# Curriculum Vitae- Kelsey Jean Picha

# GENERAL INFORMATION

Home Address: 3886 Sugar Creek Dr.

 Lexington, KY 40517

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 Lexington, KY 40508-2640

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National Athletic Trainers Board of Certification: #2000010194 Year: 2012-Present

Kentucky Board of Athletic Training License #AT1321 Year: 2015-Present

# EDUCATION

|  |  |  |  |
| --- | --- | --- | --- |
| **Years** | **Institution** | **Degree** | **Specialty** |
| 2015 – Present | University of Kentucky | PhD | Doctorate of Rehabilitation Sciences |
| 2012 – 2014 | A.T. Still University | MS | Post-Professional Athletic Training |
| 2008 – 2012 | Minnesota State University, Mankato | BS  | Athletic Training |

# PROFESSIONAL and CLINICAL EXPERIENCES/APPOINTMENTS

|  |  |  |
| --- | --- | --- |
| **Years** | **Institution** | **Role** |
| 2015 – Present | Sports Medicine Research Institute, University of Kentucky, Lexington, KY | Research Assistant |
| 2014 – 2015 | Tobler Physical Therapy, Mesa, AZ | Staff Athletic Trainer |
| 2015 | Foothills Physical Therapy, Phoenix, AZ | Outreach Athletic Trainer |
| 2014 – 2015 | Mountain View High School, Mesa, AZ | Assistant Athletic Trainer |
| 2013 – 2014 | Canyon State Academy, Queen Creek, AZ | Head Athletic Trainer |
| 2013 – 2014 | Gilbert Pop Warner Football League, Gilbert, AZ | Lead Research Assistant, Datalys Center for Sports Injury Research and Prevention |
| 2013 – 2014 | Summit Athletics, Phoenix, AZ | Outreach Athletic Trainer |
| 2012 – 2014 | Neuromuscular Research Lab, A.T. Still University, Mesa, AZ | Research Assistant |
| 2012 – 2013 | Arizona State University, Tempe, AZ | Graduate Assistant Athletic Trainer, Women’s Tennis, Women’s Basketball, and Football |
| 2013 | Girls Volleyball Camp, Tempe, AZ | Outreach Athletic Trainer |
| 2013 | Football Camp, Tempe, AZ | Outreach Athletic Trainer |
| 2013 | Youth Baseball Camp, Tempe, AZ | Outreach Athletic Trainer |
| 2013 | Fast Action Sports, Mesa, AZ | Outreach Athletic Trainer |

# ACADEMIC APPOINTMENTS

|  |  |  |  |
| --- | --- | --- | --- |
| **Years** | **Institution, Program, Department**  | **Role** | **Level** |
| 2014- Present | A.T. University, Kinesiology, College of Graduate Health Studies | Adjunct Professor | Master’s Program |

# CONSULTING ACTIVITY

|  |  |  |  |
| --- | --- | --- | --- |
| **Years** | **Organization** | **Role** | **Level** |
| 2015 | Patterson Medical  | Equipment evaluation | Consultant on Smart Handle |

# TEACHING ACTIVITY

**University of Kentucky:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Years** | **Course number** | **Course Title** | **Role** | **Number of students** |
| Spring 2017 | AT 690 | Orthopaedic Evaluation Rehab-Upper Extremity | Teaching Assistant  | 10 |
| Fall 2016 | AT 680 | Laboratory Techniques in Rehabilitation Science | Teaching Assistant | 5 |

**A.T. Still University:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Years** | **Course number** | **Course Title** | **Role** | **Number of students** |
| 2017 | SPB1-KINE 5003 | Functional Anatomy  | Lead Instructor | 14 |
| 2016 | FB1-KINE 5003 | Functional Anatomy | Lead Instructor | 14 |
| 2016 | SPB2-KINE5003 | Functional Anatomy | Lead Instructor | 10 |
| 2016 | SPB1-KINE5003 | Functional Anatomy | Lead Instructor | 10 |
| 2015 | FB2-KINE 5003 | Functional Anatomy | Lead Instructor  | 10 |
| 2015 | KINE 5004 | Functional Biomechanics | Teaching Assistant | 12 |
| 2015 | KINE 5003 | Functional Anatomy | Teaching Assistant | 10 |
| 2014 | KINE 5003 | Functional Anatomy | Teaching Assistant | 10 |
| 2014 – 2015 | KINE 6300 | Human Movement Dysfunction | Teaching Assistant | 10 |
| 2013 – 2014 | ANAT | Cadaver Lab | Teaching Assistant | 15 |

**Other Education Related Activities**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Contact hours |
| 2011 | MATA Student Symposium | St. Cloud, MN | 5 |
| 2011 | GLATA Winter Meeting | Minneapolis, MN | 10 |
| 2012 | MATA Student Symposium | Mankato, MN | 5 |
| 2012 | GLATA Winter Meeting | Chicago, IL | 10 |
| 2012 | National Undergraduate Research Conference | Ogden, UT | 5 |
| 2012 | MATA Spring Meeting | Otsego, MN | 5 |
| 2013 | NATA Annual Meeting and Clinical Symposium | Las Vegas, NV | 25 |
| 2014 | NATA Annual Meeting and Clinical Symposium | Indianapolis, IN | 25 |
| 2015 | RMATA Spring Meeting | Mesa, AZ | 10 |
| 2015 | NATA Annual Meeting and Clinical Symposium | St. Louis, MO | 25 |
| 2016 | NATA Annual Meeting and Clinical Symposium | Baltimore, MD | 25 |
| 2016 | International Society of Neurogastronomy Symposium | Lexington, KY | 5 |

# ADVISING ACTIVITY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Year** | **Advisee name** | **Level (Doctoral, Master, Undergraduate** | **Program** | **Your Role** |
| 2015-2016 | Jordan Baker | Doctor of Physical Therapy | Physical Therapy | Mentor on Research Project |
| 2015-2016 | Tavis Ciochetty | Doctor of Physical Therapy | Physical Therapy | Mentor on Research Project |
| 2016-2018 | Cody Walker | Masters | Athletic Training | Mentor on Research Project |
| 2016-2017 | Olivia Gehefer | Undergraduate  | Health Sciences | Mentor on Research Project |

# ADMINISTRATIVE ACTIVITY AND UNIVERSITY SERVICE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Years** | **Location** | **Committee Name** | **Level**  | **Your role** |
| Spring 2014 | A.T. Still University | High School Athletic Trainer Workshop | University | Coordinator |
| 2013-2014 | A.T. Still University | Athletic Training Student Association | University | President |
| Fall 2013 | A.T. Still University | High School Athletic Training Workshop | University | Volunteer and Presenter |
| 2012-2013 | A.T. Still University | Student Government Association  | University | Class Representative |
| 2012-2013 | A.T. Still University | Athletic Training Student Association | University | Vice President |
| 2011-2012 | Minnesota State University, Mankato | Athletic Training Association | University | President |
| 2011-2012 | Minnesota | Minnesota Athletic Training Association | State | Vice President |

# HONORS

|  |  |  |  |
| --- | --- | --- | --- |
| **Date Awarded** | **Name of Award** | **Description of Award** | **Organization** |
| Spring 2013 | Gary Delforge Scholarship | Scholarship  | NATA Research and Education Scholars |
| Spring 2011 | “Gordy” Graham Scholarship | Scholarship | Minnesota State University, Mankato |
| Spring 2011 | Minnesota Athletic Trainers’ Association Scholarship  | Scholarship  | Minnesota Athletic Trainers’ Association |
| Spring 2011 | Wendy and Kent Kalm Scholarship | Scholarship | Minnesota State University, Mankato |

# PROFESSIONAL ACTIVITY AND PUBLIC SERVICE

*Membership in Professional Societies:*

|  |  |  |
| --- | --- | --- |
| Years | Organization | Membership |
| 2015- Present | Kentucky Board of Athletic Training License | #AT1321 |
| 2015 - Present | Southeast Athletic Trainers’ Association |  |
| 2012 – 2015 | Arizona Board of Athletic Training License | #1118 |
| 2012 - Present | National Athletic Trainers’ Board of Certification | #2000010194 |
| 2014 - Present | National Providers Identifier | #1265850937 |
| 2010 - Present | National Athletic Trainers’ Association |  |
| 2012 – 2015 | Arizona Athletic Trainers’ Association |  |
| 2012 – 2015 | Rocky Mountain Athletic Trainers’ Association |  |
| 2010 – 2012 | Minnesota Athletic Trainers’ Association |  |
| 2010 – 2012 | Aerobics and Fitness Association of America | Personal Fitness Trainer |
| 2010 – 2012 | National Emergency Medical Technician Certification |  |
| 2009 - Present | American Red Cross CPR/AED for the Professional Rescuer |  |
| 2009 -Present | American Red Cross Emergency Response | First Responder Certification |
| 2009 – 2012 | Aerobics and Fitness Association of America | Group Exercise Program |

*Journal Reviewer:*

|  |  |  |
| --- | --- | --- |
| Years | Journal | Role |
| 2016- Present | Journal of Sport Rehabilitation | Editorial Assistant and Reviewer |
| 2014- Present | Journal of Athletic Training | Reviewer |

*Community Service:*

|  |  |  |  |
| --- | --- | --- | --- |
| Years | Organization | Location | Role |
| 2016- Present | Southland Church | Lexington, KY | Nursery Volunteer |
| 2016 | Habitat for Humanity | Lexington, KY | Volunteer at ReStore |
| 2016 | Hope for Haiti, Southland Church  | Lexington, KY | Packing Volunteer |
| 2014 | Youth Sports and Safety Event, Mesa Parks | Mesa, AZ | Volunteer |
| 2014 | Brophy Physicals | Phoenix, AZ | Athletic Trainer |
| 2014 | A Day for Special Smiles, A.T. Still University | Mesa, AZ | Volunteer |
| 2013 | Iron Man | Tempe, AZ | Medical Volunteer |

# SCHOLARY ACTIVITIES / PRESENTATIONS

## PEER-REVIEWED PRESENTATIONS

**Peer Reviewed**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
|  |  |  |  |

**International**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
|  |  |  |  |

**National**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
| 06/29/2017 | NATA Annual Conference | Houston, TX | Calculation of Resistive Loads for Elastic Resistive Hip Exercises |
| 06/24/ 2015 | NATA Annual Conference | St. Louis, MO | Glenohumeral and Hip Range of Motion and Strength Differences in Youth Baseball Athletes |

**State and Regional**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
| 04/10/ 2015 | RMATA Conference | Mesa, AZ | Glenohumeral and Hip Range of Motion and Strength Differences in Youth Baseball Athletes |

**Local**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
| 04/21/ 2016 | 11th Annual CCTS Spring Conference-Personalized Health | Lexington, KY | Strength Training Progression Effectiveness with Use of a Load Cell |
| Spring 2016 | Muscle Forum, University of Kentucky | Lexington, KY | Strength Training Progression Effectiveness with Use of a Load Cell |
| 04/2011 | Undergraduate Research Conference, Minnesota State University, Mankato | Mankato, MN | Does cold water immersion improve recovery of strength, power, and endurance following exhaustive exercise? |

## INVITED PRESENTATIONS

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
|  |  |  |  |

**International**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
|  |  |  |  |

**National**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
|  |  |  |  |

**State and Regional**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
|  |  |  |  |

**Local**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Event | Location | Presentation Title |
| 03/26/2014 | Sports Medicine Club Lecture Series | Mesa, AZ | Heads Up! A Review of Sport Related Concussion Evaluation Process and Return-to-Play Guidelines |
| 03/06/2014 | Japanese student group | Mesa, AZ | The Road to Prevention: The Youth Baseball Athlete |
| 03/06/2014 | Japanese student group | Mesa, AZ | Human Anatomy: Shoulder |
| 02/14/2014 | Grand Rounds | Mesa, AZ | The Road to Prevention: The Youth Baseball Athlete |

# RESEARCH AND CREATIVE PRODUCTIVITY

## PUBLICATIONS

***Peer-Reviewed Published Journal Articles:***

|  |  |
| --- | --- |
|  | **Citation** |
| **1.** | Weber ML, **Picha KJ**, Valovich McLeod TC. 2014. Mysterious Heel Pain in Youth: A Guide to Potential Management Strategies. Journal of Athletic Training and Therapy. IJATT. 0012. |
| **2.** | **Picha KJ**, Weber ML, Welch CE. 2014. Injury Risk and Prevention: An Analysis of Barefoot Versus Shod Distance Running. International Journal of Athletic Training and Therapy. #IJATT-0039. |
| **3.** | **Picha, KJ.** Patient-Reported Outcome Measures for the Overhead Athlete. *NATA News- Clinical Bottom Line Column*. |
| **4.** | **Picha, KJ,** Harding JL, Huxel Bliven KC. 2016. Glenohumeral and Hip Range of Motion and Strength Measures in Youth Baseball Athletes. *Journal of Athletic Training.* 51 (6): 466-473.  |

***Publications Submitted:***

|  |  |
| --- | --- |
|  | **Citation** |
| **1.** | Harding JL, **Picha KJ**, Huxel Bliven KC. Relationship between pitch volume, glenohumeral and hip motion and strength in youth baseball pitchers. *Journal of Athletic Training*. (Accepted) |
| **2.** | **Picha KJ**, Howell DM. A Model to Increase Rehabilitation Adherence to Home Exercise Programs in Patients with Varying Levels of Self-Efficacy. In preparation, target journal: *Musculoskeletal Care* |

***Manuscripts in Preparation:***

|  |  |
| --- | --- |
|  | **Citation** |
| **1.** | **Picha K**, Uhl TL. Calculation of Resistive Loads for Elastic Resistive Exercises. In preparation, targeted journal: *Journal of Sports Rehabilitation* |
| **2.** | **Picha** KJ, Alamaddah M, Barker J, Ciochetty T, Uhl TL. Elastic Resistance effectiveness on Increasing Strength of Shoulders and Hips. In preparation, targeted journal: *Strength and Conditioning Research*  |
| **3.** | **Picha KJ**, Benedit T, Uhl TL. Improving Self-Efficacy in Patients with Low Back Pain: a Systematic Review. In preparation, target journal: undecided |
| **4.** | Heebner N, **Picha KJ**, Abt J. MARSOC Combat vs Support Epidemiology. |
| **5.** | Huxel Bliven KC, Swanik KA, **Picha KJ**, Thomas SJ, Fath P. The effects of scapular fatigue on glenohumeral and elbow kinematics during overhead throwing in collegiate baseball players. Target submission; *Athletic Training & Sports Healthcare.* |

***Non-Peer-Reviewed Publications***

***Published Book Chapters:***

|  |  |
| --- | --- |
|  | **Citation** |
| **1.** | *Expert Advice in Sports Medicine: Quick Questions on the Athletic Shoulder.* 2014. Contracted by SLACK, Inc. as Co-author of one chapter in this book, which is part of a four book series. in print. |

***Refereed Abstracts:***

|  |  |
| --- | --- |
|  | **Citation** |
| **1.** | **Picha K**, Huxel Bliven KC, Bay RC, Snyder Valier AR, Sauers EL. 2014. Normative Values for Health-Related Quality of Life in Healthy and Injured Baseball and Softball Players Using a Region Specific Patient Self-Report Scale: The Functional Arm Scale for Throwers© (FAST©). *Journal of Athletic Training.* in press. |
| **2.** | Harding JL, **Picha K**, Huxel Bliven KC. 2015. **Relationship between throwing intensity and pitch volume on shoulder motion and strength in adolescent baseball pitchers.** *Journal of Athletic Training.* in press. |
| **3.** | **Picha K**, Harding JL, Huxel Bliven KC. 2015. Glenohumeral and Hip Range of Motion and Strength Measures in Youth Baseball Athletes. *Journal of Athletic Training.* in press. |
| **4.** | **Picha KJ**, Uhl, TL. 2016. Between Day Reliability of Upper and Lower Extremity Isometric Strength Testing Using the BTE Dynamometer. *Journal of Athletic Training.* in press. |
| **5.** | Uhl, TL, **Picha, KJ**. 2017. Calculation of Resistive Loads for Elastic Resistive Hip Exercises. *Journal of Athletic Training.* in press |
| **6.** | **Picha, KJ**, Almaddah, M, Uhl, TL. 2017. Strength Training Progression Effectiveness Using a Load Cell. *Journal of Athletic Training.* in press |

## **GRANT ACTIVITY:**

**In Preparation**

February 2017 National Athletic Trainers Association

 Title: Validation of pull-up and push-up progression

Investigators: Heebner N (PI), Uhl T (PI) (Abt J, Winters J, **Picha K**)

**Submitted**

**In Review**

November 2016 Department of Defense

Title: Validation of a pull-up program to reintegrate Service Members from shoulder injuries

 Investigators: Heebner N (PI), (Uhl T, Abt J, Winters J)

**Rejected**

December 2015 Department of the Army

 Title: Warfighter Orthopaedic Research and Clinical Care Consortium

Investigator: Abt J (PI) (Noehren B, Sciascia A, Mays G, Stromberg A, Powell D, Lephart S, Blackburn T, Cameron K, Carow S, Lechanski LA, Dembowski S, Heebner N, Gribble P, Hillstrom H, Rawashdeh S, Uhl TL, Wilken J, Lattermann C, Little J, Benedit T)

## **RESEARCH PROJECTS:**

|  |  |  |
| --- | --- | --- |
| **Year** | **Project Description**  | **Role** |
| **2017** | Pilot testing for pull-up/push-up project  | Co-investigator |
| **2017** | Shoulder strength and flexibility- MARSOC Status: Data cleaning and analyses  | Author |
| **2017** | Learn how to use DynaVision, Reliability Study/Normative Data | Co-investigator |
| **2017** | Baseball projectData cleaning with Stuart | Co-investigator Author |
| **2016-Present**  | Validation of Inertial Measurement Unit for Rehabilitation ExercisesStatus: Data collection | Principle Investigator |
| **2016-Present** | Development of Self-Efficacy for Home Exercise QuestionnaireStatus: Submit IRB for reliability study | Principle Investigator |