

**Alexis Ortiz, PT, PhD**  
**Allen College**  
**Alexis.ortiz@allencollege.edu**

**Education**

Ph.D.   Texas Woman's University  Physical Therapy	Aug, 2006
M.S.   Texas Woman's University  Physical Therapy	Dec, 2003
B.S.   University of Puerto Rico-Medical Sciences Campus  Physical Therapy	May, 2000

**Post-Doctoral Training**

Post-Doctoral Training in Exercise Physiology   University of PR Funded by: <b>Postdoctoral Professional Development &amp; Enrichment Award.</b> Federation of American Societies for Experimental Biology-Minority Access to Research Careers; 2010. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]	2012
---	------

Post-Doctoral Training in Clinical Research   University of PR Funded by: <b>Clinical Research Education and Career Development Award.</b> Public Health Service Grant from The National Institutes of Health: R25RR17589. 2009-2010.	2009
--	------

**Licensure Information**

Texas #1136323  
South Dakota #CP017239T

**Certifications**

Exercise Cancer Specialist (ACSM-ACS)	2024
USA Archery Level 2 Instructor	2024
Exercise is Medicine, ACSM	2023
Physical Activity and Public Health Specialist-ACSM-CDC	2023
Educational Leadership Institute-American Physical Therapy Association	2020
DXA Operator. Radiation Safety and Protection Program. Texas Department of Health MRT Guidelines	2016
Certified Dry Needling. American Manipulation Institute	2015
Sports Clinical Specialist. American Board of Physical Therapy Specialists.	2007
Recertified	2016
Certified Strength & Conditioning Specialist. National Strength & Conditioning Association. Certification #200218476	2002
Fellow of The American College of Sports Medicine	2015

USA Track & Field Level 1 Coach Certificate #: 12687576 2015  
Certificate in Orthopedic Manual Physical Therapy. Texas Woman's University 2010  
Certificate in Women's Health Physical Therapy. Texas Woman's University 2006

## **Employment and Positions Held**

### **Academic**

Professor (non-tenure track)

Allen College, Physical Therapy Program, Waterloo, IA. December 2023-Present

DPT 601: Human Anatomy

DPT 612: Patient Care Skills II

DPT 621: Clinical Pathology

DPT 631: Clinical Pharmacology

Professor (non-tenure track)

Augustana University, Department of Physical Therapy, Sioux Falls, SD August 2023-December 2023

5 months

Professor & Director of Curriculum (non-tenure track)

Augustana University, Department of Physical Therapy, Sioux Falls, SD September 2021-August 2023

1 year 11 months

DPT 6111-Human Anatomy I

DPT 6121-Human Anatomy II

DPT 6151-Pharmacology

DPT 6612-Cardiopulmonary Practice

DPT 7251-Health Promotion & Fitness Management

Associated Faculty

Allen College, Department of Physical Therapy, Waterloo, IA August 2021-December 2021

5 months

DPT631-Clinical Pharmacology

Professor & Director of Residencies (tenure-track)

University of The Incarnate Word, School of Physical Therapy, San Antonio, TX

November 2019- December 2021

25 months

DPT 7323: Foundational Sciences VI

DPT 6119: Capstone I-III

Adjunct Professor

University of Texas Health San Antonio, School of Medicine, Department of Population Health Sciences, San Antonio, TX

January 2020- December 2021

23 months

No teaching (Research Position)

Chair & Professor (tenured)

UT Health San Antonio, Department of Physical Therapy, San Antonio, TX

May 2018-October 2019

17 months

PHYT 7005: Exercise Physiology of Rehabilitation

PHYT 8011: Therapeutic Approaches to Pain Management

PHYT 8013: Management of the Patient with Cardiopulmonary Dysfunctions

Professor (tenured)

Texas Woman's University, School of Physical Therapy, Houston, TX

May 2016-May 2018

24 months

Graduate Courses for Professional DPT (entry-level):

PT 6022 Clinical Management Musculoskeletal System

PT 6002 Primary Care in PT

PT 6001 Critical Inquiry

PT 6015 Gross Human Anatomy

PT 6122 Prosthesis, Orthotics, and Advanced Gait

Graduate Courses for Post-Professional Program (Ph.D.):

PT 6913: Independent Study

PT 6103: Advanced Practicum in PT

PT 6983: Dissertation I

PT 6993: Dissertation II

PT 6023: Research for the Clinical Scientist in Physical Therapist

Research Development Officer

Institute of Health Sciences, Office of Research and Sponsored Programs, Texas Woman's University, Houston, TX

June 2016-August 2017

13 months

No teaching

Associate Professor (tenure-track)

Texas Woman's University, School of Physical Therapy, Houston, TX

September 2013-May 2016

32 months

Graduate Courses for Professional DPT (entry-level):

PT 6041: Exercise Testing & Prescription in PT

PT 6383: Cardiopulmonary Physical Therapy

PT 6022: Clinical Management Musculoskeletal System

PT 6002: Primary Care in PT

PT 6173: Therapeutic Exercise Interventions I

PT 6162: Therapeutic Exercise Interventions II

PT 6161: Therapeutic Exercise Interventions IV

PT 6001: Critical Inquiry

PT 6015: Gross Human Anatomy

PT 6122: Prosthesis, Orthotics, and Advanced Gait

Graduate Courses for Post-Professional Program (Ph.D.):

PT 6083: Instrumentation in PT

PT 6913: Independent Study

PT 6103: Advanced Practicum in PT

PT 6983: Dissertation I

PT 6993: Dissertation II

PT 6023: Research for the Clinical Scientist in Physical Therapist

Adjunct Associate Professor

Wiess College of Natural Sciences, Department of Kinesiology, Rice University, Houston, TX

April 2015-December 2015

8 months

Biomechanics

Lecturer

Wiess College of Natural Sciences, Department of Kinesiology, Rice University, Houston, TX

8/13-4/15

20 months

Biomechanics

Visiting Associate Professor

Texas Woman's University, School of Physical Therapy, Houston, TX

September 2012-August 2013

11 months

Graduate Courses for Professional DPT (entry-level):

PT 6041: Exercise Testing & Prescription in PT

PT 6383: Cardiopulmonary Physical Therapy

PT 6162: Therapeutic Exercise Interventions II

PT 6015: Gross Human Anatomy

Adjunct Professor

School of Medicine, Department of Anatomy & Neurobiology, University of Puerto Rico-

Medical Sciences Campus, San Juan, PR

September 2009-July 2015

70 months

Dissertation Chair

Chair & Associate Professor

School of Health Professions, Physical Therapy Program, University of Puerto Rico-Medical Sciences Campus, San Juan, PR

January 2012-July 2012

7 months

TEFI 7045: Clinical Exercise Physiology

ANAT 7425: Human Anatomy

TEFI 7105: Clinical Management Spinal Dysfunctions

TEFI 7205: Clinical Management Upper and Lower Extremity Dysfunctions

TEFI 7025: Research in Physical Therapy I & II (7027)  
TEFI 7031: Evidence-Based Practice in PT  
TEOC 6005: Human Anatomy (Occupational Therapy)

Chair & Assistant Professor

School of Health Professions, Physical Therapy Program, University of Puerto Rico-Medical Sciences Campus, San Juan, PR

August 2011-December 2011

5 months

TEFI 7045: Clinical Exercise Physiology

ANAT 7425: Human Anatomy

TEFI 7105: Clinical Management Spinal Dysfunctions

TEFI 7205: Clinical Management Upper and Lower Extremity Dysfunctions

TEFI 7025: Research in Physical Therapy I & II (7027)

TEFI 7031: Evidence-Based Practice in PT

Assistant Professor

School of Health Professions, Physical Therapy Program, University of Puerto Rico-Medical Sciences Campus, San Juan, PR

August 2006-July 2011

59 months

TEFI 7045: Clinical Exercise Physiology

ANAT 7425: Human Anatomy

TEFI 7105: Clinical Management Spinal Dysfunctions

TEFI 7205: Clinical Management Upper and Lower Extremity Dysfunctions

TEFI 7025: Research in Physical Therapy I & II (7027)

TEFI 7031: Evidence-Based Practice in PT

Adjunct Professor

Department of Physical Education & Recreation, Graduate Program in Exercise Sciences, University of Puerto Rico-Rio Piedras Campus, Rio Piedras, PR

August 2007-July 2012

59 months

CIEJ XXXX: Biomechanics (no longer offered)

CIEJ 6007: Research Methods in Exercise Sciences

Supplemental Laboratory Coordinator

Texas Woman's University, School of Physical Therapy, Dallas, TX

August 2004-July 2006

23 months

Musculoskeletal Practice

Adjunct Instructor

Rice University, Department of Kinesiology, Houston, TX

August 2004-December 2004

4 months

Anatomy

**Clinical**

Physical Therapist

University of The Incarnate Word; Health Services & Sports Medicine, San Antonio, TX

Clinical Setting: Sports Medicine, Outpatient

Patient Population: Collegiate athletes, collegiate non-athletes, faculty, and staff

January 2020 - May 2023

Physical Therapist

Rice University, Women's Track & Field, Houston, TX.

Clinical Setting: Sports Medicine, Outpatient

Patient Population: collegiate athletes

August 2012-May 2018

PRN Physical Therapist

Ben Taub General Hospital, Houston, TX

Clinical Setting: Inpatient and Acute Care Level I Trauma center

Patient Population: People with trauma (e.g., penetrating wounds and motor vehicle collisions)

Jan 2017 – Dec 2017

PRN Physical Therapist

Patient's Medical Center, St. Luke's Medical HealthCare System, Pasadena, TX

Clinical Setting: Outpatient orthopedics, Inpatient Primarily Geriatrics

Patient Population: People with organ transplantation, and in cardiac rehabilitation

2012-2017

Mentor, Sports Physical Therapy Residency

Ironman Sports Medicine Institute. Memorial Hermann Health System, Houston, TX

Clinical Setting: Sports Medicine, Outpatient

Patient Population: Primarily runners and collegiate athletes.

2013-2016

Physical Therapy Coordinator

La Perla de Gran Precio (HIV Alternative Medicine Community-Based Program. Funded by Ryan White HIV/AIDS Program), San Juan, PR

Clinical Setting: Outpatient

Patient Population: People living with HIV

2009-2012

Physical Therapist

Athletic Department, University of Puerto Rico-Rio Piedras Campus, Rio Piedras, PR

Clinical Setting: Sports Medicine, Outpatient

Patient Population: Collegiate athletes

2007-2012

Physical Therapist

Center for Sports Health and Exercise Sciences, Puerto Rico Olympic Center, Salinas, PR

Clinical Setting: Sports Medicine, Outpatient  
Patient Population: Athlete members of the Puerto Rico Olympic National Team  
2006-2007

Physical Therapist  
Ben Hogan Sports Therapy Institute Harris Methodist Forth Worth, Ft. Worth, TX  
Clinical Setting: Outpatient orthopedic and sports medicine  
Patient Population: General sports medicine, orthopedics, golfers, collegiate athletes  
2006

Physical Therapist  
KSF Sports Medicine, Houston, TX  
Clinical Setting: Outpatient orthopedic and sports medicine  
Patient Population: Primarily post-surgical orthopedics (e.g., ACL, meniscus, rotator cuff repair)  
2004-2005

Physical Therapist  
Joint & Spine Center, Huntsville, TX  
Clinical Setting: Outpatient orthopedic and sports medicine  
Patient Population: Primarily people with spine disorders and chronic pain conditions  
2001-2003

#### Peer Reviewed Publications:

#### Journal Publications

1. Quiles NN, Uher D, Balachandran A, **Ortiz A**, Garber C. Criterion Validity and Reliability of 2 Brief Physical Activity Questionnaires in Ethnically Diverse Adults. *Journal of Physical Activity and Health*. 2024 Jun 7;1(aop):1-7.
2. **Ortiz A**, Brown JV, Bains, M, Goffar, S. Association Between Ethnic-Racial Minority Status, Admissions Data, and Academic Performance in Student Retention from a Physical Therapy Program in a Minority-Serving Institution. *Journal of Allied Health*. 2022 Nov 23;51(4):250-5.
3. **Ortiz A**. Association between objective and subjective measurements of energy expenditure in older adults. *TAHPERD Journal*, 91 (1). 2023.
4. González J, **Ortiz A**. Impact of Pilates mat-based exercises on knee kinematics during running. *Journal of Bodywork and Movement Therapies*. 2023 Jan 1;33:8-13.
5. Jordan SL, Brinkman B, Harris S, Cole T, **Ortiz A**. Core musculature co-contraction during suspension training exercises. *Journal of Bodywork and Movement Therapies*. 2022 Feb 10.
6. Quiles N, **Ortiz A**. Longitudinal association between cardiometabolic comorbidities and physical activity in middle-aged and older adults living with HIV. *Exp Gerontol*, 2022, Jun 15;163:111797..

7. **Ortiz A**, Acosta M, Le L, Pietsch K, Robledo J. Stepping activity as predictor of body composition in older adults. *TAHPERD Journal, Spring 2022*.
8. Quiles N, **Ortiz A**. Prevalence of cardiometabolic risk factors among people living with HIV in Southern Texas. *AIDS Res Hum Retroviruses*, 37 (11); 862-69. 2022.
9. Alanazi A, Mitchell K, Roddey T, Alenazi A, Alzhrani M, Almansour A, **Ortiz-Rodriguez A**. The effects of a high-intensity exercise bout on landing biomechanics post anterior cruciate ligament reconstruction: A quasi-experimental study. *BMC Sports Sci Med Rehabil*, 2021;13 (1):1-8. <https://doi.org/10.1186/s13102-021-00263-7>.
10. **Ortiz A**, Hughes DC, Mama SK, Tirado-Gomez M, Liao Y, Son JJ, González V, Basen-Engquist K. Effectiveness of a home-based exercise intervention in the fitness profile of Hispanic survivors of breast cancer. *Rehabilitation Oncology*, 2021;39 (4):175-183.
11. Brewer W, Kabiri L, **Ortiz A**. Relationships between physical fitness and perceived athletic competence in adolescents. *TAHPERD Journal*, 2020; 88(2):10-16.
12. Kabiri L, Brewer W, **Ortiz A**. Predicting changes in adolescent muscle mass with field testing. *TAHPERD Journal*, 2020; 88(3):10-13.
13. **Ortiz A**, Arguello E. Blood Flow Restriction as an Exercise Alternative to Ameliorate the Effects of Aging. *Curr Geri Rep* 9, 2020:128-133. <https://doi.org/10.1007/s13670-020-00323-9>
14. Hughes DC, Marín J, **Ortiz A**, Garcini LM, Lapetoda A, Darby N, Serra M, Zamora C, Kilpela L, Patel D, Cuevas B, Long-Parma D, Munoz E, Ramirez AG. A feasibility pilot study using reversal theory states to test holistic interventions to maximize cancer survivors' quality of life. *Journal of Motivation, Emotion and Personality*, 2020. [In Press].
15. Nation H, Kaliski D, **Ortiz A**. Narrated dissection videos and peer-mentoring to enhance anatomy performance of under-represented minority students in physical therapy education. *Anatomical Sciences Education*, 2020;13(6):794-99.
16. Alanazi A, Mitchell K, Roddey T, Alenazi A, Alzhrani M, **Ortiz A**. Landing evaluation in soccer players with or without anterior cruciate ligament reconstruction. *Int J Sports Med*, 2020; 41(13):962-971.
17. Thompson A, Huberty J, Eckert R, Taylor MJ, **Ortiz A**. Determining physical therapists' readiness for integrating yoga therapeutics into rehabilitation. *International Journal of Yoga Therapy (IJYT)* 30 (1), 77-88, 2020.
18. Quiles N, Taylor B, **Ortiz A**. Effectiveness of an 8-week aerobic exercise program on autonomic function in people living with HIV taking anti-retroviral therapy: A pilot randomized controlled trial. *AIDS research & human retroviruses*, 2020. 36(4):283-290.
19. Quiles NN, Piao L, **Ortiz A**. The effects of exercise on lipid profile and blood glucose levels



- in people living with HIV: A systematic review of randomized controlled trials. *AIDS Care*, 2020;32(7):882-889. <https://doi.org/10.1080/09540121.2019.1665163>.
20. Kabiri LS, Butcher A, Brewer W, **Ortiz A**. Youth physical health and years in American homeschooled: are they related? *Health Promotion International*, 35 (4), 283-290, 2020. <https://doi.org/10.1093/heapro/daz047>
  21. Migliano P, Kabiri LS, Cross M, Butcher A, Frugé A, Brewer W, **Ortiz A**. Validation of cardiorespiratory fitness measurements in adolescents. *J. Funct. Morphol. Kinesiol.* 2019, 4(3):44. <https://doi.org/10.3390/jfmk4030044>
  22. Karim AY, Ashmore C, Burriss S, Roddey T, **Ortiz A**, Olson S. Assessment of countermovement jump performance in first position (sauté) in healthy adults. *Sports health*, 2019;11(2). <https://doi.org/10.1177/1941738118824569>.
  23. Quiles N, Rosario M, **Ortiz A**. Balance as an assessment of health-related quality of life in people living with HIV. *Journal of Human Sport and Exercise*, 2019;14(2):492-499. <https://doi.org/10.14198/jhse.2019.142.20>
  24. Butcher A, Kabiri L, Brewer W, **Ortiz A**. Criterion validity and sensitivity to change of a pediatric bioelectrical impedance analysis scale in adolescents. *Childhood Obesity*, 2019;15(2). <http://doi.org/10.1089/chi.2018.0183>
  25. Karim A, Roddey T, Mitchell K, **Ortiz A**, Olson S. Immediate effect of whole-body vibration condition on sauté height and balance in female professional contemporary dancers, a randomized controlled trial. *Journal of Dance Medicine & Science*, 2019;23(1). <https://doi.org/10.12678/1089-313X.23.1.3>
  26. Patterson M, Wang W, **Ortiz A**. Dietary and physical activity outcomes determine energy balance in U.S. adults aged 50-74. *J Aging Phys Act*, 2018;26(4):561-9. <https://doi.org/10.1123/japa.2017-0304>.
  27. Guy-Cherry D, Alanazi A, Miller L, Staloch D, **Ortiz A**. Landing styles influences reactive strength index without increasing risk for injury. *Sports Med Int Open*, 2018;2(2):E35–E40. DOI: 10.1055/a-0608-4280.
  28. Brewer W, Swanson BT, Roddey T, Adewale H, Ashmore C, Frerich J, Perrin C, **Ortiz A**. A pilot study to determine the effect of one physical therapy session on physical activity levels for individuals with chronic low back pain. *BMC Research Notes*, 2017;10 (1):691. [doi.org/10.1186/s13104-017-3006-x](https://doi.org/10.1186/s13104-017-3006-x).
  29. Brewer W, Swanson B, **Ortiz A**. The validity of Fitbits' active minutes as compared to a research grade accelerometer and self-reported measures. *BMJ Open Sport Exerc Med*, 2017;3(1). doi:10.1136/bmjsem-2017-000254.
  30. Kabiri LS, Mitchell K, Brewer W, **Ortiz A**. How healthy is homeschool? An analysis of body composition and cardiovascular disease risk. *J Sch Health*, 2017;88:132-138. doi: 10.1111/josh.12588

31. Kabiri LS, Mitchell K, Brewer W, **Ortiz A**. Motor skill proficiency among homeschool children. *Journal of Motor Learning and Development*, 2017;5(2):336-345. doi.org/10.1123/jmld.2016-0085.
32. Kabiri LS, Mitchell K, Brewer W, **Ortiz A**. Muscular and cardiorespiratory fitness in homeschool versus public school children. *Pediatr Exerc Sci*, 2017;29(3):371-376. doi: 10.1123/pes.2017-0028.
33. **Ortiz A**, Tirado M, Hughes DC, Gonzalez V, Song J, Scherezade KM, Basen-Engquist K. Relationship between physical activity, disability, and physical fitness profile in sedentary Latina breast cancer survivors. *Physiother Theory Pract*, 2018; 34:10:783-794. doi: 10.1080/09593985.2018.1424978.
34. Mama SK, Song J, **Ortiz A**, Tirado-Gomez M, Palacios C, Hughes D, Basen-Engquist K. Longitudinal social cognitive influences on physical activity and sedentary time in Hispanic breast cancer survivors. *Psycho-Oncology*, 2017 Feb;26(2):214-221. doi: 10.1002/pon.4026.
35. Quiles N, **Ortiz A**. Resistance training as an intervention for people living with HIV/AIDS. *Strength and Conditioning Journal*, 2017;39(4):64-70.
36. Harris S, Ruffin E, Brewer W, **Ortiz A**. Muscle activation patterns during suspension training exercises. *Int J Sports Phys Ther*, 2017;12(1):42-52.
37. Brewer W, Ogbazi R, Ohl D, Daniels J, **Ortiz A**. A comparison of work-related physical activity levels between inpatient and outpatient physical therapists: A prospective cohort trial. *BMC Res Notes*, 2016 Jun 16;9(1):313. doi: 10.1186/s13104-016-2119-y.
38. **Ortiz A**, Rosario-Canales M, Rodriguez-Lafontaine A, Seda A, Figueroa C, Venegas-Rios H. Reliability and concurrent validity between two-dimensional and three-dimensional evaluation of knee valgus during drop jumps. *Open Access J of Sports Med*, 2016;7:65-73. doi: 10.2147/OAJSM.S100242.
39. Palacios C, Daniel CR, Tirado-Gomez M, Gonzalez-Mercado V, Vallejo L, Lozada J, **Ortiz A**, Hughes DC, Basen-Engquist K. Dietary patterns in Puerto Rican and Mexican-American breast cancer survivors: A pilot study. *J Immigr Minor Health*, 2016 Mar 17 [E-Pub Ahead of Print]. DOI. 10.1007/s10903-016-0398-y.
40. Swanson BT, Holst B, Infante J, Poenitzsch J, **Ortiz A**. EMG activity of selected rotator cuff musculature during grade III distraction and posterior glide glenohumeral mobilization: Results of a pilot trial comparing painful and non-painful shoulders. *Journal of Manual and Manipulative Therapy*, 2016;24(1):7-13. doi: 10.1080/10669817.2015.1106819.
41. Blume C, Wang-Price S, Trudelle-Jackson E, **Ortiz A**. Comparison of an eccentric exercise intervention to a concentric exercise intervention in adults with subacromial impingement syndrome. *Int J Sports Phys Ther*, 2015;10(4):441-455. PMC4527192.

42. **Ortiz A**, Capo-Lugo C, Venegas-Rios HL. Biomechanical deficiencies in women with semitendinosus-gracilis anterior cruciate ligament reconstruction during drop jumps. *PM&R Journal*, 2014;6:1097-1106. doi: 10.1016/j.pmrj.2014.07.003.
43. **Ortiz A**. Exercise for adults living with human immunodeficiency virus infection in the era of highly active antiretroviral therapy. *Int J Phys Med Rehab*, 2014;2(4). doi: 10.4172/2329-9096.1000213.
44. Candelario-Gorbea C, **Ortiz A**, Ramirez-Marrero F, Martinez LR. Effectiveness of a PNF intervention in active and passive range of motion during “développé a la second” in ballet dancers. *Orthopaedic Physical Therapy Practice*, 2014;26(3):198-202.
45. **Ortiz A**, Roddey T, Rivas L. Use of magnetic resonance arthrogram to diagnose cam-type femoro-acetabular impingement (FAI) in a professional basketball player. *Orthopaedic Physical Therapy Practice*, 2014;26(3): 206-207.
46. **Ortiz A**, Ramirez-Marrero F, Rosario M, Venegas-Rios HL. Long-term participation in a community-based fitness program for Hispanic adults living with HIV influences health-related outcomes. *Journal of Physical Therapy and Health Promotion*, 2014;2(1):1-7.
47. **Ortiz A**.  $\beta$ -Hydroxy- $\beta$ -Methylbutyrate (HMB) supplementation in special populations. *Strength Cond J*, 2013;35 (6):73-77.
48. Ramirez-Marrero F, Velazquez A, **Ortiz A**, Del Rosario L. Levels of physical activity in Puerto Rican female adolescents: A pilot study. *Pensar en Movimiento*, 2013;11(1):1-12.
49. **Ortiz A**, Micheo W. Biomechanical evaluation of the athlete's knee: From basic science to clinical application. *PMR Journal*, 2011;3(4):365-371.
50. **Ortiz A**, Olson S, Trudelle-Jackson E, Rosario M, Venegas-Rios H. Landing mechanics during side hopping and crossover hopping maneuvers in noninjured women and women with anterior cruciate ligament reconstruction. *PMR Journal*, 2011;3(1):13-20. doi: 10.1016/j.pmrj.2010.10.018.
51. **Ortiz A**, Olson S, Etnyre B, Trudelle-Jackson E, Bartlett W, Venegas H. Fatigue effects on knee joint stability during two jump tasks in women. *J Strength Cond Res*, 2010;24(4):1019-1027.
52. **Ortiz A**, Trudelle-Jackson E, McConnell K, Wylie S. Effectiveness of a 6-week injury prevention program on kinematics and kinetic variables in adolescent female soccer players: A pilot study. *PR Health Sci J*, 2010;29(1):40-48.
53. Berrios Lopez Y, Cadiz Blackman J, Velez Hernandez Y, Venegas H, **Ortiz A**. Effectiveness of a back school program in the application of body mechanics principles. *PR Health Sci J*, 2009;28(1):48-53.
54. Rosario M, Cruz W, Vazquez J, **Ortiz A**. Internal consistency of the CHAMPS Physical Activity Questionnaire for Spanish speaking older adults. *PR Health Sci J*, 2008;27(3):224-

228.

55. **Ortiz A**, Olson S, Libby CL, Trudelle-Jackson E, Kwon Y-H, Etnyre B, Bartlett W. Landing mechanics between non-injured women and women with ACL reconstruction during two jump tasks. *Am J Sports Med*, 2008;36(1):149-157.
56. **Ortiz A**, Olson S, Libby CL, Kwon YH, Trudelle-Jackson E. Kinematic and kinetic reliability of two jumping and landing physical performance tests in young adult women. *International Journal of Sports Physical Therapy*, 2007;2(2):104-112.
57. **Ortiz A**, Libby CL, Olson S. Core atability in the female athlete: A review. *Journal of Women's Health Physical Therapy*, 2006;30(2):11-17.
58. **Ortiz A**, Olson S, Roddey T, Morales J. Reliability of selected physical performance tests in young adult women. *J Strength Cond Res*, 2005;19(1):39-44.

#### Book Chapters

1. Torre-Panchame E, **Ortiz A**, Condran C, Bell K, Hoffman M. Health Disparities. In: Garner, G. & Tatta, J. Integrative and Lifestyle Medicine in Physical Therapy. OPTP. 2022.

#### Magazine

1. Koszalinski A, Murray L, **Ortiz A**. Building Community in DPT Programs: Lessons from Hybrid Program Leaders. *PT Magazine*, Dec 22, 2020.

#### Peer Reviewed Scientific and Professional Presentations

1. Ayo-ola Sobowale, Daniel C. Hughes, Nydia T. Darby, Gustavo Almeida, Darpan Patel, Tim Calderón, **Alexis Ortiz, FACSM**. Effectiveness Of A 16-week Livestream Therapeutic Yoga Intervention In Physical Performance In Survivors Of Cancer. American College of Sports Medicine Annual Meeting 2024.
2. Heath, A., Deoghare, H.V., James, D., Sunshine-Brown, D., Schack-Dugre, J., **Ortiz, A.**, Kelly P., S. Revisiting the Leadership Compass - An Innovative Tool for Excellence in Leadership. Educational Leadership Conference. APTA-ACAPT. Philadelphia, PA. October 15<sup>th</sup>, 2023.
3. Quiles, N., Wang, J., Lewis, A., Balachandran, A., Evangelista, A., Uher, D., **Ortiz, A**. Comparison Of Two Brief Physical Activity Questionnaires With Accelerometry In Multi-ethnic Urban Adults. American College of Sports Medicine Annual Meeting, Denver, CO. May 30-June 2, 2023.
4. Quiles N, Ali R, Ariza V, Balachandran A, **Ortiz A**. Comparison of the Exercise Vital Signs (EVS) Questionnaire and Accelerometry in People Living With HIV. American College of Sports Medicine Annual Meeting, San Diego, CA. May 31-June 4, 2022.

5. Lauffer L, Arteaga M, Walk M, **Ortiz A**. Hip Fracture In A Healthy Collegiate Distance Runner Without Relevant Hip Symptoms. American College of Sports Medicine Annual Meeting, San Diego, CA. May 31-June 4, 2022.
6. **Ortiz A**, Rosario-Canales M. Exercise Prescription Considerations to Counteract Cardio-Motor Cognitive Impairments for People Living with HIV/AIDS. American College of Sports Medicine Annual Meeting, San Diego, CA. May 31-June 4, 2022.
7. Ortiz J, Calderon D, Cruz GC, Doughtie B, Gonzalez J, Hoppe N, Nickel S, Okeke W, Wengert D, Winchester J, **Ortiz A**. The Effectiveness of Single and Double Leg Blood Flow Restriction Training on Isokinetic Quadriceps Strength. Combined Sections Meeting, San Antonio, TX. Feb 2-5, 2022.
8. Calderon D, Cruz GC, Doughtie B, Hoppe N, Gonzalez J, Winchester J, **Ortiz A**. Effectiveness of Blood Flow Restriction Training on Aerobic Performance during Cycling Exercise in Healthy Adults. Combined Sections Meeting, San Antonio, TX. Feb 2-5, 2022.
9. Hoppe N, Cruz GC, Calderon D, Doughtie B, Gonzalez J, Winchester J, **Ortiz A**. Effectiveness of Two Different Blood Flow Restriction Cuff Pressures on Single Leg Balance. Combined Sections Meeting, San Antonio, TX. Feb 2-5, 2022.
10. Okeke W, Calderon D, Cruz GC, Gonzalez J, Hoppe N, Nickel S, Ortiz J, Wengert D, Winchester J, **Ortiz A**. Effectiveness of Single and Double Leg Blood Flow Restriction on Aerobic Performance during Cycling Exercise. Combined Sections Meeting, San Antonio, TX. Feb 2-5, 2022.
11. Doughtie B, Calderon D, Cruz GC, Hoppe N, Gonzalez J, Winchester J, **Ortiz A**. Effectiveness of Two Different Blood Flow Restriction Training Pressures on Isokinetic Muscle Strength of Quadriceps. Combined Sections Meeting, San Antonio, TX. Feb 2-5, 2022.
12. Gracia I, Vargas M, Ortiz J, Lopez W, Davila J, Ketter B, Ozment K, McCallie K, Morgan S, **Ortiz A**. Validation of Non-Exercise Test (NET) in Children with Disability: A Case Series. Combined Sections Meeting, San Antonio, TX. Feb 2-5, 2022.
13. Davies D, Wengel M, Rodriguez J, Martineau S, Kish J, Kabiri L, **Ortiz A**. Screening Factors that Predict Injury Risk in Collegiate Female Athletes. Combined Sections Meeting, San Antonio, TX. Feb 2-5, 2022.
14. Vargas ME, Gracia I, Ortiz J, Lopez W, Davila J, Geisler E, Ketter B, Ozment K, McCallie KB, Allegretti A, Morgan S, **Ortiz A**. Validation of Non-exercise Test (NET) in Children with Spina Bifida: A Case Series. American College of Sports Medicine Annual Meeting. June 1-5, 2021.
15. Doughtie B, Calderon D, Cruz G, Hoppe N, Winchester J, **Ortiz A**. Effectiveness of Blood Flow Restriction Training on Isokinetic Muscle Strength of the Quadriceps. American College of Sports Medicine Annual Meeting. June 1-5, 2021.
16. Calderon D, Cruz G, Doughtie B, Hoppe N, Winchester J, **Ortiz A**. Effectiveness of Blood Flow Restriction Training on Aerobic Performance During Cycling Exercise in Healthy

Adults. American College of Sports Medicine Annual Meeting. June 1-5, 2021.

17. Cruz G, Calderon D, Doughtie B, Hoppe N, Winchester J, **Ortiz A**. The Effects of Different Blood Flow Restriction Cuff Pressures on Dynamic Knee Valgus Angles. American College of Sports Medicine Annual Meeting. June 1-5, 2021.
18. Hoppe N, Cruz G, Calderon D, Doughtie B, Winchester J, **Ortiz A**. The Effects of Two Different Blood Flow Restriction Cuff Pressures on Single Leg Balance. American College of Sports Medicine Annual Meeting. June 1-5, 2021.
19. Doughtie B, Calderon D, Cruz G, Hoppe N, Winchester J, **Ortiz A**. Effectiveness of Blood Flow Restriction Training on Isokinetic Muscle Strength of the Quadriceps. Texas Chapter American College of Sports Medicine Annual Meeting. 2021.
20. Calderon D, Cruz G, Doughtie B, Hoppe N, Winchester J, **Ortiz A**. Effectiveness of Blood Flow Restriction Training on Aerobic Performance During Cycling Exercise in Healthy Adults. Texas Chapter American College of Sports Medicine Annual Meeting. 2021.
21. Zamora C, **Ortiz A**, Ramirez AG, Marin J, Patel D, Serra M, Calderon T, Gutierrez B, Hertzog K, Darby N, Lapetoda A, Hughes DC. Differences In Health-Related Quality of Life Outcomes for Latino Versus Non- Latino Cancer Survivors Participating In 16-Week Holistic Pilot Intervention. American Association of Cancer Research Virtual Conference: Thirteenth AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. October 2-4, 2020.
22. Anderson J, Morris K, Almeida G, Barnett J, Castillo T, Schneider A, **Ortiz A**. Blood Flow Restriction Compared to High Intensity Interval Training on Power Output and Muscle Strength. American College of Sports Medicine Annual Meeting. San Francisco, CA, 2020.
23. **Ortiz A**, Acosta M, Le L, Pietsch K, Robledo J. Weekly Sedentary and Standing Time as Predictors of Body Composition In Older Adults. American College of Sports Medicine Annual Meeting. San Francisco, CA, 2020.
24. Quiles N, **Ortiz A**, Lira C, Fleck H. Cardiometabolic Characterization of People Living with HIV Seeking Treatment in The South Texas Region. American College of Sports Medicine Annual Meeting. San Francisco, CA, 2020.
25. Moreno-Flores K, Lusk M, Migliano P, Greenwood R, **Ortiz A**. Validation of Step Length Between an Anti-Gravity Treadmill and a 2-Dimensional Camera System. American College of Sports Medicine Annual Meeting. San Francisco, CA, 2020.
26. Morris K, Almeida G, Barnett J, Anderson J, Castillo T, Schneider A, **Ortiz A**. Blood Flow Restriction Compared to High Intensity Interval Training on Body Composition and Tendon Width. American College of Sports Medicine Annual Meeting. San Francisco, CA, 2020.
27. Gonzalez J, **Ortiz A**. Hip Pain in a Female Military Trainee: A Cautionary Tale of Catastrophic Complications. American College of Sports Medicine Annual Meeting. San Francisco, CA, 2020.

28. Alanazi AD, Mitchell K, Roddey T, Alenazi A, **Ortiz A**. Test-retest Reliability and Concurrent Validity of an In-shoe Pressure System During Two Landing Maneuvers. American College of Sports Medicine Annual Meeting, San Francisco, CA, 2020.
29. Alanazi A, Al-Enezi F, Aldaihan M, Al Amer H, **Ortiz A**. Gender Differences in Landing Mechanics After Anterior Cruciate Ligament Reconstruction. IOC World Conference on Prevention Of Injury & Illness In Sport, Grimaldi, Monaco, 2020.
30. Pietsch K, Robledo J, Lee L, Acosta M, **Ortiz A**. Weekly Time Spent Standing and Sitting as Predictors of Body Composition in Older Adults. American Physical Therapy Association Combined Sections Meeting, Denver, Colorado, 2020.
31. Lira C, Fleck H, Quiles N, **Ortiz A**. Cardiometabolic Characterization of People Living with HIV Seeking Treatment in the South Texas Region. American Physical Therapy Association Combined Sections Meeting, Denver, Colorado, 2020.
32. Day D, Garcia S, **Ortiz A**, Medina A, Guerrero A, Zamora C, Parra-Medina D, Hughes D. Promotoras' Current Lifestyle Behavior and the Influence on Body Composition and Physical Function. Texas Chapter American College of Sports Medicine Annual Meeting, Waco, Texas, 2020.
33. Garcia S, **Ortiz A**, Rodriguez A, Medina A, Lapetoda A, Day D, Ortiz R, Guerrero A, Cantú S, Parra-Medina D, Hughes D. Physical Fitness and Energy Balance Activity of Promotoras. Texas Chapter American College of Sports Medicine Annual Meeting, Waco, Texas, 2020.
34. Guerrero A, Garcia S, **Ortiz A**, Day D, Ortiz R, Medina A, Lapetoda A, Cantú S, Parra-Medina D, Hughes D. Influence of Fitness on Stress Reactivity as Measured with the Trier Social Stress Test. Texas Chapter American College of Sports Medicine Annual Meeting, Waco, Texas, 2020.
35. Medina A, Garcia S, **Ortiz A**, Day D, Guerrero A, Zamora C, Parra-Medina D, Hughes D. The Effects of Language Barriers on Physical Activity of Promotoras. Texas Chapter American College of Sports Medicine Annual Meeting, Waco, Texas, 2020.
36. Alanazi A, **Ortiz A**. Landing Biomechanics Following Patellar and Hamstring Tendon Anterior Cruciate Ligament Reconstruction. American College of Sports Medicine – Annual Meeting and World Congress on Exercise is Medicine, Orlando, Florida, 2019.
37. Kabiri L, Brewer W, **Ortiz A**. Predicting Changes in Adolescent Muscle Mass with Field Testing. American College of Sports Medicine – Annual Meeting and World Congress on Exercise is Medicine, Orlando, Florida, 2019.
38. Migliano P, Greenwood R, **Ortiz A**. Gait Mechanics between a Lower Body Positive Pressure and Regular Treadmill. American College of Sports Medicine – Annual Meeting and World Congress on Exercise is Medicine, Orlando, Florida, 2019.
39. **Ortiz A**, Migliano P, Greenwood R. Validation of a Built-In Gait Analytics System for Lower Body Positive Pressure Treadmills. American College of Sports Medicine – Annual

Meeting and World Congress on Exercise is Medicine, Orlando, Florida, 2019.

40. Quiles N, Evangelista A, **Ortiz A**. The Effects of Aerobic Exercise on Heart Rate Variability in People Living with HIV. American College of Sports Medicine – Annual Meeting and World Congress on Exercise is Medicine, Orlando, Florida, 2019.
41. Harris S, Gregory J, **Ortiz A**. Management of a Patient with Lateral Elbow Pain Secondary to Acute Adverse Neural Irritation. American College of Sports Medicine – Annual Meeting and World Congress on Exercise is Medicine, Minneapolis, Minnesota, 2018.
42. Alanazi A, **Ortiz A**. Landing Biomechanics Following Patellar and Hamstring Tendon Anterior Cruciate Ligament Reconstruction. 66<sup>th</sup> Annual Meeting American College of Sports Medicine. Orlando, FL, 2019.
43. **Ortiz A**, Migliano P, Greenwood R. Validation of a Built-In Gait Analytics System for Lower Body Positive Pressure Treadmills 66<sup>th</sup> Annual Meeting American College of Sports Medicine. Orlando, FL, 2019.
44. Quiles N, Evangelista A, **Ortiz A**. The Effects of Aerobic Exercise on Heart Rate Variability in People Living with HIV. 66<sup>th</sup> Annual Meeting American College of Sports Medicine. Orlando, FL, 2019.
45. Kabiri LS, Brewer W, **Ortiz A**. Predicting Changes in Adolescent Muscle Mass with Field Testing. 66<sup>th</sup> Annual Meeting American College of Sports Medicine. Orlando, FL, 2019.
46. Migliano P, Greenwood R, **Ortiz A**. Gait Mechanics between a Lower Body Positive Pressure and Regular Treadmill. 66<sup>th</sup> Annual Meeting American College of Sports Medicine. Orlando, FL, 2019.
47. **Ortiz A**, Bickley C, Kliefoth M. The Use of Voluntary 3-D Technology and Upper-Class Peer-Mentoring to Enhance Anatomy Performance of Under-Represented Minority Students in Physical Therapy. Experimental Biology, San Diego, California, 2018.
48. Patterson M, Lin J, Acosta D, **Ortiz A**. Dietary Protein and Fiber Predict Body Composition but Not Energy Expenditure in Female Collegiate Runners. American Society for Nutrition. Boston, MA, 2018
49. Lin J, Acosta D, DelloStrito R, Craig J, Oliver A, **Ortiz A**, Patterson M. Impact of Leptin and Ghrelin on Body Composition, Exercise Dependence, and Satiety in Female Collegiate Runners and Inactive Females. American Society for Nutrition, Boston, MA, 2018.
50. Maziarz M, Wang W, **Ortiz A**. Dietary and Physical Activity Measurement Tools Accurately Predict Total Energy Expenditure in Adults 50-74. 64<sup>th</sup> American College of Sports Medicine Annual Meeting. Denver, CO, 2017.
51. Hughes D, Rodriguez A, **Ortiz A**, Gil M, Treviño L, Sharpe P, Parra-Medina D, Esparza L. A Cross-Sectional Study on Health Behaviors of Promotoras Delivering Programs to Latino Communities in South Texas. 144<sup>th</sup> American Public Health Association Annual Meeting. Denver, CO, 2016.



52. Harris S, **Ortiz A**, Hawkins T. Management of a Patient with an Axillary Nerve Entrapment. Texas Chapter American College of Sports Medicine Annual Meeting. College Station, TX, 2016.
53. Cherry D, Clayborne J, Miller L, Staloch D, **Ortiz A**. Landing Styles Influence Reactive Strength Index Without Increasing Risk for Injury. Texas Chapter American College of Sports Medicine Annual Meeting. College Station, TX, 2016.
54. Bickley C, Mitchell K, Linton L, **Ortiz A**. Relationships of Technical and Functional Gait Measures in Patients with Cerebral Palsy. Combined Sections Meeting, American Physical Therapy Association. Anaheim, CA, 2016.
55. Bickley C, Mitchell K, **Ortiz A**, Linton J, Scarborough N, Barnes D. Examination of Outcomes for Soft Tissue Only and Soft Tissue with Bony Semls in Patients with Cerebral Palsy. Combined Sections Meeting, American Physical Therapy Association. Anaheim, CA, 2016.
56. Guy D, Clayborne J, Miller L, Staloch D, **Ortiz A**. Landing Styles Influence Reactive Strength Index Without Increasing Risk for Injury. Combined Sections Meeting, American Physical Therapy Association. Anaheim, CA, 2016.
57. Harris S, Bjork E, Brewer W, **Ortiz A**. Muscle Activation Patterns during TRX Suspension Training Exercises. 62<sup>nd</sup> Annual Meeting American College of Sports Medicine. San Diego, CA, 2015.
58. Aparicio J, **Ortiz A**. Medial Arm Pain – Baseball. 62<sup>nd</sup> Annual Meeting American College of Sports Medicine. San Diego, CA, 2015.
59. Rodriguez E, Rosario-Canales M, **Ortiz A**. Standing Balance and Dementia As Predictors Of Quality Of Live In Adults With HIV. 62<sup>nd</sup> Annual Meeting American College of Sports Medicine. San Diego, CA, 2015.
60. Abbad AA, Wang-Price S, **Ortiz A**, Trudelle-Jackson E, Medley A. Immediate and Carry-over Effects of Lumbopelvic Manipulation on Hip and Knee Electromyography Amplitude and Pain Intensity in People with Patellofemoral Pain Syndrome. Combined Sections Meeting, American Physical Therapy Association. Indianapolis, IN, 2015.
61. Blume C, Wang-Price S, Trudelle-Jackson E, **Ortiz A**. Effectiveness of concentric versus eccentric rotator cuff and scapular muscle progressive resistance exercises in adults with subacromial impingement syndrome. Combined Sections Meeting, American Physical Therapy Association. Indianapolis, IN, 2015.
62. Mama SK, McNeill LH, **Ortiz A**, Tirado-Gomez M, Palacios C, Hughes DC, Basen-Engquist K. Mediated Effects of Social Cognitive Theory Variables on Physical Activity in Hispanic Breast Cancer Survivors. 7<sup>th</sup> American Association of Cancer Research Conference on The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. San Antonio, Texas, 2014.

63. **Ortiz A**, Tirado-Gomez M, Hughes DC, Gonzalez V, Basen-Engquist K. Differences in Physical Fitness, Disability, and Health-Related Quality of Life Between Physical Active and Sedentary Hispanic Breast Cancer Survivors. 7<sup>th</sup> American Association of Cancer Research Conference on The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. San Antonio, Texas, 2014.
64. Tirado-Gomez M, Palacios C, **Ortiz A**, Hughes DC, Gonzalez-Mercado V, Vallejo L, Lozada J, Basen-Engquist K. Serum Adipokines and Inflammatory Markers in Hispanic Breast Cancer Survivors. 7<sup>th</sup> American Association of Cancer Research Conference on The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. San Antonio, Texas, 2014.
65. Rosario MG, **Ortiz A**. Balance Assessment in Adults Diagnosed with HIV. Combined Sections Meeting, American Physical Therapy Association. Las Vegas, NV, 2014.
66. Rosario MG, Rodríguez A, Figueroa C, Seda A, **Ortiz A**. Comparison Between 2-Dimensional And 3-D Motion Systems For The Assessment Of Knee-Injury Predisposing Factors. Combined Sections Meeting, Physical Therapy Association. Las Vegas, NV, 2014.
67. Aparicio J, **Ortiz A**, Olson S, Wiggin M. Biomechanical and Electromyographical (EMG) Analysis of Gait in a Child with Cerebral Palsy (CP) with and without Use of an Ankle Foot Orthosis (AFO). Combined Sections Meeting, Physical Therapy Association. Las Vegas, NV, 2014.
68. Gonzalez-Sola M, Rosario M, Rosado A, **Ortiz A**. Balance and Sensibility Impairments in Adults Diagnosed with HIV: Effectiveness of an Exercise Program. 60<sup>th</sup> Annual Meeting American College of Sports Medicine. Indianapolis, IN, 2013.
69. Rodriguez A, Figueroa CN, Seda AH, Rosario MG, **Ortiz A**. Concurrent Validity Between 2D and 3D Motion Systems for the Evaluation of Dynamic Knee Valgus During a Drop Jump Task. Combined Sections Meeting, Physical Therapy Association. San Diego, CA, 2013.
70. Candelario C, Ramírez-Marrero F, Martínez L, **Ortiz A**. Effectiveness of PNF on Passive and Active Range of Motion in Ballet Dancers. 59<sup>th</sup> Annual Meeting American College of Sports Medicine. San Francisco, CA, 2012.
71. Mojica F, Garcia G, Rosario M, **Ortiz A**. Effectiveness of an Exercise Program in Improving Balance in Adults Diagnosed With HIV. 59<sup>th</sup> Annual Meeting American College of Sports Medicine. San Francisco, CA, 2012.
72. Martínez L, **Ortiz A**, Cardona C, Cancel I, Soto I, Nevárez C. Use of Dietary Supplements by Puerto Rican Athletes at the 2010 Central American-Caribbean Games. 59<sup>th</sup> Annual Meeting American College of Sports Medicine. San Francisco, CA, 2012.
73. **Ortiz A**, Ramirez-Marrero F, Garcia G, Flores A, Venegas-Rios H. Characterization of Body Composition, Physical Fitness and Lipid Profile Among Adults Living with HIV Who

Participate in a Fitness Program. World Confederation for Physical Therapy, Amsterdam, Holland, 2011.

74. Venegas-Rios H, **Ortiz A**, Santiago D, Bayron F, Singh K, Bae S, Chen S. Effectiveness of Spinal Manipulative Therapy in Patients from the Worker's Compensation System with Chronic Low Back Pain. World Confederation for Physical Therapy, Amsterdam, Holland, 2011.
75. **Ortiz A**, La Puerta M, Rosario M, Rivas L, Capo-Lugo C, Venegas-Rios H, Trautmann M. Dynamic Knee Valgus as a Measurement of Knee Injury Predisposition. Combined Sections Meeting-American Physical Therapy Association, New Orleans, LA, 2011.
76. **Ortiz A**, Rosario MG, Rivas L, Trautmann M. Landing Strategies During Drop Jumps Between Noninjured Women and Women with ACL Reconstruction, International Federation of Sports Medicine, XXXI FIMS World Congress, San Juan, Puerto Rico, 2010.
77. Rosario MG, **Ortiz A**. Association Between Anatomical Measurements and Dynamic Knee Valgus in Healthy Women and Women with ACL Reconstruction. Experimental Biology. Anaheim, CA, 2010.
78. Rosario MG, **Ortiz A**. Neuromuscular Timing During Drop Jumps Between Healthy Women and Women with Semitendinosus-gracilis ACL Reconstruction. 57th Annual Meeting and inaugural World Congress on Exercise in Medicine of the American College of Sports Medicine, Baltimore, Maryland, 2010.
79. **Ortiz A**, La Puerta M, Rivas LA, Capo-Lugo C, Roman E, Venegas-Rios HL. Landing Mechanics Between Noninjured Women and Women with Semitendinosus-Gracilis ACL Reconstruction During Drop Jumps. Combined Sections Meeting-American Physical Therapy Association, San Diego, CA, 2010.
80. Roman E, Colon GD, Rivas LA, La Puerta M, Reus L, Venegas H, **Ortiz A**. Neuromuscular Control During a Drop Jump between Healthy Women and Women with Semitendinosus-gracilis ACL Reconstruction. American College of Sports Medicine Annual Meeting, Seattle, WA, 2009.
81. Rivera-Velez S, Perez-Guerrero N, Capo-Lugo C, Cruz C, Martinez L, Ramirez F, Venegas H, **Ortiz A**. Effectiveness of a 4-week Core Strengthening Program in Lactate and Running Speed. American College of Sports Medicine Annual Meeting, Seattle, WA, 2009.
82. Capo-Lugo C, Rivas LA, Roman E, Colon G, La Puerta M, Venegas H, **Ortiz A**. Comparison of Landing Mechanics during a Drop Jump in Semitendinosus-gracilis ACL Reconstructed Females and Noninjured Females. American College of Sports Medicine Annual Meeting, Seattle, WA, 2009.
83. Rivas L, Capo-Lugo C, Rodriguez I, Garcia G, Olson S, Libby C, **Ortiz A**. Landing Mechanics during Sidestepping and Cross-Over Maneuvers Among Noninjured Women and Women with ACL Reconstruction. American College of Sports Medicine Annual Meeting. Indianapolis, IN, 2008.

84. Capo-Lugo C, Rivas L, Rodriguez I, Garcia G, Olson S, Libby C, **Ortiz A**. Neuromuscular Control during Sidestepping and Cross-Over Maneuvers Among Noninjured Women and Women with ACL Reconstruction. American College of Sports Medicine Annual Meeting. Indianapolis, IN, 2008.
85. Calderon E, Salgado S, Candelaria Y, Bayron F, Seda C, **Ortiz A**. Effectiveness of Aquatic Therapy versus Land Therapy in Athletes with Lower Extremity Injuries. American College of Sports Medicine Annual Meeting. Indianapolis, IN, 2008.
86. Trudelle-Jackson E, **Ortiz A**, McConnell K, Wylie S, Nations T. Effects of a 6-Week Injury Prevention Program on Knee Valgus during Landing in Adolescent Female Soccer Players: A Pilot Study. American Physical Therapy Association Combined Sections Meeting. Nashville, TN, 2008.
87. **Ortiz A**, Libby CL, Bartlett WP, Etnyre B, Kwon Y-H, Olson S. Landing Mechanics between Non-injured Women and Women with ACL Reconstruction during a 40-cm Drop Jump. 15<sup>th</sup> International Congress World Confederation for Physical Therapy. Vancouver, CA, 2007.
88. **Ortiz A**, Olson S, Libby CL, Etnyre B, Trudelle-Jackson E, Bartlett WP, Kwon Y-H. Landing Mechanics between Non-injured Women and Women with ACL Reconstruction during Two Functional Tasks. American College of Sports Medicine Annual Meeting. New Orleans, LA, 2007.
89. Rosario M, Cruz W, Vazquez J, **Ortiz A**. Internal Consistency of the CHAMPS Physical Activity Questionnaire for Spanish Speaking Older Adults. American College of Sports Medicine Annual Meeting. New Orleans, LA, 2007.
90. **Ortiz A**, Libby CL, Bartlett WP, Etnyre B, Olson SL. Fatigue Effects on Lower Extremity Joint Stability during Jump Tasks in Young Women. Texas Chapter American College of Sports Medicine Student Research Manuscript Award. Denton, TX, 2006.
91. McConnell K, Wylie S, **Ortiz A**, Trudelle-Jackson E. Effects of a 5-Week Injury Prevention Program on Kinematics and Kinetics in Adolescent Women Soccer Players: A Pilot Study. Combined Sections Meeting. American Physical Therapy Association. Sports Section. San Diego, CA, 2006.
92. **Ortiz A**, Olson S, Roddey T, Morales J. Reliability of Selected Physical Performance Tests in Adult Young Women. Texas Regional Chapter of the American College of Sports Medicine. Houston, TX, 2003.

#### Non-Peer Reviewed Presentations and Invited Talks

1. **Ortiz, A**. Envejecimiento Acelerado en HIV: beneficios del ejercicio y actividad física [Accelerated aging in HIV: benefits of physical activity and exercise]. Red de Actividad Física de Las Américas [Physical Activity Network of The Americas]. April 17, 2023.

2. **Ortiz A.** Cancer Survivorship and Physical Function. Population Science & Prevention. Mays Cancer Center. September 7<sup>th</sup>, 2018.
3. **Ortiz A.** The Use of Aerobic Exercise and Conditioning for Rehabilitation. Santo Domingo Performance Week. May 9<sup>th</sup>-12<sup>th</sup>, Santo Domingo, Dominican Republic, 2018.
4. **Ortiz A.** Life After Rehab: The Importance of Physical Activity to Reach the Maximum Potential. 40<sup>th</sup> Annual Congress Puerto Rico Physiotherapy Association. March 11<sup>th</sup>-12<sup>th</sup>, Ponce, PR, 2016.

#### Funded/In Review Grant Activity

1. Penn J (PI), **Ortiz A (Co-I)**. \$10,886.00, Movement for the Underserved People with Parkinson's Disease of San Antonio Through Exercises Classes Vital for Equality (MUEVE). 2021, Parkinson's Foundation.
2. **Ortiz A (PI)**, Winchester J, González J. \$1,500.00, Effectiveness of Blood Flow Restriction (BFR) Training on Balance, Knee Stability, Strength, and Aerobic Performance during Aerobic Cycling Exercise in Healthy Adults. 2020-2021, Texas Society of Allied Health Professions.
3. **Ortiz A (PI)**, Winchester J, González J. \$4,900.00, Effectiveness of Blood Flow Restriction (BFR) Training on Balance, Knee Stability, Strength, and Aerobic Performance during Aerobic Cycling Exercise in Healthy Adults. 2020-2021, Texas Physical Therapy Foundation.
4. **Ortiz A (PI)**, Jackson C, Goulet C. \$3,215,793.00, Facilitating Access to Physical Therapy Education for Disadvantaged and Under-Represented Minority Students. 2020, Health Resources and Service Administration, Scholarships for Disadvantaged Students.
5. Morgan S, Allegretti A, **Ortiz A (Co-I)**, Ortiz H. \$5,000.00, Cardiorespiratory Assessment in Children with Disabilities. 2019, Texas Physical Therapy Foundation.
6. Patel D, Hughes D, **Ortiz A (Co-I)**, Musi N, Jiwani R, Burns A. \$25,000.00, A Pilot, double-blind, placebo controlled randomized trial of exercise + creatine supplementation to augment the adaptations of exercise training in cancer survivors. 2019, ThriveWell Cancer Foundation.
7. Hughes D, **Ortiz A (Co-PI)**. \$49,144.00, A Holistic Intervention Approach to Maximize Quality of Life for Cancer Survivors. 2019, Mays Cancer Center Pilot Awards.
8. **Ortiz A (PI)**, Peggy GB, Jennifer B. \$388,000.00.00, Multi-Disciplinary Collaboration in Underserved Clinical Sites for the Enhancement and Promotion of Quality Healthcare in Physical Therapy. 2017, Texas Higher Education Coordinating Board.
9. Maziarz M, **Ortiz A (Co-I)**. \$136,741.00, Influence of resistant starch in baked and boiled potatoes on glycemic and satiety responses in overweight females. 2017, Alliance for Potato Research and Education.

10. Kabiri L, Brewer W, **Ortiz A (Co-I)**. \$2,500.00, Reliability, Validity, and Sensitivity to Change of Bioelectrical Impedance Analysis and the non-exercise Test for Health Screening among Adolescents. 2016, Texas Physical Therapy Foundation.
11. Bickley C, **Ortiz A (Co-I)**. \$9,625.00, Biomechanical Comparison during Walking in Adults Using Traditional Locked Knee Ankle Foot Orthoses (KAFOs) versus Stance-Control KAFOs. 2016, Funded by Research Enhancement Program, Texas Woman's University.
12. **Ortiz A (Project Director)**, Brewer W. \$160,000.00, "SUCCESS-PT"- Minority Health Research and Education Grant Program. 2016-2018, Texas Higher Education Coordinating Board.
13. Brewer W, **Ortiz A (Co-I)**. \$6,879.00, The Short-Term Effects of Manipulation and Physical Therapy on Physical Activity Levels in Patients with Low Back Pain. 2016-2018, Funded by Research Enhancement Program, Texas Woman's University.
14. **Ortiz A (Project Director)**, Brewer W. \$149,774.00, "SUCCESS-PT"- Minority Health Research and Education Grant Program. 2014-2016, Texas Higher Education Coordinating Board.
15. **Ortiz A (PI)**. \$539.00, Exercise for Adults Living with Human Immunodeficiency Virus Infection in the Era of highly Active Antiretroviral Therapy. 2014, Small Research Grant. Texas Woman's University.
16. Wang S, Lavery L, **Ortiz A (Collaborator)**. \$8,000.00, Kinematic, Kinetic and Electromyographic Analysis of Gait in Patients with Diabetic Foot Neuropathy - A Pilot Study. 2013, Research Enhancement Program, Texas Woman's University.
17. Basen-Enquist K, Tirado M, **Ortiz A (Co-I)**. \$459,116.00, Pilot Project C: Exercise in Hispanic Breast Cancer Survivors. 2/1/2009 - 8/31/2015, UPR/MDACC Partnership of Excellence in Cancer Research, U54 CA 96300/U54 CA 96297.
18. **Ortiz A (PI)**. \$30,000.00, Seed Monies for New Investigators. August 2007, Research Center for Minority Institutions. University of Puerto Rico, Medical Sciences Campus. from the National Center for Research Resources (NCRR), a component of the National Institutes of Health (NIH), Grant Number G12RR0305.
19. **Ortiz A (PI)**. \$9,689.00, Young Investigator Grant Award. July 2007, National Strength & Conditioning Association.
20. **Ortiz A (PI)**. \$48,900.00, Seed Monies for New Investigators. January 2007, Research Center for Minority Institutions Clinical Research Center Clinical Research Infrastructure Initiative' (RCRCII) Award from the National Center for Research Resources (NCRR), National Institutes of Health. 1P20 RR11126.
21. Olson S, **Ortiz A (Co-PI)**. \$6,000.00, Kinematic and Kinetic Analysis of Physical Performance Following Anterior Cruciate Ligament Reconstruction. September 2003, Texas Woman's University Research Enhancement Program.

### Current/Active Research Activity

1. Quiles N, **Ortiz A.** Objective Measures of Physical Activity in People Living with HIV (PLWH) in New York City. This project seeks to determine the best methodologies for assessing physical activity in PLWH in the greater New York area. Different assessment tools such as accelerometers, questionnaires, consumer activity monitors (e.g., Apple Watch) will be evaluated to determine their validity.
2. Quiles N, **Ortiz A.** The Effects of a Mobile-Application and Text-Message based Physical Activity Intervention on Physical and Mental Health in People Living with HIV: A Pilot Randomized Clinical Trial (RCT). This is an ongoing RCT where we are evaluating an intervention delivered through a telemedicine platform with the purpose of increasing physical activity in people living with HIV (PLWH).
3. Quiles N, **Ortiz A.** Longitudinal association between Cardiometabolic Comorbidities and Motor Function in PLWH. This project is a secondary database analysis from the HIV Brain Bank in Manhattan that is been ongoing for several years. We will be looking at the effects or association of the cardiometabolic panel of these patients and their relationship with motor function collected through several functional tests such as motor performance, gait, and balance, among others.

### Membership in Scientific/Professional Organizations

American Physical Therapy Association	1998-present
Texas Chapter	
American College of Sports Medicine	1998-present
National Strength & Conditioning Association	2002-2023
American Association of Anatomists	2017-present
American Physiological Society	2017-present
Cardiovascular Section	
Teaching Section	
Muscle Physiology Section	
Human Anatomy & Physiology Society	2022-present
American Institute of Ultrasound in Medicine	2022-2023
American Association of Clinical Anatomists	2022-2023

### Consultative and Advisory Positions Held

American Association of Clinical Anatomists. Annual Meeting Abstract Reviewer	2023
Member, American Council of Academic Physical Therapy, Leadership Academy Oversight Committee.	2021-2024
Member, Advisory Group, APTA Fellowship in Educational Leadership.	2021
Mentor, American College of Sports Medicine, Mentoring Women to Fellowship Program.	2018-2020

Abstract Reviewer. Texas Physical Therapy Association Annual Meeting.	2014-18
Chair Scientific Committee. Latin America Physical Medicine & Rehabilitation Association. Punta Cana, DR.	2012
Item Writer: Sports Specialization Board, Specialization Academy of Content Experts; American Board of Physical Therapy Specialists.	2012-2016
Member Scientific Organizing Committee. Allied Health Profession Programming. 6 <sup>th</sup> International Society Physical & Rehabilitation Medicine World Congress. June 12-16, 2011, San Juan, PR.	2011

### **Community Service**

Kinetic Kids, Hill Country.	2023
Physical Therapist: La Perla de Gran Precio (HIV Alternative Medicine Community-Based Program), San Juan, PR. Funded by Ryan White HIV/AIDS Program.	2009-2012
Track & Field Physical Therapy & Athletic Trainer Coordinator, International Association Athletic Federation. Central American & Caribbean Games, Mayaguez, PR.	2010
Medical Services, 1 <sup>st</sup> Central American and Caribbean High School Games, Ponce, PR.	2007
Physical Therapist, Puerto Rico Track & Field Federation.	2006-2012

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

Augustana University, Department of Physical Therapy	
Curriculum Committee (Chair)	2021 – 2023
Outcomes Assessment Committee (member)	2022 – Present
Core Faculty Committee (member)	2021 – Present
Academic Standing and Progression Committee (ad hoc)	2023
Clinical Education Success and Progression Committee (ad hoc)	2023

### **Honors and Awards**

Texas Society of Allied Health Professions Research Award.	2020
Texas Physical Therapy Foundation Research Award.	2020
First Place Platform Presentation. Swanson B, Brewer W, <b>Ortiz A</b> , Roddey T. The Role of Unloading Tests and Examination Variables as Indicators of Immediate Response to Pragmatically Selected Manipulations in Patients with Chronic Low Back Pain: Results of a Planned Secondary Analysis. 2016 American Academy of Orthopedic and Manipulative Physical Therapy Annual	2016



Conference. St. Louis, MO.

Favorite Professor. 30<sup>th</sup> Annual Scholar Athlete Event. Rice University. 2016

Favorite Professor. 29<sup>th</sup> Annual Scholar Athlete Event. Rice University. 2015

Mentor/Student Travel Award.

American College of Sports Medicine Annual Meeting, San Diego, CA, May 26-30, 2015. Federation of American Societies for Experimental Biology-Minority Access to Research Careers. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]. **Funding: \$3,720.00** 2015

Mentor/Student Travel Award. 2014. American College of Sports Medicine Annual Meeting, Orlando, FL, May 27-31, 2014. Federation of American Societies for Experimental Biology-Minority Access to Research Careers. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]. **Funding: \$5,550.00** 2014

Mentor/Student Travel Award. 2014. Texas Chapter of The American College of Sports Medicine Annual Meeting, Fort Worth, TX, Feb 27-28, 2014. Federation of American Societies for Experimental Biology-Minority Access to Research Careers. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]. **Funding: \$3,000.00.** 2014

Mentor/Student Travel Award. 2013. Federation of American Societies for Experimental Biology-Minority Access to Research Careers. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 28-June 1st, 2013. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]. **Funding: \$5,550.00** 2013

Mentor/Student Travel Award. 2012. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29<sup>th</sup>-June 2<sup>nd</sup>, 2012. Federation of American Societies for Experimental Biology-Minority Access to Research Careers. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]. **Funding: \$5,550.00** 2012

Mentor/Student Travel Award. 2011. American College of Sports Medicine Annual Meeting, May 31-June 4, 2011, Denver, Colorado. Federation of American Societies for Experimental Biology-Minority Access to Research Careers. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]. **Funding: \$5,550.00** 2011

Postdoctoral Professional Development & Enrichment Award. 2010. Federation of American Societies for Experimental Biology-Minority Access to Research Careers; 2010. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]. <b>Funding: \$5,550.00.</b>	2010
Best Local Research Project. 2010. International Federation of Sports Medicine World Congress, May 19-22, 2010: San Juan, PR.	2010
Clinical Research Education and Career Development Award. 2009-2010. Public Health Service Grant from The National Institutes of Health: R25RR17589. <b>Funding: 50% Assistant Professor Salary (~\$30,000).</b>	2009-2010
Mentor/Student Travel Award. 2009. American College of Sports Medicine Annual Meeting, May 27 <sup>th</sup> -30 <sup>th</sup> , Seattle, WA. Federation of American Societies for Experimental Biology-Minority Access to Research Careers. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health [FASEB MARC Program: T36-GM08059]. <b>Funding: \$5,550.00.</b>	2009
Young Investigator Research Award. National Strength & Conditioning Association. 2007. <b>Funding: \$9,689.</b>	2007

**Continuing Education Attended**

**Contemporary Expertise Related to Hybrid Teaching and Learning**

Engaging the Physiology Classroom: Insights from a Professor's Journey: American Physiological Society Teaching Webinar Series.	2023
Integrate Interactive, 3D Tools in Human Anatomy Courses and Curriculum. American Association for Anatomy (online webinar)	2022
Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022
Current Diversity Expectations in Programmatic Accreditation	2022
Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022
Components of an Effective Lesson	2022
Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022
Prepping Your Asynchronous Sessions	2022
Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022
Asynchronous Lectures, Activities & Assignments	2022
Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022
Embedding Content Into Canvas	2022
Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022
Synchronous Sessions	2022
Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022

Applying Technology into a Lesson to Achieve: SAMR Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022
Program & Curriculum Management Evidence in Motion: Elevating the Student Experience in a Hybrid Model	2022
Clinical Education in a Hybrid DPT Program...Challenges, Strategies, and Successes. Educational Leadership Conference, Atlanta, GA.	2021
<b><u>Contemporary Expertise Related to (1a) Basic Sciences</u></b>	
Updates in Chronic Traumatic Encephalopathy (CTE). American Physiological Society. Neurophysiology Webinar Series.	2023
From Around the Filed: Contemporary Anti-Obesity Medications: Body Composition and Physical Activity Considerations. ACSM's Webinar.	2023
Respect, Diversity & Inclusion in Anatomy Curricula: A Student Perspective. American Association for Anatomists Regional Meeting, San Antonio, TX.	2023
Continuum Distortions of the Knee Joint: A Cadaveric Study. American Association for Anatomists Regional Meeting, San Antonio, TX.	2023
"Is it Anatomy or Is It Art?". American Association for Anatomists Regional Meeting, San Antonio, TX.	2023
Reflections on the Anatomical Gift. American Association for Anatomists Regional Meeting, San Antonio, TX.	2023
Integration of Ultrasound into Anatomy Education. American Association for Anatomists Regional Meeting, San Antonio, TX.	2023
The Integration of Structure and Function: How to Incorporate Anatomy and Physiology Using Ultrasound and Biopacs. American Association for Anatomists Regional Meeting, San Antonio, TX.	2023
Challenges of Integrating Pathology and Anatomy. American Association for Anatomists Regional Meeting, San Antonio, TX.	2023
Ultrasound as a Diagnostic Tool for Pre-Clinical Medical Students. American Association for Anatomists Regional Meeting, San Antonio, TX.	2023
Impact of Sleep and Circadian Disruption on Human Health and Disease Risk. American Physiological Society Neurophysiology Webinar Series.	2023
Autonomic Nervous System Learning Module Certificate of Completion. American Physiological Society.	2023
Linking Cellular Mitochondria Function to Mobility Loss: The Study of Muscle, Mobility, and Aging (SOMMA). American College of Sports Medicine Annual Meeting.	2023
Rethinking Amino Acids for Sport and Health. American College of Sports Medicine Annual Meeting.	2023

Integration Station: How to Design Integrated Modules for the Gross Anatomy Laboratory Workshop. American Association of Anatomy Annual Meeting	2023 2023
Education Platform Session #1. American Association of Anatomy Annual Meeting	
HOCUS POCUS: Integrating Ultrasound and Anatomy Across the Health Professions. American Association of Anatomy Annual Meeting	2023 2023
Posters and Exhibits. American Association of Anatomy Annual Meeting.	
Education Platform Session #3. American Association of Anatomy Annual Meeting.	2022
Clinical Anatomy as Early Collaborative Learning for Health Professions Students. American Association of Anatomy Annual Meeting.	
American Association of Clinical Anatomists. Abstract Reviewer. 2023 Annual Meeting	
Cardiovascular Regenerative Medicine: Deconstructing Regenerative Therapeutics. American Physiological Society Cardiovascular Webinar Series.	
Follow Your Gut: Addressing Factors that Hinder and Support Athlete Gut Health. American College of Sports Medicine & Gatorade Sports Sciences Institute.	2023
The Changing Perspectives of Ethics in the Anatomical Sciences: Public Dissection and Other Contemporary Challenges. American Association for Anatomy.	2023
Targeting Mitochondrial Health to Maintain a Healthy and Active Lifestyle: Key Role of Diet, Exercise and Advanced Nutrition Strategies. ACSM Annual Meeting, San Diego, CA. June 1 <sup>st</sup> .	2022
Genetics of Musculoskeletal Disease. ACSM Annual Meeting, San Diego, CA.	2022
Diet and Cardiovascular Health. Experimental Biology, Philadelphia, PA.	2022
Hot Topics in Muscle Physiology. Experimental Biology, Philadelphia, PA.	2022
Neural Control of Glucose and Energy Homeostasis: Implications for Diabetes and Obesity. Experimental Biology, Philadelphia, PA.	2022
Emerging Topics in the Microcirculation. Experimental Biology, Philadelphia, PA.	2022
Anatomy Education Platform Session #1. Experimental Biology, Philadelphia, PA.	2022
Anatomy Education Platform Session #2. Experimental Biology, Philadelphia, PA.	2022
Anatomy Education Platform Session #3. Experimental Biology, Philadelphia, PA.	2022
Anatomy of Amputation: Surgical, Biomechanical, and Educational Implications. Experimental Biology, Philadelphia, PA.	2022
Volumetric Muscle Loss: Effects on Whole Body Metabolism. Experimental Biology, Philadelphia, PA.	2022

### **Contemporary Expertise Related to (2) Critical Inquiry & Research Science**

American Physiological Society, Cardiovascular Webinar Series, Cardiac Research Using Microelectrode Array Technology: Methodology Considerations and Best Practices to Optimize Recording - Cardiac Research Using Microelectrode Array Technology: Methodology Considerations and Best Practices to Optimize Recording 2022

Applying Wearable Technology and Remote Monitoring to Manage Acute Distress and Improve Population Health. Combined Sections Meeting, San Antonio, TX. 2022

### **Contemporary Expertise Related to (3a) Clinical Management: Musculoskeletal/Lifespan Practice**

Osteopathic Treatment of TMJ Dysfunction. American Association for Anatomists Regional Meeting, San Antonio, TX. 2023

Why do Jenny's Bones Keep 'Breaking'? Sowing the Seeds to Prevent Bone Stress Injuries in Distance Runners. American College of Sports Medicine Annual Meeting. 2023

Shoulder Clinical Case Slide Presentations. ACSM Annual Meeting, San Diego, CA June 2<sup>nd</sup>. 2022

Distinguishing Quadriceps Tendinopathy from Patellar Tendinopathy: Semantics or Significant? Combined Sections Meeting, San Antonio, TX. 2022

Unraveling Nerve and Tendon Disorders of the Foot and Ankle Region. Combined Sections Meeting, San Antonio, TX. 2022

A case-study in translating advances in practice to the classroom: diagnostic musculoskeletal ultrasound imaging. Educational Leadership Conference, Atlanta, GA 2021

Research Spotlight: The Spectrum of Tendinopathy: From the Young Athlete to the Sedentary Older Adult. Combined Sections Meeting, Denver, CO 2020

Breaking the Trend of 3x10: Essential Strength Training & Conditioning Principles for Physical Therapists. Combined Sections Meeting, Denver, CO 2020

Science Meets Practice 11: Baseball and Tennis Biomechanics and its Relation to Musculoskeletal Injuries. Combined Sections Meeting, Denver, CO 2020

### **Contemporary Expertise Related to (3c) Clinical Management: Other Systems (CVP, Integumentary/Lifespan)**

The Female Athlete: Energy and Nutrition. American College of Sports Medicine & Gatorade Sports Sciences Institute Webinar Series. 2023

Effects of Exercise on the Tumor Microenvironment. American College of Sports Medicine Annual Meeting.	2023
Moving & Shaking: Biomechanical and Motor Considerations for Cancer Treatment and Rehab. American College of Sports Medicine Annual Meeting.	2023
Clinical Assessments and Interventions in Childhood Cancer Survivors: The St. Jude Lifetime Cohort. American College of Sports Medicine Annual Meeting.	2023
Aging, Mobility, Fitness, and Neurobiology. American College of Sports Medicine Annual Meeting.	2023
Developing and Implementing Worldwide Exercise Strategies for People with Cancer. American College of Sports Medicine Annual Meeting.	2023
Allergies in Athletes, More than just a Runny Nose???. American College of Sports Medicine Annual Meeting.	2023
Ten Myths in Sport Nutrition. American College of Sports Medicine Annual Meeting.	2023
American College of Sports Medicine from Around the Field Webinar Series: Cardiorespiratory Muscle Response to Chemotherapy and Exercise.	2023
American Physiological Society, Cardiovascular Webinar Series, Cardio-Renal-Lymphatic Disease.	2022
American Physiological Society, Cardiovascular Webinar Series, Androgens & Cardiovascular Diseases in Women: From Basic Research to Clinical Practice.	2022
Ryan White's Story, as Told by His Mother, Jeanne White-Ginder. National Ryan White Conference on HIV Care & Treatment. August 23-26.	2022
Creating New Horizons in Heart Failure Treatment. American Physiological Society Webinar. June 23 <sup>rd</sup> .	2022
Moving for a Better Beat: How Exercise Benefits the Heart. American Physiological Society Webinar. June 22 <sup>nd</sup> .	2022
Salt and Cardiovascular Health: Does Physical Activity Change the Rules?. ACSM Annual Meeting. June 2 <sup>nd</sup>	2022
Questions Individuals with Cardiac Conditions Engaging in Exercise often Ask Health Fitness Profs: Research-Based Responses. ACSM's Brown Bag in Science.	2022
Metabolically Healthy Obesity: Can we really be obese and healthy? ACSM's Brown Bag in Science	2022
Stress, the Autonomic Nervous System and Cardiovascular Dysfunction.	

Experimental Biology, Philadelphia, PA.	2022
Exercise and Autonomic Regulation of Cardiovascular Function. Experimental Biology, Philadelphia, PA.	2022
Mind your Heart in Diabetes: Cardiac and Vascular Consequences of Insulin Resistance. Experimental Biology, Philadelphia, PA.	2022
Infectious Diseases & Immunology: Exercise and Lifestyle Medicine in Long-Term HIV and Post-COVID Syndrome. Combined Sections Meeting, San Antonio, TX.	2022
Is There a Link Between Adverse Childhood Experiences and Pelvic Floor Dysfunction In Women? Combined Sections Meeting, San Antonio, TX.	2022
How to Identify and Manage Common Comorbidities in Persons Living With HIV. Combined Sections Meeting, Denver, CO.	2020
Oncology Platform Presentations 1. Combined Sections Meeting, Denver, CO.	2020

**Contemporary Expertise Related to (3d) Clinical Management: Foundational Practice/Lifespan**

Cardiometabolic Aging. Experimental Biology, Philadelphia, PA.	2022
--	------

**Contemporary Expertise Related to (4) Behavioral & Professional Science**

Ensuring Equitable Access to Smartphone-based Tele-Mental Health Care to non-Urban People with HIV during the COVID-19 Pandemic. National Ryan White Conference on HIV Care & Treatment. August 23-26.	2022
Living Longer, Living Better: Improving Mental Fitness for People over 50 with HIV at a Ryan White Clinic. National Ryan White Conference on HIV Care & Treatment. August 23-26.	2022
Health Equity. National Ryan White Conference on HIV Care & Treatment. August 23-26.	2022
Education Leadership Talks, Part 1: Emerging Leaders Tackle Hot Topics in Physical Therapy Education. Educational Leadership Conference, Atlanta, GA.	2021
The Fork in the Road: How to guide an entry level student down the right path for Residency education. Educational Leadership Conference, Atlanta, GA.	2021
Resident Competency Evaluation Instrument Training Course. APTA-ABPTRFE	2021
Successful Mentorship Webinar #1 Brought to you by: APTA	2020