Health, Physical Education, & Recreation, Dept. of Physical Education Major: Physical Education, Emphasis: Athletic Training

Teaching Experience:

University of Virginia (2004-present)

KINE 3600	Musculoskeletal Anatomy
KINE 5670	Art and Science of Sports Medicine
KINE 7600	Translational Research in Athletic Training
KINE 7620	Evidence-Based Sports Medicine
KINE 7650	Anatomical Basis of Sports Medicine
KINE 8620	Orthopedic Bases of Sports Medicine
KINE 8630	Current Readings & Research in Sports Medicine
KINE 8980	Practicum in Athletic Training
KINE 8999	Masters Thesis Seminar

Pennsylvania State University (1996-2004)

- KINES 5971 Athletic Training Research Seminar
- KINES 532 Pathoetiology of Musculoskeletal Injuries
- KINES 431 Issues in Athletic Training
- KINES 395I Practicum in Athletic Training
- KINES 395F Practicum in Athletic Training
- KINES 335 Mechanisms and Evaluation of Upper Body Athletic Injuries
- KINES 335 Advanced Athletic Training
- KINES 334 Mechanisms and Evaluation of Lower Body Athletic Injuries
- KINES 295F Practicum in Athletic Training
- KINES 235 Evaluation & Physical Examination of Athletic Injuries
- KINES 202 Applied Human Anatomy
- HL ED 497 Drugs and the Athlete

University of Wisconsin- Parkside, Kenosha, WI. (1994-1995)

- PE 454 Body Mechanics
- PE 413 Adapted Physical Education

Published Articles in Refereed Journals:

- 252. Corbett RO, **Hertel J**. Patient-reported outcomes and perceived confidence measures in athletes with a history of ankle sprain. *Journal of Sport Rehabilitation*. (in press)
- 251. Fraser J, Hart J, Saliba S, Park J, Tumperi M, **Hertel J**. Multi-segmented ankle-foot kinematics during gait initiation in ankle sprains and chronic ankle instability. *Clinical Biomechanics*. (in press)
- 250. Gregory CJ, Koldenhoven RM, Higgins MJ, **Hertel J**. External ankle supports alter running biomechanics: a field-based study using wearable sensors. *Physiological Measurement*. (in press)
- 249. Hollis CR, Koldenhoven RM, Resch JE, **Hertel J**. Running biomechanics as measured by wearable sensors: effects of speed and surface. *Sports Biomechanics*. (in press)
- 248. Koldenhoven RM, Fraser JJ, Saliba SA, **Hertel J**. Ultrasonography of the gluteal and fibularis muscles during exercises in individuals with a history of lateral ankle sprain. *Journal of Athletic Training*. (in press)

- 247. DeJong AF, Mangum LC, **Hertel J**. Ultrasound imaging of the gluteal muscles during the Ybalance test in individuals with chronic ankle instability. *Journal of Athletic Training*. (in press)
- 246. Goetschius J, Feger M, **Hertel J**, Hart J. Validating center of pressure balance measurements using the MatScan® pressure mat. *Journal of Sport Rehabilitation*. (in press)
- 245. Norte GE, **Hertel J**, Saliba SA, Diduch DR, Hart JM. Quadriceps and patient-reported function in ACL-Reconstructed patients: a principal component analysis. *Journal of Sport Rehabilitation*. (in press)
- 244. Sutherlin MA, Mangum LC, Russell S, Saliba S, **Hertel J**, Hart JM. Landing stiffness between individuals with and without a history of low back pain. *Journal of Sport Rehabilitation*. (in press)
- 243. Eddy R, Goetschius J, **Hertel J**, Resch J. Test-retest reliability and the effects of exercise on the King-Devick test. *Clinical Journal of Sports Medicine*. (in press)
- 242. Fraser JJ, Koldenhoven R, Jaffri A, Hart JM, Saliba SA, Park JS, **Hertel J**. Foot impairments contribute to functional limitation and participation restriction in ankle sprain and chronic ankle instability. *Knee Surgery, Sports Traumatology & Arthroscopy*. (in press)
- 241. **Hertel J**, Corbett RO. An updated model of chronic ankle instability. *Journal of Athletic Training*. 2019; 54: 572-588.
- 240. DeJong AF, Mangum LC, **Hertel J**. Gluteus medius activity during gait is altered in individuals with chronic ankle instability: an ultrasound imaging study. *Gait & Posture*. 2019; 71: 7-13.
- 239. Glaviano NR, Marshall AN, Mangum LC, Hart JM, **Hertel J**, Russell S, Saliba SA. Impairment-based rehabilitation with patterned electrical neuromuscular stimulation and lower extremity function in in individuals with patellofemoral pain syndrome: a preliminary study. *Journal of Athletic Training*. 2019; 54: 255-269.
- 238. Feger MA, Donovan L, Herb CC, Handsfield GG, Blemker SS, Hart JM, Saliba SA, Abel MF, Park JS, **Hertel J**. Impairment-based rehabilitation increases lower leg muscle volumes and strength in chronic ankle instability patients: a preliminary study. *Journal of Sport Rehabilitation*. 2019; 28: 450-458.
- 237. Lisee CL, Slater LV, **Hertel J**, Hart JM. Effect of sex and level of activity on lower extremity strength, functional performance and limb symmetry. *Journal of Sport Rehabilitation*. 2019; 28: 413-420.
- 237. Fraser JJ, Hertel J. Effects of a 4-week intrinsic foot muscle exercise program on motor function: a preliminary randomized control trial. *Journal of Sport Rehabilitation*. 2019; 28: 339-349.
- 236. DeJong AF, **Hertel J**. Gait-training devices in the treatment of lower extremity injuries in sports medicine: current status and future prospects. *Expert Review of Medical Devices*. 2018; 15: 891-909.
- 235. Goetschius J, **Hertel J**, Saliba SA, Brockmeier SF, Hart JM. Gait biomechanics in ACL reconstructed knees at different time frames post-surgery. *Medicine & Science in Sport & Exercise*. 2018; 50(11):2209-2216.
- 234. Delahunt E, Bleakley CM, Bossard DS, Caulfield BM, Docherty CL, Doherty C, Fourchet F, Fong DT, Hertel J, Hiller CE, Kaminski TW, McKeon PO, Refshauge KM, Remus A, Verhagen EA, Vicenzino BT, Wikstrom EA, Gribble PA. Clinical assessment of acute lateral ankle sprain injuries (ROAST): 2019 consensus statement and recommendations of

the International Ankle Consortium. *British Journal of Sports Medicine*. 2018; 52:1304 -1310.

- 233. Clifton DR, Onate JA, Hertel J, Pierpoint LA, Currie DW, Wasserman EB, Knowles SB, Dompier TP, Marshall SW, Comstock RD, Kerr ZY. The first decade of web-based sports injury surveillance: descriptive epidemiology of injuries in US high school boys' basketball (2005-2006 through 2013-2014) and National Collegiate Athletic Association men's basketball (2004-2005 through 2013-2014). *Journal of Athletic Training*. 2018; 53: 1025-1036.
- 232. Clifton DR, Hertel J, Onate JA, Pierpoint LA, Currie DW, Wasserman EB, Knowles SB, Dompier TP, Marshall SW, Comstock RD, Kerr ZY. The first decade of web-based sports injury surveillance: descriptive epidemiology of injuries in US high school girls' basketball (2005-2006 through 2013-2014) and National Collegiate Athletic Association women's basketball (2004-2005 through 2013-2014). *Journal of Athletic Training*. 2018; 53: 1037-1048.
- 231. Fraser JJ, **Hertel J**. Pre-to-post injury disablement and recovery following a lateral ankle sprain: a case report. *Journal of Athletic Training*. 2018; 53: 776-781.
- 230. Cross KM, Gurka KK, Saliba S, Conaway M, **Hertel J**. Comparison of thigh muscle strain occurrence and injury patterns between male and female high school soccer athletes. *Journal of Sport Rehabilitation*. 2018; 27: 451-459.
- 229. Sutherlin MA, Gage MJ, Mangum LC, Russell S, Saliba SA, **Hertel J**, Hart JM. Landing stiffness and muscle thickness modulation associations in healthy and history of low back pain individuals. *Athletic Training & Sports Health Care*. 2018. 10(5): 228-236.
- 228. Koldenhoven RM, Hertel J. Validation of a wearable sensor for measuring running biomechanics. *Digital Biomarkers*. 2018; 2: 74-78.
- 227. D'Hooghe P, Murawski C, Boakye LAT, Osei-Hwedieh DO, Drakos MC, **Hertel J**, Lee KB, Popchak A, Wiewiorski M, van Dijk CN. Rehabilitation and return to sports: Proceedings of the International Consensus Meeting on Cartilage Repair of the Ankle. *Foot & Ankle International*. 2018; 39: 61S-67S.
- 226. Sutherlin MA, Gage MJ, Mangum LC, Russell S, Saliba SA, **Hertel J**, Hart JM. Changes in muscle thickness using ultrasound imaging across positions and history of low back pain. *Journal of Athletic Training*. 2018; 53: 553-559.
- 225. Norte GE, **Hertel J**, Saliba SA, Diduch DR, Hart JM. Quadriceps neuromuscular function in ACL reconstructed patients with and without knee osteoarthritis: a cross-sectional study. *Journal of Athletic Training*. 2018; 53: 475-485.
- 224. Hertel J. A picture tells 1,000 words (but most results graphs do not). *Clinics in Sports Medicine*. 2018; 37: 441-462.
- 223. Fraser JJ, Mangum LC, **Hertel J**. Test-retest reliability of ultrasound measures of intrinsic foot motor function. *Physical Therapy in Sport*. 2018; 30: 39-47.
- 222. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Clinical tests have limited predictive value for chronic ankle instability when conducted in the acute phase of a first-time lateral ankle sprain injury. *Archives of Physical Medicine & Rehabilitation*. 2018; 99: 720-725.
- 221. Slater LV, Baker R, Weltman AL, Hertel J, Saliba SA, Hart JM. Activity monitoring in men's college soccer: a single season longitudinal study. *Research in Sports Medicine*. 2018; 26: 178-190.

- 220. Feger MA, Hart JM, Saliba SA, Abel MF, Hertel J. Gait training for chronic ankle instability improves neuromechanics during walking. *Journal of Orthopaedic Research*. 2018; 36: 515-524.
- 219. Fraser JJ, Corbett RO, Donner C, **Hertel J**. Does manual therapy improve pain and function in patients with plantar fasciitis? A systematic review. *Journal of Manual & Manipulative Therapy*. 2018; 26: 55-65.
- 218. DiFabio M, Slater LV, Norte G, Goetschius J, Hart JM, **Hertel J.** Relationships of functional tests following ACL reconstruction: exploratory factor analyses of the lower extremity assessment protocol. *Journal of Sport Rehabilitation*. 2018; 27: 144-150.
- 217. Herb CC, Grossman K, Feger M, Donovan L, **Hertel J**. Lower-extremity biomechanics during a drop-vertical jump in chronic ankle instability and healthy controls. *Journal of Athletic Training*. 2018; 53: 364-371.
- 216. Lilley TJ, Herb CC, Hart JM, **Hertel J**. Lower extremity joint coupling variability during gait in young adults with and without chronic ankle instability. *Sports Biomechanics*. 2018; 17: 261-272.
- 215. Onate JA, Starkel C, Clifton DR, Best TM, Borchers J, Chaudhari A, Comstock RD, Cortes N, Grooms DR, Hertel J, Hewett TE, Maume Miller M, Pan X, Schussler E, Van Lunen BL. Normative functional performance values in high school athletes: the functional preparticipation evaluation project. *Journal of Athletic Training*. 2018; 53: 35-52.
- 214. Slater LV, Simpson AS, Blemker SS, Hertel J, Saliba SA, Weltman AL, Hart JM. Biomechanical adaptations during running differ based on type of exercise and fitness level. *Gait & Posture*. 2018; 60:35-40.
- 213. Koldenhoven RM, Feger MA, Fraser JJ, **Hertel J**. Variability in center of pressure position and muscle activation during walking with chronic ankle instability. *Journal of Electromyography & Kinesiology*. 2018; 38:155-161.
- 212. Bodkin S, Goetschius J, Hertel J, Hart J. Relationships of muscle function and subjective knee function in patients after ACL reconstruction. *Orthopaedic Journal of Sports Medicine*. 2017; 5(7):2325967117719041. doi: 10.1177/2325967117719041.
- 211. Donnelly L, Donovan L, Hart J, **Hertel J**. Eversion strength and surface electromyography measures with and without chronic ankle instability measured in 2 positions. *Foot & Ankle International*. 2017; 38: 769-778.
- 210. Fraser JJ, Koldenhoven RM, Saliba SA, Hertel J. Reliability of ankle-foot morphology, mobility, strength, and motor performance measures. *International Journal of Sports Physical Therapy.* 2017; 12: 1134-1149.
- 209. Kim KM, Davis B, **Hertel J**, Hart JM. Effects of Kinesio taping in patients with quadriceps inhibition: a randomized, single-blinded study. *Physical Therapy in Sport*. 2017; 24:67-73.
- 208. Feger MA, Glaviano N, Donovan L, Hart J, Park J, Saliba S, **Hertel J**. Current trends in the management of lateral ankle sprains in the United States. *Clinical Journal of Sports Medicine*. 2017; 27: 145-152.
- 207. Fraser JJ, Glaviano NR, **Hertel J**. Utilization of physical therapy intervention among patients with plantar fasciitis in the United States. *Journal of Orthopedic & Sports Physical Therapy*. 2017; 47(2):49-55.

- 206. Clifton D, Koldenhoven R, **Hertel J**, Onate J, Dompier T, Kerr Z. Epidemiologic patterns of ankle sprains in youth, high school, and college football. *American Journal of Sports Medicine*. 2017; 45: 417-425.
- 205. Chang M, Slater LV, Corbett RO, Hart JM, **Hertel J**. Muscle activation patterns of the lumbo-pelvic-hip complex during walking gait before and after exercise. *Gait & Posture*. 2017; 52: 15-21.
- 204. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Gait biomechanics in participants, six months after first-time lateral ankle sprain. *International Journal of Sports Medicine*. 2016; 37: 577-83.
- 203. Gribble PA, Bleakley CM, Caulfield BM, Docherty CL, Fourchet F, Fong DT, Hertel J, Hiller CE, Kaminski TW, McKeon PO, Refshauge KM, Verhagen EA, Vicenzino BT, Wikstrom EA, Delahunt E. 2016 consensus statement of the International Ankle Consortium: prevalence, impact and long-term consequences of lateral ankle sprains. *British Journal of Sports Medicine*. 2016; 50: 1493-1495.
- 202. Gribble PA, Bleakley CM, Caulfield BM, Docherty CL, Fourchet F, Fong DT, Hertel J, Hiller CE, Kaminski TW, McKeon PO, Refshauge KM, Verhagen EA, Vicenzino BT, Wikstrom EA, Delahunt E. Evidence review for the 2016 International Ankle Consortium consensus statement on the prevalence, impact and long-term consequences of lateral ankle sprains. *British Journal of Sports Medicine*. 2016; 50: 1496-1505.
- 201. Song K, Burcal CJ, **Hertel J**, Wikstrom EA. Increased visual use in chronic ankle instability: a meta-analysis. *Medicine & Science in Sports & Exercise*. 2016; 48: 2046-56.
- 200. Kim KM, Hart JM, Saliba SA, **Hertel J**. Modulation of the fibularis longus Hoffmann reflex and postural instability associated with chronic ankle instability. *Journal of Athletic Training*. 2016; 51: 637-643.
- 199. Fraser JJ, Feger MA, **Hertel J**. Clinical commentary on midfoot and forefoot involvement in lateral ankle sprains and chronic ankle instability. Part 2: clinical considerations. *International Journal of Sports Physical Therapy*. 2016; 11: 1191-1203.
- 198. Fraser JJ, Feger MA, **Hertel J**. Clinical commentary on midfoot and forefoot involvement in lateral ankle sprains and chronic ankle instability. Part 1: anatomy and biomechanics. *International Journal of Sports Physical Therapy*. 2016; 11: 992-1005.
- 197. Feger M, **Hertel J**. Surface electromyography and plantar pressure changes with a novel gait training device in participants with chronic ankle instability. *Clinical Biomechanics*. 2016; 37:117-24.
- 196. Feger MA, Snell S, Handsfield GG, Blemker SS, Wombacher E, Frye R, Hart JM, Saliba SA, Park JS, Hertel J. Diminished foot and ankle muscle volumes in young adults with chronic ankle instability. *Orthopaedic Journal of Sports Medicine*. 2016; 4(6):2325967116653719. doi: 10.1177/2325967116653719.
- 195. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Sweeney K, Patterson MR, Delahunt E. Coordination and symmetry patterns during the drop vertical jump in participants with chronic ankle instability and lateral ankle sprain copers. *Physical Therapy*. 2016; 96: 1152-61.
- 194. Donovan L, Hart JM, Saliba S, Park J, Feger MA, Herb CC, **Hertel J**. Effects of ankle destabilization devices and rehabilitation on gait biomechanics in chronic ankle instability patients: a randomized controlled trial. *Physical Therapy in Sport*. 2016; 21:46-56.

- 193. Donovan L, Hart J, Saliba S, Park J, Feger M, Herb C, **Hertel J**. Rehabilitation for chronic ankle instability with and without destabilization devices: a randomized controlled trial. *Journal of Athletic Training*. 2016; 51: 233-51.
- 192. Donovan L, Hart J, Saliba S, Park J, Feger M, Hertel J. Effects of an auditory biofeedback device on plantar pressure in patients with chronic ankle instability. *Gait and Posture*. 2016; 44: 29-36.
- 191. Clifton D, Grooms D, **Hertel J**, Onate J. Predicting injury: issues in prospective injury risk factor identification. *Journal of Athletic Training*. 2016; 51: 658-661.
- 190. Gooding T, Feger MA, Hart J, **Hertel J**. Intrinsic foot muscle activation during specific exercises: a T2 MRI study. *Journal of Athletic Training*. 2016; 51: 644-650.
- 189. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Recovery from a first-time lateral ankle sprain and predictors of chronic ankle instability: a prospective cohort analysis. *American Journal of Sports Medicine*. 2016; 44: 995-1003.
- 188. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Single-leg drop landing movement strategies in participants with chronic ankle instability compared with lateral ankle sprain 'copers'. *Knee Surgery, Sports Traumatology & Arthroscopy*. 2016; 24: 1049-59.
- 187. Koldenhoven RM, Feger MA, Fraser JJ, Saliba S, **Hertel J**. Surface electromyography and plantar pressure during walking in young adults with chronic ankle instability. *Knee Surgery, Sports Traumatology, & Arthroscopy*. 2016; 24: 1060-70.
- 186. Doherty C, Bleakley C, Hertel J, Caulfield B, Ryan J, Delahunt E. Dynamic balance deficits in individuals with chronic ankle instability compared to ankle sprain copers 1 year after a first-time lateral ankle sprain injury. *Knee Surgery, Sports Traumatology & Arthroscopy*. 2016; 24:1086-95.
- 185. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Locomotive biomechanics in persons with chronic ankle instability and lateral ankle sprain copers. *Journal of Science & Medicine in Sport*. 2016; 19: 524-30.
- 184. Gribbin TC, Slater LV, Herb CC, Hart JM, Chapman RM, **Hertel J**, Kuenze CM. Differences in hip-knee joint coupling during gait after anterior cruciate ligament reconstruction. *Clinical Biomechanics*. 2016; 32:64-71.
- 183. Herb CC, Chinn L, Hertel J. Ankle taping alters shank-rearfoot joint coupling during gait in patients with chronic ankle instability and healthy controls. *Journal of Sport Rehabilitation*. 2016; 25: 13-22.
- 182. Kim KM, Hart JM, Saliba SA, **Hertel J**. Relationships between self-reported ankle function and modulation of Hoffmann reflex in patients with chronic ankle instability. *Physical Therapy in Sport.* 2016; 17: 63-8.
- 181. Doherty C, Bleakley C, Hertel J, Caulfield B, Ryan J, Sweeney K, Patterson MR, Delahunt E. Lower limb interjoint postural coordination one year after first-time lateral ankle sprain. *Medicine & Science in Sports & Exercise*. 2015; 47: 2398-2405.
- 180. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Sweeney K, Patterson MR, Delahunt E. Coordination and symmetry patterns during the drop vertical jump, 6-months after first-time lateral ankle sprain. *Journal of Orthopedic Research*. 2015; 33: 1537-1544.
- 179. Selkow NM, Herman DC, Liu Z, **Hertel J**, Hart JM, Saliba SA. Blood flow after exerciseinduced muscle damage. *Journal of Athletic Training*. 2015; 50: 400-6.

- 178. Doherty C, Bleakley CM, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Laboratory measures of postural control during the Star Excursion Balance Test after acute first-time lateral ankle sprain. *Journal of Athletic Training*. 2015; 50: 651-64.
- 177. Bowman TG, Mazerolle SM, Pitney WA, Dodge TM, **Hertel J**. Student-retention and career-placement rates between bachelor's and master's degree professional athletic training programs. *Journal of Athletic Training*. 2015; 50: 952-7.
- 176. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Dynamic balance deficits 6 months following first-time acute lateral ankle sprain: a laboratory analysis. *Journal of Orthopedic & Sports Physical Therapy*. 2015; 45: 626-33.
- 175. Feger M, Herb CC, Fraser J, Glaviano N, **Hertel J**. Supervised rehabilitation versus home exercise in the treatment of acute ankle sprains: a systematic review. *Clinics in Sports Medicine*. 2015; 34: 329-46.
- 174. Feger M, Goetschius J, Love H, Saliba S, **Hertel J**. Electrical stimulation as a treatment intervention to improve function, edema or pain following acute lateral ankle sprains: a systematic review. *Physical Therapy in Sport*. 2015; 16: 361-9.
- 173. Kautzky K, Feger M, Hart JM, **Hertel J**. Surface electromyography variability measures during walking: effects of chronic ankle instability and prophylactic bracing. *Athletic Training & Sports Health Care*. 2015; 7: 5-13.
- 172. Donovan L, Hart JM, **Hertel J**. Effects of 2 ankle destabilization devices on electromyography measures during functional exercises in individuals with chronic ankle instability. *Journal of Orthopedic & Sports Physical Therapy*. 2015; 45: 220-32.
- 171. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Sweeney K, Delahunt E. Inter-joint coordination strategies during unilateral stance 6-months following first-time lateral ankle sprain. *Clinical Biomechanics*. 2015; 30:129-35.
- 170. Kuenze CM, **Hertel J**, Weltman A, Diduch DR, Saliba SA, Hart JM. Persistent neuromuscular and corticmotor quadriceps symmetry following ACL reconstruction. *Journal of Athletic Training*. 2015; 50: 303-12.
- 169. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Single-leg drop landing motor control strategies following acute ankle sprain injury. *Scandinavian Journal of Medicine & Science in Sports*. 2015; 25: 525-33.
- 168. Herb CC, Hertel J. Shank-rearfoot joint coupling in young adults with chronic ankle instability: a cross-correlation analysis. *Journal of Sports Medicine & Physical Fitness*. 2015; 55: 639-46.
- 167. McKeon PO, Hertel J, Bramble D, Davis I. The foot core system: a new paradigm for understanding intrinsic foot muscle function. *British Journal of Sports Medicine*. 2015; 49(5): 290. doi: 10.1136/bjsports-2013-092690.
- 166. Cross KM, Saliba SA, Conaway M, Gurka K, Hertel J. Days to return to participation after a hamstrings strain among American collegiate soccer players. *Journal of Athletic Training*. 2015; 50: 733-41.
- 165. Bowman TG, **Hertel J**, Mazerolle SM, Dodge TM, Wathington HD. Program directors' perceptions of undergraduate athletic training student retention. *Journal of Athletic Training*. 2015; 50: 178-84.
- 164. Kim KM, Ingersoll CD, Hertel J. Focal ankle joint cooling facilitates Hoffmann reflexes of ankle muscles in prone but not standing positions. *Journal of Sport Rehabilitation*. 2015; 24: 130-9.

- 163. Feger M, Donovan LT, Hart JM, **Hertel J**. Lower extremity muscle activation in patients with and without chronic ankle instability. *Journal of Athletic Training*. 2015; 50: 350-7.
- 162. Kim KM, Hart JM, Saliba SA, Hertel J. Effects of focal ankle joint cooling on unipedal static balance in individuals with and without chronic ankle instability. *Gait & Posture*. 2015; 41: 282-7.
- 161. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Single-leg drop landing movement strategies 6 months following first-time acute lateral ankle sprain injury. *Scandinavian Journal of Medicine & Science in Sports*. 2015; 25: 806-17.
- 160. Mettler A, Chinn L, Saliba S, McKeon PO, Hertel J. Balance training and center-of-pressure location in participants with chronic ankle instability. *Journal of Athletic Training*. 2015; 50: 343-9.
- 159. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Lower extremity function during gait in participants with first time acute lateral ankle sprain compared to controls. *Journal of Electromyography & Kinesiology*. 2015; 25: 182-92.
- 158. Kuenze C, **Hertel J**, Saliba S, Diduch DR, Weltman A, Hart JM. Clinical thresholds for quadriceps assessment after anterior cruciate ligament reconstruction. *Journal of Sport Rehabilitation*. 2015; 24: 36-46.
- 157. Barlow G, Donovan LT, Hart JM, **Hertel J**. Effect of lace-up ankle braces on electromyography measures during walking in adults with chronic ankle instability. *Physical Therapy in Sport*. 2015; 16: 16-21.
- 156. Grindstaff TL, Pietrosimone BG, Sauer LD, Kerrigan DC, Patrie JT, **Hertel J**, Ingersoll CD. Manual therapy directed at the knee or lumbopelvic region does not influence quadriceps spinal reflex excitability. *Manual Therapy*. 2014; 19: 299-305.
- 155. Feger M, Donovan L, Hart J, **Hertel J**. Effect of ankle braces on lower extremity muscle activation during functional exercises in participants with chronic ankle instability. *International Journal of Sports Physical Therapy*. 2014; 9: 476-487.
- 154. Kuenze CM, **Hertel J**, Hart JM. Quadriceps muscle function after exercise in men and women with a history of anterior cruciate ligament reconstruction. *Journal of Athletic Training*. 2014; 49: 740-6.
- 153. Doherty C, Bleakley C, **Hertel J**, Sweeney K, Caulfield B, Ryan J, Delahunt E. Lower extremity coordination and symmetry patterns during a drop vertical jump task following acute ankle sprain. *Human Movement Science*. 2014; 38: 34-46.
- 152. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Postural control strategies during single limb stance following acute lateral ankle sprain. *Clinical Biomechanics*. 2014; 29: 643-9.
- 151. Rynders CA, Weltman JY, Rynders SD, Patrie J, McKnight J, Katch FI, Hertel J, Weltman A. Effect of an herbal/botanical supplement on recovery from delayed onset muscle soreness: a randomized placebo-controlled trial. *Journal of the International Society of Sports Nutrition*. 2014 Jun 13; 11:27. doi: 10.1186/1550-2783-11-27.
- 150. Furlong J, Rynders CA, Sutherlin M, Patrie J, Katch FI, **Hertel J**, Weltman A. Effect of an herbal/botanical supplement on strength, balance, and muscle function following 12-weeks of resistance training: a placebo controlled study. *Journal of the International Society of Sports Nutrition*. 2014 May 28;11:23. doi: 10.1186/1550-2783-11-23.
- 149. Feger MA, Donovan L, Hart JM, Hertel J. Lower extremity muscle activation during functional exercises in patients with and without chronic ankle instability. *PM&R*. 2014; 6: 602-11.

- 148. Herb CC, **Hertel J**. Current concepts on the pathophysiology and managements of recurrent ankle sprains and chronic ankle instability. *Current Physical Medicine & Rehabilitation Reports*. 2014; 2: 25-34.
- 147. Donovan L, Hart JM, **Hertel J**. Lower extremity electromyography measures during walking with ankle destabilization devices. *Journal of Sport Rehabilitation*. 2014; 23: 134-44.
- 146. Herb CC, Chinn L, Dicharry J, McKeon PO, Hart JM, **Hertel J**. Shank-rearfoot joint coupling with chronic ankle instability. *Journal of Applied Biomechanics*. 2014; 30: 366-72.
- 145. Chinn L, Dicharry J, Hart JM, Saliba S, Wilder RP, **Hertel J**. Gait kinematics after taping in participants with chronic ankle instability. *Journal of Athletic Training*. 2014; 49: 322-30.
- 144. Chang E, Kim KM, Hertel J, Hart JM. Repeated bouts of exercise in patients with ACL reconstruction. *Medicine and Science in Sports & Exercise*. 2014; 46: 769-75.
- 143. Kuenze C, **Hertel J**, Weltman A, Diduch DR, Saliba S, Hart JM. Jogging biomechanics after exercise in individuals with ACL-reconstructed knees. *Medicine and Science in Sports & Exercise*. 2014; 46: 1067-76.
- 142. Doherty C, Bleakley C, **Hertel J**, Caulfield B, Ryan J, Delahunt E. Balance failure in single limb stance due to ankle sprain injury: an analysis of center of pressure using the fractal dimension method. *Gait & Posture*. 2014; 40: 172-6.
- Houston MN, Cross KM, Saliba SA, Hertel J. Injury-related fear in acutely injured intercollegiate and interscholastic athletes. *Athletic Training & Sports Health Care*. 2014; 6: 15-23.
- 140. Doherty C, Delahunt E, Caulfield B, **Hertel J**, Ryan J, Bleakley C. The incidence and prevalence of ankle sprain injury: a systematic review and meta-analysis of prospective epidemiological studies. *Sports Medicine*. 2014; 44: 123-140.
- 139. Gribble PA, Delahunt E, Bleakley C, Caulfield B, Docherty CL, Fourchet F, Fong D, Hertel J, Hiller C, Kaminski TW, McKeon PO, Refshauge KM, van der Wees P, Vicenzino B, Wikstrom EA. Selection criteria for patients with chronic ankle instability in controlled research: a position statement of the international ankle consortium. *Journal of Orthopedic and Sports Physical Therapy*. 2013; 43: 585-591. Also reprinted in: *British Journal of Sports Medicine*. 2014 Jul;48: 1014-8. and *Journal of Athletic Training* 2014; 49(1):121-7.
- 138. Kaminski TW, Hertel J, Amendola N, Docherty CL, Dolan MG, Hopkins JT, Nussbaum E, Poppy W, Richie D. National Athletic Trainers' Association position statement: conservative management and prevention of ankle sprains in athletes. *Journal of Athletic Training*. 2013; 48: 528-545.
- Sims J, Cosby N, Saliba EN, Hertel J, Saliba SA. Exergaming and static postural control in individuals with a history of lower limb injury. *Journal of Athletic Training*. 2013; 48: 314-325.
- Croy T, Saliba S, Saliba E, Anderson MW, Hertel J. Talofibular interval changes after acute ankle sprain: a stress ultrasonography study of ankle laxity. *Journal of Sport Rehabilitation*. 2013; 22: 257-263.
- 135. Croy T, Koppenhaver S, Saliba S, **Hertel J**. Anterior talocrural joint laxity: diagnostic accuracy of the anterior drawer test of the ankle. *Journal of Orthopedic and Sports Physical Therapy*. 2013; 43: 911-919.
- 134. Cage SA, Rupp KA, Castel JC, Saliba EN, Hertel J, Saliba SA. Relative acoustic transmission of topical preparations used with therapeutic ultrasound. Archives of Physical Medicine and Rehabilitation. 2013; 94: 2126-2130.

- 133. Chou E, Kim KM, Baker A, **Hertel J**, Hart JM. Lower leg neuromuscular changes following fibular reposition taping in individuals with chronic ankle instability. *Manual Therapy*. 2013; 18: 316-320.
- 132. Chinn L, Dicharry J, **Hertel J**. Ankle kinematics of individuals with chronic ankle instability while walking and jogging on a treadmill in shoes. *Physical Therapy in Sport*. 2013; 14: 232-239.
- 131. Croy T, Cosby NL, **Hertel J**. Active ankle motion may result in changes to the talofibular interval in individuals with chronic ankle instability and ankle sprain copers: a preliminary study. *Journal of Manual and Manipulative Therapy*. 2013; 21: 127-133.
- 130. Pfile K, Hart JM, Herman DC, **Hertel J**, Kerrigan DC, Ingersoll CD. Different exercise training interventions and drop landing biomechanics in high school female athletes. *Journal of Athletic Training*. 2013; 48: 450-462.
- 129. Aronson P, Rijke A, **Hertel J,** Ingersoll CD. Medial tibiofemoral joint stiffness in males and females across the lifespan. *Journal of Athletic Training*. 2014; 49: 399-405.
- 128. Cross KM, Gurka KK, Saliba SA, Conaway M, **Hertel J**. Comparison of hamstring strain injury rates between male and female intercollegiate soccer athletes. *American Journal of Sports Medicine*. 2013; 41(4):742-748.
- 127. Selkow NM, Herman DC, Liu Z, **Hertel J**, Hart JM, Saliba SA. Microvascular perfusion increases following eccentric exercise of the gastrocnemius. *Journal of Ultrasound Medicine*. 2013; 32: 653-658.
- 126. Clifton DR, Harrison BC, Hertel J, Hart JM. Relationship between functional assessments and exercise-related changes during static balance. *Journal of Strength & Conditioning Research.* 2013; 27: 966-972.
- 125. Parsley A, Chinn L, Lee SY, Ingersoll CD, Hertel J. Effect of three different ankle braces on functional performance and ankle range of motion. *Athletic Training & Sports Health Care*. 2013; 5: 69-75.
- 124. Kuenze C, **Hertel J**, Hart JM. Effects of exercise on lower extremity muscle function following ACL reconstruction. *Journal of Sport Rehabilitation*. 2013; 22: 33-40.
- 123. Kim KM, Hart JM, **Hertel J.** Influence of body position on fibularis longus and soleus Hoffmann reflexes. *Gait and Posture*. 2013; 37: 138-140.
- 122. Donovan L, **Hertel J**. A new paradigm for rehabilitation of patients with chronic ankle instability. *Physician and Sportsmedicine*. 2012; 40 (4): 41-51.
- 121. Rupp KA, Herman DC, **Hertel J**, Saliba SA. Intramuscular temperature changes during two different cryotherapy interventions in healthy individuals. *Journal of Orthopaedic & Sports Physical Therapy*. 2012; 42: 731-737.
- 120. Kim KM, Ingersoll CD, Hertel J. Altered postural modulation of Hoffmann reflex in the soleus and fibularis longus associated with chronic ankle instability. *Journal of Electromyography & Kinesiology*. 2012; 22: 997-1002.
- 119. Park J, Grindstaff TL, Hart JM, **Hertel J**, Ingersoll CD. Knee extension exercises do not immediately change maximal voluntary quadriceps torque and activation in individuals with anterior knee pain. *Journal of Sport Rehabilitation*. 2012; 21: 119-126.
- 118. Lee SY, **Hertel J**. Effect of static foot alignment on plantar pressure measures during running. *Journal of Sport Rehabilitation*. 2012; 21: 137-143.
- 117. Croy TW, Saliba SA, Hart JM, Anderson M, **Hertel J.** Differences in lateral ankle laxity measured via stress ultrasonography in individuals with chronic ankle instability, ankle

sprain copers, and healthy individuals. *Journal of Orthopaedic & Sports Physical Therapy*. 2012; 42: 593-600.

- 116. Gribble PA, **Hertel J**, Plisky P. Using the Star Excursion Balance Test to assess dynamic postural control deficits and outcomes in lower extremity injury: a literature and systematic review. *Journal of Athletic Training*. 2012: 47: 339-357.
- 115. Huggins RA, Glaviano N, Negishi N, Casa D, **Hertel J**. Comparison of rectal and aural thermometry in hyperthermic, exercising individuals: a meta-analysis. *Journal of Athletic Training*. 2012; 47: 329-338.
- 114. Selkow NM, Day C, Liu Z, Hart JM, **Hertel J**, Saliba SA. Microvascular perfusion and intramuscular temperature of the calf during cooling. *Medicine and Science in Sports and Exercise*. 2012; 44: 850-856.
- 113. Grindstaff TL, **Hertel J**, Beazell JR, Magrum EM, Kerrigan DC, Fan X, Ingersoll CD. Lumbopelvic joint manipulation and quadriceps activation in people with patellofemoral pain syndrome. *Journal of Athletic Training*. 2012; 47: 24-31.
- 112. Lee SY, **Hertel J**. Arch height and maximum rearfoot eversion during jogging in two static neutral positions. *Journal of Athletic Training*. 2012: 47: 83-90.
- 111. Beazell JR, Grindstaff TL, Sauer LD, Magrum EM, Ingersoll CD, **Hertel J.** Effects of a proximal or distal tibiofibular joint manipulation on ankle range of motion and functional outcomes in individuals with chronic ankle instability. *Journal of Orthopaedic & Sports Physical Therapy.* 2012: 42: 125-134.
- 110. Livingston SC, Saliba EN, Goodkin HP, Barth JT, **Hertel J**, Ingersoll CD. Differential rates of recovery following acute sports-related concussion: electrophysiologic, symptomatic, and neurocognitive indices. *Journal of Clinical Neurophysiology*. 2012; 29: 23-32.
- 109. McKeon PO, Stein A, Ingersoll CD, Hertel J. Altered plantar receptor stimulation impairs postural control in those with chronic ankle instability. *Journal of Sport Rehabilitation*. 2012: 21: 1-6.
- 108. Schmidt H, Sauer LD, Lee SY, Saliba SA, Hertel J. Increased in-shoe plantar pressures on the lateral aspect of the foot with chronic ankle instability. *Foot and Ankle International*. 2011; 32: 1075-1080.
- 107. Sisson L, Croy TW, Saliba SA, **Hertel J**. Comparison of ankle arthrometry to stress ultrasound imaging in the assessment of ankle laxity in healthy adults. *International Journal of Sports Physical Therapy*. 2011; 6: 297-305.
- 106. Cross KM, Kuenze C, Grindstaff TL, **Hertel J**. Thoracic spine thrust manipulation improves pain, range of motion, and self-reported function in patients with mechanical neck pain: a systematic review. *Journal of Orthopaedic & Sports Physical Therapy*. 2011; 41: 633-642.
- 105. Grindstaff TL, Beazell JR, Sauer LD, Magrum EM, Ingersoll CD, Hertel J. Immediate effects of a tibiofibular joint manipulation on lower extremity H-reflex measures in individuals with chronic ankle instability. *Journal of Electromyography & Kinesiology*. 2011; 21: 652-658.
- 104. Bunn EA, Grindstaff TL, Hart JM, **Hertel J**, Ingersoll CD. Effects of paraspinal fatigue on lower extremity motoneuron excitability in individuals with a history of low back pain. *Journal of Electromyography & Kinesiology*. 2011; 21: 466-470.
- 103. Pope ML, Chinn LE, McKeon PO, Mullineaux DR, Sauer LK, **Hertel J**. Spatial postural control alterations with chronic ankle instability. *Gait and Posture*. 2011; 34: 154-158.

- 102. McMullen K, Cosby NL, Ingersoll CD, Hertel J, Hart JM. Lower extremity postural control immediately following fatiguing hip abduction exercise. *Journal of Athletic Training*. 2011; 46: 607-614.
- 101. Hart JM, Beazell J, Ingersoll CD, Weltman A, Hertel J. Exercise-related postural control deficits in individuals with recurrent low back pain. *Athletic Training and Sports Health Care*. 2011; 3: 118-124.
- 100. Knapp DT, Lee SY, Chinn LE, Saliba SA, Hertel J. Differential ability of selected postural control measures in the prediction of chronic ankle instability status. *Journal of Athletic Training*. 2011; 46: 257-262
- 99. Klykken LW, Pietrosimone BM, Kim KM, Ingersoll CD, **Hertel J**. Motor-neuron pool excitability of the lower leg muscles after acute lateral ankle sprain. *Journal of Athletic Training*. 2011; 46: 263-269.
- 98. Cosby NL, **Hertel J**. Relationships between measures of posterior talar glide and ankle dorsiflexion range of motion. *Athletic Training and Sports Health Care*. 2011; 3: 76-85.
- 97. Pietrosimone BG, Saliba SA, Hart JM, **Hertel J**, Kerrigan DC, Ingersoll CD. Effects of transcutaneous electrical nerve stimulation and therapeutic exercise on quadriceps activation in people with tibiofemoral osteoarthritis. *Journal of Orthopaedic & Sports Physical Therapy*. 2011; 41: 4-12.
- 96. Pietrosimone BG, **Hertel J**, Ingersoll CD, Hart JM, Ingersoll CD, Saliba SA. Voluntary quadriceps activation deficits in patients with tibiofemoral osteoarthritis: a meta-analysis. *Physical Medicine and Rehabilitation*. 2011; 3: 153-162.
- 95. Glaviano N, Selkow N, Saliba E, **Hertel J**, Saliba S. No difference between doses in skin anaesthesia after lidocaine delivered via iontophoresis. *Journal of Sport Rehabilitation*. 2011; 20: 187-197..
- 94. Dannelly BD, Otey SC, Croy T, Harrison B, Rynders CA, **Hertel J**, Weltman A. The effectiveness of traditional and sling exercise strength training in women. *Journal of Strength and Conditioning Research*. 2011; 25: 464-71.
- 93. Cosby NL, **Hertel J**. Clinical assessment of ankle injury outcomes: case scenario using the Foot and Ankle Ability Measure. *Journal of Sport Rehabilitation*. 2011; 20: 89-99.
- 92. Pietrosimone BG, Saliba SA, Hart JM, **Hertel J**, Ingersoll CD. Contralateral effects of disinhibitory TENS on quadriceps function in people with knee osteoarthritis following unilateral treatment. *North American Journal of Sports Physical Therapy*. 2010; 5: 111-121.
- 91. Norte G, Pietrosimone BG, Hart JM, **Hertel J**, Ingersoll CD. Relationship between transcranial magnetic stimulation and percutaneous electrical stimulation in determining the quadriceps central activation ratio. *American Journal of Physical Medicine and Rehabilitation*. 2010; 12: 986-996.
- 90. Pietrosimone BM, Saliba SA, **Hertel J**, Kerrigan DC, Ingersoll CD. Effects of disinhibitory transcutaneous electrical nerve stimulation and therapeutic exercise on sagittal plane peak knee kinematics and kinetics in people with knee osteoarthritis during gait: a randomized controlled trial. *Clinical Rehabilitation* 2010; 24: 1091-1101.
- 89. Medina McKeon JM, Denegar CR, **Hertel J**. Sex differences and discriminative value of lower extremity alignments and kinematics during two functional tasks. *Journal of Applied Biomechanics*. 2010, 26: 295-304.
- 88. Lee SY, **Hertel J**, Lee SC. Rearfoot eversion has indirect effects on plantar fascia tension by changing the amount of arch collapse. *Foot*. 2010; 20: 64-70.

- 87. Aronson PA, Gieck JH, **Hertel J**, Rijke AM, Ingersoll CD. Tibiofemoral joint positioning for the valgus stress test. *Journal of Athletic Training*. 2010; 45: 357-263.
- 86. Jackson KR, Garrison JC, Ingersoll CD, **Hertel J**. Similarity of hip and knee kinematics and kinetics among prepubescent boys and girls during a drop vertical jump landing. *Athletic Training and Sports Health Care*. 2010; 2: 74-81.
- 85. Kim KM, Croy T, Hertel J, Saliba S. Effects of neuromuscular electrical stimulation after anterior cruciate ligament reconstruction on quadriceps strength, function, and patientoriented outcomes: a systematic review. *Journal of Orthopedic and Sports Physical Therapy*. 2010; 40: 383-391.
- Livingston SC, Saliba EN, Goodkin HP, Barth JT, Hertel JN, Ingersoll CD. A preliminary investigation of motor evoked potential abnormalities following sport-related concussion. *Brain Injury*. 2010; 24: 904-13.
- 83. Hart JM, Pietrosimone B, **Hertel J**, Ingersoll CD. Quadriceps activation following knee injuries: a systematic review. *Journal of Athletic Training*. 2010; 45: 87-97.
- 82. Chinn L, **Hertel J.** Rehabilitation of ankle and foot injuries in athletes. *Clinics in Sports Medicine*. 2010; 29: 157-167.
- 81. Mook WR, Miller MD, Diduch DR, **Hertel J**, Boachie-Adjei Y, Hart JM. Multiple-ligament knee injuries: a systematic review of the timing of operative intervention and postoperative rehabilitation. *Journal of Bone and Joint Surgery (Am)*. 2009; 91: 2946-2957.
- 80. Perreault A, Kelln B, **Hertel J**, Pugh K, Saliba S. Short term effects of strain-counterstrain in reducing pain in upper trapezius tender points a pilot study. *Athletic Training and Sports Health Care*. 2009; 1: 214-221.
- 79. Drewes LK, McKeon PO, Kerrigan DC, Hertel J. Dorsiflexion deficit during jogging with chronic ankle instability. *Journal of Science and Medicine in Sport*. 2009; 12: 685-687.
- 78. Drewes LK, McKeon PO, Paolini G, Riley PO, Kerrigan DC, Ingersoll CD, **Hertel J**. Altered ankle kinematics and shank-rearfoot coupling in those with chronic ankle instability. *Journal of Sport Rehabilitation*. 2009; 18: 375-388.
- 77. Gribble PA, Robinson RH, **Hertel J**, Denegar CR. The effects of gender and fatigue on dynamic postural control. *Journal of Sport Rehabilitation*. 2009; 18: 240-57.
- 76. Pietrosimone BG, Hart JM, Saliba SA, **Hertel J**, Ingersoll CD. Immediate effects of transcutaneouselectrical nerve stimulation and focal knee joint cooling on quadriceps activation. *Medicine and Science in Sports and Exercise*. 2009; 41: 1175-81.
- 75. McKeon PO, Paolini G, Ingersoll CD, Kerrigan DC, Saliba EN, Bennett BC, **Hertel J**. Effects of balance training on gait parameters in patients with chronic ankle instability: a randomized controlled trial. *Clinical Rehabilitation*. 2009; 23: 609-21.
- 74. Kelln BM, Ingersoll CD, Saliba SA, Miller M, Hertel J. Effect of early active range of motion rehabilitation on outcome measures after partial meniscectomy. *Knee Surgery, Sports Traumatology, and Arthroscopy*. 2009; 17: 607-16.
- 73. Selkow NM, Grindstaff TL, Cross KM, Pugh K, **Hertel J**, Saliba S. Short-term effect of muscle energy technique on pain in individuals with non-specific low back pain: a pilot study. *Journal of Manual and Manipulative Therapy*. 2009; 17: E14-E18.
- 72. Grindstaff TL, Hertel J, Beazell JR, Magrum EM, Ingersoll CD. Effects of lumbopelvic joint manipulation on quadriceps activation and strength in healthy individuals. *Manual Therapy*. 2009; 14: 415-20.

- 71. Medina McKeon JM, **Hertel J**. Sex differences and representative values for 6 lower extremity alignment measures. *Journal of Athletic Training*. 2009; 44: 249-55.
- 70. Lee SY, McKeon PO, Hertel J. Does the use of orthotics improve self-reported pain and function measures in patients with plantar fasciitis? A meta-analysis. *Physical Therapy in Sport.* 2009; 10: 12-8.
- 69. McKeon PO, Ingersoll CD, Kerrigan DC, Bennett B, Saliba, EN, **Hertel J**. Balance training improves function and postural control in chronic ankle instability. *Medicine and Science in Sports and Exercise*. 2008; 40: 1810-1819.
- 68. Landrum EL, Kelln BM, Parente W, Ingersoll CD, **Hertel J.** Immediate effects of posterior talocrural joint mobilization after prolonged ankle immobilization: a preliminary study. *Journal of Manual and Manipulative Therapy*. 2008; 16: 100-105.
- 67. Pietrosimone BG, Linens S, Uczekaj E, Grindstaff TL, **Hertel J.** Efficacy of prophylactic braces in prevention of knee ligament injuries: a numbers needed to treat analysis. *Journal of Athletic Training*. 2008; 43: 409-415.
- 66. **Hertel J.** Sensorimotor deficits with ankle sprains and chronic ankle instability. *Clinics in Sports Medicine*. 2008; 27: 353-370.
- 65. McKeon PO, Hertel J. Spatiotemporal postural control deficits are present in those with chronic ankle instability. *BMC Musculoskeletal Disorders*. 2008; 9: 76. (PMID: 18518994)
- 64. McKeon PO, Hertel J. Systematic review of postural control and lateral ankle instability, part
 1: can deficits be detected with instrumented testing? *Journal of Athletic Training*. 2008; 43: 293-304.
- 63. McKeon PO, Hertel J. Systematic review of postural control and lateral ankle instability, part
 2: is balance training clinically effective? *Journal of Athletic Training*. 2008; 43: 305-315.
 (2008 Kenneth Knight Award for Outstanding Research Manuscript in *Journal of Athletic Training*.)
- 62. Kelln BM, McKeon PO, Gontkof L, **Hertel J.** Handheld dynamometry: reliability of lower extremity muscle testing in healthy, physically active, young adults. *Journal of Sport Rehabilitation*. 2008; 17: 160-170.
- 61. Friscia BA, Hammill RR, McGuire BA, **Hertel J**, Ingersoll CD.Anterior shoulder laxity is not correlated with medial elbow laxity in high school baseball players. *Journal of Sport Rehabilitation*. 2008; 17: 106-118.
- Headlee DL, Leonard JL, Hart JM, Ingersoll CD, Hertel J. Fatigue of the plantar foot instrinsic muscles increases navicular drop. *Journal of Electromyography & Kinesiology*. 2008; 18: 420-425.
- 59. Pietrosimone BG, Hammill RR, Saliba EN, Hertel J, Ingersoll CD. Joint angle and contraction mode influence quadriceps motor neuron pool excitability. *American Journal of Physical Medicine and Rehabilition*. 2008; 87: 100-108.
- 58. Hubbard TJ, **Hertel J.** Anterior positional fault of the fibula after sub-acute lateral ankle sprains. *Manual Therapy*. 2008; 13: 63-67.
- 57. Kramer LC, Denegar CR, Buckley WE, Hertel J. Factors associated with anterior cruciate ligament injury history in females. *Journal of Sports Medicine and Physical Fitness*. 2007; 47: 446-454.
- 56. McKeon PO, **Hertel J.** Plantar hypoesthesia alters time-to-boundary measures of postural control. *Somatosensory and Motor Research.* 2007; 24: 171-177.

- 55. Corbin DM, Hart JM, McKeon PO, Ingersoll CD, Hertel J. The effect of textured insoles on postural control in double and single limb stance. *Journal of Sport Rehabilitation*. 2007; 16: 363-372.
- 54. Sedory EJ, McVey ED, Cross KM, Ingersoll CD, **Hertel J.** Arthrogenic muscle response of the quadriceps and hamstrings with chronic ankle instability. *Journal of Athletic Training*. 2007; 42: 355-360.
- 53. Hubbard TJ, Kramer LC, Denegar CR, **Hertel J.** Correlations between multiple measures of functional and mechanical instability in those with chronic ankle instability. *Journal of Athletic Training*. 2007; 42: 361-366.
- 52. Hale SA, **Hertel J**, Olmsted-Kramer LC. Lower extremity function improves after rehabilitation for chronic ankle instability. *Journal of Orthopedic and Sports Physical Therapy*. 2007; 37: 303-311.
- 51. Dick R, **Hertel J**, Agel J, Grossman J, Marshall SW. Descriptive epidemiology of collegiate men's basketball injuries: National Collegiate Athletic Association injury surveillance system, 1988-1989 through 2003-2004. *Journal of Athletic Training*. 2007; 42: 194-201.
- 50. Gribble PA, **Hertel J**, Denegar CR. Chronic ankle instability and fatigue create proximal joint alterations during performance of the Star Excursion Balance Test. *International Journal of Sports Medicine*. 2007; 28: 236-242.
- 49. Hubbard TJ, Kramer LC, Denegar CR, **Hertel J**. Factors contributing to chronic ankle instability. *Foot and Ankle International*. 2007; 28: 343-354.
- 48. McKeon PO, **Hertel J.** Diminished plantar cutaneous sensation and postural control. *Perceptual and Motor Skills.* 2007; 104: 56-66.
- 47. Hertel J, Olmsted-Kramer LC. Deficits in time-to-boundary measures of postural control with chronic ankle instability. *Gait and Posture*. 2007; 25: 33-39.
- 46. Grindstaff TL, Hamill RR, Tuzson A, **Hertel J**. Neuromuscular control training programs decrease non-contact ACL injury rates in female athletes: a numbers needed to treat analysis. *Journal of Athletic Training*. 2006; 41: 450-456. (1st Runner-Up, 2006 Kenneth Knight Award for Outstanding Research Manuscript in *Journal of Athletic Training*.)
- 45. **Hertel J**, Williams NI, Olmsted-Kramer LC, McConnell HJ, Putukian M. Neuromuscular performance and knee laxity do not change across the menstrual cycle of female athletes. *Knee Surgery, Sports Traumatology, and Arthroscopy*. 2006; 14: 817-822.
- 44. Sherbondy P, Sebastianelli WJ, **Hertel J**. The effect of protective equipment on cervical spine alignment in collegiate lacrosse players. *American Journal of Sports Medicine*. 2006; 34: 1675-1679.
- 43. **Hertel J**, Braham RA, Hale SA, Olmsted-Kramer LC. Simplifying the Star Excursion Balance Test: analyses of subjects with and without chronic ankle instability. *Journal of Orthopedic and Sports Physical Therapy*. 2006; 36: 131-137.
- 42. Hubbard TJ, Hertel J. Mechanical contributions to chronic lateral ankle instability. *Sports Medicine*. 2006; 36: 263-277.
- 41. Hubbard TJ, **Hertel J**, Sherbondy P. Anterior fibular displacement with chronic ankle instability. *Journal of Orthopaedic and Sport Physical Therapy*. 2006; 36: 3-9.
- 40. **Hertel J**, Olmsted-Kramer LC, Challis JH. Time-to-boundary measures of postural control in single limb quiet standing. *Journal of Applied Biomechanics*. 2006; 22: 67-73.
- Hubbard TJ, Olmsted-Kramer LC, Hertel J, Sherbondy PS. Anterior-posterior mobility of the talus in subjects with chronic ankle instability. *Physical Therapy in Sport.* 2005; 6: 146-152.

- Earl JE, Hertel J, Denegar CR. Patterns of dynamic malalignment, muscle activation, joint motion, and patellofemoral pain syndrome. *Journal of Sport Rehabilitation*. 2005; 14: 215-233.
- Gribble PA, Hertel J, Denegar CR, Buckley WE. Reliability and validity of a 2-D video digitizing system during a static and dynamic task. *Journal of Sport Rehabilitation*. 2005; 14:137-149.
- 36. Hale SA, **Hertel J.** The reliability and sensitivity of the Foot and Ankle Disability Index in subjects with chronic ankle instability. *Journal of Athletic Training*. 2005; 40: 35-40.
- 35. **Hertel J,** Sloss BR, Earl JE. Effect of foot orthotics on quadriceps and gluteus medius EMG activity during selected exercises. *Archives of Physical Medicine and Rehabilitation*. 2005; 86: 26-30.
- 34. **Hertel J,** Dorfman JH, Braham RA. Lower extremity malalignments and anterior cruciate ligament injuries: a retrospective study. *Journal of Sports Science and Medicine*. 2004; 3: 220-225.
- 33. Gribble PA, **Hertel J.** Changes in postural control during a 48 hour sleep deprivation period. *Perceptual and Motor Skills*. 2004; 99: 1035-1045.
- 32. Gribble PA, **Hertel J**. Effect of hip and ankle muscle fatigue on unipedal postural control. *Journal of Electromyography and Kinesiology*. 2004; 14: 641-646.
- 31. Gribble PA, **Hertel J**, Denegar CR, Buckley WE. The effects of fatigue and chronic ankle instability on dynamic postural control. *Journal of Athletic Training*. 2004; 39: 321-329.
- 30. Evans TA, **Hertel J**, Sebastianelli WJ. Bilateral postural control deficits after unilateral ankle sprain. *Foot and Ankle International*. 2004; 25: 833-839.
- 29. Schmitt DM, Hertel J, Evans TA, Olmsted LC, Putukian M. Effect of an acute bout of soccer heading on postural control and self-reported symptoms of concussion. *International Journal of Sports Medicine*. 2004; 25: 326-331.
- 28. Rothermel SA, Hale SA, **Hertel J**, Denegar CR. Effect of active foot positioning on the outcome of a balance training program. *Physical Therapy in Sport*. 2004; 5: 98-103.
- 27. Olmsted LC, Vela LI, Denegar CR, **Hertel J**. Prophylactic ankle taping and bracing: a numbers needed to treat and cost-benefit analysis. *Journal of Athletic Training*. 2004; 39: 95-100.
- 26. Earl JE, Piazza SJ, **Hertel J**. The Protonics[®] knee brace unloads the quadriceps in healthy subjects. *Journal of Athletic Training*. 2004; 39: 44-49.
- Drysdale CL, Earl JE, Hertel J. Surface electromyographic activity of the abdominal muscles during abdominal hollowing and pelvic tilt exercises. *Journal of Athletic Training*. 2004; 39: 32-36.
- 24. **Hertel J**, Earl JE, Tsang KKW, Miller SJ. Combining isometric knee extension exercises with hip adduction or abduction does not increase quadriceps EMG activity. *British Journal of Sports Medicine*. 2004; 38: 210-213.
- 23. Gribble PA, **Hertel J.** Effect of lower extremity muscle fatigue on postural control. *Archives of Physical Medicine and Rehabilitation*. 2004; 85: 589-592.
- 22. Olmsted LC, **Hertel J.** Influence of foot type and orthotics on static and dynamic postural control. *Journal of Sport Rehabilitation*. 2004; 13: 54-66.
- 21. Tsang KKW, Hertel J, Denegar CR. Volume decreases after elevation and intermittent compression of postacute ankle sprains are negated by gravity-dependent positioning. *Journal of Athletic Training*. 2003; 38: 320-324. (1st Runner-Up, 2003 Kenneth L. Knight Award for outstanding research manuscript)

- 20. Krawiec CJ, Denegar CR, **Hertel J**, Salvaterra GF, Buckley WE. Static innominate asymmetry and leg length discrepancy in asymptomatic collegiate athletes. *Manual Therapy*. 2003; 8: 207-213.
- 19. Evans TA, Domorski SN, Putukian M, Sebastianelli WJ, Hertel J. Forefoot pain in a female collegiate soccer player. *Journal of Sport Rehabilitation*. 12: 272-279, 2003.
- 18. Gribble PA, **Hertel J.** Considerations for normalization of measures of the Star Excursion Balance Test. *Measurement in Physical Education and Exercise Science*. 7: 89-100, 2003.
- 17. **Hertel J.** Functional anatomy, pathomechanics, and pathophysiology of lateral ankle instability. *Journal of Athletic Training.* 37: 364-376, 2002. (Second runner-up: 2002 Clint Thompson Award for outstanding literature review manuscript)
- Olmsted LC, Carcia CR, Hertel J, Shultz SJ. Efficacy of the Star Excursion Balance Test in detecting reach deficits in subjects with chronic ankle instability. *Journal of Athletic Training*. 37: 501-506, 2002.
- 15. Denegar CR, **Hertel J**, Fonseca J. The effect of lateral ankle sprain on dorsiflexion range of motion, posterior talar glide, and joint laxity. *Journal of Orthopaedic and Sports Physical Therapy*. 32: 166-173, 2002.
- 14. **Hertel J**, Gay MR, Denegar CR. Differences in postural control measures among healthy individuals with different foot types. *Journal of Athletic Training*, 37: 129-132, 2002.
- 13. Johnson PD, Hertel J, Olmsted LC, Denegar CR, Putukian M. Effect of mild brain injury on an instrumented agility task. *Clinical Journal of Sports Medicine*. 12: 12-17, 2002.
- 12. **Hertel J,** Buckley WE, Denegar CR. Serial testing of postural control after acute lateral ankle sprain. *Journal of Athletic Training* 36: 363-368, 2001.
- Hertel J, Denegar CR, Buckley WE, Sharkey NA, Stokes WL. Effects of rearfoot orthotics on postural control following lateral ankle sprain. *Archives of Physical Medicine and Rehabilitation* 82: 1000-1003, 2001.
- Dompier TP, Denegar CR, Buckley WE, Miller SJ, Hertel J, Sebastianelli WJ. The effect of general anesthesia on passive knee extension range of motion. *Journal of Sport Rehabilitation*. 10: 257-266, 2001.
- 9. Earl JE, **Hertel J**. Lower extremity EMG activity during the Star Excursion Balance Tests. *Journal of Sport Rehabilitation* 10: 93-104, 2001.
- 8. **Hertel J,** West TF, Buckley WE, Denegar CR. Educational history, employment characteristics, and desired competencies of certified athletic trainers with doctoral degrees. *Journal of Athletic Training* 36: 49-57, 2001.
- 7. Hertel J, Denegar CR, Buckley WE, Sharkey NA, Stokes WL. Effect of rear-foot orthotics on postural control in healthy subjects. *Journal of Sport Rehabilitation* 10:36-47, 2001.
- 6. **Hertel J**. Functional instability following lateral ankle sprain. *Sports Medicine* 29: 361-371, 2000.
- 5. Hertel J, Miller SJ, Denegar CR. Intratester and intertester reliability during the Star Excursion Balance Tests. *Journal of Sport Rehabilitation* 9: 104-116, 2000.
- 4. **Hertel J**, Denegar CR, Monroe MM, Stokes W. Talocrural and subtalar joint instability after lateral ankle sprain. *Medicine and Science in Sport and Exercise* 31: 1501-1508, 1999.
- 3. Hertel J, Denegar CR, Johnson PD, Hale SA, Buckley WE. Reliability of the Cybex Reactor in the assessment of an agility task. *Journal of Sport Rehabilitation*, 8: 24-31, 1999.
- 2. **Hertel J**. The role of nonsteroidal anti-inflammatory drugs in the treatment of acute soft tissue injuries. *Journal of Athletic Training*, 32: 350-358, 1997. (First runner-up: 1997 Clint Thompson Award for outstanding literature review manuscript)

1. **Hertel JN**, Guskiewicz KM, Kahler DM, Perrin DH. Effect of lateral ankle joint anesthesia on center of balance, postural sway, and joint position sense. *Journal of Sport Rehabilitation*, 5:111-119, 1996.

Non-refereed Publications:

- 31. Hertel J, Kaminski TW. These are the sprains of our lives... Journal of Athletic Training. 2019; 54: 569.
- 30. **Hertel J**. A bold vision for JAT: All in for the top 10. *Journal of Athletic Training*. 2018; 53: 533-4. (editorial)
- 29. Hertel J, Denegar CR. Practice-based research networks: making clinical research a reality in athletic training. *Journal of Athletic Training*. 2012; 47: 487-488. (invited editorial)
- 28. Drewes LK, Beazell J, **Hertel J**. Considering the intrinsic foot musculature in evaluation and rehabilitation of lower extremity injuries: a case review. *Athletic Training & Sports Health Care*. 2011; 3: 43-47.
- 27. Hertel J. Keep it simple: study design nomenclature in research article abstracts. *Journal of Athletic Training*. 2010; 45: 213-214. (invited editorial)
- 26. Hertel J. Changes in postural control and gait with chronic ankle instability. *Journal of Orthopaedic and Sports Physical Therapy*. 2009; 39 (10): A4.
- 25. **Hertel J.** Immobilisation for acute severe ankle sprain. *Lancet.* 2009 Feb 14;373 (9663):524-6. (invited commentary)
- 24. Grindstaff TL, Beazell JR, Magrum EM, Hertel J. Taping technique for restricted ankle dorsiflexion. *Athletic Training & Sports Health Care*. 2009; 1(3): 147.
- 23. Grindstaff TL, Beazell JR, Magrum EM, Hertel J. Joint mobilization techniques for restricted ankle dorsiflexion. *Athletic Training & Sports Health Care*. 2009; 1(3): 99-100.
- 22. Grindstaff TL, Beazell JR, Magrum EM, **Hertel J.** Stretching technique for restricted ankle dorsiflexion while maintaining subtalar joint neutral. *Athletic Training & Sports Health Care. 2009;* 1(2): 56-57.
- 21. Grindstaff TL, Beazell JR, Magrum EM, **Hertel J.** Assessment of ankle dorsiflexion range of motion restriction. *Athletic Training & Sports Health Care. 2009;* 1(1): 2-3.
- Hertel J. Commentary on "Do voluntary strength, proprioception, range of motion, or postural sway predict occurrence of lateral ankle sprain?" *British Journal of Sports Medicine*. 2006; 40: 828. (invited commentary)
- 19. Medina JM, McKeon PO, **Hertel J**. Rating the levels of evidence in sports medicine research. *Athletic Therapy Today.* 2006; 11(5): 38-41.
- 18. McKeon PO, Medina JM, **Hertel J.** Hierarchy of research design in evidence-based sports medicine. *Athletic Therapy Today*. 2006; 11 (4): 42-45.
- 17. McKeon PO, **Hertel J**. The dynamical systems approach to studying athletic injury. *Athletic Therapy Today*. 2006; 11 (1): 31-33.
- 16. **Hertel J.** Overview of the etiology of chronic ankle instability. *Journal of Orthopaedic and Sports Physical Therapy.* 2006; 36 (11): A7.
- 15. **Hertel J.** Research training for clinicians: the crucial link between third party reimbursement and evidence-based practice. *Journal of Athletic Training*. 2005 Jun;40(2):69-70. (invited editorial).
- 14. Hertel J, Kaminski TW. Second International Ankle Symposium Summary Statement. *Journal* of Orthopaedic and Sports Physical Therapy. 2005; 35 (5): A2-A6.

- 13. Hertel J. The complex etiology of lateral ankle instability. *Journal of Orthopaedic and Sports Physical Therapy.* 2005; 35 (5): A9-A10.
- 12. Olmsted-Kramer LC, **Hertel J**. Evasive maneuvers: outcomes research supports the use of ankle taping, bracing, and balance training to stay one step ahead of ankle sprains. *BioMechanics*. 2004; 12(11).
- 11. Olmsted-Kramer LC, **Hertel J.** Preventing recurrent lateral ankle sprains: an evidence-based approach. *Athletic Therapy Today*; 2004; 9(6): 19-22.
- 10. **Hertel J**, Olmsted LC. Soft feet, strong legs: Want an easy way to help treat lower extremity injuries in your athletes? Orthotics are the answer, although it's not clear whether they control mechanics or alter neuromuscular activation patterns. *Training and Condition*. 2004; 14(5).
- 9. Bernstein J, Ahn J, Almekinders LC, Beredjiklian PK, Dart RC, Fredman KB, Gaieski DF, Gossett J, **Hertel J**, Mehta S, Minger K, Raffa RB. Analgesia in sports medicine: a special report. *Physician and Sportsmedicine*. August 2003. (36 page supplement)
- 8. Vela L, Tourville TW, **Hertel J.** Physical examination of the acutely injured ankle: an evidencebased approach. *Athletic Therapy Today*. 2003; 8(5): 13-19.
- 7. **Hertel J**, Kaminski TW. As the ankle turns.... *Journal of Athletic Training*, 37: 363, 2002. (foreward to thematic issue on "Ankle Instability")
- 6. Denegar CR, **Hertel J**. Clinical education reform and evidence-based practice guidelines. *Journal of Athletic Training*, 37: 127-128, 2002. (invited editorial)
- 5. **Hertel J.** Rearfoot orthoses may prevent recurrence of lateral ankle sprains. *BioMechanics* 7(7): 55-62, 2000.
- 4. Weaver J, Denegar CR, **Hertel J**. Exercise-induced asthma. *Athletic Therapy Today* 5(3): 38-42, 2000.
- 3. Denegar CR, **Hertel J**, Miller SJ. The use of electrotherapy and manual therapy in the treatment of myofascial pain syndrome. *Athletic Therapy Today*, 3(6): 20-24, 1998.
- 2. Hertel J, Denegar CR. A rehabilitation paradigm for restoring neuromuscular control following athletic injury. *Athletic Therapy Today*, 3(5): 12-16, 1998.
- 1. **Hertel J**. Acute anterior thigh compartment syndrome. *Athletic Therapy Today*, 2(2):39-43, 1997.

Published Books:

- Hurley W, Denegar CR, **Hertel J.** <u>Research Methods: A Framework for Evidence-Based Clinical Practice</u>. Baltimore: Lippincott Williams & Wilkins, 2010.
- Denegar CR, Miller SJ, **Hertel J**, Plafkin D. <u>Progressive Rehabilitation of Lower Extremity Sports Injuries</u>. (Includes instructional video) Champaign, IL: Human Kinetics Publishers, 2000.

Published Book Chapters:

- Hertel J, Onate J, Kaminski T. Injury prevention. In: *DeLee, Drez, & Miller's Orthopaedic Sports Medicine: Principles and Practice*. Miller MD, Thompson SR (eds). Philadelphia: Elsevier, 2020, pp. 376-384.
- Denegar CR, Hertel J. Writing an effective research paper. In: *Professional Writing in Kinesiology* and Sports Medicine. Knoblauch M. (ed). Thorofare, NJ: Slack. 2019, pp. 77-88.
- Williams DB, Hertel J, Ingersoll CD, Newman DP. Rehabilitation of leg, ankle, and foot injuries.
 In: *Pathology and Intervention in Musculoskeletal Rehabilitation*. Magee D, Zachazewski J, Quillen W. Manske RC. (eds). Maryland Heights, MO: Elsevier. 2016, pp. 851-880.

- Donovan L, **Hertel J**. What is the comparative cost-effectiveness of lateral ankle sprain prevention strategies? In: *Quick Questions in Ankle Sprains: Expert Advice in Sports Medicine*. Edited by McKeon PO & Wikstrom E. Thorofare, NJ:Slack. 2015, pp. 45-50.
- Feger M, **Hertel, J**. Rehabilitation after ankle football injuries. In *The Ankle in Football*. d'Hooghe PP, Kerkhoffs GM. (eds). Paris: Springer. 2014, pp. 269-285.
- Herman DC, Magrum E, Hertel J. Chronic ankle instability. In: *Therapeutic Programs for Musculoskeletal Disorders*. Wyss JF, Patel AD. (eds). New York: Demos Medical Publishing, 2013, pp. 227-232.
- Hertel J, Ingersoll CD, Newman DP. Rehabilitation of leg, ankle, and foot injuries. In: *Pathology and Intervention in Musculoskeletal Rehabilitation*. Magee D, Zachazewski J, Quillen W. (eds). St. Louis: Saunders Elsevier, 2009, pp. 637-656.

Published Book Reviews:

Hertel J. Therapeutic Modalities by Chad Starkey. Journal of Athletic Training. 34(1): 74, 1999.

Published Book Foreward:

Hertel J. Foreward to *Athletic Training Student Primer: A Foundation for Success*. 3rd edition by Winterstein AR. 2018. Thorofare, NJ: Slack.

Online Home Study Courses:

Hertel J, Hale S, Kramer L. Ankle Sprains Course. Champaign, IL: Human Kinetics Publishers, 2012. ISBN-13: 9780736095679.

Refereed Abstract Presentations:

- 368. Gregory CJ, Koldenhoven RM, Higgins M, Hertel J. Effects of external supports on running mechanics in individuals with history of lateral ankle sprains. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S375.
- 367. Glaviano NR, Marshall AN, Mangum LC, Hart JM, Hertel J, Russel S, Saliba SA. Impairment-based rehabilitation with patterned electrical neuromuscular stimulation improves lower extremity function in individuals with patellofemoral pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S333.
- 366. Duffy R, Baellow A, Hertel J, Saliba S. Biomechanical characteristics of the ankle and knee in females with and without patellofemoral pain during a drop vertical jump. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S330-1.
- 365. Koldenhoven RM, Fraser JJ, Saliba S, Hertel J. Ultrasonography of gluteal and fibularis muscles during tabletop and band walking exercise in individuals with history of lateral ankle sprain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S261. *Winner of Outstanding Doctoral Student Poster Presentation*.
- 364. Goetschius J, **Hertel J**, Saliba SA, Brockmeier SF, Hart JM. Immediate effects of patellar tendon vibration on quadriceps strength in ACL reconstructed knees. National Athletic

Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S193.

- 363. Bookbinder HA, Slater LV, Hertel J, Hart JM. Single-leg jump performance before and after exercise in healthy and ACL reconstructed individuals. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S158-9.
- 362. Funk CD, Fraser JJ, Resch JE, Hertel J. Sensorimotor deficits in distance runners with medial plantar pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S150.
- 361. Norte GE, Hertel J, Saliba SA, Diduch DR, Hart JM. Quadriceps function in ACL reconstructed patients: a principal component analysis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S112.
- 360. Martin K, Koldenhoven RM, Jaffri AH, Bodkin SG, Hart J, Saliba S, Hertel J. Walking gait mechanics and gaze fixation in individuals with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S84.
- 359. Keith TR, Corbett RO, Hart JM, **Hertel J**. Objective and subjective functional test measures in interscholastic athletes with a history of time loss ankle sprain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S62.
- 358. Corbett RO, Keith TR, **Hertel J**. Patient-reported outcomes and perceived confidence in athletes with a history of ankle sprain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. Reprinted in: *Journal of Athletic Training*. 2018; 53: S60.
- 357. Slater LV, Blemker S, **Hertel J**, Saliba S, Weltman A, Hart J. Biomechanical adaptations after exercise in healthy and ACL reconstructed individuals. American College of Sports Medicine Annual Meeting. May 2018. Minneapolis, MN. Reprinted in: *Medicine & Science in Sports & Exercise*. 2018; 50 (5S): 253.
- 356. Fraser JJ, Koldenhoven R, Jaffri AH, Saliba SA, Hart JM, Park J, Hertel J. Effect of midfoot joint mobilization on ankle-foot morphology and function following acute ankle sprain: a randomized controlled trial. American Physical Therapy Association Combine Section Meeting. February 2018. New Orleans, LA. Reprinted in: *Journal of Orthopaedic & Sports Physical Therapy*. 2018; 48(1): A10.
- 355. Koldenhoven R, Fraser JJ, Mangum LC, Higgins MJ, **Hertel J**. Gluteal muscle thickness during lateral band walking in individuals with history of ankle sprain. 7th International Ankle Symposium. Chapel Hill, NC. September 2017. Reprinted in: *British Journal of Sports Medicine*. 2017; 51 (Suppl 1): A5-6.
- 354. Fraser JJ, Hertel J. The quarter-ellipsoid foot: a clinically accessible 3-dimensional composite measure of foot deformation. 7th International Ankle Symposium. Chapel Hill, NC. September 2017. Reprinted in: *British Journal of Sports Medicine*. 2017; 51 (Suppl 1): A5-6.
- 353. Doherty C, Bleakley C, Hertel J, Caulfield B, Ryan J, Delahunt E. Predicting chronic ankle instability following a first-time lateral ankle sprain using clinical assessment: a prospective

cohort analysis. 7th International Ankle Symposium. Chapel Hill, NC. September 2017. Reprinted in: *British Journal of Sports Medicine*. 2017; 51 (Suppl 1): A5-6.

- 352. Eddy R, Goetschius J, Hertel J, Resch JE. Test-Retest Reliability and the Effects of Exercise on the King- Devick Test. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S235.
- 351. Walton SR, Broshek DK, Freeman J, Meyer JP, Hertel J, Resch JE. Are Institutionally-Based Normative Values for ImPACT Scores Different Than Manufacturer-Provided Normative Values? National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S235.
- 350. Colapietro M, Fraser JJ, Resch JE, Hertel J. Running Mechanics During 1600-Meter Track Runs in Young Adults With and Without Chronic Ankle Instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S216.
- 349. Clifton DR, Onate JA, Hertel J, Currie D, Knowles S, Pierpoint L, Wasserman E, Comstock RD, Dompier TP, Kerr ZY. Descriptive Epidemiology of Injuries in US High School Girls' and NCAA Women's Basketball: 2004/05-2013/14. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: Journal of Athletic Training. 2017; 52: S183.
- 348. Lisee C, Slater L, Hertel J, Hart J. Lower Extremity Strength, Functional Performance and Limb Symmetry Among Healthy Subjects. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S142.
- 347. Baellow A, Glaviano NR, Hertel J, Saliba SA. Lower Extremity Strength, Kinematics, and Activation During a Drop Vertical Jump in Individuals With and Without Patellofemoral Pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S133.
- 346. Norte GE, Hertel J, Saliba SA, Diduch DR, Hart JM. Chronicity of Quadriceps Function in ACL Reconstructed Patients With and Without Knee Osteoarthritis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S117.
- 345. Chang M, Slater L, Corbett R, Hart JM, Hertel J. Muscle Activation Patterns of Lumbo-Pelvic-Hip Complex During Walking Gait Before and After Fatiguing Exercise. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S85.
- 344. Bodkin SG, Goetschius J, Hertel J, Hart JM. Relationships of Muscle Function and Subjective Knee Function in Chronic ACL- Reconstructed Patients. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S85.
- 343. Hollis C, Koldenhoven RM, Resch JE, Hertel J. Gait Mechanics as Measured by a Wearable Sensor While Running at Two Speeds on Different Surfaces. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S76.
- 342. Koldenhoven RM, **Hertel J**. Validation of a Wearable Sensor for Measuring Running Biomechanics. National Athletic Trainers' Association Annual Meeting & Clinical

Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S75.

- 341. Corbett RO, Slater L, Chang M, Hertel J. Ankle Kinematics and Kinetics During Walking Before and After Exercise. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S72.
- 340. Goetschius J, Hertel J, Saliba SA, Brockmeier SF, Hart JM. Walking Gait Asymmetries in Groups of ACL Reconstructed Patients at Sequential Time Frames Post-Surgery. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX. Reprinted in: *Journal of Athletic Training*. 2017; 52: S51.
- 339. Norte G, Hertel J, Saliba S, Diduch D, Hart J. Relationship between quadriceps function and patient-reported outcomes in ACLR patients with and without osteoarthritis. American College of Sports Medicine Annual Meeting. May 2017. Denver, CO. Reprinted in: *Medicine & Science in Sports & Exercise*. 2017; 49 (5S): 498.
- 338. Fraser JJ, Hertel J. Effects of a 4-week intrinsic foot muscle exercise program on motor function. American College of Sports Medicine Annual Meeting. May 2017. Denver, CO. Reprinted in: *Medicine & Science in Sports & Exercise*. 2017; 49 (5S): 481.
- 337. Fraser JJ, Koldenhoven R, Hertel J. Reliability of measures of ankle-foot morphology, mobility, and strength. American Physical Therapy Association Combined Section Meeting. February 2017. San Antonio, TX. Reprinted in *Journal of Orthopaedic & Sports Physical Therapy*. 2017; 47: A94.
- 336. Fraser JJ, Hertel J. Reliability of ultrasound measures of intrinsic foot motor function. American Physical Therapy Association Combined Section Meeting. February 2017. San Antonio, TX. Reprinted in *Journal of Orthopaedic & Sports Physical Therapy*. 2017; 47: A94.
- 335. Hart JM, Goetschius J, Feger M, Hertel J. Validation of center of pressure balance measurements using the MatScan® pressure-mat. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal* of Athletic Training. 2016; 51: S358.
- 334. McMillen M, Norte GE, **Hertel J**, Hart JM. Quadriceps function in ACL reconstructed patients with and without a history of knee osteoarthritis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S247.
- 333. Clifton DR, Starkel C, Best T, Borchers J, Chaudhari A, Comstock D, Cortes N, Grooms D, Hertel J, Miller MM, Pan X, Schussler E, McNally M, Van Lunen B, Onate J. Relationship between single leg hop asymmetry, performance, and injury probability: a moderation analysis (The FPPE Project). National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S197.
- 332. Koldenhoven RK, Feger MA, Fraser JJ, Saliba S, Hertel J. Surface electromyography and plantar pressure during walking in young adults with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S189-90.
- 331. Grossman K, Herb CC, Hertel J. Walking gait mechanics with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S189-90.

- 330. Feger MA, Handsfield GG, Blemker SS, Hart JM, Saliba SA, Park JS, Hertel J. Diminished foot and ankle muscle volumes in young adults with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S187-8.
- 329. Kerr ZY, Clifton D, Koldenhoven R, Onate J, Hertel J, Dompier TP. The epidemiology of ankle sprains in youth, high school, and collegiate football. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S158.
- 328. Sutherlin MA, Gage MJ, **Hertel J**, Mangum LC, Russell S, Saliba S, Hart JM. Changes in muscle thickness across positions between individuals with and without a history of low back pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S82.
- 327. Leitch L, Slater LV, Hertel J, Hart JM. Lower extremity muscle volume symmetry in college basketball players. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S39.
- 326. Herb CC, Blemker S, Hart J, Saliba S, Hertel J. Effects of rehabilitation with and without destabilization devices on lower extremity joint coupling variability in chronic ankle instability patients. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S34.
- 325. Hertel J, DiFabio M, Slater LV, Hart JM. Relationships of functional tests following ACL reconstruction: a factor analysis of the Lower Extremity Assessment Protocol. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. Reprinted in: *Journal of Athletic Training*. 2016; 51: S17.
- 324. Onate J, Starkel C, Borchers J, Chaudhari A, Clifton D, Comstock D, Cortes N, Grooms D, Hertel J, McNally M, Miller M, Pan X, Schussler E, Van Lunen B, Best TM. Injury history predicts musculoskeletal lower extremity injury risk in high school athletes: the FPPE Project. American College of Sports Medicine Annual Meeting. May 2016. Boston, MA. Reprinted in: *Medicine & Science in Sports & Exercise*. 2016; 48(5S): S36.
- 323. Koldenhoven R, Feger M, Fraser J, Hertel J. Variability in center of pressure position and muscle activation during walking with chronic ankle instability. American College of Sports Medicine Annual Meeting. May 2016. Boston, MA. Reprinted in: *Medicine & Science in Sports & Exercise*. 2016; 48(5S): S721.
- 322. Herb CC, Grossman K, Feger M, Donovan L, Hertel J. Lower-extremity biomechanics during a drop-vertical jump in chronic ankle instability and healthy controls. American College of Sports Medicine Annual Meeting. May 2016. Boston, MA. Reprinted in: *Medicine & Science in Sports & Exercise*. 2016; 48(5S): S724.
- 321. Sutherlin MA, Russell S, Saliba S, Hertel J, Hart J. Landing stiffness measures between individuals with and without a history of low back pain. American College of Sports Medicine Annual Meeting. May 2016. Boston, MA. Reprinted in: *Medicine & Science in Sports & Exercise*. 2016; 48(5S): S737.
- 320. Herb C, Pataky T, Hart JM, Saliba S, Blemker S, Hertel J. Gait kinematics and kinetics in patients with and without chronic ankle instability: a statistical parametric mapping analysis. 6th International Ankle Symposium, October 2015, Dublin, Ireland. Reprinted in *British Journal of Sports Medicine*, 49(S1): A15-16, 2015.

- 319. Song K, Burchal C, Hertel J, Wikstrom E. Reweighing of visual information in individuals with chronic ankle instability: systematic review. 6th International Ankle Symposium, October 2015, Dublin, Ireland. Reprinted in *British Journal of Sports Medicine*, 49(S1): A11-12, 2015.
- 318. Donovan L, Hart JM, Saliba S, Park J, Feger MA, Herb CC, Hertel J. Effects of ankle destabilisation devices in rehabilitation on gait biomechanics in chronic ankle instability patients: a randomised controlled trial. 6th International Ankle Symposium, October 2015, Dublin, Ireland. Reprinted in *British Journal of Sports Medicine*, 49(S1): A3, 2015.
- 317. Hertel J, Donnelly L, Donovan L. Chronic ankle instability alters the correlation between surface EMG amplitude and eversion peak force of the fibularis muscles. International Socity of Biomechanics Conference. July 2015. Glasgow, UK.
- 316. Starkel C, Grooms D, Best TM, Borchers J, Chaudhari A, Clifton D, Comstock D, Cortes N, Hertel J, Hewett T, Miller M, Pan X, Schussler E, Van Lunen B, Onate J. American College of Sports Medicine Annual Meeting. May 2015. San Diego, CA. Reprinted in *Medicine & Science in Sports & Exercise*, 47(5): S651, 2015.
- 315. Schussler E, Grooms D, Miller M, Clifton D, Starkel C, Best TM, Borchers J, Chaudhari A, Comstock D, Cortes N, Hertel J, Hewett T, Pan X, Van Lunen B, Onate J. Comparison of 2-dimensional measurement of knee frontal plane projection angle in ACL injured athletes. American College of Sports Medicine Annual Meeting. May 2015. San Diego, CA. Reprinted in *Medicine & Science in Sports & Exercise*, 47(5): S577, 2015.
- 314. Gribbin T, Slater L, Herb C, Kuenze C, Chapman R, Hertel J, Hart, J. Differences in hip-knee joint coupling during gait after ACL reconstruction. American College of Sports Medicine Annual Meeting. May 2015. San Diego, CA. Reprinted in *Medicine & Science in Sports Exercise*, 47(5): S576, 2015.
- 313. Sutherlin M, Mangum LC, Saliba S, Hertel J, Hart J. Identifying individuals with a history of low back pain through lumbo-pelvic muscle thickness across positions. American College of Sports Medicine Annual Meeting. May 2015. San Diego, CA. Reprinted in *Medicine Science in Sports & Exercise*, 47(5): S54, 2015.
- 312. Donovan L, Hart JM, Saliba S, Park J, Feger MA, Hertel J. Effects of an auditory biofeedback device on plantar pressure in participants with chronic ankle instability. American College of Sports Medicine Annual Meeting. May 2015. San Diego, CA. Reprinted in *Medicine Science in Sports & Exercise*, 47(5): S129, 2015.
- 311. Richbourg C, Norte GE, Wintringham D, Park J, Hart JM, Hertel J. Characterization of Clinical Measures in Patients With Posterior Tibial Tendon Dysfunction. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: *Journal of Athletic Training*. 50: S265, 2015.
- 310. Donovan L, Hart JM, Saliba S, Park J, Feger M, Herb CC, Hertel J. Rehabilitation for Chronic Ankle Instability With and Without Destabilization Devices: A Randomized Controlled Trial. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: *Journal of Athletic Training*. 50: S258-259, 2015.
- 309. Donnelly L, Donovan L, Hart JM, Hertel J. Eversion Strength and Surface Electromyography Measures of the Peroneal Muscles in Two Testing Positions. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: Journal of Athletic Training. 50: S258, 2015.

- 308. Johnson Z, Herb CC, Hart JM, Hertel J. Lower Extremity Joint Coupling Variability Before and After Prolonged Exercise With Chronic Ankle Instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: Journal of Athletic Training. 50: S257, 2015.
- 307. Herb CC, Pataky T, Hertel J. Lower Extremity Biomechanics in Patients With Chronic Ankle Instability: A Statistical Parametric Mapping Analysis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: Journal of Athletic Training. 50: S256, 2015.
- 306. Brown A, Acocello S, Broshek D, Hertel J, Saliba S. Baseline Assessment of Cerebral Arterial Stiffness in High School and Collegiate Athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: *Journal of Athletic Training*. 50: S249-250, 2015.
- 305. LeBlanc C, Acocello S, Broshek D, Hertel J, Saliba S. Influence of Arterial Stiffness on Neurocognitive Performance in High School and Collegiate Athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: *Journal of Athletic Training*. 50: S249, 2015.
- 304. Kuenze C, Hertel J, Weltman A, Diduch DR, Saliba S, Hart JM. Temporo-Spatial Asymmetry in Individuals With a History of ACL Reconstruction. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: *Journal of Athletic Training*. 50: S159, 2015.
- 303. Acocello S, Broshek D, Hart JM, Hertel J, Saliba S. Cerebral Blood Flow Changes Following Sport-Related Concussion in High School and Collegiate Athletes Using the Brain Acoustic Monitor. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO. Reprinted in: *Journal of Athletic Training*. 50: S28, 2015.
- 302. Herb CC, Chinn L, **Hertel J**. Ankle taping alters shank-rearfoot coupling during walking in patients with chronic ankle instability and healthy controls. International Society of Biomechanics in Sports Annual Meeting. July 2014. Johnson City, TN.
- 301. Herb CC, Chinn L, Hertel J. Ankle taping alters shank-rearfoot joint coupling during jogging in patients with chronic ankle instability and healthy controls during gait. International Calgary Running Symposium. August 2014. Calgary, AB.
- 300. Pritchard KA,Hart JM, Park J, Hertel J, Saliba S. Effects of focal ankle joint cooling on sural nerve conduction in healthy and sprained ankle joints. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S48-9, 2014.
- 299. Bottinick A, Pritchard KA, Hertel J, Saliba S. Focal joint cooling improves clinical impairments in patients with ankle sprains. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S49, 2014.
- 298. Kosik KB, Pritchard KA, **Hertel J**, Saliba S. Effects of focal joint cooling on sensory nerve action potentials in patients with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S50, 2014.
- 297. Hansberger B, Acocello S, **Hertel J**, Hart JM. Lower extremity landing biomechanics in dancers and nondancers. National Athletic Trainers' Association Annual Meeting &

Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S90, 2014.

- 296. Kim KM, **Hertel J**. Sensorimotor control is predictive of self-reported ankle dysfunction in patients with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S107, 2014.
- 295. Beidler E, Acocello S, **Hertel J**, Broshek DK, Covassin T,Saliba S. Test-retest reliability of the Headminder concussion resolution index in collegiate student-athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S118-9, 2014.
- 294. Norte GE, Mitha Z, Kuenze C, Read K, Handsfield G, Blemker S, **Hertel J**, Hart JM. Thigh muscle volume in relation to knee extensor torque, quadriceps activation, and patient-reported outcomes in ACL-deficient patients. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S123-4, 2014.
- 293. Miner K, Donovan L, Sauer L, Saliba S, Hertel J. Comparison of three rehabilitation programs for chronic ankle instability on center of pressure distribution and self-reported function. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S152, 2014.
- 292. Reigh N, Donovan L, Saliba S, Hertel J. Effects of a simple home-based balance program on patients with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S153, 2014.
- 291. Kuenze C, **Hertel J**, Weltman A, Diduch DR, Saliba S, Hart JM. Jogging biomechanics after exercise in individuals with ACL-reconstructed knees. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S166, 2014.
- 290. Walton S, Acocello S, Broshek DK, **Hertel J**, Saliba S. Comparison of Sport Concussion Assessment Tool-2 scores to computerized and paper and pencil neurocognitive assessments following sport concussion. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S177, 2014.
- 289. Herb CC, Hertel J. Vector coding assessment of ankle joint-coupling during gait: a comparison of calculations with 3 strides versus 10 strides. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S205-6, 2014.
- 288. Mitha Z, Norte GE, Kuenze C, Read K, Handsfield G, Blemker S, **Hertel J**, Hart JM. Lower extremity muscle volumes in ACL-deficient patients. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S214, 2014.
- 287. Donovan L, Hart JM, Hertel J. Effects of 2 ankle destabilization devices on electromyography measures during functional exercise in young adults with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S217, 2014.
- 286. Feger M, Donovan L, Hart JM, **Hertel J**. Lower extremity muscle activation during functional exercises in patients with and without chronic ankle instability. National Athletic Trainers'

Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S217-8, 2014.

- 285. Kautzky K, Feger M, Hart JM, **Hertel J**. Surface electromyography variability measures during walking: effects of chronic ankle instability and prophylactic bracing. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S218, 2014.
- 284. Kelsey A, Herb CC, Hart JM, Hertel J. Effects of prolonged exercise on shank-rearfoot coupling in young adults with and without chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S219, 2014.
- 283. Lilley TJ, Herb CC, Hart JM, Hertel J. Lower extremity joint coupling variability during jogging in young adults with and without chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN. Reprinted in: *Journal of Athletic Training*. 49: S223, 2014.
- 282. Kuenze CM, Hertel J, Diduch DR, Saliba S, Weltman A, Hart JM. Neuromuscular asymmetry following return to activity in individuals with a history of ACL reconstruction. American College of Sports Medicine Annual Meeting. May 2014. Indianapolis, IN. Reprinted in *Medicine & Science in Sports & Exercise*, 46(5): S207, 2014.
- 281. Hix RI, Rupp KA, Saliba SA, Hertel J. Effect of lidocaine phonophoresis with hydrogel dressing on cutaneous anesthesia after varying treatment times. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S229, 2013.
- 280. Kramer N, Herb CC, Kuenze C, Fiorentino N, Blemker S, Hart JM, Hertel J. Hamstring strain injury history and muscle strength, volume, and flexibility in intercollegiate sprinters and jumpers. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S229, 2013.
- 279. Lee SY, Hertel J. Combined effect of static and dynamic posture may be predisposition to medial tibial stress syndrome. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S228-229, 2013.
- 278. Kim KM, Hart JM, Saliba SA, Weltman AL, Hertel J. Postural modulation of Hoffmann reflex strongly correlates with postural control in patients with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S218, 2013.
- 277. Feger M, Donovan L, Hart JM, Hertel J. Lower extremity surface electromyography measures during walking in subjects with and without chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S215, 2013.
- 276. Herb CC, McKeon PO, Hertel J. Ankle joint coupling during jogging with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S214, 2013.
- 275. Podell JT, Chinn L, Hart JM, Hertel J. Altered ankle kinematics during gait following prolonged exercise in subjects with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S213-214, 2013.

- 274. Mettler A, Chinn L, McKeon PO, Saliba S, Hertel J. Balance training changes center of pressure location during unipedal standing in subjects with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S209, 2013.
- 273. Chinn L, Dicharry J, Hart J, Saliba S, Wilder R, Hertel J. Subjects with chronic ankle instability present with altered proximal kinematics during shod gait on a areadmill. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S208, 2013.
- 272. Melinchak M, Donovan L, Hertel J, Hart JM. Lower extremity muscle activity while wearing a functional knee brace. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S173-174, 2013.
- 271. Barlow G, Donovan L, Hart JM, Hertel J. Effect of lace-up ankle braces on electromyography measures during walking in subjects with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S133, 2013.
- 270. Bowman TG, Hertel J, Wathington HD. Programmatic factors associated with athletic training student retention decisions. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S58, 2013.
- 269. Chang EW, Kim KM, Hertel J, Hart JM: Quadriceps function after repeated bouts of exercise in patients with ACL reconstruction. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S40, 2013.
- 268. Kuenze C, Hertel J, Hart JM. Gender differences in lower extremity neuromuscular function following 30 minutes of sub-maximal exercise In ACL reconstructed individuals. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S38-39, 2013.
- 267. Beidler E, Acocello S, Hertel J, Broshek DK, Saliba S. Influences on annual computerized neurocognitive baseline test performance in collegiate student-athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S33, 2013.
- 266. Donovan L, Hart JM, Hertel J. The effects of two ankle destabilization devices on electromyography measures during walking in patients with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2013, Las Vegas, NV. Reprinted in: *Journal of Athletic Training*, 48: S15-16, 2013. *Winner for Outstanding Doctoral Student Oral Presentation Award*.
- 265. Kim KM, Hart J, Saliba S, Weltman A, **Hertel J.** Ankle cryotherapy does not affect postural control in patients with chronic ankle instability. Reprinted in *Medicine & Science in Sports & Exercise*, 45(5): S55, 2013.
- 264. Herb CC, Chinn L, Dicharry J, McKeon P, Hart J, Hertel J. Ankle joint coupling during walking with chronic ankle instability. May 2013. Indianapolis, IN. Reprinted in *Medicine* & Science in Sports & Exercise, 45(5): \$55, 2013.
- 263. Donovan L, Hart J, Hertel J. The effects of two ankle destabilization devices on electromyography measures during walking. May 2013. Indianapolis, IN. Reprinted in *Medicine & Science in Sports & Exercise*, 45(5): S54, 2013.

- 262. Feger M, Donovan L, Hart J, Hertel J. Lower extremity surface electromyography measures during walking in subjects with and without chronic ankle instability. May 2013. Indianapolis, IN. Reprinted in *Medicine & Science in Sports & Exercise*, 45(5):S706, 2013.
- 261. Chinn L, Dicharry J, Hart J, Saliba S, Wilder R, Hertel J. Movement variability during gait between individuals with and without chronic ankle instability. American College of Sports Medicine Annual Meeting. May 2013. Indianapolis, IN. Reprinted in *Medicine & Science in Sports & Exercise*, 45(5): S706, 2013.
- 260. Kim KM, Hart JM, Saliba SA, Weltman AL, **Hertel J.** Relationships between self-reported ankle function and postural modulations of Hoffmann reflex in patients with chronic ankle instability. *5th International Ankle Symposium*, October 2012, Lexington, KY.
- 259. **Hertel J**, Anterior talocrural joint laxity: a criterion-related study of the anterior drawer test of the ankle. *5th International Ankle Symposium*, October 2012, Lexington, KY.
- 258. Donovan L, Brandt J, Cosby N, **Hertel J**. Effects of talocrural joint mobilizations in individuals with diminished dorsiflexion range of motion after ankle sprain. *5th International Ankle Symposium*, October 2012, Lexington, KY.
- 257. Croy T, Cosby N, **Hertel J**. Active ankle motion may result in an anterior talar position fault in ankle-injured subjects: a preliminary study. *5th International Ankle Symposium*, October 2012, Lexington, KY.
- 256. Chinn L, Hart J, Saliba S, Wilder R. **Hertel J.** Gait kinematics change with the application of ankle tape in subjects with chronic ankle instability. *5th International Ankle Symposium*, October 2012, Lexington, KY.
- 255. Herb C, Chinn L, Dicharry J, **Hertel J**. Shank-rearfoot joint coupling during jogging in young adults with chronic ankle instability: a cross-correlation analysis. *5th International Ankle Symposium*, October 2012, Lexington, KY.
- 254. Lin W, Du J, **Hertel J**. Step training and heel raise exercises with blood flow restriction enhance ankle muscle strength in volleyball players. *5th International Ankle Symposium*, October 2012, Lexington, KY.
- 253. Cross KM, Saliba S, Gurka KK, Conaway M, Hertel J. Comparison of hamstring strain incidence and injury patterns between male and female intercollegiate soccer athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S109-110, 2012.
- 252. Selkow NM, Herman DC, Liu Z, Hart JM, **Hertel J**, Saliba S. Time for a paradigm shift? The role of cryotherapy on microvascular perfusion. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S162-163, 2012.
- 251. Cosby NL, Grindstaff TL, Saliba S, Hart JM, Hertel J. Relationships between measures of posterior talar glide and ankle dorsiflexion range of motion in patients with acute ankle sprains. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S155, 2012.
- 250. Dartt CE, Cosby NL, Saliba SA, **Hertel J**. Effect of textured insoles on static balance in individuals with a history of lateral ankle sprain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S118, 2012.
- 249. Lockerby M, Kuenze CM, **Hertel J**, Hart JM. Isometric hamstrings to quadriceps mean torque ratio after exercise in persons with a history of low back pain. National Athletic Trainers'

Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S109-110, 2012.

- 248. Bradley L, Harrison B, **Hertel J**, Hoard B, Weltman AL, Saliba SA. Effect of mouthguard use on anaerobic exercise performance. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S107, 2012.
- 247. Cage SA, Rupp KA, Castel JC, Saliba EN, Hertel J, Saliba SA. Relative transmission of coupling media and medications commonly used in phonophoresis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S93, 2012.
- 246. McDonald J, Chinn L, Donovan L, Hart JM, Hertel J. Effect of three ankle braces on range of motion and functional performance in subjects with a history of ankle sprains. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S70, 2012.
- 245. Kuenze C, **Hertel J**, Hart JM. Lower extremity neuromuscular function in healthy and ACL reconstructed individuals following a sub-maximal exercise protocol. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S56-57, 2012.
- 244. Chou EA, Kim KM, **Hertel J**, Hart JM. Fibular reposition taping facilitates alpha motoneuron pool excitability of the soleus in individuals with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S51-52, 2012.
- 243. Herb CC, Chinn L, Dicharry J, McKeon PO, Hart JM, **Hertel J**. Shank-rearfoot coupling with chronic ankle instability: a vector coding variability analysis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S51-52, 2012.
- 242. Miller MM, **Hertel J**, Van Lunen B, Cortes N, Schroeder M, Grooms D, Onate J. Hip strength ratios and lower extremity injury in NCAA Division I soccer players. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S44-45, 2012.
- 241. Clifton DR, Harrison BC, Hertel J, Hart JM. Relationship between functional exercise assessments and balance changes following exercise. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S41, 2012.
- 240. Kim KM, Hart JM, Saliba SA, Ingersoll CD, Hertel J. Ankle cryotherapy does not affect Hoffmann reflex modulation of the soleus and peroneus longus in patients with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2012, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 47: S37, 2012.
- 239. Miller MM, **Hertel J**, Van Lunen B, Cortes N, Schroeder M, Grooms D, Onate J. Strength ratios of hip musculature in male and female collegiate soccer players. American College of Sports Medicine Annual Meeting. June 2012. San Franciso, CA. Reprinted in *Medicine & Science in Sports & Exercise*, 44(5): S564, 2012.
- 238. Selkow NM, Herman DC, Liu Z, Hart JM, **Hertel J**, Saliba S. Microvascular perfusion increases following eccentric exercise of the gastrocnemius. American College of Sports

Medicine Annual Meeting. June 2012. San Franciso, CA. Reprinted in *Medicine & Science in Sports & Exercise*, 44(5): S313, 2012.

- 237. Rynders CA, Weltman JY, Williams C, Katch FI, Hertel J, Weltman A. Effects of a botanical supplement on recovery from delayed onset muscle soreness. American College of Sports Medicine Annual Meeting. May 2012. San Franciso, CA. Reprinted in *Medicine & Science in Sports & Exercise*, 44(5): S184, 2012.
- 236. Cosby N, Hertel J, Grindstaff TL. Effect of anterior-posterior talocrural joint mobilizations in patients with subacute lateral ankle sprains. American Physical Therapy Association Combined Sections Meeting. February 2012. Chicago, IL. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy.* 42(1): A97, 2012.
- 235. Kim KM, Ingersoll CD, **Hertel J**. Ankle cryotherapy facilitates alpha motonueron pool excitability of leg muscles in prone but not standing positions. Society for Neuroscience Annual Meeting. November 2011, Washington, DC.
- 234. Wheeler R, Chinn, L, **Hertel J**, Sauer L. Effect of Posture Control Insoles[®] on static and dynamic balance in healthy young adults. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S179, 2011.
- 233. Kim KM, Ingersoll CD, Hertel J. Decreased Hoffman reflex modulation of the soleus and peroneals with chonic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S178-179, 2011.
- 232. Chinn L, Dicharry J, Watt J, Hertel J. Ankle kinematics during shod gait in subjects with and without chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S178, 2011.
- 231. Grindstaff TL, Johnson KD, Kim KM, Yu BK, Hertel J, Saliba S. Comparsion of five clinical measures of thoracic spine rotation range of motion in healthy adults. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S134, 2011.
- 230. Fruechte B, Cross K, McGuire B, Hertel J, Sauer L. Relationships between lower extremity postural control and pitching velocity in college baseball players. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S133, 2011.
- 229. Pope M, Chinn L, McKeon PO, Mullineaux D, Sauer L, Hertel J. Spatial postural control alterations with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S100-101, 2011.
- 228. Cosby Nl, Grindstaff TL, Parente W, **Hertel J**. Pain reduction after a single bout of posterior talocrural joint mobilizations in acute ankle sprain patients. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S96-97, 2011.
- 227. Cross KM, Conaway M, Gurka KK,Saliba S, Hertel J. A comparison of hamstring strain event data between sexes during practices and games in NCAA soccer. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S85-86, 2011.

- 226. Harrison BC, Rendos N, Dicharry J,Weltman A, Hertel J, Hart J. Changes to frontal and transverse plane lumbo-pelvic-hip running biomechanics following cycling in triathletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S84, 2011.
- 225. Sisson L, Croy T, Saliba S, Hertel J. Comparison of arthrometry and stress ultrasound imaging in the assessment of laxity in healthy ankles. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S12-13, 2011.
- 224. Childress S, Croy T, **Hertel J**, Saliba S. Comparison of low and high frequency ultrasound imaging in the measurement of anterior talofibular ligament length. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA. Reprinted in: *Journal of Athletic Training*, 46: S12, 2011.
- 223. Parsley A, Lee SY, Chinn L, Ingersoll CD, Hertel J. Effect of three different braces on functional performance and ankle range of motion. 1st International Congress on the Scientific Testing of Orthotic Devices. Aix Les Baines, France. March 2011. Reprinted in: *American Journal of Physical Medicine and Rehabilitation*. 90 (4): e17, 2011.
- 222. Croy TW, Saliba S, **Hertel J**, Rijke A, Anderson MW. Ankle stress ultrasonography detects laxity in subjects with chronic ankle instability. American Physical Therapy Association Combined Sections Meeting. February 2011. New Orleans, LA. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 41(1): A49, 2011.
- 221. Cross KM, Kuenze CM, Hertel J, Grindstaff TL. Thoracic Manipulation improves pain, range of motion, and self-reported function in patients with mechanical neck pain: a systematic review. American Physical Therapy Association Combined Sections Meeting. February 2011. New Orleans, LA. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 41(1): A14, 2011.
- 220. **Hertel J**, McKeon PO, Lee SY. Greater inversion laxity is associated with more inversion rearfoot positioning during gait in subjects with chronic ankle instability. 2nd Congress of the International Foot and Ankle Biomechanics Community. September 2010, Seattle, WA.
- 219. Croy NL, Chinn LE, **Hertel J**. Mechanical and functional measures reveal a coherent structure to ankle instability: a principle components analysis. 2nd Congress of the International Foot and Ankle Biomechanics Community. September 2010, Seattle, WA.
- 218. Cosby NL, **Hertel J**. Relationships between measures of posterior talar glide and ankle dorsiflexion in healthy individuals. 2nd Congress of the International Foot and Ankle Biomechanics Community. September 2010, Seattle, WA.
- 217. Kim KY, Ingersoll CD, Hertel J. Altered posture-dependent Hoffmann reflex modulation with chronic ankle instability. 2nd Congress of the International Foot and Ankle Biomechanics Community. September 2010, Seattle, WA.
- 216. Sibilsky E, Sauer LD, Hart JM, Saliba SA, Hertel J. Surface electromyography of the abductor hallucis and anterior tibialis muscles during the intrinsic foot muscle test. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S117, 2010.
- 215. Chinn L, Croy T, Hertel J. Weight bearing ankle dorsiflexion and anterior reach measurements in chronic ankle instability subjects. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal* of Athletic Training, 45: S111, 2010.

- 214. Kim KM, Ingersoll CD, Hertel J. Decreased Hoffmann reflex modulation of the soleus but not the peroneals with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal* of Athletic Training, 45: S110, 2010.
- 213. Berthold R, Sauer LD, Hart JM, Saliba SA, Hertel J. Intrinsic foot muscle activation during short foot and towel crunch exercises. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S110, 2010.
- 212. Strobino EC, Jackson KR, Weltman A, Hertel J, Hart JM. Gender differences in lower extremity force output, power, and dynamic balance after aerobic exercise. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S106, 2010
- 211. Pietrosimone BG, Saliba SA, Hart JM, Hertel J, Kerrigan DC, Ingersoll CD. Effects of transcutaneous electrical nerve stimulation on peak external knee flexion moment and knee flexion angle during gait in patients with tibiofemoral osteoarthritis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S75, 2010. (Winner of Outstanding Doctoral Student Poster Presentation Award).
- 210. Jackson KR, Hertel J, Hart JM, Kerrigan DC, Ingersoll CD. Lower extremity kinetic differences are present between prepubescent males and females during unanticipated sidestep cutting. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of AthleticTraining*, 45: S74, 2010. (Nominated for Outstanding Doctoral Student Poster Presentation).
- 209. Norte GN, Pietrosimone BG, Hart JM, **Hertel J**, Ingersoll CD. Relationship between transcranial magnetic stimulation and percutaneous electrical stimulation in determining the quadriceps activation ratio. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S73, 2010. (Nominated for Outstanding Masters Student Poster Presentation).
- 208. Sims J, Cosby NL, **Hertel J**, Saliba EN, Saliba S. Effect of Wii Fit[®] and traditional rehabilitation on static postural control in individuals with non-acute lower extremity injuries. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S67-68, 2010.
- 207. Sauer LD, Saliba SA, Ingersoll CD, Kerrigan DC, Pietrosimone BG, Hertel J. Effects of rehabilitation incorporating short foot exercises on self-reported function, static and dynamic balance in chronic ankle instability patients. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S67, 2010.
- 206. Knapp DT, Lee SY, Chinn L, Saliba S, Hertel J. Differential ability of selected postural control measures in the prediction of chronic ankle instability status. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S66-67, 2010.
- 205. Grindstaff TL, Franz JR, Beazell JR, Hertel J, Kerrigan DC, Ingersoll CD. Effects of a lumbopelvic joint manipulation on running gait mechanics of individuals with patellofemoral pain syndrome. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S64, 2010.

- 204. Lee SY, Ingersoll CD, Saliba S, Kerrigan DC, Fan X, Hertel J. Risk factor of medial tibial stress syndrome among runners: mediating effect of gait kinematics. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S50-51, 2010.
- 203. McMullen KL, Cosby NL, Ingersoll CD, Hertel J, Hart JM. Lower extremity neuromuscular control immediately following fatiguing hip abduction exercise. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S40-41, 2010.
- 202. Cosby NL, Grindstaff TL, Parente W, Hertel J. Immediate effects of posterior talocrural joint mobilizations following acute lateral ankle sprain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal* of Athletic Training, 45: S13-14, 2010.
- 201. Klykken LW, Pietrosimone BG, Kim KM, Ingersoll CD, Hertel J. Effect of acute lateral ankle sprain on motor neuron pool excitability of the soleus, anterior tibialis, and peroneus longus. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2010, Philadelphia, PA. Reprinted in: *Journal of Athletic Training*, 45: S13, 2010.
- 200. Selkow NM, Pietrosimone BG, Saliba S, Hertel J. Subcutaneous thigh fat assessment: a comparison of pinch calipers to ultrasound imaging. American College of Sports Medicine Annual Meeting. June 2010. Baltimore, MD. Reprinted in *Medicine & Science in Sports & Exercise*, 42(5): S443, 2010.
- 199. Pietrosimone BG, **Hertel J**, Ingersoll CD, Hart JM, Saliba SA. Voluntary quadriceps activation deficits in patients with tibiofemoral osteoarthritis: a meta-analysis. American College of Sports Medicine Annual Meeting. June 2010. Baltimore, MD. Reprinted in *Medicine & Science in Sports & Exercise*, 42(5): S409, 2010.
- 198. Lee SY, Ingersoll CD, Fan X, Saliba S, Kerrigan DC, **Hertel J**. Alignment, range of motion, strength, and gait characteristics of runners with medial tibial stress syndrome. American College of Sports Medicine Annual Meeting. June 2010. Baltimore, MD. Reprinted in *Medicine & Science in Sports & Exercise*, 42(5): S111, 2010.
- 197. Onate JA, Cortes N, Greska E, **Hertel J**, Van Lunen B. Hip strength correlates more with frontal plane than sagittal plane knee and hip kinematics during a stop-jump. American College of Sports Medicine Annual Meeting. June 2010. Baltimore, MD. Reprinted in *Medicine & Science in Sports & Exercise*, 42(5): S69-S70, 2010.
- 196. Kim KM, Ingersoll CD, **Hertel J**. Decreased motoneuron pool excitablity of the peroneals and soleus with chronic ankle instability. American College of Sports Medicine Annual Meeting. June 2010. Baltimore, MD. Reprinted in *Medicine & Science in Sports & Exercise*, 42(5): S9-S10, 2010.
- 195. Beazell J, Grindstaff TL, Drewes LK, Magrum EM, Hertel J, Ingersoll CD. Effects of a tibiofibular joint manipulation on ankle range of motion and functional outcomes in individuals with chronic ankle instability. American Physical Therapy Association Combined Sections Meeting. February 2010. San Diego, CA. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 40(1): A30, 2010.
- 194. Grindstaff TL, Beazell J, Drewes LK, Magrum EM, Hertel J, Ingersoll CD. Effects of a tibiofibular joint manipulation on lower extremity H-reflex in individuals with chronic ankle instability. American Physical Therapy Association Combined Sections Meeting. February 2010. San Diego, CA. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 40(1): A29-30, 2010.

- 193. Beazell J, **Hertel J**, Franz JR, Dicharry JM, Kerrigan DC. Intratester and intertester agreement and reliability of the step-down test. American Physical Therapy Association Combined Sections Meeting. February 2010. San Diego, CA. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 40(1): A28-29, 2010.
- 192. Pietrosimone BG, Ingersoll CD, Drewes LK, Hertel J, Saliba S. The effects of transcutaneous electrical nerve stimulation on quadriceps activation and self-reported disability in patients with tibiofemoral osteoarthritis. American Physical Therapy Association Combined Sections Meeting. February 2010. San Diego, CA. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 40(1): A16, 2010.
- 191. Grindstaff TL, Dicharry JM, Beazell J, Hertel J, Kerrigan DC, Ingersoll CD. Lower extremity running mechanics of individuals with and without patellorfemoral pain. American Physical Therapy Association Combined Sections Meeting. February 2010. San Diego, CA. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 40(1): A50, 2010.
- 190. Grindstaff TL, Beazell JM, Hertel J, Ingersoll CD. Effect of a sacroiliac joint manipulation on quadriceps activation of individuals with patellofemoral pain syndrome. American Academy of Orthopaedic Manual Physical Therapists Annual Conference. October 2009. Washington, DC. Reprinted in: *Journal of Manual and Manipulative Therapy*, 17(3): 182, 2009.
- 189. Beazell JM, Grindstaff TL, Magrum EM, Drewes LK, Ingersoll CD, Hertel J. Immediate effect of tibiofibular joint manipulation on ankle dorisflexion range of motion and stepdown test scores in individuals with chronic ankle instability. American Academy of Orthopaedic Manual Physical Therapists Annual Conference. October 2009. Washington, DC. Reprinted in: *Journal of Manual and Manipulative Therapy*, 17(3): 179, 2009.
- 188. Grindstaff TL, Franz JR, Beazell JR, Hertel J, Kerrigan DC, Ingersoll CD. Effects of a sacroiliac joint manipulation on gait mechanics of individuals with patellofemoral joint pain. American Academy of Orthopaedic Manual Physical Therapists Annual Conference. October 2009. Washington, DC. (Best Poster Presentation Award)
- 187. McKeon PO, Hertel J, Kerrigan DC, Mullineaux DR. Vector coding detects rehabilitationspecific gait alterations in those with chronic ankle instability. 4th International Ankle Symposium. July 2009. Sydney, Australia. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy.* 39(10): A12, 2009.
- 186. McKeon PO, Hertel J. Bilateral postural control deficits are present in those with unilateral chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S121, 2009.
- 185. Lee SY, Hertel J. Non-weight bearing lower extremity alignments affect the amount of rearfoot angle in static weight bearing. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S118-119, 2009.
- 184. Cosby NL, Hertel J. Relationships between measures of posterior talar glide and ankle dorsiflexion range of motion in healthy subjects. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S118, 2009.
- 183. Chinn LE, Harrison BC, **Hertel J**. The effect of acute static stretching on countermovement vertical jump : a systematic review. National Athletic Trainers' Association Annual

Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S117, 2009.

- 182. Kim KM, Croy T, Saliba SA, Hertel J. Effects of neuromuscular electrical stimulation after anterior cruciate ligament reconstruction on quadriceps strength, function, and patientoriented outcomes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S87, 2009.
- 181. Glaviano NR, Selkow NM, Saliba E, Hertel J, Saliba S. No difference in skin anesthesia with lidocaine delivered with high or standard doses of iontophoresis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S87, 2009.
- 180. Selkow NM, Pietrosimone BG, Hertel J, Saliba S. Subcutaneous fat thickness measurements of the distal thigh comparing pinch calipers to ultrasound imaging. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S72, 2009. (Nominated for Outstanding Doctoral Student Poster Presentation).
- 179. Park J, Grindstaff TL, Negishi N, Hertel J, Hart JM, Ingersoll CD. Knee extension exercises do not immediately increase quadriceps activation in individuals with anterior knee pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S72, 2009. (Nominated for Outstanding Masters Student Poster Presentation).
- 178. Naick J, Lee SY, Cosby NL, Saliba S, Hart JM, Hertel J. Relationships between measures of core stability and dynamic postural control. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S71, 2009. (Nominated for Outstanding Masters Student Poster Presentation).
- 177. Grindstaff TL, Franz JR, Beazell JR, Hertel J, Kerrigan DC, Ingersoll CD. Effects of a sacroiliac joint manipulation on gait mechanics of individuals with patellofemoral joint pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S66, 2009.
- 176. Pietrosimone BG, Hart JM, Saliba SA, Hertel J, Ingersoll CD. Transcutaneous electrical nerve stimulation and focal knee joint cooling immediately increase quadriceps activation in osteoarthritic knees. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S65-66, 2009.
- 175. Hammill RR, Hart JM, Saliba S, Konold T, Hertel J, Ingersoll CD. Deep abdominal muscle training provides minimal important changes in perceived disability, but not in pressure biofeedback values in asymptomatic people with a significant history of low back pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S38, 2009.
- 174. Drewes LK, **Hertel J.** Intrinsic foot muscle test deficits in a population with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S28, 2009.
- 173. Germanowski LM, Drewes LK, Lee SY, Lee SY, Parente WR, Saliba SA, Hertel J. Effects of ankle taping and bracing on plantar pressure in subjects with chronic ankle instability.

National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S14, 2009.

- 172. Schmidt H, Drewes LK, Lee SY, Fujiwara LM, Saliba S. Hertel J. Increased plantar pressure on the lateral aspect of the foot with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2009, San Antonio, TX. Reprinted in: *Journal of Athletic Training*, 44: S13-14, 2009.
- 171. Kelln BM, Ingersoll CD, Saliba S, Miller MD, Hertel J: Effect of early active range of motion rehabilitation on outcome measures after partial meniscectomy. American College of Sports Medicine. May 2009. Seattle, WA. Reprinted in *Medicine & Science in Sports & Exercise*, 41(5): S20-S21, 2009
- 170. Lee SY, Hertel. Proximal and distal non-weight bearing lower extremity alignment affects weight bearing Q-angle. International Patellofemoral Pain Syndrome Research Retreat. May 2009, Baltimore, MD. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 40(3): A33-34, 2010.
- 169. Thomas KS, Onate JA, Ismaeili Z, Hertel J, Arnold B, Marshall S, Ross S, Kramer L, Padua D, Van Lunen B. Lower extremity alignment relationships in static and dynamic balance of soccer players. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S16, 2008.
- 168. Griffith M, Lee SY, Saliba SA, Parente W, Hertel J. Effect of forefoot posted orthotics on plantar pressure patterns during walking in healthy young adults. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S17, 2008.
- 167. Van Riper MC, Jackson KR, Saliba SA, Parente W, Hertel J. Hip abductor fatigue decreased knee valgus angle during unanticipated cutting in healthy women. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S24, 2008. (Nominated for Outstanding Masters Oral Abstract Presentation)
- 166. Baker AG, Carson EW, Hertel J. Bilateral hernia repair in a Division I collegiate women's basketball player. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S43, 2008.
- 165. McVey ED, Hertel J, Taylor AG, Ingersoll CD. Influences on cryotherapy on motoneuron pool excitability in subjects with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S55, 2008.
- 164. Guisbert K, McVey ED, Hertel J, Ingersoll CD. A 20 minute cryotherapy application does not increase the vastus medialis oblique H:M ratio in subjects following ACL Reconstruction. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S56, 2008.
- 163. Huggins RA, Glaviano NR, Negishi N, Casa DJ, Hertel J. Comparison of core body temperature as assessed by rectal and aural thermometry in hyperthermic, exercising individuals: a meta-analysis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S60, 2008. (*Nominated for Outstanding Masters Oral Abstract Presentation*)

- 162. McKeon PO, Ingersoll CD, Kerrigan DC, Saliba EN, Bennett BC, Hertel J. Balance training improves function and postural control in those with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S65, 2008.
- 161. Morrison SE, Lee SY, Drewes LK, Hart JM, Saliba SA, Hertel J. Effects of ankle taping and bracing on rearfoot plantar pressure during walking. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S70, 2008.
- 160. Perreault A, Kelln B, Pugh K, Hertel J, Saliba S. The effectiveness of strain-counterstrain in reducing pain in upper trapezius tender points. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S60, 2008.
- 159. Ismaeli ZC, Onate JA, Cortes N, Lokkock R, Hertel J, Arnold B, Marshall S, Ross S, Kramer L, Padua D, Van Lunen B. Lower extremity strength in return-to-play ACL injured soccer players. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S60, 2008.
- 158. Hertel J, McKeon PO, Lee SY, Kerrigan DC. Ankle dorsiflexion kinematics are altered during walking and jogging in young adults with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S60, 2008.
- 157. Seibert R, McKeon PO, Hart JM, Hertel J, Ingersoll CD. Quadriceps fatigue decreases dynamic balance. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S60, 2008.
- 156. Drewes LK, Beazell J, Mullins M, Hertel J. Four weeks of short foot exercises affect lower extremity function, but not alignment, in patients with lower extremity injuries. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S60, 2008.
- 155. Parent NM, Grindstaff TL, Cross KM, Pugh K, Hertel J, Saliba S. Short term effects of muscle energy technique on innominate rotation, leg length discrepancy, and pain in individuals with sacroiliac pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2008, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 43: S60, 2008.
- 154. Drewes LK, Lee SY, McKeon PO, Paolini G, Kerrigan DC, Hertel J. Side-to-side comparisons of ankle kinematics during gait among individuals with unilateral chronic ankle instability. American College of Sports Medicine Annual Meeting. May 2008, Indianapolis. IN. Reprinted in *Medicine & Science in Sports & Exercise*, 40(5): S18.
- 153. Hertel J, Gribble PA, Hale SA, Hubbard TJ, Kramer LC, McKeon PO. Diagnostic properties of the Star Excursion Balance Tests in the assessment of chronic ankle instability. American College of Sports Medicine Annual Meeting. May 2008, Indianapolis. IN. Reprinted in *Medicine & Science in Sports & Exercise*, 40(5): S39.
- 152. Lee SY, Hertel J. Static foot alignment and passive range of motion influence maximum rearfoot eversion during running. American College of Sports Medicine Annual Meeting. May 2008, Indianapolis. IN. Reprinted in *Medicine & Science in Sports & Exercise*, 40(5): S59.

- 151. McKeon PO, Paolini G, Ingersoll CD, Kerrigan DC, Bennett BC, Hertel J. Balance training significantly alters ankle kinematics during gait in those with chronic ankle instability. American College of Sports Medicine Annual Meeting. May 2008, Indianapolis. IN. Reprinted in *Medicine & Science in Sports & Exercise*, 40(5): S59.
- 150. Medina McKeon JM, Denegar CR, Hertel J. Frontal plane motion at the hip and knee and genu recurvatum discriminate between males and females. American College of Sports Medicine Annual Meeting. May 2008, Indianapolis. IN. Reprinted in *Medicine & Science in Sports & Exercise*, 40(5): S167-8.
- 149. Cortes N, Onate J, Kollock R, Hertel J, Arnold B, Marshall S, Ross S, Kramer L, Padua D, Van Lunen B. Female collegiate soccer athletes have higher Q-angle and lower hip strength than males. American College of Sports Medicine Annual Meeting. May 2008, Indianapolis. IN. Reprinted in *Medicine & Science in Sports & Exercise*, 40(5): S478.
- 148. Kollock R, Onate J, Cortes N, Thomas K, Hertel J, Arnold B, Marshall S, Ross S, Kramer L, Padua D, Van Lunen B. Lower extremity strength differences in male and female NCAA collegiate soccer athletes. American College of Sports Medicine Annual Meeting. May 2008, Indianapolis. IN. Reprinted in *Medicine & Science in Sports & Exercise*, 40(5): S478.
- 147. McKeon PO, Paolini G, Ingersoll CD, Kerrigan DC, Bennett BC, Hertel J. Balance training alters shank- rearfoot coupling variability during walking in individuals with chronic ankle instability. Gait & Clinical Motion Analysis Society Annual Meeting, April 2008, Richmond, VA.
- 146. Lee SY, **Hertel J**. Relationship between arch height and maximum rearfoot eversion during jogging using two different static neutral positions. Gait & Clinical Motion Analysis Society Annual Meeting, April 2008, Richmond, VA.
- 145. **Hertel J**, Lee SY, McKeon PO, Kerrigan DC. Increased rearfoot inversion positioning during walking in subjects with chronic ankle instability. Gait & Clinical Motion Analysis Society Annual Meeting, April 2008, Richmond, VA.
- 144. Jackson KR, Garrison JC, Ingersoll CD, Hertel J. Lower extremity kinetic differences during drop-jump landings between prepubescent males and females. ACL Injuries: The Gender Bias – Research Retreat IV. April 2008, Greensboro, NC.
- 143. Medina-McKeon J, Denegar CR, **Hertel J**. Transverse plane positioning of the hip is different between males and females during a sidestep cut. ACL Injuries: The Gender Bias – Research Retreat IV. April 2008, Greensboro, NC.
- 142. **Hertel J**, McKeon PO, Lee SY, Kerrigan DC. Individuals with chronic ankle instability exhibit more rearfoot inversion during jogging than controls or copers. UVA Running Medicine Conference. March 2008, Charlottesville, VA.
- 141. Drewes LK, Beazell J, Mullins M, Magrum E. Hertel J. Influence of the short foot exercise on lower extremity function and rearfoot alignment. UVA Running Medicine Conference. March 2008, Charlottesville, VA.
- 140. Lee SY, Griffin M, **Hertel J.** Effect of arch height and foot alignment on plantar pressure measures during jogging. UVA Running Medicine Conference. March 2008, Charlottesville, VA.
- 139. Aronson PA, Gansneder Hertel J, Rijke AM, Ingersoll CD. Medial knee and medial collateral ligament stiffness and knee positioning for the valgus stress test. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S137, 2007.

- 138. Thomas AC, Medina JM, Hart JM, Ingersoll CD, **Hertel J.** Short term effects of corticosteroid and hyaluronic acid injections in the treatment of knee osteoarthritis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S137, 2007.
- 137. Jancaitis GA, Kelln BM, Baker AG, Ingersoll CD, Hertel J. Short term effects of Kinesiotaping on symptoms of patellofemoral pain syndrome. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S136, 2007.
- 136. Martilik T, Livingston SC, Hertel J, Broshek D, Perriello V, Ingersoll CD. Exertion has no effect of neuropsychological test performance in high school athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S131, 2007.
- 135. Lee SY, Lee SC, **Hertel J.** Reafoot pronation has an indirect effect on plantar fascia tension by controlling the amount of arch collapse. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S115, 2007.
- 134. Drewes LK, McKeon PO, Paolini G, Riley P, Kerrigan DC, Ingersoll CD, Hertel J. Altered ankle kinematics during walking and jogging in those with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S106, 2007. (Winner of Outstanding Masters Poster Presentation Award)
- 133. Holley JD, Leonard-Frye J, Silcox K, Hertel J, Ingersoll CD. Excessive pronation is not correlated to increased peak external knee abduction moments during treadmill running or drop landings in recreationally active females. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S32, 2007.
- 132. Kelso MR, Medina JM, Hoffman JA, Ingersoll CD, **Hertel J.** Relationships between lower extremity malalignments and medial tibial stress syndrome. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S105, 2007.
- 131. McKeon PO, Hertel J. Time-to-boundary postural control deficits are present in females, but not males, with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S96, 2007.
- 130. Stein A, McKeon PO, Silcox K, Ingersoll CD, Hertel J. Textured inserts impair postural control in individuals with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S95-96, 2007.
- 129. Medina JM, Hertel J, Denegar CR. Magnitude of femoral anteversion affects lower extremity kinematics during vertical jump and stop jump tasks. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S87, 2007.
- 128. Pietrosimone BG, Hammill RR, Saliba EN, Hertel J, Ingersoll CD. Joint angle and contraction mode influence quadriceps motor neuron pool excitability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S64, 2007.

- 127. Uczekaj EA, Grindstaff TL, Hart JM, Hertel J, Ingersoll CD. Effects of paraspinal fatigue on lower extremity motoneuron excitability in subjects with a history of low back pain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S63, 2007.
- 126. Livingston SC, Goodkin HP, Barth JT, Saliba EN, Hertel J, Ingersoll CD. Acutely concussed collegiate athletes demonstrate differences in motor-evoked potentials compared to nonconcussed athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S32, 2007.
- 125. Day JR, Livingston SC, **Hertel J**, Broshek DK, Freeman JR, Ingersoll CD. Computerized neuropsychological scores of processing speed and complex reaction time are lower when subjects are tested in a group compared to individually. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S29, 2007.
- 124. Friscia BA, Hammill RR, McGuire B, Hertel J, Ingersoll CD. Anterior shoulder laxity is not correlated with medial elbow laxity in high school baseball players. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S20, 2007.
- 123. Flavell AP, McVey ED, McGuire BA, Ingersoll CD, Hertel. Scapular positioning is not affected by posterior rotator cuff fatigue in subjects with subacromial impingement. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2007, Anaheim, CA. Reprinted in: *Journal of Athletic Training*, 42: S14, 2007.
- 122. Drewes LK, McKeon PO, Paolini G, Riley P, Kerrigan DC, Ingersoll CD, Hertel J. Altered shank-rearfoot coupling during walking and jogging with chronic ankle instability. American College of Sports Medicine Annual Meeting, May 2007, New Orleans, LA. Reprinted in: *Medicine and Science in Sports and Exercise*. 39(5): S6.
- 121. Hertel J, McKeon PO, Lee SY. Chronic ankle instability influences laxity and stiffness during anterior drawer but not inversion talar tilt. American College of Sports Medicine Annual Meeting, May 2007, New Orleans, LA. Reprinted in: *Medicine and Science in Sports and Exercise*. 39(5): S68.
- 120. Kelln B, Ingersoll CD, **Hertel J.** Predicting knee motion during cycling with varying seat height, pedal arm length, and leg length. American College of Sports Medicine Annual Meeting, May 2007, New Orleans, LA. Reprinted in: *Medicine and Science in Sports and Exercise*. 39(5): S95.
- 119. McKeon PO, Hertel J. Plantar hypoesthesia alters time-to-boundary measures of postural control. American College of Sports Medicine Annual Meeting, May 2007, New Orleans, LA. Reprinted in: *Medicine and Science in Sports and Exercise*. 39(5): S263.
- 118. Livingston SC, Saliba EN, Hertel J, Goodkin HP, Barth JT, Ingersoll CD. Transcranial motor- evoked potentials are not correlated with self-reported symptoms following concussion among collegiate athletes. American College of Sports Medicine Annual Meeting, May 2007, New Orleans, LA. Reprinted in: *Medicine and Science in Sports and Exercise*. 39(5): S330.
- 117. Drewes LK, McKeon PO, Paolini G, Riley P, Kerrigan DC, Ingersoll CD, Hertel J. Altered shank-rearfoot coupling during walking and jogging with chronic ankle instability. Southeast Chapter of American College of Sports Medicine Annual Meeting, February 2007, Charlotte, NC.

- 116. McKeon PO, **Hertel J**. Plantar hypoesthesia alters time-to-boundary measures of postural control. Southeast Chapter of American College of Sports Medicine Annual Meeting, February 2007, Charlotte, NC.
- 115. Medina JM, **Hertel J.** Gender differences and normative values for six lower extremity alignment measures. Southeast Chapter of American College of Sports Medicine Annual Meeting, February 2007, Charlotte, NC.
- 114. McKeon PO, Hertel J. Chronic ankle instability affects time-to-boundary measures of postural control in females but not males. 3rd International Ankle Symposium, September 2007, Dublin, Ireland. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 36(11): A24, 2006.
- 113. McKeon PO, Hertel J. Is postural control adversely affected in those with chronic ankle instability? A systematic review. 3rd International Ankle Symposium, September 2007, Dublin, Ireland. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 36(11): A24, 2006.
- 112. Caulfield B, Monaghan K, Kaminski TW, Hertel J. Do we need to standardize the way in which we classify those with chronic ankle instability. 3rd International Ankle Symposium, September 2007, Dublin, Ireland. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 36(11): A19, 2006.
- 111. Hubbard TJ, Kramer LC, Denegar CR, Hertel J. Correlations between multiple measures of functional and mechanical instability in those with chronic ankle instability. 3rd International Ankle Symposium, September 2007, Dublin, Ireland. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy.* 36(11): A15, 2006.
- 110. Grindstaff TL, **Hertel J**, Beazell JR, Ingersoll CD. Sacroiliac joint manipulation increases quadriceps neuromuscular response in healthy individuals. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S16-17, 2006.
- 109. Hubbard TJ, Hertel J, Olmsted-Kramer LC, Denegar CR. Factors associated with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S30, 2006.
- 108. Sedory EJ, McVey ED, Cross KM, Ingersoll CD, **Hertel J**. Arthrogenic muscle response of the quadriceps and hamstrings with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S31-32, 2006.
- 107. Hylton P, McVey ED, Serenelli CE, Ingersoll CD, Hertel J. Glenohumeral external rotator fatigue causes altered scapular positioning during shoulder elevation. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S36, 2006.
- 106. Corbin DM, Hart JM, McKeon PO, Ingersoll CD, Hertel J. The effect of textured insoles on postural control in double-limb stance. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S50-51, 2006.
- 105. McKeon PO, **Hertel J**. Time-to-boundary measures of postural control are significantly reduced with removal of visual input in single limb stance. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S51, 2006.

- 104. Jackson KR, Garrison JC, Ingersoll CD, Hertel J. Reliability of components of the star excursion balance test in 8 to 12 year old children. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S52, 2006.
- 103. Hammill RR, Grindstaff TL, Tuzson A, Hertel J. Neuromuscular control training programs decrease ACL injury rates in female athletes: a numbers needed to treat analysis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S55, 2006. (nominated for Outstanding Doctoral Oral Presentation Award)
- 102. Pietrosimone BG, Wadsworth SN, Uczekaj EA, Hertel J. Efficacy of prophylactic braces in prevention of knee ligament injuries: a numbers needed to treat analysis. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S56, 2006.
- 101. Olsavsky AM, Livingston SC, Pugh K, Hertel J, Fowkes Godek S, Ingersoll CD. Sweat rates are greater for male collegiate distance runners compared to females under the same environmental conditions. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S60, 2006.
- 100. Ragan BG, Evans TA, Hertel J, Denegar CR, . Item response theory calibration of the Athletic Training Outcome Assessment self-report instrument using Rasch modeling. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S70, 2006.
- 99. Denegar CR, Evans TA, Ragan BG, Hertel J. Factorial analysis of the Athletic Training Outcomes Assessment self-report instrument does not support a five-factor structure. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S70, 2006.
- 98. Hertel J, Evans TA, Denegar CR, Ragan BG. Validity evidence of the Athletic Training Outcomes Assessment instrument: applying the unified validity framework. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S70-71, 2006.
- 97. Evans TA, Hertel J, Denegar CR, Ragan BG. The Athletic Training Outcomes Assessment instrument has severe psychometric limitations measuring treatment efficacy and outcomes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S71, 2006.
- 96. Vela LI, Denegar CR, Hertel J. The Disability in the Physically Active Scale: psychometrics of an outcomes scale for musculoskeletal injuries. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S71, 2006.
- 95. Kramer LC, Hertel J, Denegar CR. Factors associated with anterior cruciate ligament injury history in female athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S81, 2006. (winner of Outstanding Doctoral Poster Presentation Award)
- 94. Gontkof LM, Aronson PA, Pugh K, Ingersoll CD, **Hertel J**. Differences between Grastoninstrumented soft-tissue mobilization and Swedish massage in the treatment of delayed onset muscle soreness. National Athletic Trainers' Association Annual Meeting & Clinical

Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S82, 2006.

- 93. Headlee DL, Leonard JL, Hart JM, Ingersoll CD, Hertel J. Intrinsic foot muscle fatigue leads to increased navicular drop. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S98, 2006.
- 92. Myers JE, Hart JM, McGuire B, Hammill RH, Hertel J, Ingersoll CD. The effects of wrist flexor fatiguing exercise on medial elbow stiffness. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2006, Atlanta, GA. Reprinted in: *Journal of Athletic Training*, 41: S106, 2006.
- 91. Hubbard TJ, **Hertel J**, Olmsted-Kramer LC, Denegar CR. Contributing factors to chronic ankle instability. American College of Sports Medicine Annual Meeting. May 2006. Denver, CO. Reprinted in: *Medicine and Science in Sports and Exercise*. 2006; 38(5 Suppl):S86-7.
- 90. Medina JM, **Hertel J**, Braham RA. Correlations between lower extremity malalignments in collegiate athletes. Mid-Atlantic Athletic Trainers' Association Meeting, May 2006, Virginia Beach, VA.
- 89. Kelln BM, Hertel J, McKeon PO, Gontkof LM. Handheld dynamometry: reliability of lower extremity muscle testing in healthy, physically active young adults. American Physical Therapy Association Combined Sections Meeting, February 2006, San Diego, CA. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 2006; 36: A74.
- Hubbard TJ, Hertel J, Olmsted-Kramer LC, Denegar CR. Contributing factors to chronic ankle instability. American College of Sports Medicine Southeast Chapter Meeting. February 2006, Charlotte, NC.
- 87. McKeon PO, **Hertel J**. The effect of diminished plantar cutaneous sensation on postural control. American College of Sports Medicine Southeast Chapter Meeting. February 2006, Charlotte, NC.
- 86. Hertel J, Hubbard TJ, Sherbondy PS. Anterior positional fault of the fibula with chronic ankle instability. 2ndInternational Conference on Movement Dysfunction. Pain and Performance. September 2005, Edinburgh, UK. Reprinted in: *Manual Therapy*.
- 85. Hertel J, Evans TA. Postural control performance is not associated with increased risk of ankle sprain. 1st World Congress on Sports Injury Prevention. June 2005, Oslo, Norway. Reprinted in: *British Journal of Sports Medicine*, 39: 389-390, 2005.
- 84. Olmsted-Kramer LC, Hertel J, Denegar CR. Associations between lower extremity misalignment, flexibility, geralised joint laxity, and anterior cruciate ligament history. 1st World Congress on Sports Injury Prevention. June 2005, Oslo, Norway. Reprinted in: *British Journal of Sports Medicine*, 39: 389-390, 2005.
- 83. Hubbard TJ, Hertel J, Sherbondy PS. Positional fault of the fibula in sub-acute lateral ankle sprains. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2005, Indianapolis, IN. Reprinted in: *Journal of Athletic Training*, 40: S27, 2005. (nominated for Outstanding Doctoral Oral Presentation Award)
- 82. Gribble PA, Hertel J, Denegar CR. Chronic ankle instability is associated with strength deficits in proximal lower extremity muscle groups. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2005, Indianapolis, IN. Reprinted in: *Journal of Athletic Training*, 40: S28, 2005.

- 81. Hale SA, Hertel J, Denegar CR. Age-related postural control changes in children and young adults. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2005, Indianapolis, IN. Reprinted in: *Journal of Athletic Training*, 40: S38, 2005.
- 80. Hertel J, Evans TA, Braham RA. Contributing factors to postural control performance : a study of 311 intercollegiate athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2005, Indianapolis, IN. Reprinted in: *Journal of Athletic Training*, 40: S38, 2005.
- 79. McKeon PO, Hertel J. The role of diminished plantar cutaneous sensation on postural control. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2005, Indianapolis, IN. Reprinted in: *Journal of Athletic Training*, 40: S39, 2005.
- 78. Ensor HD, Hertel J. Reliability of measuring sagittal plane cervical spine motion with video analysis in subjects wearing football equipment. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2005, Indianapolis, IN. Reprinted in: *Journal* of Athletic Training, 40: S114, 2005.
- 77. Gribble PA, Hertel J, Denegar CR. Chronic ankle instability and fatigue create proximal joint alterations during performance of the Star Excursion Balance Test. 2nd International Ankle Symposium. October 2004, Newark, DE. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 35(5): A18, 2005.
- 76. Hubbard TJ, Hertel J, Sherbondy P. Anterior fibular position in those with self-reported unilateral and bilateral chronic ankle instability. 2nd International Ankle Symposium. October 2004, Newark, DE. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 35(5): A20, 2005.
- 75. Hale SA, **Hertel J**. Efficacy of a 4-week rehabilitation program in managing chronic ankle instability. 2nd International Ankle Symposium. October 2004, Newark, DE. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 35(5): A22, 2005.
- 74. Olmsted-Kramer LC, Hertel J. Is there a link between ankle sprain history and anterior cruciate ligament injury risk? 2nd International Ankle Symposium. October 2004, Newark, DE. Reprinted in: *Journal of Orthopaedic and Sports Physical Therapy*. 35(5): A25, 2005.
- 73. **Hertel J**, Olmsted LC. Time-to-boundary: a novel postural control assessment in single leg stance. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2004, Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 39: S117, 2004.
- 72. Aronson SA, Olmsted LC, Hertel J. Effects of tri-phasic oral contraceptives on risk factors of anterior cruciate ligament injuries in recreationally active females. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2004, Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 39: S111, 2004.
- 71. Bennett EN, Olmsted LC, Hertel J. Gender differences in knee positions during three functional tasks. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2004, Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 39: S90, 2004. (Undergraduate Student Free Communications Poster Presentation Award Winner)
- 70. Hale SA, Hertel J. Relationships between functional performance measures for the ankle. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2004, Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 39: S41, 2004.
- 69. Gribble PA, **Hertel J**, Denegar CR, Buckley WE. The effects of fatigue and chronic ankle instability on dynamic postural control. National Athletic Trainers' Association Annual

Meeting & Clinical Symposium, June 2004, Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 39: S38, 2004.

- 68. Evans TA, **Hertel J**, Braham RA, Sebastianelli WJ. Is there a temporal relationship between lateral ankle sprain and postural control deficits? National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2004, Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 39: S9, 2004.
- 67. Olmsted LC, Hertel J. Time-to-boundary measures of postural control and chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2004, Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 39: S8, 2004.
- 66. Hubbard TJ, **Hertel J**, Olmsted LC. Assessment of fibular position in those with self-reported chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2004, Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 39: S7, 2004. (nominated for Outstanding Doctoral Oral Presentation Award)
- 65. Gribble PA, Hertel J, Denegar CR. The effects of fatigue and gender on dynamic postural control. American College of Sports Medicine Annual Meeting, June 2004, Indianapolis, IN. Reprinted in: *Medicine and Science in Sports and Exercise*, 36(5S): S188, 2004.
- 64. **Hertel J**, Braham RA, Hale SA, Olmsted LC. Simplifying the Star Excursion Balance Test: Factor analyses of subjects with and without ankle instability. American College of Sports Medicine Annual Meeting, June 2004, Indianapolis, IN. Reprinted in: *Medicine and Science in Sports and Exercise*, 36(5S): S187, 2004.
- 63. Hubbard TJ, Olmsted LC, **Hertel J.** Anterior-posterior mobility of the talus with chronic ankle instability. American College of Sports Medicine Annual Meeting, June 2004, Indianapolis, IN. Reprinted in: *Medicine and Science in Sports and Exercise*, 36(5S): S154, 2004.
- 62. Sherbondy PA, Sebastianelli WJ, **Hertel J**. The effect of protective equipment on cervical spine alignment in collegiate lacrosse players. Pennsylvania Orthopaedic Society. October 2003. Farmington, PA.
- 61. **Hertel J.** Reliability of time to boundary measures in single leg quiet standing. 2nd International Biomechanics of the Lower Limb in Health, Disease, and Rehabilitation Conference. September 2003, University of Salford, Manchester, UK.
- 60. **Hertel J,** Hale SA, Olmsted LC. Effect of four weeks of rehabilitation for chronic ankle instability on postural control and self-reported disability. British Association of Sport and Exercise Medicine Annual Meeting. September 2003, Sheffield, UK. (1st Runner-up Best Abstract Award)
- 59. Hale SA, Hertel J. Reliability and sensitivity of the Foot and Ankle Disability Index in subjects with chronic ankle instability. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2003, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 38: S12, 2003.
- 58. Olmsted LC, Hertel J. Effects of rearfoot orthotics on balance and functional performance in subjects with three different foot types. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2003, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 38: S51, 2003.
- 57. Rothermel SA, Hale SA, Hertel J, Denegar CR. The effect of active foot positioning on the outcome of a balance training program. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2003, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 38: S52, 2003.

- 56. **Hertel J,** Evans TA, Sebastianelli WJ. Bilateral postural control deficits after unilateral ankle sprain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2003, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 38: S52, 2003.
- 55. Earl JE, **Hertel J**, Denegar CR. Efficacy of a 6-week neuromuscular rehabilitation program on pain, function, muscle activity, and joint motion in patients with patellofemoral pain syndrome. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2003, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 38: S83, 2003.
- 54. Vela LI, Olmsted LC, Denegar CR, Hertel J. Prophylactic ankle taping and bracing: a numbers needed to treat approach. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2003, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 38: S87, 2003.
- 53. Gribble PA, Hertel J. Effect of 48 hours of sleep deprivation on postural control. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2003, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 38: S103, 2003.
- 52. Evans TA, Denegar CR, Hertel J, Ibrihim IA, Sebastianelli WJ. The internal consistency and sensitivity of the Athletic Training Outcome Assessment self-report instrument. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2003, St. Louis, MO. Reprinted in: *Journal of Athletic Training*, 38: S108, 2003.
- 51. Earl JE, Hertel J, Denegar CR, Cavanagh PR. Kinematics of lower extremity dynamic malalignment in subjects with and without patellofemoral pain syndrome. American College of Sports Medicine Annual Meeting, May 2003, San Francisco, CA. Reprinted in: *Medicine and Science in Sports and Exercise*, 35 (5S): S###, 2003.
- 50. **Hertel J**, Denegar CR. Incorporating evidence-based practice into clinical education. Athletic Training Educators' Conference. January 2003, Montgomery, TX.
- 49. DiPasquale AA, Gribble PA, **Hertel J**. Isokinetic knee strength does not change significantly across the menstrual cycle. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in: *Journal of Athletic Training*, 37: S91, 2002.
- 48. Dorfman JH, **Hertel J**. Static malalignments in athletes with ACL ruptures: a retrospective study. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in: *Journal of Athletic Training*, 37: S91, 2002.
- 47. Earl JE, **Hertel J**, Piazza SJ. Changes in flexibility and EMG activity with the Protonics[®] knee brace. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in: *Journal of Athletic Training*, 37: S61, 2002.
- 46. Sloss BR, Earl JE, Hertel J. Effect of rearfoot orthotics on quadriceps and gluteus medius EMG activity in individuals with different foot types. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in: *Journal of Athletic Training*, 37: S91, 2002.
- 45. Domorski SN, Evans TA, Hertel J, Denegar CR. Risk factors associated with recurrent medial tibial stress syndrome. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in: *Journal of Athletic Training*, 37: S99, 2002.
- 44. Tsang KK, **Hertel J**, Denegar CR, Buckley WE, McGuire DT. The effects of induced effusion of the ankle on EMG activity of the lower leg muscles. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in:

Journal of Athletic Training, 37: S25, 2002. (Doctoral Student Free Communications Oral Presentation Award Winner)

- 43. Gribble PA, **Hertel J**. Effect of hip and ankle muscle fatigue on unipedal postural control. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in: *Journal of Athletic Training*, 37: S98, 2002.
- 42. Schmitt DM, Hertel J, Evans TA, Olmsted LC, Putukian M. Effect of an acute bout of soccer heading on postural control and self-reported symptoms of concussion. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in: *Journal of Athletic Training*, 37: S90, 2002.
- 41. Drysdale C, Earl JE, Hertel J. Surface EMG activity of the abdominal muscles during pelvic tilt and abdominal draw-in exercises. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2002, Dallas, TX. Reprinted in: *Journal of Athletic Training*, 37: S107, 2002. (Masters Student Free Communications Poster Presentation Award Winner)
- 40. Hertel J, Williams NI, Gribble PA, McConnell HJ, DiPasquale AA, Putukian M. Changes in risk factors of ACL injuries across the menstrual cycle: a pilot study. American College of Sports Medicine Annual Meeting, May 2002, St. Louis, MO. Reprinted in: *Medicine and Science in Sports and Exercise*, 34 (5S): S749, 2002.
- 39. Tsang KK, Hertel J, Denegar CR, Buckley WE, McGuire DT. The effects of induced effusion of the ankle on postural control. American College of Sports Medicine Annual Meeting, May 2002, St. Louis, MO. Reprinted in: *Medicine and Science in Sports and Exercise*, 34 (5S): S1240, 2002.
- 38. Gribble PA, Hertel J. Effect of lower extremity muscle fatigue on postural control. American College of Sports Medicine Annual Meeting, May 2002, St. Louis, MO. Reprinted in: *Medicine and Science in Sports and Exercise*, 34 (5S): S224, 2002.
- 37. Earl JE, Piazza SJ, Hertel J. Biomechanical effects of a resistive dynamic knee brace on healthy subjects. American College of Sports Medicine Annual Meeting, May 2002, St. Louis, MO. Reprinted in: *Medicine and Science in Sports and Exercise*, 34 (5S): S496, 2002.
- 36. Evans TA, Hertel J, Buckley WE, Tsang KK. Injury epidemiology, disability and follow-up care for intramural athletes. American College of Sports Medicine Annual Meeting, May 2002, St. Louis, MO. Reprinted in: *Medicine and Science in Sports and Exercise*, 34 (5S): S245, 2002.
- 35. Steszyn L, Earl JE, Sloss BR, **Hertel J**. Electromyographic evidence of quadriceps dominance in females during functional activities. Canadian Athletic Therapists' Association Annual Meeting, May 2002, Mont Treblant, Quebec.
- 34. Hertel J, Earl JE, Tsang KKT, Miller SJ. Difference in quadriceps EMG activity during open and closed kinetic chain knee extension maximal voluntary isometric contractions. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2001, Los Angeles, CA. Reprinted in: *Journal of Athletic Training*, 36: S35, 2001.
- 33. Earl JE, Miller SJ, Tsang KKT, Hertel J. Combined knee extension/hip adduction and knee extension/hip abduction isometric exercises do not increase maximal quadriceps EMG activity. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2001, Los Angeles, CA. Reprinted in: *Journal of Athletic Training*, 36: S35, 2001.
- 32. Tsang KKT, **Hertel J**, Denegar CR, Buckley WE. The effects of elevation and intermittent compression on the volume of injured ankles. National Athletic Trainers' Association

Annual Meeting & Clinical Symposium. June 2001, Los Angeles, CA. Reprinted in: *Journal of Athletic Training*, 36: S50, 2001.

- 31. Gribble PA, Hertel J, Piegaro AB. Predictors for performance of dynamic postural control using the Star Excursion Balance Test. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2001, Los Angeles, CA. Reprinted in: *Journal of AthleticTraining*, 36: S77, 2001.
- 30. Evans TA, Streator SS, Buckley WE, Denegar CR, Hertel J. Effect of pre-operative patient education on patient anxiety, pain, and achievement of rehabilitation goals after ACL reconstruction. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2001, Los Angeles, CA. Reprinted in: *Journal of Athletic Training*, 36: S11, 2001.
- 29. Evans TA, Putukian M, Echemendia R, Bruce J, **Hertel J**. Is frequency of heading a soccer ball associated with changes in cognitive function over the course of a competitive season? World Federation of Athletic Training and Therapy World Congress, June 2001, Los Angeles, CA.
- 28. Hertel J, Olmsted LC, Johnson PD, Putukian M. Normative performance measures for an instrumented agility task among collegiate rugby and ice hockey players. American College of Sports Medicine Annual Meeting, June 2001; Baltimore, MD. Reprinted in: *Medicine and Science in Sports and Exercise*, 33 (5S): S245, 2001.
- 27. **Hertel J**, Buckley WE, Denegar CR. Establishing a doctoral program in athletic training: considerations for curricular development. Athletic Training Educators' Conference. January 2001, Fort Worth, TX.
- 26. **Hertel J.** Rearfoot orthotics do not improve postural control after acute lateral ankle sprain: a prospective controlled study. International Ankle Symposium. December 2000. Ulm, Germany.
- 25. **Hertel J**, Denegar CR, Buckley WE. Serial testing of postural control after lateral ankle sprain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S51, 2000.
- 24. Fonseca J, Denegar CR, Salvaterra GF, Buckley WE, **Hertel J**. Joint laxity, range of motion, and talar glide after lateral ankle sprain. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S39, 2000.
- 23. Tsang K, Hertel J, Denegar CR, Buckley. Effects of gravity dependent positioning following elevation on the volume of uninjured ankles. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal* of Athletic Training, 35: S50, 2000.
- 22. Gay MR, **Hertel J**, Denegar CR. Differences in postural control measures among healthy individuals with different foot types. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S51, 2000.
- 21. Earl JE, Hertel J, Vairo GL. Lower extremity muscle activation during the Star Excursion Balance Tests. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S31, 2000.
- 20. Evans TA, Putukian M, Earl JE, Vanden Heuval V, **Hertel J**. Frequency of specific entities of the female athlete triad at an NCAA Division I institution. National Athletic Trainers'

Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S88, 2000.

- Hale SA, Hertel J, Denegar CR. Effect of slide board exercise on agility performance in collegiate ice hockey players. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S38, 2000.
- Kraewic CJ, Denegar CR, Salvaterra GF, Hertel J, Buckely WE. Static innominate position asymmetry in asymptomatic male and female athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S93, 2000.
- 17. Dompier TP, Denegar CR, Miller SJ, Sebastianelli WJ, Buckley WE, Salvaterra GF, Hertel J. Effect of general anesthesia on passive knee extension motion. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S35, 2000.
- 16. Domorski S, Evans TA, Sebastianelli W, Putukian M, Hertel J. Persistent foot pain in a female collegiate soccer player. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2000, Nashville, TN. Reprinted in: *Journal of Athletic Training*, 35: S19, 2000.
- Hertel J, Denegar CR, Buckley WE, Stokes WL, Sharkey NA. Effects of rearfoot orthotics on postural control in healthy subjects. American College of Sports Medicine Annual Meeting, June 2, 2000; Indianapolis, IN. Reprinted in: *Medicine and Science in Sports and Exercise*, 32 (5S): S289, 2000.
- 14. Hertel J, Denegar CR, Buckley WE, Sharkey NA, Stokes WL. Effects of rearfoot orthotics on postural control following lateral ankle sprain. American Physical Therapy Association Combined Sections Meeting, February 5, 2000; New Orleans, LA. Reprinted in: *Journal of Orthopedic and Sports Physical Therapy*, 30: A38, 2000.
- Hale SA, Hertel J, Denegar CR. Effect of a simulated ice hockey period on agility performance. Eastern Athletic Trainers' Association Annual Meeting, January 10, 2000; Philadelphia, PA.
- 12. **Hertel J**, Denegar CR, Buckley WE, Sharkey NA, Stokes WL. Effect of rearfoot orthotics on center of pressure measurements following lateral ankle sprain. Eastern Athletic Trainers' Association Annual Meeting, January 10, 2000; Philadelphia, PA.
- 11. **Hertel J,** Straub S, King MA. Anatomy of a research abstract. Eastern Athletic Trainers' Association Annual Meeting, January 10, 2000; Philadelphia, PA.
- 10. **Hertel J**, Denegar CR, Buckley WE, Sharkey NA, Stokes WL. Effects of rearfoot orthotics on center of pressure measurements during single leg stance. Mid-Atlantic Regional Chapter of American College of Sports Medicine Annual Meeting, November 5, 1999; Ithaca, NY.
- 9. Johnson PD, Hertel J, Denegar CR, Olmsted LC, Putukian M, Echemendia R, Salvaterra G, Buckley WE. Effect of mild head injury on an instrumented agility task in collegiate rugby and ice hockey players. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 1999; Kansas City, MO. Reprinted in: *Journal of Athletic Training*, 34: S44, 1999.
- Hertel J, Miller SJ, Denegar CR, Buckley WE. Intratester reliability, intertester reliability, and learning effects of the star excursion balance tests. National Athletic Trainers Association Annual Meeting & Clinical Symposium. June 1999; Kansas City, MO. Reprinted in: *Journal of Athletic Training*, 34: S14, 1999.

- Miller SJ, Hertel J, Buckley WE, Denegar CR. Effect of upper limb dominance on performance of the star excursion balance tests. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 1999; Kansas City, MO. Reprinted in: *Journal of Athletic Training*, 34: S15, 1999.
- 6. West TF, Hertel J, Buckley WE, Denegar CR. Educational history and employment characteristics of certified athletic trainers with doctoral degrees. NATA Athletic Trainers' Educators' Conference, January 1999; Fort Worth, TX. Reprinted in: <u>Proceedings of the</u> <u>1999 Athletic</u> <u>Training Educators' Conference</u>. Theofare, NJ: Slack Incorporated.
- Hertel J, West TF, Buckley WE, Denegar CR. Desired competencies of certified athletic trainers earning doctoral degrees. NATA Athletic Trainers' Educators' Conference, January 1999; Fort Worth, TX. Reprinted in: <u>Proceedings of the 1999 Athletic Training Educators'</u> <u>Conference</u>. Theofare, NJ: Slack Incorporated.
- 4. **Hertel J**, Hale SA, Johnson PD, Denegar CR. Reliability of the Cybex Reactor in the assessment of an agility task over 3 and 6 week intervals. Eastern Athletic Trainers' Association Annual Meeting, January 1999; Philadelphia, PA.
- Hertel J, Denegar CR, Stokes W, Monroe MM, Lieb R. Stress fluoroscopy and physical examination in the assessment of subtalar and talocrural joint instability. Mid-Atlantic Regional Chapter Meeting of the American College of Sports Medicine, October 1998; Hidden Valley, PA.
- Hertel J, Denegar CR, Buckley WE, Johnson PD. Reliability of the Cybex Reactor in the assessment of an agility task. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 1998; Baltimore, MD. Reprinted in: *Journal of Athletic Training*, 33: S35, 1998
- Hertel JN, Guskiewicz KM, Kahler DM, & Perrin DH. Effect of lateral ankle joint anaesthesia on center of balance, postural sway, and joint position sense. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 1995; Indianapolis, IN. Reprinted in: *Journal of Athletic Training*, 30: S6, 1995.

Invited Presentations:

- 142. "Walk before you run: gait retraining strategies following ankle injuries." Orthopaedic Summit. December 2018. Las Vegas, NV.
- 141. "Rehabilitation implications of sensorimotor changes in chronic ankle instability." Orthopaedic Summit. December 2018. Las Vegas, NV.
- 140. "5 examination keys that drive treatment approaches for foot and ankle injuries." Orthopaedic Summit. December 2018. Las Vegas, NV.
- 139. "The foot core: clinical importance of the intrinsic foot muscles." St. Louis University Department of Physical Therapy & Athletic Training Continuing Education Seminar. November 2018. St. Louis, MO.
- 138. "Impairment-based rehabilitation for lateral ankle instability." St. Louis University Department of Physical Therapy & Athletic Training Continuing Education Seminar. November 2018. St. Louis, MO.
- 137. "Chronic ankle instability: identification and treatment of gait biomechanics." Samuel Merritt University Motion Analysis Research Center Annual Symposium. November 2018. Oakland, CA.
- 136. "Using wearable sensors to assess running biomechanics." Samuel Merritt University Motion Analysis Research Center Annual Symposium. November 2018. Oakland, CA.

- 135. "The role of muscle function in ankle sprains and instability." National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2018. New Orleans, LA. (with Luke Donovan)
- 134. "Impairment-based rehabilitation for ankle sprains and instability." Canadian Athletic Therapists' Association National Conference. June 2018. Quebec City, QC.
- 133. "Effect of static stretching and joint mobilization in patients with chronic ankle instability." Orthopaedic Summit. December 2017. Las Vegas, NV.
- 132. "Quadriceps muscle inhibition and the effect of kinesiotape: fact or fiction?" Orthopaedic Summit. December 2017. Las Vegas, NV.
- 131. "An impairment-based rehabilitation paradigm for ankle sprains." National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2017. Houston, TX.
- 130. "The foot core: clinical importance of the intrinsic foot muscles." University of Virginia Art & Science of Sports Medicine Conference. June 2017. Charlottesville, VA.
- 129. "Appraising the research: how to effectively read and analyze research in athletic training." Wisconsin Athletic Trainers' Association Conference. April 2017. Wisconsin Dells, WI. (student session)
- 128. "Clinical implications in foot and ankle rehabilitation." Wisconsin Athletic Trainers' Association Conference. April 2017. Wisconsin Dells, WI. (keynote lecture)
- 127. "Impairment-based rehabilitation for lateral ankle instability." Ohio State University School of Health & Rehabilitation Sciences Grand Rounds. April 2017. Columbus, OH.
- 126. "Impairment-based rehabilitation for lateral ankle instability". Sports Medicine Australia Conference. October 2016. Melbourne, Australia. (keynote lecture)
- 125. "Mechanical and sensorimotor contributions to lateral ankle instability". Sports Medicine Australia Conference. October 2016. Melbourne, Australia. (pre-conference workshop)
- 124. "Prevention and conservative management of lateral ankle sprains and chronic ankle instability." Sports Medicine Australia Conference. October 2016. Melbourne, Australia. (pre-conference workshop)
- 123. "The foot core system: a new paradigm". University of California San Diego Sports Medicine for Primary Care Conference. October 2016. San Diego, CA.
- 122. "An evidence-based approach to ankle sprain rehabilitation." National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD. (with Nicole Cosby)
- 121. "Beyond the bar graph: visual presentation of results". Journal of Athletic Training Reviewers' Workshop. National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2016. Baltimore, MD.
- 120. "Athlete monitoring in the big data era". University of Virginia Art & Science of Sports Medicine Conference. June 2016. Charlottesville, VA.
- 119. "The Foot Core: assessment and rehabilitation of the intrinsic foot muscles". Lynchburg College Sports Medicine Symposium. April 2016. Lynchburg, VA.
- 118. "Strategies for implementing an evidence-based practice". Fredericksburg Regional Sports Medicine Conference. December 2015. Fredericksburg, VA. (BOC-approved evidencebased practice CEU presentation)
- 117. "Best practices for prevention and management of ankle sprains." Fredericksburg Regional Sports Medicine Conference. December 2015. Fredericksburg, VA. (BOC-approved evidence-based practice CEU presentation)

- 116. "Treatment strategies for chronic ankle instability." 6th International Ankle Symposium. October 2015, Dublin, Ireland.
- 115. "Athletic Training Post-Professional Education in the United States." Yonsei University Athletic Training Conference. September 2015. Seoul, South Korea.
- 114. "Clinical Outcomes of chronic ankle instability." Yonsei University Athletic Training Conference. September 2015. Seoul, South Korea.
- 114. "Evidence for Assessment and Training Techniques of the Intrinsic Foot Muscles". National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2015. St. Louis, MO.
- 113. "Strategies for implementing an evidence-based practice". University of Virginia Art & Science of Sports Medicine Conference. June 2015. Charlottesville, VA. (BOC-approved evidence-based practice CEU presentation)
- 112. "Best practices for prevention and management of ankle sprains." University of Virginia Art & Science of Sports Medicine Conference. June 2015. Charlottesville, VA. (BOC-approved evidence-based practice CEU presentation)
- 111. "Core stability of the foot: a new paradigm". American College of Sports Medicine Annual Meeting. May 2015. San Diego, CA. (with I. Davis and P. McKeon)
- 110. "Diagnosis of ankle sprains: advances in physical exam and imaging." National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2014. Indianapolis, IN.
- 109. "Joint moblizations in the treatment of lateral ankle injuries. Lynchburg College Sports Medicine Symposium. April 2014. Lynchburg, VA.
- 108. "Best practices for prevention and management of ankle sprains". North Carolina Athletic Trainers' Association Annual Meeting. March 2014. Wrightsville Beach, NC.
- 107. "5 steps to an evidence-based athletic training practice." Virginia Athletic Trainers' Association Annual Meeting. January 2014. Short Pump, VA.
- 106. "Foot and ankle injuries." Taiwan Athletic Trainers' Society. July 2013. Taipei, Taiwan. (3 hour workshop).
- 105. "Neuromechanics of ankle instability: rehabilitation implications." International Society of Biomechanics in Sports. July 2013. Tapei, Taiwan.
- 104. "Joint mobilizations in the treatment of ankle sprains: recent research and clinical recommendations." National Athletic Trainers' Association Annual Meeting & Clinical Symposium. June 2013. Las Vegas, NV.
- 103. "Underlying causes of recurrent ankle sprains." American College of Sports Medicine Annual Meeting. May 2013. Indianapolis, IN.
- 102. "The finished product: preparing GA's for full-time positions". ACC Sports Medicine Conference. May 2013. Greensboro, NC.
- 101. "Rehabilitation of foot and ankle injuries." Aspetar Sports Physiotherapy Continuing Education Series. November 2012, Doha, Qatar. (8 hour in-service)
- 100. "Gait defects associated with chronic ankle instability." Aspetar Current Concepts on the Athlete's Ankle Conference." November 2012, Doha, Qatar.
- 99. "Postural control deficits associated with chronic ankle instability." Aspetar Current Concepts on the Athlete's Ankle Conference." November 2012, Doha, Qatar.
- 98. "Postural control and gait alterations with chronic ankle instability." University of Wisconsin Kinesiology Graduate Seminar. September 2012, Madison, WI.

- "NATA Exchange Lecture Neuromechanics and conservative management of chronic ankle instability." American Orthopaedic Society for Sports Medicine Annual Meeting, July 2012, Baltimore, MD.
- 96. "Emerging Position Statement: Conservative management and prevention of ankle sprains in athletes". National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2012, St. Louis, MO. (with T. Kaminski)
- 95. "Managing ankle sprains: principles, pitfalls, and progressions". National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2012, St. Louis, MO. (with K. Pugh)
- 94. "NATA Exchange Lecture Neuromechanics and clinical management of lateral ankle instability." American College of Sports Medicine Annual Meeting, June 2012, San Francisco, CA.
- 93. "Role of balance gait deficits in ankle sprains and instability.". Bridgewater College Department of Health & Human Sciences, April 2012, Bridgewater, VA.
- 92. "Ankle sprains and instability: recent research and best practices." Lynchburg College Sports Medicine Symposium, April 2012, Lynchburg, VA.
- 91. "Neuromechanics and clinical management of ankle sprains and chronic ankle instability." 6th Annual Distinguished Lecture on the Science of Manual Therapy, University of Illinois-Chicago Department of Physical Therapy, September 2011, Chicago, IL.
- 90. "Clinical and physiological effects of ankle joint mobilizations." New Hampshire Musculoskeletal Institute Fall Symposium, September 2011, Manchester, NH.
- 89. "Neuromuscular aspects of ankle instability: balance and gait rehabilitation" New Hampshire Musculoskeletal Institute Fall Symposium, September 2011, Manchester, NH.
- 88. "Changes in postural control and gait with chronic ankle instability". Plymouth State University Graduate Athletic Training Program, September 2011, Plymouth, NH.
- "Neuromechanics and clinical management of chronic ankle instability." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2011, New Orleans, LA.
- 86. "Role of balance deficits during ankle instability." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2011, New Orleans, LA.
- 85. "Practical tips for balance testing and training." IOC World Conference on Prevention of Injury & Illness in Sport. Monte Carlo, Monaco. April 2011. (with E. Delahunt)
- 84. "Current knowledge about ankle orthoses". 1st International Congress on the Scientific Testing of Orthotic Devices. Aix Les Baines, France. March 2011.
- 83. "Teaching injury prevention concepts in an evidence-based framework". Athletic Training Educators' Conference. Washington, DC. February 2011.
- 82. "Gait and postural control deficits with chronic ankle instability." Pennsylvania State University Department of Kinesiology Colloquium. University Park, PA. February 2011.
- 81. "Gait and postural control deficits with chronic ankle instability." University of Oregon Department of Human Physiology Speaker Series. Eugene, OR. January 2011.
- 80. "Foot and ankle worldwide: the International Ankle Consortium". 2nd Congress of the International Foot and Ankle Biomechanics Community. September 2010, Seattle, WA. (with T. Kaminski)
- 79. "How effective are ACL injury prevention programs?" American Orthopaedic Society for Sports Medicine Conference. July 2010, Providence, RI.

- 78. "Understanding levels of evidence." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2010, Philadelphia, PA.
- 77. "Shoe insert interventions in rehabilitation: evidence for effects and mechanisms." American College of Sports Medicine Annual Meeting. June 2010. Baltimore, MD. (with A. Hatton)
- 76. "Gait patterns with chronic ankle instability and medial tibial stress syndrome." UVA Running Medicine Conference. April 2010. Charlottesville, VA.
- 75. "How research is changing athletic training." Pennsylvania Athletic Trainers' Society Student Symposium. February 2010. University Park, PA.
- 74. "Role of gait and balance in ankle instability." Virginia Athletic Trainers' Association Annual Meeting. January 2010. Charlottesville, VA.
- 73. "Chronic ankle instability: recognition across the clinical spectrum." American Academy of Orthopaedic Manual Physical Therapists' Annual Conference. October 2009. Washington, DC. (with J. Beazell and E. Magrum)
- 72. "Finding balance: Lateral ankle instability and postural control." 12th International Conference on Foot Biomechanics and Orthotic Therapy. October 2009, Atlanta, GA.
- 71. "Changes in postural control and gait with chronic ankle instability." 4th International Ankle Symposium. July 2009, Sydney, Australia.
- 70. "Recurrent ankle sprain prevention: balance training." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2009, San Antonio, TX.
- 69. "Evidence-based practice I: Interpreting systematic reviews to improve clinical care." Mid-Atlantic Athletic Trainers' Association Meeting. May 2009, Virginia Beach, VA.
- 68. "Incorporating systematic reviews into entry-level athletic training education: prevention examples". Athletic Training Educators' Conference, February 2009, National Harbor, MD.
- 67. "Pathomechanics of Ankle Instability." Association of Chartered Physiotherapists in Sports Medicine Conference. November 2008, Belfast, Northern Ireland.
- 66. "Control of Ankle Instability." Association of Chartered Physiotherapists in Sports Medicine Conference. November 2008, Belfast, Northern Ireland.
- 65. "Selecting the optimal ACL prevention program: How effective are these programs?" American Orthopaedic Society for Sports Medicine Conference. July 2008, Orlando, FL.
- 64. "Injury prevention: understanding relative risk reduction and numbers needed to treat." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2008, St. Louis, MO.
- 63. "Prevention and management of ankle sprains: from research to reality." Mid-Atlantic Athletic Trainers' Association Meeting. May 2008, Virginia Beach, VA.
- 62. "Gait alterations with chronic ankle instability." 10th International Conference on Foot Biomechanics and Orthotic Therapy. November 2007, San Diego, CA.
- 61. "Documenting patient improvements: instruments for patient self-report of ankle function." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2007, Anaheim, CA.
- 60. "Researchers reaching clinicians: examples of clinically relevant ankle studies." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2007, Anaheim, CA.
- 59. "Ankle sprain prevention: best practices." University of Virginia Art & Science of Sports Medicine Conference. June 2007, Charlottesville, VA.
- 58. "Postural control deficits with ankle instability". University of Nevada-Las Vegas/Nevada Athletic Trainers' Association Continuing Education Lecture. April 2007, Las Vegas, NV.

- 57. "Ankle instability: research to reality." Eastern Athletic Trainers' Association. January 2007, Boston, MA. (with T.W. Kaminski)
- 56. "Lateral ankle instability: etiology and approaches to treatment." 9th International Conference on Foot Biomechanics and Orthotic Therapy. December 2006, Chicago, IL.
- 55. "Using foot orthotics to influence sensorimotor function in sports medicine patients." 9th International Conference on Foot Biomechanics and Orthotic Therapy. December 2006, Chicago, IL.
- 54. "Overview of the etiology of chronic ankle instability." 3rd International Ankle Symposium. September 2006, Dublin, Ireland.
- 53. "Postural control and ankle instability: From the laboratory to the clinic." University of Wisconsin–La Crosse Athletic Training Seminar. May 2006, La Crosse, WI.
- 52. "Postural control and ankle instability." University of North Carolina Greensboro Applied Neuromechanics Laboratory Seminar. April 2006, Greensboro, NC.
- 51. "Ankle assessment: Does the evidence support what we practice?" Great Lakes Athletic Trainers' Association Meeting. March 2006, Madison, WI.
- 50. "Using evidence to influence clinical practice." Great Lakes Athletic Trainers' Association Meeting. March 2006, Madison, WI.
- 49. "Chronic ankle instability." American College of Sports Medicine Southeast Regional Chapter Meeting. February 2006, Charlotte, NC.
- 48. "Evidence-based practice in athletic training." James Madison University Athletic Training Seminar. November 2005, Harrisonburg, VA.
- 47. "Why you should (or should not) pursue a terminal degree." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2005. Indianapolis, IN.
- 46. "Relationships between postural control impairments and ankle instability." University of Virginia Kinesiology Colloquium. April 2005, Charlottesville, VA.
- 45. "Injury prevention initiatives in sports medicine." University of Virginia Curry School Risk and Prevention Speaker Series. February 2005. Charlottesville, VA.
- 44. "Management of lateral ankle instability: an evidence-based approach". Virginia Athletic Trainers' Association Annual Meeting. January 2005. Williamsburg, VA.
- 43. "The complex etiology of lateral ankle instability". 2nd International Ankle Symposium. October 2004, Newark, DE.
- 42. "Are we effectively treating lateral ankle sprains?" National Athletic Trainers' Association AnnualMeeting and Clinical Symposium. June 2004. Baltimore, MD.
- 41. "Case-based diagnosis and treatment of foot and ankle injuries in the athlete". National Athletic Trainers' Association Annual Meeting and Clinical Symposium. (6 hour preconference seminar, co-presented with J. Baumhauer, R. Anderson, J. Campbell, D. Alosa, & A. Tyson) June 2004. Baltimore, MD.
- 40. "Management of lateral ankle instability: an evidence-based approach". Pennsylvania Athletic Trainers' Society Annual Meeting. May 2004. Harrisburg, PA.
- 39. "Without a good leg to stand on: postural control deficits and ankle instability". University of Delaware Biomechanics & Movement Science Seminar. April 2004. Newark, DE.
- 38. "Epidemiology of sports-related concussion." Penn State Athletic Training Conference. March 2004. University Park, PA.
- 37. "Epidemiology of sports-related concussion." Contemporary Management of Sports-Related Concussions Workshop. West Chester University. March 2004. West Chester, PA.

- 36. "Pathoetiology of lateral ankle instability." Eastern Athletic Trainers' Association Annual Meeting. January 2004. Philadelphia, PA.
- 35. "Pathoetiology of ankle instability." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2003. St. Louis, MO.
- 34. "Neuromechanics of ankle instability." American Medical Society for Sports Medicine Annual Meeting. April 2003. San Diego, CA.
- 33. "Gender differences in ACL injury patterns." Penn State Athletic Training Conference. March 2003; University Park, PA.
- 32. "Inflammation and soft tissue repair." National Athletic Trainers' Association District II / Pennsylvania Athletic Trainers' Society Student Seminar. March 2003. West Chester, PA.
- 31. "As the ankle turns...these are the sprains of our lives." University of North Carolina. Departments of Exercise and Sports Science, Physical Therapy, & Orthopedics Visiting Lecture Series. February 2003, Chapel Hill, NC.
- 30. "Rethinking the management of lateral ankle sprains." University of North Carolina Athletic Trainers's Symposium. February 2003, Chapel Hill, NC.
- 29. "Analgesia in Sports Medicine." McNeil Consumer and Specialty Pharmaceuticals Company Educational Symposium. Roundtable Discussant. December 2002, Philadelphia, PA.
- 28. "Neuromechanical contributions to lateral ankle instability." National Athletic Trainers' Association Annual Meeting and Clinical Symposium. June 2002; Dallas, TX. Freddie Fu New Investigator Award Presentation.
- 27. "Postural control testing after athletic injury." American College of Sports Medicine Annual Meeting. May 2002; St. Louis, MO.
- 26. "Pathoetiology of lateral ankle instability." Wildcat Sports Medicine Symposium. May 2002; Lexington, KY.
- 25. "Inflammation and tissue repair." West Chester University Sports Medicine Continuing Education Conference. April 2002; West Chester, PA.
- 24. "Pathoetiology of lateral ankle instability." Penn State Athletic Training Conference. April 2002; University Park, PA.
- 23. "Pathoetiology of lateral ankle instability." Southeast Athletic Trainers' Association. March 2002; Atlanta, GA.
- 22. "Funding graduate research projects." Southeast Athletic Trainers' Association. March 2002; Atlanta, GA.
- 21. "Clinical methods of postural control testing." National Athletic Trainer's Association Annual Meeting and Clinical Symposium. June 2001; Los Angeles, CA.
- 20. "Assessment of mechanical and functional instability in the unstable ankle." National Athletic Trainer's Association Annual Meeting and Clinical Symposium. June 2001; Los Angeles, CA.
- "Practical tips for re-training neuromuscular control following lower extremity athletic injuries." National Athletic Trainer's Association Annual Meeting and Clinical Symposium. June 2001; Los Angeles, CA. Co-presenter with C.R. Denegar.
- 18. "Mechanical and functional instability after lateral ankle sprain." American College of Sports Medicine Annual Meeting. June 2001; Baltimore, MD.
- 17. "Functional ankle instability" Lock Haven University Sports Medicine Symposium. March 2001; Lock Haven, PA.
- 16. "Exercise and injury." Pennsylvania State University Health Education and Living House (residence hall student group). March 2001.

- 15. "Careers in athletic training." Pennsylvania State University Kinesiology Club. February 2001.
- 14. "Instability of the talocrural and subtalar joints following lateral ankle sprain." National Athletic Trainer's Association Annual Meeting and Clinical Symposium. July 2000; Nashville, TN.
- 13. "Mechanical instability following lateral ankle sprain." Pennsylvania Athletic Trainers' Society Annual Meeting. June 2000; Harrisburg, PA.
- 12. "Cadaver dissection of the ankle." Pennsylvania Athletic Trainers' Society Annual Meeting. June 2000; Harrisburg, PA. Co-presenter with B. Young and T. Evans.
- 11. "Ankle evaluation workshop." Pennsylvania Athletic Trainers' Society Annual Meeting. June 2000; Harrisburg, PA. Co-presenter with B. Riemann.
- 10. "A rehabilitation paradigm with restoration of neuromuscular control as a central focus." Penn State Center for Sports Medicine Physical Therapy Inservice. May 2000.
- 9. "Sequelae of lateral ankle sprain: recent research." Penn State Center for Sports Medicine Grand Rounds. March 2000. Co-presenter with C.R. Denegar.
- 8. "Anatomy and physiology of proprioception and neuromuscular control at the knee." Great Lakes Athletic Trainers' Association Annual Meeting. March 2000; Detroit, MI.
- "Practical tips for re-training neuromuscular control following lower extremity athletic injuries." Great Lakes Athletic Trainers' Association Annual Meeting. March 2000; Detroit, MI. Copresenter with C.R. Denegar.
- "Effect of rearfoot orthotics on directional changes of center of pressure during single leg stance." Eastern Athletic Trainers' Association Annual Meeting. January 2000; Philadelphia, PA.
- 5. "Professional development for athletic trainers." Pennsylvania State University Student Athletic Trainers' Club. University Park, PA. October 1998.
- 4. "Shoulder injuries in athletes." Student Athletic Trainers' Workshop. The Sports Medicine Center, Susquehanna Health System. Williamsport, PA. July 1998.
- 3. "Accelerated rehabilitation following anterior cruciate ligament reconstruction." Clinician inservice. Sports Physical Therapy Center. Kenosha, WI. May 1995.
- 2. "Balance and proprioceptive exercises in the rehabilitation of orthopedic injuries." Clinician inservice. Sports Physical Therapy Center. Kenosha, WI. February 1995.
- 1. "The role of the certified athletic trainer in the health care of high school athletes." Wilmot High School Booster Club. Wilmot, WI. September 1994.

Funded Grants (PI or Co-PI):

- 24. Koldenhoven R, Hertel J. Effects of gait retraining on ankle position during walking in individuals with chronic ankle instability. Mid-Atlantic Athletic Trainers' Association. 2017-2018. \$2,000.
- 23. Feger M, **Hertel J**. "Lower extremity muscle architecture and function in patients with and without chronic ankle instability. National Athletic Trainers' Association Research & Education Foundation Doctoral Student Research Grant. 2014-2015. \$2500.
- Donovan L, Hertel J. "Rehabilitation for chronic ankle instability with and without destabilization devices: a randomized controlled trial". National Athletic Trainers' Association Research & Education Foundation Doctoral Student Research Grant. 2013-2014. \$2500.

- Croy T, Hertel J. "Dynamic ultrasound examination of anterior talofibular ligament laxity". Retired Army Medical Specialist Corps Association Endowment for Scholarly Activity. 2010-2011. \$2000.
- 20. Brandt J, **Hertel J.** "Effects of talocrural joint mobilizations in individuals with diminished dorsiflexion range of motion after ankle sprain." National Athletic Trainers' Association Research & Education Foundation Osternig Masters Student Grant. 2009-2010, \$1000.
- 19. **Hertel J.** "Neuromuscular and positional changes after ankle joint mobilizations". National Center for Complimentary and Alternative Medicine (NIH). R-21. 2009-2010, \$250,000.
- 18. Klykken LW, Hertel J. Effect of acute lateral ankle sprain on motor neuron pool excitability of the lower leg muscles. National Athletic Trainers' Association Research & Education Foundation Osternig Masters Student Grant. 2008-2009, \$1000.
- 17. Drewes LK, **Hertel J.** "Effects of rehabilitation incorporating short foot exercises on functional outcomes in those with chronic ankle instability" National Athletic Trainers' Association Research & Education Foundation. 2008-2009, \$2500.
- 16. Lee SY, Hertel J. "Direct and indirect effects of alignment, range of motion, and gait measures on medial tibial stress syndrome status in runners". National Athletic Trainers' Association Research & Education Foundation. 2008-2009, \$2500.
- 15. McKeon PO, **Hertel J.** "The effect of a 4-week balance training program on postural control and gait performance in those with chronic ankle instability." National Athletic Trainers' Association Research & Education Foundation. 2006-2007, \$2500.
- 14. **Hertel J.** "Biomechanics of Chronic Ankle Instability." National Football League Charities. \$125,000. 2005-2007.
- 13. **Hertel J**. "Objective assessment of joint laxity before and after ankle sprain." College of Health and Human Development Seed Grant, Pennsylvania State University, 2003. \$15,000.
- 12. Gribble PA, **Hertel J**. "Effects of fatigue and chronic ankle instability on dynamic postural control." National Athletic Trainers' Association Research & Education Foundation. 2002-2003, \$2,500.
- 11. Gribble PA, **Hertel J**. "Effects of fatigue and chronic ankle instability on dynamic postural control". Pennsylvania Athletic Trainers' Society. 2002, \$1,500.
- 10. Evans TA, **Hertel J.** "Assessment of postural control and patient self-report of function before and after lateral ankle sprain." Eastern Athletic Trainers' Association, 2001-2002. \$3,000.
- 9. Hertel J. "Effect of an acute bout of heading a soccer ball on balance and agility." Pennsylvania State University President's Funds for Research, 2001. \$900.
- 8. Hertel J, Williams NI, Putukian M. "Alterations in risk factors for anterior cruciate ligament ruptures across the menstrual cycle." Women's Sports Foundation Girls and Women in Sports Research Grant, 2000. \$2,000.
- 7. Hertel J, Gay MR, Denegar CR. "Effect of strain counterstrain treatment on pain and neuromuscular function associated with delayed onset muscle soreness." Professional Football Athletic Trainers' Society, 2000, \$2,000.
- 6. Earl JE, **Hertel J,** Denegar CR. "Effect of the Protonics brace on lower extremity biomechanics." Eastern Athletic Trainers' Association, 2000, \$2,000.
- 5. Tsang KT, **Hertel J.** "Effect of ankle effusion on neuromuscular performance." Pennsylvania Athletic Trainers' Society, 2000. \$1,500.
- 4. Hertel J, Williams NI, Putukian M. "Alterations in risk factors for anterior cruciate ligament ruptures across the menstrual cycle." College of Health and Human Development Seed Grant, Pennsylvania State University, 1999. \$6,000.

- Hertel J. "Effects of rearfoot orthotics on postural control following lateral ankle sprain." Robert and Susan Friedman Student Fund, Pennsylvania State University Department of Kinesiology, 1998, \$1,000.
- 2. Hertel J, Denegar CR, Buckley WE. "Effects of rearfoot orthotics on postural sway during single leg stance." Eastern Athletic Trainers' Association Research Grant, 1998. \$2,000.
- 1. **Hertel J**. "Directional changes in center of pressure following lateral ankle sprain." National Athletic Trainers' Association Doctoral Student Research Grant, 1997. \$2,500.

Funded Grants (Co-Investigator):

- Onate J (PI). Functional evaluation to predict lower extremity musculoskeletal injury. National Institute of Arthritis, Musculoskeletal, and Skin Diseases (NIH). R-01. 2013-2017, \$1,829,315. (Role: co-investigator)
- Grindstaff TL (PI). Effects of anterior to posterior talocrural joint mobilization in patients with subacute lateral ankle sprains. American Physical Therapy Association Orthopaedic Section. 2010-2011. \$15,000. (Role: co-investigator)
- 5. Hewlett E (PI). University of Virginia General Clinical Research Center Grant. National Institutes of Health. 2001-2010. \$ \$4,347,418/year. (Role: co-investigator [Director of Strength, Balance, & Function Lab, 2009-2011])
- 4. Wunderlich R (PI). Etiology of gender differences in overuse injuries: the interactions of hormones, ligament laxity, and footwear. Commonwealth Health Research Board. 2009-2010. \$187,129. (Role: co-investigator).
- 3. Ingersoll CD (PI). Pre- and post-synaptic spinal mechanisms with local and distant manual therapies. National Center for Complimentary and Alternative Medicine (NIH). R-21. 2008-2009, \$250,000. (Role: co-investigator)
- Onate J (PI). Lower Extremity Assessment Program for Collegiate Athletes: NCAA LEAP. National Institute of Arthritis, Musculoskeletal, and Skin Diseases (NIH). R-03. 2007-2009, \$100,000. (Role: co-investigator)
- Ingersoll CD (PI). Motor-evoked potential abnormalities following acute concussion among high school and college athletes. National Operating Committee on Standards for Athletic Equipment. \$200,000. 2006-2007. (Role: co-investigator)

Popular Media Interviews:

- 17. Inside Science. "The science of sneakers: high-tops vs. low-tops." March 16, 2018.
- **16.** *Vox.* "Olympic figure skaters are super flexible. Here's why you don't need to be." February 12, 2018.
- 15. *Vox.* "Rio 2016: Why being as flexible as an Olympic gymnast isn't necessarily a good thing" August 10, 2016.
- 14. Good Morning America. "Do's and Don'ts of Stretching." January 14, 2015.
- 13. Wall Street Journal. "Does stretching prevent injury in exercise?" December 2, 2014.
- 12. Los Angeles Times. "Heel pain 'epidemic,' but doctors show steps to deal with plantar fasciitis." March 9, 2013.
- 11. *Charlottesville Daily Progress*. "Sports Medicine Professionals, Scholars Working with Youth & Professionals Gather to Sharpen Skills." June 5, 2012.
- 10. O Magazine. "A Fitness Writer Reveals Her Top 3 Secrets." March 2012.
- 9. Reader's Digest. "Act Fast: 7 Health Problems That Can't Wait." November 2010.
- 8. Family Circle Magazine. "Health News". November 29, 2009.

- 7. New York Times. "A Twisted Ankle Isn't Just a Simple Sprain". July 27, 2009.
- 6. New York Times. "How to Fix Bad Ankles". July 8, 2009.
- 5. Medscape Today (WebMD). "Below-Knee Cast Best for Rapid Recovery From Ankle Sprain." February 13, 2009.
- 4. Men's Health Magazine. "Muscle Bulletin". April 2006.
- 3. Washington Post. "Eagles Haven't Yet Counted Out Owens: Injured Wide Receiver May Have Chance to Play in Super Bowl". January 27, 2005.
- 2. York (PA) Daily Record. "Dry fields had coaches worried despite recent rains, area football coaches are still concerned about field conditions". August 30, 2002.
- 1. Scholastic Choices Magazine. "10 Tips: Fun Ways to Get Your Sweat On". April 2002.

Professional Service:

Editorial Service:

Editorial Board Member, Journal of Orthopaedic Research (2019-present) Editor-in-Chief, Journal of Athletic Training (2018-present) Senior Associate Editor, Journal of Athletic Training (2012 – 2018) Section Editor, Journal of Athletic Training (2004-2012) Editorial Board Member, Journal of Athletic Training. (2002-2004) International Advisory Board, Physical Therapy in Sport (2011-2017) Editorial Advisor, BMC Sport Science, Medicine, & Rehabilitaton. (2014-2017) Associate Editor, BMC Musculoskeletal Disorders. (2009-2014) Guest Editor, Proceedings of the 2nd International Ankle Symposium published in May 2005 issue of Journal of Orthopedic and Sports Physical Therapy. Co-Guest Editor, Journal of Athletic Training, Thematic issue on "Ankle Instability". 37(4), 2002. Manuscript Reviewer for the following journals: American Journal of Physical Medicine and Rehabilitation American Journal of Sports Medicine Archives of Physical Medicine and Rehabilitation Australian Journal of Physiotherapy BMC Musculoskeletal Disorders British Journal of Sports Medicine Clinical Biomechanics European Journal of Applied Physiology Experimental Brain Research Foot and Ankle International *Gait & Posture* International Journal of Sports Medicine Journal of Applied Biomechanics Journal of Athletic Training Journal of Biomechanics Journal of NeuroEngineering and Rehabilitation Journal of Neurophysiology Journal of Orthopaedic Research Journal of Orthopaedic and Sports Physical Therapy Journal of Rehabilitation Medicine Journal of Rehabilitation and Research Development

Journal of Sport Rehabilitation Journal of Sports Medicine and Physical Fitness Journal of Sports Science and Medicine Lancet *Manual Therapy* Medical Engineering and Physics *Medicine and Science in Sports and Exercise* Neuroscience Physical Therapy Physical Therapy in Sport Physician & Sports Medicine Physiotherapy Research International *Physiotherapy Theory & Practice* Scandinavian Journal of Science & Medicine in Sport Sports Biomechanics Sports Medicine Surgical and Radiologic Anatomy

Grant Reviewer

Ad Hoc Grant Reviewer, University of Wisconsin – Milwaukee Internal Grants Program (2013)

Ad Hoc Grant Reviewer, Department of Defense (2012, 2014)

Ad Hoc Grant Reviewer, Arthritis Research UK (2011)

Ad Hoc Grant Reviewer, National Institutes of Health (2008-present)

Ad Hoc Grant Reviewer, NATA Research & Education Foundation (2000-present)

Professional Committee Service

Chair, National Athletic Trainers' Association Journals Committee (2018-present)

Member, National Athletic Trainers' Association Doctoral Education Work Group (2015-2018)

Member, National Athletic Trainers' Association Journals Committee (2013-2018)

- Member, Commission on Accreditation of Athletic Training Education Site Visit Committee (2013- 2015)
- Member, Commission on Accreditation of Athletic Training Education Post-Professional Transition Team (2012-2013)
- Content Expert, European Union Safety in Sport initiative on sports injury prevention during basketball (2010).
- Co-chair, National Athletic Trainers' Association Position Statement Writing Team on "Conservative management and prevention of ankle sprains in athletes" (2009-2013).

Member, National Athletic Trainers' Association Journal Council. (2007-2012)

Member, National Athletic Trainers' Association Post-Professional Education Review Council. (2005-2012)

Member, Eastern Athletic Trainers' Association Research Committee. (1999-2004)

Professional Conference Service

Moderator, National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2018, New Orleans, LA.

- Moderator, National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2017, Houston, TX.
- Moderator, National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2016, Baltimore, MD.
- Moderator, National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2015, St. Louis, MO.
- Member, Planning Committee of 5th International Ankle Symposium, Lexington, KY (2012)
- Moderator, National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2011, New Orleans, LA.
- Member, Planning Committee of 4th International Ankle Symposium, Sydney, AUS. (2009)
- Member, Planning Committee of 3rd International Ankle Symposium, Dublin, IRE. (2006)
- Co-chair, 2nd International Ankle Symposium. Newark, DE. (2004)
- Moderator, American College of Sports Medicine Free Communication Session, June 2002, St. Louis, MO.
- Member, National Athletic Trainers' Association Annual Meeting Program Committee. (2001-2004)
- Moderator, National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 2000, Nashville, TN.
- Co-program chair, Pennsylvania Athletic Trainers' Society Annual Meeting, Harrisburg, PA. (2000-2001)
- Moderator, National Athletic Trainers' Association Annual Meeting & Clinical Symposium, June 1999, Kansas City, MO.

Higher Education Service

- Site Visitor, Commission on Accreditation of Athletic Training Education (2013-2018)
- Review of Graduate Programs in Kinesiology at University of Miami (2012)
- Review of New Undergraduate Major in Athletic Training, University of Wisconsin-Madison Provost's Office (2012)
- Site Visitor, National Athletic Trainers' Association Post-Professional Education Review Council (2005-2012)

Site Visitor, Joint Review Committee for Athletic Training Entry-Level Education Programs (2002)

Institutional Service

University of Virginia

Member, Traumatic Brain Injury Cluster Hire Search Committee (2016-2017) Member, Search Committee for Kinesiology faculty position (2016-17) Chair, Curry School Promotion and Tenure Committee (2016-17) Chair-Elect, Curry School Promotion and Tenure Committee (2015-16) Chair, Search Committee for Kinesiology faculty position (2015-2016) Member, Curry School Endowed Chairs Committee (2015-present) Member, Provost's Ad Hoc Committee on Department & Program Reviews (2014) Member, Department of Kinesiology faculty position (2013-2014) Chair, Search Committee for Kinesiology faculty position (2013-2014) Chair, Curry School Standing Committee on Doctoral Studies (2013-2014) Member, Search Committee for Kinesiology Department Administrator (2012-2013) Member, Curry School Standing Committee on Doctoral Studies (2012-2013, 2014-2015) Member, Curry School Associate Dean for Research Search Committee (2012) Chair, Search Committee for Kinesiology faculty position (2011-2012) Member, Curry School Human Resources Generalist staff position Search Committee (2011) Chair, Search Committee for Kinesiology faculty position (2010-2011) Member, Curry School Faculty Council (2009-2011) Member, Curry School Promotion and Tenure Committee (2009-2010) Member, Curry School PhD Mentorship Guidelines Committee (2009-2010) Member, General Clinical Research Center Advisory Committee (2009-2011) Member, General Clinical Research Center Administrative Committee (2009-2011) Director, General Clinical Research Center's Strength, Balance, & Function Lab (2009-2011) Member, Vice President of Research's Investigator Advisory Committee (2008-2010) Member, Center for Positive Youth Development Director Search Committee (2008-2009) Member, Curry School MEd Standards Committee (2008-2009) Director, Graduate Programs in Athletic Training & Sports Medicine (2008-present) Member, Curry School PhD Training Committee (2007-2008) Conference Organizer, UVA Art and Science of Sports Medicine Conference, 2007-2008. Member, Curry School Graduate Admissions and Financial Aid Committee (2004-2007)

Pennsylvania State University

Program Director, Undergraduate Athletic Training Education Program (2002-2004) Conference Organizer, Penn State Athletic Training Conference, 2002-2004. Member, Department of Kinesiology Ad Hoc Technology Committee (2002) Member Department of Kinesiology Curriculum Committee (2002-2003) Chair, Department of Kinesiology Curriculum Committee (2001-2002) Member, Department Ad Hoc Undergraduate Curriculum Revisions Committee (2001-2002) Faculty Advisor, Athletic Training Club (1999-2002) Member, Athletic Training Education Program Re-accreditation Committee (2000-2001) Member, Department of Kinesiology Advisory Committee (1999-2001, 2003-2004) Member, Instructor Search and Screen Committee (Summer 1999) Member, Undergraduate Athletic Training Option Student Selection Committee (1996-2004)

Professional Consulting:

EB Brands Inc. (2011) STEMtech International, Inc. (2010-2013) Federal Trade Commission (2010-2011)

Selected Awards and Honors:

Sayers "Bud" Miller Distinguished Educator Award, National Athletic Trainers' Association (2019)

Advisor, David H. Perrin Doctoral Dissertation Award, NATA Foundation. Winner: Mark Feger (2018)

Researcher of the Year, Virginia Athletic Trainers' Association (2018)

Advisor, David H. Perrin Doctroral Dissertation Award, NATA Foundation. Winner: Luke Donovan (2017) Most Distinguished Athletic Trainer Award, National Athletic Trainers' Association (2017) Alumni Association Distinguished Professor Award, University of Virginia (2016) Medal for Distinguished Athletic Training Research, NATA Research and Education Foundation (2011) Educator of the Year, Virginia Athletic Trainers' Association (2011) Advisor, David H. Perrin Doctoral Dissertation Award, NATA Research and Education Foundation. Winner: Patrick McKeon (2009) Fellow, National Athletic Trainers' Association (2008) Rada Distinguished Young Alumni Award, University of Wisconsin – La Crosse (2006) Fellow, American College of Sports Medicine (2003) Freddie Fu New Investigator Award, NATA Research and Education Foundation (2002) Faculty Marshall –Penn State College of Health & Human Development Undergraduate Commencement (Fall 2001) Thesis Advisor Penn State College of Health & Human Development Honors Thesis Award First Runner-Up, written by Jennifer Dorfman (2001) Project Advisor for NATA Student Writing Contest Winner, written by Jamie Slegel (1998) Graduate Scholar - Pennsylvania State University (1996-1997) Dean's List - University of Wisconsin- La Crosse (8 semesters) Honors Graduate - University of Wisconsin- La Crosse (1993) Scholar-Athlete - Wisconsin State Universities Conference (1993) Theodore Baker Scholarship - University of Wisconsin Foundation (1989-1993)

Professional Organizations and Certifications:

Certified Athletic Trainer (BOC Certification #099302419) Virginia Athletic Trainer License (#0126002755) National Provider Identifier (#1053852681) National Athletic Trainers' Association Mid-Atlantic Athletic Trainers' Association Virginia Athletic Trainers' Association American College of Sports Medicine American Red Cross (Adult and Child CPR certified)

Graduate Students Advised:

Doctoral Student Dissertations Advised **Penn State:** Kavin Tsang (2001) Jennifer Earl (2002) Phillip Gribble (2003) Lauren Olmsted-Kramer (2004) Sheri Hale (2004) Tricia Hubbard (2005) Jennifer Medina (2006)

University of Virginia:

Patrick McKeon (2007) Brent Kelln (2008) Lindsay Drewes (2009) Sae Yong Lee (2009) Ted Croy (2011) Nicole Cosby (2011) Kevin Cross (2011) Lisa Chinn (2012) Kyung Min Kim (2012) Luke Donovan (2014) C. Collin Herb (2015) Mark Feger (2015) John Fraser (2017) Revay Corbett (2019) Rachel Koldenhoven (2019) Alexandra DeJong (in progress) Natalie Kupperman (in progress)

Doctoral Student Dissertation Committee Membership

Penn State:

Keeichiro Dohi (2001) Todd Evans (2002) Stephen Streator (2005) Luzita Vela (2005)

University of Virginia:

Patricia Aronson (2005) Scott Livingston (2006) Ann Tuzson (2008) Robert Hamill (2008) Terry Grindstaff (2009) Kate Jackson (2009) Brian Pietrosimone (2009) Noelle Selkow (2011) Blain Harrison (2011) Tom Bowman (2012) Christopher Kuenze (2013) Kimberly Rupp (2013) Shellie Acocello (2014) Mark Sutherlin (2015) Grant Norte (2016) John Goetschius (2016) Neal Glaviano (2016) Lindsay Slater (2017) Ashley Stern Marshall (2017) L. Colby Mangum (2018) Sam Walton (2019) Stephan Bodkin (in progress) Nicholas Erdman (in progress) Andrea Baellow (in progress) Abbis Jaffri (in progress)

Others:

Kenneth Monaghan (2006) – University College Dublin Claire Hiller (2008) – University of Sydney (external dissertation reader) Kim Hebert-Losier (2011) – University of Otago (external dissertation reader) Jeremy Witchalls (2012) – University of Canberra (external dissertation reader) Cheryl Vassan (2013) – University of Medicine & Dentistry of New Jersey

Masters Students Theses Advised

Penn State: Stephanie Aronson (2003) Missy Fraser (2003) Scott Rothermel (2003) Hillary Ensor (2005)

University of Virginia:

Dawn Corbin (2005) Lauren Gontkof (2005) Donella Headlee (2005) Paul Hylton (2005) E. Jay Sedory (2005) Lindsay Drewes (2006) Drew Flavell (2006) Greg Jancaitis (2006) Michaela Kelso (2006) Elizabeth Landrum (2006) Alex Stein (2006) Abbey Thomas (2006) Shelley Wadsworth (2006) Megan Griffith (2007) Michael Koroch (2007) Scott Morrison (2007) Bryan Read (2007) Mark Van Riper (2007) Kate Jackson (2007) Lauren Germanowski (2008) Antoinette Michel (2008) Jon Naick (2008) Heather Schmidt (2008) Jaime Young (2008)

David Baca (2009) Rebecca Coyle (2009) Lindsey Klykken (2009) Danielle Knapp (2009) Aaron Parsley (2009) Elizabeth Sibilsky (2009) Julia Brandt (2010) Meredith Pope (2010) Leah Sisson (2010) Carolyn Dartt (2011) Christopher Collin Herb (2011) Megan Houston (2011) Jenna McDonald (2011) Greg Barlow (2012) Mark Feger (2012) Natalie Kramer (2012) Abby Mettler (2012) J.T. Podell (2012) Kate Kautzky (2013) Alyson Kelsey (2013) T.J. Lilley (2013) Kirsten Miner (2013) Natalie Reigh (2013) David Wintringham (2013) Lindsy Donnelly (2014) Zach Johnson (2014) Caitlyn Richbourg (2014) Bethany Rohl (2014) Shannon Snell (2014) Erika Spudie (2014) Melissa DiFabio (2015) Rachel Koldenhoven (2015) Tom Gooding (2015) Kaitlyn Grossman (2015) Mihyang Chang (2016) Mark Colapietro (2016) Christina Hollis (2016) Matt Kneece (2016) Colton Funk (2017) Christopher Gregory (2017) Tyler Keith (2017) Kelly Martin (2017) Sarah Coronel (2018) Dana Johnson (2018) Kevin Shubow (2018) Amy Virostek (2018)

Masters Students Thesis Committee Membership Penn State: Brian Durkin (2001) Michael Gay (2001) Cheri Drysdale (2001)

Sharon Domorski (2001) Andrew Hirsch (2001)

University of Virginia:

Jessica Myers (2005) Adam Olsavsky (2005) Danny Carroll (2006) James Day (2006) Brian Friscia (2006) Teresa Martilik (2006) Brian Pietrosimone (2006) Elizabeth Uczekaj (2006) Juanita Holley (2006) Kelsey Guisbert (2006) Adam Perreault (2007) Noelle Parent (2007) Rebecca Seibert (2007) Jared Wilson (2007) Ashleigh Gauvain (2008) Christopher Gibbons (2008) Jihong Park (2008) Kelly McMullen (2009) Jennifer Sims (2009) Emily Strobino (2009) Sarah Childress (2010) Beth Fruechte (2010) Rachel Wheeler(2010) Leah Bradley (2011) Stephen Andrew cage (2011) Esther Chou (2011) Dan Clifton (2011) Meghan Lockerby (2011) Erica Beidler (2012) Eunwook Chang (2012) Brandon Davis (2012) Meredith Hart (2012) R. Ian Hix (2012) Meghan Melinchak (2012) Aaron Bottinick (2013) Bethany Hansberger (2013)

Kyle Kosik (2013) Zahida Mitha (2013) Samuel Walton (2013) Amanda Brown (2014) Kelsey Croak (2014) Catie LeBlanc (2014) Jake Meyer (2014) Elizabeth Leitch (2015) Octavia Mathis (2015) Meaghan McMillen (2015) Andrea Baellow (2016) Stephan Bodkin (2016) Ryan Eddy (2016) Caroline Lisee (2016) Haley Bookbinder (2017) Rebecca Green (2017) Ryan Duffy (2017) Adrienne Fedyna Dembeck (2018) Kimberly Twait (2018) Breanna Dufour (2019)

Others:

Giampietro Vairo (2003) – University of Pittsburgh Kristen Silke (2011) – James Madison University

Undergraduate Honors Students Advised

Penn State:

Jennifer Dorfman (2001) Angela DiPasquale (2001) Dana Schmitt (2001) Brent Sloss (2001) Sherrie Graham (2002) Heather Magee (2003) Elicia Bennett (2003) Kate Mitchell (2004)

Post-doctoral Research Fellows Advised Rebecca Braham (2003-2004)

Visiting International Scholars Hosted Wei-Hsiu Lin (Taiwan, 2011-2012)