# JENNIFER M. MEDINA McKEON, PhD, ATC, CSCS

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# EDUCATION

Pennsylvania State University, University Park, PADoctor of PhilosophyAugust 12, 2006College of Health and Human Development, Department of Kinesiology

Dissertation: "The effects of gender and lower extremity alignment on the kinematics of three functional tasks"

# Arizona School of Health Sciences, Mesa, AZ

School of the A.T. Stills University of Health SciencesMaster of ScienceAugust 3, 2002NATA Accredited Post-Certification Graduate Athletic Training Program

*Thesis*: "A comparison in neuromuscular functioning of the quadriceps and hamstrings during landing in high school male athletes, female athletes, and female non-athletes."

# Pennsylvania State University, University Park, PA

Bachelor of ScienceMay 12, 2000CAAHEP (now CAATE) Accredited Entry-Level Athletic Training Program

# **CURRENT POSITIONS**

2013 – Present 2021 – Present
2015 - Present
2007 - 2013
2006 - 2007
2005 – 2006

# **PROFESSIONAL CERTIFICATIONS & CREDENTIALS**

NATA Board of Certification: #080002079	2000 – Present
NSCA Certification Commission: #200217870	2002 – Present

### **TEACHING EXPERIENCE**

### **Current Teaching Responsibilities**

### Ithaca College, Ithaca, NY

PASG 60920	Evidence Based Medicine 2 (PA program)	Lead Instructor
EXSS 12600	Origins of Medical Literacy	Lead Instructor
EXSS 22000	Kinesiology (Lecture / Lab)	Lead Instructor
EXSS 40100	Clinical Experience V	Lead Instructor
EXSS 40700	Clinical Pathoanatomy (Lecture / Lab)	Lead Instructor

# Rocky Mountain University of Health Professions, Provo, Utah

HS 710	Evidence-Based Practice for the Health Professions	Lead Instructor
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# **Previous Teaching Responsibilities**

# Ithaca College, Ithaca, NY

EXSS 40100	Clinical Experience V	Lead Instructor
EXSS 47500	Research Team I	Lead Instructor
EXSS 47700	Research Team II	Lead Instructor
EXSS 39900	Selected Topics in Evidence-Based AT	Lead Instructor
OT 400/500	Functional Human Anatomy (OT program)	Co-Instructor
EXSS 35200	AT Techniques V: Therapeutic Exercises	Lab Instructor

### University of Kentucky, Lexington, KY

AT 692	Orthopedic Evaluation & Rehabilitation: Spine	Lead Instructor
AT 672	Scientific Inquiry III: Statistics & Results	Lead Instructor
AT 690	Orthopedic Evaluation & Rehabilitation: Upper Extremity	Lead Instructor
RHB 714	Critical Appraisal of the Literature	Co-Instructor
AT 673	Scientific Inquiry IV: Professional Issues	Co-Instructor
AT 672	Scientific Inquiry III: Statistics & Results	Co-Instructor
AT 690	Orthopedic Evaluation & Rehabilitation: Upper Extremity	Co-Instructor

### University of North Carolina, Chapel Hill, NC

EXSS 732	Graduate Cadaver Anatomy	Lead Instructor
EXSS 385	Biomechanics of Sport	Lead Instructor
EXSS 232	Human Anatomy	Lead Instructor
EXSS 367	Therapeutic Modalities	Lead Instructor

### University of Virginia, Charlottesville, VA

EDHS 554 A	thletic Injuries Assessment	Lead Instructor
EDHS 544L A	thletic Injuries Assessment Lab	Lead instructor
EDHS 345 N	euromuscular Bases of Human Movement	Lead Instructor
SPE 140 Be	eginning Weight Training	Lead Instructor

# Pennsylvania State University, University Park, PA

Kines 434	Foundations of Therapeutic Exercise
Kines 435	Application of Therapeutic Exercise and Rehabilitation
Kines 436	Introduction to Therapeutic Modalities
Kines 437	Application of Therapeutic Modalities
Kines 395F	Practicum in Athletic Training
Kines 496B	Independent Study in Kinesiology

Teaching Assistant Teaching Assistant Teaching Assistant Teaching Assistant Teaching Assistant Dissection Leader

### **ADVISING ACTIVITY**

#### **Doctoral Degree Dissertation Advisees – Graduates**

1. Silkman, Carrie Doctor of Philosophy, University of Kentucky, Rehabilitation Sciences, 2012 Dissertation: The Development of the Self-Efficacy of Balance Scale (SEBS): Investigation of Psychometric Properties in Female Basketball Players

### **Doctoral Degree Dissertation Committees – Graduates**

- 1. Daisuke Sugimoto Doctor of Philosophy, University of Kentucky, Rehabilitation Sciences, 2013 Dissertation: Anterior Cruciate Ligament Prevention: Effects of Neuromuscular Training Compliance on Muscular Strength Development
- 2. Hoch, Johanna Doctor of Philosophy, University of Kentucky, Rehabilitation Sciences, 2012 Dissertation: Differences in articular cartilage damage, and self-reported pain and function for patients with acute knee ligament injury based on bone bruise lesion presence and severity
- 3. Hoch, Matthew Doctor of Philosophy, University of Kentucky, Rehabilitation Sciences, 2011 Dissertation: The Effect of Joint Mobilization on Functional Outcomes Associated with Chronic Ankle Instability

### Master's Degree Thesis Advisees - Graduates

- 1. Frank, Sharon Master of Science, University of Kentucky, Athletic Training, 2014 Thesis: Epidemiological Analysis of Women's Soccer Injuries
- 2. Gallop, Kendall Master of Science, University of Kentucky, Athletic Training, 2014 Thesis: The Reliability and Diagnostic Accuracy of Clinicians Assessing Females Performing a 2-Dimensional Drop Vertical Jump
- 3. McCullough, Minda Master of Science, University of Kentucky, Athletic Training, 2014 Thesis: Risk Factors of Anterior Cruciate Ligament Injury: A Meta-Analysis
- 4. Poole, Katherine Master of Science, University of Kentucky, Athletic Training, 2013 Thesis: The Stability of 2D Video Analysis for Lower Extremity Injury Risk Factor Screening in Female High School Basketball Across One Season
- 5. Watanabe, Keiko Master of Science, University of Kentucky, At<u>h</u>letic Training, 2012 Thesis: Clinical Utility of Two-dimensional Motion Analysis for the Assessment of Knee Injury Risk by ATCs
- 6. Kavanaugh, Cassie Master of Science, University of Kentucky, Athletic Training, 2011 Thesis: Evaluation of Two Dimensional Motion Analysis as a Screening Tool
- Whittington, Angela Master of Science, University of Kentucky, Athletic Training, 2011 Thesis: Trends in Ankle Injuries Among Seven Central Kentucky High School Athletes during the 2007-2008, 2008-2009, and 2009-2010 Academic Years
- 8. Grubb, Elizabeth Master of Science, University of Kentucky, Athletic Training, 2010 Thesis: Comparison of Pain, Function, and Postural Control in Anterior Cruciate Ligament Reconstruction Athletes vs. Healthy Controls
- 9. Hagedorn, Erin Master of Science, University of Kentucky, Athletic Training, 2010 Thesis: Trends in Shoulder Injuries among Seven Central Kentucky High Schools During 2007-2008 and 2008-2009 Academic Years
- 10. Reed, Ashley Master of Science, University of Kentucky, Athletic Training, 2009 Thesis: Epidemiology of High School Athletic Injuries within Central Kentucky
- 11. Seals, Michael Master of Science, University of Kentucky, Athletic Training, 2009 Thesis: Personal Outcome Scores of Law Enforcement Personnel Involved in a 10-Week Fitness Program

### Master's Degree Thesis Committees - Graduates

- 1. Frutos, Alyssa Master of Science, Ithaca College, Exercise & Sport Sciences, 2022 Thesis: Association between thoracic motion and should pain in overhead athletes
- 1. Oakes, Nathan Master of Science, Ithaca College, Exercise & Sport Sciences, 2019 Thesis: The effects of melatonin on body composition in middle-aged adults
- McNulty, Michael Master of Science, University of Kentucky, Athletic Training, 2013 Thesis: Normative Values and Asymmetries of a Functional Assessment for the Lower Extremity in Collegiate Cross-Country Runners
- Janoski, Caitlyn Master of Science, University of Kentucky, Athletic Training, 2013 Thesis: Understanding Normal Performance on a Lower Extremity Functional Assessment in Physically Active Pre-Adolescents
- 4. Hartley, Emily Master of Science, University of Kentucky, Athletic Training, 2012 Thesis: Gait Initiation is Not Influenced by Joint Mobilizations in Those with Chronic Ankle Instability
- 5. Everson, Sonsecharae Master of Science, University of Kentucky, Athletic Training, 2012 Thesis: Explanatory Variables for Performance on the Star Excursion Balance Test
- 6. Radtke, Amber Master of Science, University of Kentucky, Athletic Training, 2012 Thesis: Differences in Functional Assessment Performance Among Knee Patients and Healthy Controls
- Boone, Jon Master of Science, University of Kentucky, Athletic Training, 2011 Thesis: Determination of the Functional Movement Screen to Predict Musculoskeletal Injury in Inter-Collegiate Athletics
- 8. Lindsey Krompak Master of Science, University of Kentucky, Kinesiology & Health Promotion, 2010 Thesis: Effects of Fatigue on Proprioception and Functional Ability of the Osteoarthritic Knee
- 9. Morris, Laura Master of Science, University of Kentucky, Athletic Training, 2010 Thesis: Relationship Between Lower Extremity Functional Outcomes in Preoperative Knee Patients
- 10. Staton, Geoffrey Master of Science, University of Kentucky, Athletic Training, 2010 Thesis: Dorsiflexion Range of Motion and Dynamic Postural Control Deficits in Those with Chronic Ankle Instability
- 11. Wallace, Jennifer Master of Science, University of Kentucky, Athletic Training, 2009 Thesis: The Effect of Speed of Stretch on Fiber Strain and Damage in Skeletal Muscle
- 12. Brisson, Jennifer Master of Science, University of Kentucky, Athletic Training, 2008 Thesis: Differences in Impact Data between Healthy Individuals and Individuals with Hip Pathology During Three Functional Tasks
- 13. Boudreau, Samantha Master of Science, University of Kentucky, Athletic Training, 2008 Thesis: Hip Musculature Activation During Functional Exercises: The Lunge, Single-Leg Squat, and Step-Up & Over
- 14. Dolak, Kimberly Master of Science, University of Kentucky, Athletic Training, 2008 Thesis: Comparison of Hip Strengthening to Quadriceps Strengthening Prior to Functional Exercises in the Treatment of Females with Patellofemoral Pain Syndrome: A Randomized, Controlled Trial
- 15. Kelso, Micaela Master of Education, University of Virginia, Athletic Training, 2006 Thesis: Relationships Between Lower Extremity Malalignments and Medial Tibial Stress Syndrome
- 16. Thomas, Abigail Master of Education, University of Virginia, Athletic Training, 2006 Thesis: Short Term Effects of Corticosteroid And Hyaluronic Acid Injections In The Treatment Of Knee Osteoarthritis

### **Other Graduate Research Advisees**

- 1. Kolniak, Taylor Master of Science, Ithaca College, Exercise & Sport Sciences, 2021 Project: 2D joint analysis of the overhead squat in football players with & without heel lift
- Oakes, Nathan Master of Science, Ithaca College, Exercise & Sport Sciences Graduate, 2019 Project: The Effectiveness of Nonoperative Management of the Elbow's Ulnar Collateral Ligament on Return to Play of Overhead Athletes: A Critically Appraised Topic
- 3. Milne, Shelby Master of Science, Ithaca College, Exercise & Sport Sciences Graduate Program, 2018 Project: A Rare Case of Patellar Fracture in a Collegiate Football Player
- 4. Jalbert, Aaron Master of Science, Ithaca College, Exercise & Sport Sciences Graduate Program, 2018 Project: The reproducibility of VO2 max testing in an adult population: A meta-analysis
- 5. McEvoy, Patrick Master of Science, Ithaca College, Exercise & Sport Sciences Graduate Program, 2017 Project: Does Isolated Intrinsic Foot Muscle Training Improve Global Performance? A Critically Appraised Topic
- Schwartz, Lani Master of Science, Ithaca College, Exercise & Sport Sciences Graduate Program, 2017 Project: Stability of 2D motion capture across 1 sports season Project: An Evaluation of the Magnitude of the Effect of Sex on 3D Landing Characteristics Associated with ACL injury: A Meta-analysis.
- 7. Cohen, Valerie Master of Science, Ithaca College, Exercise & Sport Sciences Graduate Program, 2017 Project: Reliability & validity of iPad measurement of lower extremity joint angles during a drop vertical jump.
- 8. Bello, Joseph Doctor of Physical Therapy, Ithaca College, Physical Therapy Program, 2017 Project: Reliability & validity of iPad measurement of lower extremity joint angles during a drop vertical jump
- 9. Wagner Adina Master of Science, Ithaca College, Exercise & Sport Sciences Graduate Program, 2017 Project: An Evaluation of the Magnitude of the Effect of Sex on 3D Landing Characteristics Associated with ACL injury: A Meta-analysis.
- 10. Boss Jacqueline Doctor of Physical Therapy, Ithaca College, Physical Therapy Program, 2015 Project: An Evaluation of the Magnitude of the Effect of Sex on 3D Landing Characteristics Associated with ACL injury: A Meta-analysis.
- 11. Gabler, Conrad Doctor of Philosophy, University of Kentucky, Rehabilitation Sciences, 2016 Project: Risk Factors of Anterior Cruciate Ligament Injury: A Meta-Analysis
- 12. Howard, Jennifer Doctor of Philosophy, University of Kentucky, Rehabilitation Sciences, 2010 Project: Comparing Responsiveness of Six Common Patient Reported Outcomes to Changes following Autologous Chondrocyte Implantation: A Systematic Review and Meta-Analysis of Prospective Studies
- 13. Peelman, Leah Master of Science, University of Kentucky, Nutritional Sciences, 2009 Project: Body composition of law enforcement officers before and after a total body exercise program
- 14. Yancosek, Katie Doctor of Philosophy, University of Kentucky, Rehabilitation Sciences, 2008 Project: Neural gliding techniques for the treatment of carpal tunnel syndrome: a systematic review

#### **Undergraduate Research Advisees**

- 1. Ruiz, Samantha Bachelor of Science, Ithaca College, Athletic Training, 2022 Project: The impact of COVID-19 athletics modifications on the psychological well-being of high school and collegiate athletes.
- Telano, Kiana Bachelor of Science, Ithaca College, Athletic Training, 2022 Project: The impact of COVID-19 athletics modifications on the psychological well-being of high school and collegiate athletes.
- McDonald, Journye Bachelor of Science, Ithaca College, Athletic Training, 2022 Project: The impact of COVID-19 athletics modifications on the psychological well-being of high school and collegiate athletes.
- Davenport, Caroline Bachelor of Science, Ithaca College, Athletic Training, 2022
   Project: Enhanced Strength and Function at 1-Year Post-Reconstruction for Participants Who Underwent Bridge-Enhanced ACL Repair: A Critically Appraised Topic
- Horowitz, Samantha Bachelor of Science, Ithaca College, Athletic Training, 2022
   Project: Enhanced Strength and Function at 1-Year Post-Reconstruction for Participants Who Underwent Bridge-Enhanced ACL Repair: A Critically Appraised Topic
- 6. O'Reilly, Megan Bachelor of Science, Ithaca College, Athletic Training, 2022 Project: BMI – Not a Risk Factor for Medial Tibial Stress Syndrome? A Critically Appraised Topic
- 7. Lipton, Allison Bachelor of Science, Ithaca College, Athletic Training, 2022 Project: BMI – Not a Risk Factor for Medial Tibial Stress Syndrome? A Critically Appraised Topic
- 8. Ninos, Logan Bachelor of Science, Ithaca College, Athletic Training, 2022 Project: A Summary Representation of Baseline Sensory Organization Test Measures in Healthy Elite Athletes
- 9. Floros SW Bachelor of Science, Ithaca College, Athletic Training, 2022 Project: A Summary Representation of Baseline Sensory Organization Test Measures in Healthy Elite Athletes
- 10. Shevlin TJ Project: A Summary Representation of Baseline Sensory Organization Test Measures in Healthy Elite Athletes
- 11. McCall, Kate Bachelor of Science, Ithaca College, Athletic Training, 2019 Project: Early sport specialization is associated with increased chance of injury in youth athletes
- 12. Brown, Vanessa Bachelor of Science, Ithaca College, Athletic Training, 2019 Project: Early sport specialization is associated with increased chance of injury in youth athletes
- 13. Cosby, Anthony Bachelor of Science, Ithaca College, Athletic Training, 2019 Project: Native Language May Affect Performance on the King-Devick Test, but not the ImPACT
- 14. Robison, Hannah Bachelor of Science, Ithaca College, Athletic Training, 2018 Project: The Risk of Nonmedical Prescription Opioid Use in High School Athletes: A Critically Appraised Topic
- 15. Booth, Matthew Bachelor of Science, Ithaca College, Athletic Training, 2018 Project: Vestibular Rehabilitation for Management of Sport-Related Concussion: A Critically Appraised Topic
- 16. Zaichenko, Diana Bachelor of Science, Ithaca College, Athletic Training, 2018 Project: The Role of Psychological Intervention with ACL Reconstructive Patients: A Critically Appraised Topic.
- 17. Marenzi, Alessandra Bachelor of Science, Ithaca College, Athletic Training, 2018 Project: Directed Meditation Has Minimal Short-Term Effect for Adults with Chronic Low Back Pain: A Critically Appraised Topic.

### **Other Undergraduate Research Advisees (continued)**

- 18. Thompson, Trevor Bachelor of Science, Ithaca College, Athletic Training, 2017 Project: The effects of dry cupping on hamstring flexibility: A randomized, controlled trial
- 19. McNulty, Erin Bachelor of Science, Ithaca College, Athletic Training, 2017 Project: The effects of dry cupping on hamstring flexibility: a randomized, controlled trial
- 20. Calo, Maggi Bachelor of Science, Ithaca College, Exercise & Sport Sciences, 2016 Project: Reliability & validity of iPad measurement of lower extremity joint angles during a drop vertical jump
- 21. Stack, Siobhan Bachelor of Science, Ithaca College, Athletic Training, 2016 Project: Reliability & validity of iPad measurement of lower extremity joint angles during a drop vertical jump
- 22. Anania, Thomas Bachelor of Science, Ithaca College, Athletic Training, 2016 Project: Reliability & validity of iPad measurement of lower extremity joint angles during a drop vertical jump
- 23. Wells, Meredith Bachelor of Science, Ithaca College, Exercise & Sport Sciences, 2016 Project: Reliability & validity of iPad measurement of lower extremity joint angles during a drop vertical jump
- 24. Rosenthal, Miriam Bachelor of Science, Ithaca College, Athletic Training, 2016 Project: An Evaluation of the Magnitude of the Effect of Sex on 3D Landing Characteristics Associated with ACL injury: A Meta-analysis.

### **Other Advising**

1. Lee, Sae-Mi Pre-Doctoral Fellow in School of HSHP, 2016-17 General Surviving & Thriving in Academia

### PUBLISHED OR IN PRESS REFEREED JOURNAL ARTICLES

### \* Indicates senior investigator/author or corresponding author, † indicates IC student

- 1. Medina McKeon JM\*, McKeon PO, Nedimyer AK. Athletic Training Epidemiology: Foundation of Evidence of, by, and for Athletic Trainers. *J Athl Train* 2021;56(7):606–615.
- Yeargin S, Lopez RM, Snyder Valier AR, DiStefano LJ, McKeon PO, Medina McKeon JM\*. Navigating Athletic Training Position Statements: The Strength of Recommendation Taxonomy System. J Athl Train. 2020 Aug 1;55(8):863-868.
- 3. Stedge H<sup>‡</sup>, **Medina McKeon JM**<sup>\*</sup>. A Supervised Pelvic Floor Training Program Has Minimal Effect on the Prevalence of Postpartum Diastasis Recti Abdominis: A Critically Appraised Paper. *Int J Athl Ther Train* 2020;25(6):299-302.
- 4. Oakes N<sup>†</sup>, **Medina McKeon JM**<sup>\*</sup>. Nonsurgical management of UCL injuries is tentatively successful in athletes: a critical appraisal of case series. *Int J Athl Ther Train* 2020;25(5):213-220.
- 5. Medina McKeon JM\*, Hoch MC. The ankle joint complex: a kinesiological approach to lateral ankle sprains. *J Athl Train*.2019;54(6):589-602.
- 6. Booth M<sup>†</sup>, Powell J<sup>†</sup>, McKeon PO, **Medina McKeon JM**. Vestibular Rehabilitation Therapy for Management of Concussion: A Critically Appraised Topic. *Int J Athl Ther Train* 2019;24(3):100-8.
- Calo MM<sup>†</sup>, Anania T<sup>†</sup>, Bello JD<sup>†</sup>, Cohen VA<sup>†</sup>, Stack SC<sup>†</sup>, Wells MD<sup>†</sup>, Belyea BC, King DL, Medina McKeon JM<sup>\*</sup>. Reliability of using an iPad to analyze lower extremity landing mechanics during drop vertical jumps. *Int J Athl Ther Train* 2019;24(2):70-7.

### PUBLISHED OR IN PRESS REFEREED JOURNAL ARTICLES (continued)

- 8. Baker CS, Usher EL, Medina McKeon JM\*. Development of the Self-Efficacy of Balance Scale (SEBS) for Young Active Individuals. *J Clin Sport Psych*. 2017;11(x):352-373
- 9. Geisler PR, McKeon PO, Medina McKeon JM. On the Need to Move Toward an Evidence-Based Athletic Training (EBAT). *Athl Train Educ J.* 2017;12(2):81-94.
- 10. McKeon PO, **Medina McKeon JM**, Geisler PR. Redefining Professional Knowledge in Athletic Training: Whose Knowledge Is It Anyway?. *Athl Train Educ J*. 2017;12(2):95-105.
- 11. Medina McKeon JM\*, King MA, McKeon PO. Clinical Contributions to the Available Sources of Evidence (CASE) Reports: Executive Summary. *Int J Athl Ther Train* 2016;21(6):1-7.
- 12. Medina McKeon JM\*, King MA, McKeon PO. Executive Summary: Clinical Contributions to the Available Sources of Evidence (CASE) Reports. *J Athl Train*. 2016;51(7):581-5.
- 13. King MA, **Medina McKeon JM**, McKeon PO. Clinical Case Study as a Clinical Communication Tool. *J Athl Train*. 2016;51(7):509-10.
- 14. DiCesare CA, Bates NA, Barber Foss KD, Thomas SM, Wordeman SC, Sugimoto D, Roewer BD, Medina McKeon JM, Di Stasi S, Noehren BW, Ford KR, Kiefer AW, Hewett TE, Myer GD. Reliability of 3-Dimensional Measures of Single-Leg Cross Drop Landing Across 3 Different Institutions: Implications for Multicenter Biomechanical and Epidemiological Research on ACL Injury Prevention. *Orthop J Sports Med.* 2015;3(12):2325967115617905.
- Myer GD, Bates NA, DiCesare CA, Barber Foss KD, Thomas SM, Wordeman SC, Sugimoto D, Roewer BD, Medina McKeon JM, Di Stasi SL, Noehren BW, McNally M, Ford KR, Kiefer AW, Hewett TE. Reliability of 3-Dimensional Measures of Single-Leg Drop Landing Across 3 Institutions: Implications for Multicenter Research for Secondary ACL-Injury Prevention. J Sport Rehabil. 2015;24(2):198-209.
- Myer GD, Wordeman SC, Sugimoto D, Bates NA, Roewer BD, Medina McKeon JM, Dicesare CA, Di Stasi SL, Barber Foss KD, Thomas SM, Hewett TE. Consistency of Clinical Biomechanical Measures Across Three Different Institutions: Implications for Multi-Center Biomechanical and Epidemiological Research. Int J Sports Phys Ther. 2014;9(3):289-301.
- 17. Medina McKeon JM\*, Bush HM, Reed A, Whittington AG, Uhl TL, McKeon PO. Return-to-paly probabilities following new vs. recurrent ankle sprains in high school athletes. *Journal of Science & Medicine in Sport*. 2014;17(1):23-8.
- Hoch MC, Mullineaux DR, Andreatta RD, English RA, Medina McKeon JM, Mattacola CG, McKeon PO. Effect of a 2week joint mobilization intervention on single-limb balance and ankle arthrokinematics in those with chronic ankle instability. J Sport Rehabil. 2014;23(1):18-26.
- 19. Medina McKeon JM\*, Grubb E, Silkman C, Mattacola CG, McKeon PO. Early deficits are present in collegiate athletes who have undergone anterior cruciate ligament reconstruction. *Athl Train Sports Health Care*. 2014;6(4):79-89.
- Medina McKeon JM\*, Livingston S, Reed A, Hosey RG, Bush HM. Trends in Concussion Return-to-Play Timelines Among High School Athletes from 2007 through 2009. J Athl Train. 2013;48(6):836-843.
- Howard JS, Hoch JM, Mattacola CG, Lattermann C, Medina McKeon JM\*. Comparing Responsiveness of Six Common Patient Reported Outcomes to Changes following Autologous Chondrocyte Implantation: A Systematic Review and Meta-Analysis of Prospective Studies. *Cartilage*. 2013;4(2):97-110.
- Silkman C and Medina McKeon JM\*. Does Preoperative Rehabilitation Improve Patient-Based Outcomes in Individuals Who Have Undergone Total Knee Arthroplasty? A systematic review *Physical Medicine & Rehabilitation*. 2012;4(10): 756-767.
- 23. Sugimoto D, Myer GD, Bush HM, Klugman M, Medina McKeon JM, Hewett TE. <u>Compliance with neuromuscular</u> <u>training and anterior cruciate ligament injury risk reduction in female athletes: a meta-analysis.</u> *J Athl Train.* 2012;47(6):714-23.

### PUBLISHED OR IN PRESS REFEREED JOURNAL ARTICLES (continued)

- 24. Medina McKeon JM\* and McKeon PO. Evaluation of Joint Position Recognition Measurement Parameters Associated with Chronic Ankle Instability. A Meta-analysis. *J Athl Train.*. 2012;47(4):444-456.
- 25. Medina McKeon JM and McKeon PO. What is the treatment effect? Adding clinical relevance to research results. *Int J Athl Ther Train.* 2012;17(5): 5-10.
- Hoch MC, Andreatta RD, Mullineaux DR, English RA, Medina McKeon JM, Mattacola CG, McKeon PO. Two-week joint mobilization intervention improves self-reported function, range of motion, and dynamic balance in those with chronic ankle instability. J Orthop Res. 2012;30(11):1798-804.
- 27. Hoch JM, Mattacola CG, Bush HM, **McKeon JM**, Hewett TE, Lattermann C. Longitudinal documentation of serum cartilage oligomeric matrix protein and patient reported outcomes in collegiate soccer athletes over the course of an athletic season. *Am J Sports Med.* 2012;40(11):2583-89.
- 28. Sugimoto D, Myer G, Medina McKeon JM, Hewett TE. Evaluation of Neuromuscular Training Effectiveness to Reduce Anterior Cruciate Ligament (ACL) Injury: Relative Risks Reduction (RRR) and Numbers Needed to Treat (NNT) Analyses. *Am J Sports Med.* 2012;46(14):979-88.
- 29. Hoch MC, Staton GS, Medina McKeon JM, Mattacola CG, McKeon PO. Dorsiflexion range of motion and dynamic postural control deficits in adults with chronic ankle instability. *Journal of Science & Medicine in Sport.* 2012;15(6):574-9.
- Silkman C, Medina McKeon JM\*. The Effect of Preoperative Quadriceps Strengthening on Strength and Function following Anterior Cruciate Ligament Reconstruction. J Sport Rehabil. 2012;21(1):89-93.
- Hoch JM, Howard JS, Medina McKeon JM, Mattacola CG, Lattermann C. Serum Cartilage Oligomeric Matrix Protein (sCOMP) is Elevated in Patients with Knee Osteoarthritis: A Systematic Review and Meta-Analysis. Osteoarthritis Cartilage. 2011;9(12):1396-1404.
- 32. McKeon PO, Medina McKeon JM, Mattacola CG, Lattermann C. Finding Context: A New Model for Interpreting Clinical Evidence. Int J Athl Ther Train. 2011;16(5):10-13.
- 33. Hoch JM, Mattacola CG, Medina McKeon JM, Shah JN, Lattermann C. Determination of the Interday and Intraday Reliability of Serum Cartilage Oligomeric Matrix Protein in a Physically Active Population. *Cartilage*. 2011;2(4):394-398.
- Dolak K, Silkman C, Medina McKeon JM, Hosey RG, Lattermann C, Uhl, TL. Hip Strengthening Prior to Functional Exercises Reduces Pain Sooner than Quadriceps Strengthening in Females with Patellofemoral Pain Syndrome: A Randomized Clinical Trial. *Journal of Orthopaedic & Sports Physical Therapy*. 2011;41(8):560-70.
- 35. Silkman C, Hoch M, Medina McKeon JM\*. Clinical Research Review: Perturbation Training Prior to ACL Reconstruction. *Athletic Therapy Today*. 2010;15(3):11-13.
- Silkman C and Medina McKeon JM\*. The effectiveness of electromyographic biofeedback supplementation during knee rehabilitation in people with knee injuries: A critically appraised topic. *Journal of Sport Rehabilitation*. 2010;19(3):343-51.
- 37. Medina McKeon JM, Denegar CR, Hertel J. Sex differences and predictive value of lower extremity alignment and kinematics during jump landing and stop jump tasks. *Journal of Applied Biomechanics*. 2010;23(3):295-304.
- 38. Medina McKeon JM and Hertel J. Sex differences and representative values for six lower extremity alignment measures. *Journal of Athletic Training*. 2009;44(3):249-55.
- 39. Medina McKeon JM and McKeon P. Grading clinical trials methods in sports medicine research. *Athl Ther Today*. 2009;14(3):4-9.
- 40. Boudreau SN, Dwyer MK, Mattacola CG, Lattermann C, Uhl TL, McKeon JM. <u>Hip-muscle activation during the lunge</u>, <u>single-leg squat</u>, and step-up-and-over exercises. *J Sport Rehabil*. 2009;18(1):91-103.

### PUBLISHED OR IN PRESS REFEREED JOURNAL ARTICLES (continued)

- 41. Medina McKeon JM and Yancosek KE. Neural gliding techniques for the treatment of carpal tunnel syndrome: a systematic review. *J Sport Rehabil* 2008;17(3):324-41.
- 42. **Medina JM**, Valovich-McLeod TC, Kingma JJ, Howell S. Timing of neuromuscular activation of the quadriceps and hamstrings prior to landing in high school male athletes, female athletes, and female non-athletes. *Journal of Electromyography and Kinesiology*. 2008;18(4):591-7.
- 43. McKeon PO, **Medina JM**, Hertel J. Hierarchy of evidence-based clinical research in sports medicine. *Athl TherToday*. 2006;11(4):42-5.
- 44. **Medina JM**, McKeon PO, Hertel J. Rating the levels of evidence in sports medicine research. *Athl TherToday*. 2006;11(5):38-41.
- 45. Medina JM, Thomas AC, Denegar CR. Knee osteoarthritis: Should your patient opt for hyaluronic acid injection? J Family Pract. 2006;55(8):669-75.

# **REFEREED ABSTRACTS**

- Ninos LC<sup>†</sup>, Shevlin TJ<sup>†</sup>, Floros SW<sup>†</sup>, Medina McKeon JM<sup>\*</sup>. A Summary Representation of Baseline Sensory Organization Test Measures in Healthy Elite Athletes. Presented at the 71<sup>st</sup> National Athletic Trainers' Association Meeting and Clinical Symposium, June 30, 2022; Philadelphia, PA. Published: J Athl Train 2022; 57 (6 suppl): S-106
- Davenport CR<sup>†</sup>, Horowitz SI<sup>†</sup>, Gray CE, Medina McKeon JM<sup>\*</sup>. Underwent Bridge-Enhanced ACL Repair: A Critically Appraised Topic. Presented at the 71<sup>st</sup> National Athletic Trainers' Association Meeting and Clinical Symposium, June 29, 2022; Philadelphia, PA. Published: J Athl Train 2022; 57 (6 suppl): S-217
- O'Reilly M<sup>†</sup>, Lipton, A<sup>†</sup>, Medina McKeon JM<sup>\*</sup>. Enhanced Strength and Function at 1-Year Post-Reconstruction for Participants Who BMI – Not a Risk Factor for Medial Tibial Stress Syndrome? A Critically Appraised Topic. Presented at the 71<sup>st</sup> National Athletic Trainers' Association Meeting and Clinical Symposium, June 29, 2022; Philadelphia, PA. Published: J Athl Train 2022; 57 (6 suppl): S-314
- 4. Ruiz S, Telano K, McDonald J, **Medina McKeon JM**, McKeon PO. The impact of COVID-19 athletics modifications on the psychological well-being of high school and collegiate athletes. (EATA Undergraduate Oral Presentation Winner) To be *Presented at the 74<sup>th</sup> Eastern Athletic Trainers' Association Meeting and Clinical Symposium, January 7, 2022; Mashantucket, CT*
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- 84. Medina JM, Hertel J, Braham RA. Correlations between lower extremity malalignments in collegiate athletes. *Presented* at the 1<sup>st</sup> Ohio State Injury Biomechanics Symposium, Columbus OH; May, 2005
- 85. Howell SK, Medina JM, Kingma JJ, Tyry TM, Sauers EL, Valovich TC. Neuromuscular preactivity of the quadriceps and hamstrings prior to landing in high school male athletes, female athletes, and female non-athletes. Presented at the 54<sup>th</sup> Annual National Athletic Trainers' Association Meeting & Clinical Symposium, St. Louis, MO; June 2003

# **PUBLISHED REFEREED BOOKS / BOOK CHAPTERS**

- 1. **Medina McKeon JM.** "Knee Conditions" (Chapter 19) within <u>Foundations of Athletic Training</u>, 7<sup>th</sup> edition by Marcia K Anderson & Mary Barnum. 2021 Wolters Kluwer Health; Philadelphia, PA
- 2. Medina McKeon JM. "Presenting Work via PowerPoint" (Chapter 13) within <u>Professional Writing in Kinesiology &</u> <u>Sports Medicine</u> by Knoblauch M. 2019 SLACK Inc., Thorofare, NJ.
- 3. McKeon PO & Medina McKeon JM. Evidence-Based Approach to Ankle Injuries. 2016 Human Kinetics; Champaign, IL
- Medina McKeon JM & Pommering T. "How does the incidence of lateral ankle sprains differ across sports and physical activities?" (Chapter 2) within <u>Quick Questions in Ankle Sprains: Expert Advice in Sports Medicine</u> by McKeon PO & Wikstrom E. 2015 SLACK Inc., Thorofare, NJ.
- Hoch MC, & Medina McKeon JM. "Sports Epidemiology: Rates & Risk Assessment (Chapter 14)" within <u>Evidence-Guided Practice: A Framework for Clinical Decision Making in Athletic Training</u> by Van Lunen BL, Hankemeier D, Welch CE. 2015 SLACK Inc., Thorofare, NJ.

# **EDITORIALS**

- 1. McKeon PO, **Medina McKeon JM**. The Symbiosis of Internal and External Evidence: When Preparation Meets Opportunity. 2020 *Int J Athl Ther Train*;25(1):1-3
- 2. Medina McKeon JM, McKeon PO. There's more than one way to skin a CAT. 2019 Int J Athl Ther Train;24(3):93-4
- 3. Medina McKeon JM, McKeon PO. From Strength of Recommendation to Clinical Implementation: Weighing & Considering the Evidence. 2019 Int J Athl Ther Train;24(1):1-4
- 4. McKeon PO, Medina McKeon JM. The Clinical Scientific Method What's Next? 2018 Int J Athl Ther Train;23(6): 217-8.
- 5. McKeon PO, Medina McKeon JM. How many lives does a CAT really have? 2018 Int J Athl Ther Train;23(5): 185-6
- 6. McKeon PO, Medina McKeon JM. Peer Review: The Hallmark of External Evidence Integrity. 2018 *Int J Athl Ther Train*;23(4): 137-140.
- 7. Medina McKeon JM, McKeon PO. Bias is not a 4-letter word. 2018 Int J Athl Ther Train;23(3):93-95.
- 8. Medina McKeon JM and McKeon PO. A New Year, A New Look, and New Opportunities. *Int J Athl Ther Train* 2018;23(1):1-2.
- 9. Medina McKeon JM, McKeon PO. Patient Evidence (AKA, Boy, Patients Complicate Our Clinical Practice). *Int J Athl Ther Train* 2017;22(6):1-4.
- 10. McKeon PO & **Medina McKeon JM**. Outcomes Assessment: Demonstrating Our Predictive Ability as a Healthcare Profession. *Int J Athl Ther Train* 2016;21(4):1-7.
- 11. Medina McKeon JM, McKeon PO. A Balancing Act Between Control and Generalizability. *Int J Athl Ther Train* 2016;21(2):1-3.
- 12. Medina McKeon JM, McKeon PO, King MA. A New Year, a New Set of Guidelines for Making Clinical Contributions to the Available Sources of Evidence. *Int J Athl Ther Train* 2016;21(1):1-4.
- 13. Medina McKeon JM, McKeon PO, King MA. Building a Case for Case Studies. Int J Athl Ther Train 2015;20(5):1-3.
- 14. McKeon P & Medina McKeon JM. Evidence-Based Practice or Practice-Based Evidence: What's in a Name?. *Int J Athl Ther Train* 2015;20(4):1-4.

### **EDITORIALS** (continued)

- 15. Medina McKeon JM, McKeon PO. Horses and Unicorns and Zebras, Oh My! A Model for Unique Versus Rare Case Studies. *Int J Athl Ther Train* 2015;20(3):1-3.
- 16. Medina McKeon JM, McKeon PO. PICO: A hot topic in evidence-based practice. Int J Athl Ther Train 2015;20(1):1-3.
- 17. McKeon PO, **Medina McKeon JM**, King MA. Case studies: The alpha and omega of evidence-based practice. *In Int J Athl Ther Train* 2014;19(6):1-3.
- 18. Medina McKeon JM, McKeon PO. A balanced body of knowledge. Int J Athl Ther Train 2014;19(5):1-3.
- 19. McKeon PO, Medina McKeon JM. Introducing new manuscript formats for IJATT: Critically appraised topics. *Int J Athl Ther Train* 2014;19(4):1-2.
- 20. McKeon PO, Medina McKeon JM. Editorial Introduction: Taking the reins. Int J Athl Ther Train 2014;19(3):1-3.

# SECURED FUNDNG

- <u>Ithaca College Academic Challenge Grant</u> Investigators: Kakar-Singh R (PI), Medina McKeon JM Title: Interlimb asymmetries post-ACL reconstruction during sprinting Funding Amount: \$3000.00 Funding Period: 5/9/18 -11/30/18
- <u>NY State Athletic Trainers' Association</u> Investigators: <u>Medina McKeon JM (PI)</u> Title: "When will my athlete be back to play?" Generating Prognostic Resources for Athletic Trainers Funding Amount: \$595.00 Funding Period: 4/1/14
- <u>American College of Sports Medicine</u> Investigators: Hoch JM (PI), Wise J, Lattermann C, Bush HM, McKeon JM, Gonzalez LS, Hewett TE Title: Serum COMP: A biomarker for articular cartilage damage Funding Amount: \$4800.00 Funding Period: 7/1/11 – 4/13/12

4. <u>National Institutes of Health</u> PA-08-190 Research Supplement:

Investigators: **Medina McKeon JM** (PI) and Hewett TE (supplement to parent grant funded to Hewett, TE) Title: [Parent Grant] R01 AR055563-01 Hewett (PI) Neuromuscular Intervention Targeted to Mechanisms of ACL Load in Female Athletes **Funding Amount: \$83,579** Funding Period: 3/2010 – 4/2012

 <u>University of Kentucky Center for Clinical and Translational Sciences</u> Investigators: Medina McKeon JM (PI), Mattacola CG, Lattermann C. Title: Feasibility of Implementing an Injury Surveillance System and Injury Prevention Program for Underserved, Rural Kentucky High School Athletes: A Pilot Study Amount of Funding: \$12,655.00 Funding Period: 5/7/10 – 5/6/11

 University of Kentucky College of Health Sciences Investigators: McKeon PO, Medina McKeon JM, Bush H. Title: Understanding postural control and injury risk in adolescents Funding Amount: 7690.00 Funding Period: 11/1/09-6/30/10

# SECURED FUNDNG (continued)

### 7. University of Kentucky College of Health Sciences

Investigators: Hoch JM (PI), **Medina McKeon JM**, Mattacola CG, Lattermann C. Title: Determination of the inter- and intra-day reliability of serum cartilage oligomeric matrix protein in a physically active cohort

Funding Amount: \$1,970.00

Funding Period: 11/3/10-5/31/10

# **PROFESSIONAL SPEAKING ENGAGEMENTS**

### **Invited National / International Presentations**

- 1. **Medina McKeon JM**. Clinical Contributions to the Available Sources of Evidence (CASE) Reports. *Presented at the* 73<sup>rd</sup> *NATA Annual Meeting and Clinical Symposium, June 30 2022; Philadelphia, PA*
- 2. <u>NATA Research & Education Foundation Specialty Session</u>: Best Practice Clinical Policy What the Evidence Means & How to Implement. *Speakers:*

Games K: What are the NATA Position Statements and what are they here for? Tripp B: Law, Level of Care, and Policies & Procedures **Medina McKeon JM: How to use the Position Statements when developing policy** *Presented at the Athletic Training Educators' Conference; Grapevine TX; February 16, 2019* 

- 3. Medina McKeon JM. Writing for Publication Series. Finishing Strong: Strengthening Your Limitations. Presented to the Allied Health Physiotherapy Research Network (AHPRN) at Teesside University, Middlesbrough, England; November 16, 2011
- 4. **Medina McKeon JM.** International Research Day, Part 1. Tips to giving a great research presentation. *Presented to undergraduate and graduate students of* School of Health and Social Care *at Teesside University, Middlesbrough, England; November 17, 2011*
- 5. Medina McKeon JM. International Research Day, Part 2. Problems in Research & Lessons Learned. *Presented to undergraduate and graduate students of* School of Health and Social Care *at Teesside University, Middlesbrough, England; November 17, 2011*
- 6. Medina McKeon JM. International Research Day, Part 3. Does it Work?: Statistical Significance vs. Clinical Meaningfulness. *Presented to undergraduate and graduate students of* School of Health and Social Care *at Teesside University, Middlesbrough, England; November 17, 2011*
- 7. Medina McKeon JM. Using the Clinical Scientific Method in Research: the Rainbow Connection. Presented to the National Physiotherapy Research Network (NPRN) at Teesside University, Middlesbrough, England; May 26, 2010

### **Invited State / Regional Presentations**

- 1. **Medina McKeon JM.** Let's talk about the Head...of the Talus I, the Forgotten Ball-and-Socket joint. A Clinical Commentary. *Presented at the 2022 New York State Athletic Trainers' Association (BOC Approved), Schenectady, NY; June 10, 2022.*
- Medina McKeon JM. The ACL of the Ankle (Part 1: What's the Problem & Part 2: What's Next?). Presented at the New Hampshire Musculoskeletal Institute Sport Safety Conference. (BOC EBP Approved), Plymouth, NH; September 28, 2019.
- 3. Medina McKeon JM. The Placebo Effect. Presented at the America East Conference Health & Safety Summit. (<u>BOC</u> <u>EBP Approved</u>), Vestal, NY; May 30, 2018.
- 4. Medina McKeon JM. The Placebo Effect. Presented at the 2017 New York State Athletic Trainers' Association (<u>BOC</u> <u>EBP Approved</u>), Cortland, NY; June 3, 2017.

#### Invited State / Regional Presentations (continued)

- 5. Medina McKeon JM. Evidence Based Medicine for the Athletic Trainer: What is It? Presented Connecticut Athletic Trainers' Association (BOC EBP Approved), Durham, CT; May 19, 2016
- 6. Medina McKeon JM. Evidence Based Medicine for the Athletic Trainer: What is It? Presented NYS Athletic Trainers' Association (BOC EBP Approved), New York, NY; July 11, 2015.
- 7. Medina McKeon JM & McKeon P. The Clinical Scientific Method Developing Sustainable Research Lines. Presented to the Penn State University Kinesiology Doctoral Program Colloquium; State College, PA; April 30, 2015.
- 8. Medina McKeon JM. When will my athlete be back to play? Generating prognostic resources for athletic trainers using time-to-event analysis. *Presented to the 42nd Annual University of Virginia Arts & Sciences of Sports Medicine Conference; Charlottesville, VA; June 5, 2014*
- 9. Medina McKeon JM. On the Position Statement: National Athletic Trainers' Association Position Statement: Prevention of Pediatric Overuse Injuries. *To be Presented to the University of Indiana Graduate Athletic Training Students; Bloomington, Indiana; March 25, 2013*
- 10. Medina McKeon JM. Turning Injury Documentation into Evidence-based Clinical Answers. Presented to the University of Toledo Athletic Training Graduate Student and Clinical Staff Colloquium; Toledo, OH; September 9, 2012
- 11. Medina McKeon JM. Sports Injury Epidemiology: Clinical (Statistical) Analyses for Sports Injuries. Presented at the Kentucky Athletic Trainers' Society Annual Meeting; Highland Heights, KY; June 5, 2010
- 12. Medina McKeon JM. When will my athlete be back to play? Generating prognostic resources for athletic trainers using time-to-event analysis. *Presented at the 42nd Annual University of Virginia Arts & Sciences of Sports Medicine Conference; Charlottesville, VA; June 5, 2014*
- 13. Medina McKeon JM. Trends in Shoulder Injuries Among Seven Central Kentucky High Schools During the 2007-08 and 2008-09 Academic Years. *Presented to the University of Virginia Athletic Training Research Seminar; Charlottesville, VA; March 25, 2010*
- 14. Medina McKeon JM. From Observation to Intervention: The Pathway to Improving Sports Clinical Outcomes. Presented at the A.T. Still University Faculty Colloquium; Mesa, AZ; November 5, 2009

#### **Invited Local Presentations**

- 1. Medina McKeon JM. The ACL of the Ankle: A Clinical Commentary. Presented at Syracuse Orthopedics Specialists Foot & Ankle Symposium. (BOC EBP Approved), Syracuse, NY; November 9, 2019
- 2. McKeon PO & Medina McKeon JM. From Clinical Question to Decision the Fundamentals of Evidence-Based Practice in Athletic Training *Presented at SUNY Cortland Sports Medicine Symposium, Cortland, NY; April 17, 2015.*
- 3. Medina McKeon JM and Livingston SC. The Epidemiology & Scope of Sport-Related Concussions. Presented to the Annual University of Kentucky Sports Concussion Summit, Lexington, KY; June 9, 2012
- 4. Medina McKeon JM. Injury Prevention- From Observation to Intervention. *Presented to the 12th Annual UK Sports* Medicine Symposium, May 15, 2010
- 5. Medina McKeon JM. Preventing Soccer Injuries. Presented at the Players, Coaches, Parents of the Madison Untied Soccer Association Meeting for Soccer Injuries Meeting; Richmond, KY; April 1, 2010

#### **Peer Reviewed Presentations**

1. Demystifying the Subtalar Joint

McKeon PO. Part 1: Medina McKeon JM. Part 2: Structure, Function, & Clinical Evaluation Presented at the 8<sup>th</sup> International Ankle Symposium, October 4, 2019; Amsterdam, Netherlands

2. Journal of Athletic Training Specialty Session: Evidence Straight from the Source: Peer-Reviewed Publications in Athletic Training. (Speakers: *Journal*)

Hertel J: Journal of Athletic Training
Medina McKeon JM: International Journal of Athletic Therapy & Training
Mattacola CG: Journal of Sport Rehabilitation
Kaminski T: Athletic Training & Sports Health Care
Palmieri-Smith R: Sport Health
Powden C: Clinical Practice in Athletic Training
Berry DC: Athletic Training Education Journal
Presented at the 69<sup>th</sup> NATA Annual Meeting and Clinical Symposium, June 26<sup>th</sup> 2019; Las Vegas, NV

- <u>NATA Research & Education Foundation Pronouncements Committee Session</u>: Medina McKeon JM, DiStefano LJ. Peer-to-Peer: You are in the POSITION to Contribute! Give Your Thoughts on New Directions for the NATA Position Statements. Presented at the 69<sup>th</sup> NATA Annual Meeting and Clinical Symposium, June 25<sup>th</sup> 2019; Las Vegas, NV
- Medina McKeon JM. The ACL of the Ankle: An Evidence-Based Clinical Commentary. Presented at the Ithaca College Evidence-Informed Clinical Practice for The Athletic Trainer Conference IV (BOC EBP Approval # P3444), Ithaca, NY; January 20, 2018.
- The Art & Science of Sports Medicine. Speakers: McKeon PO. Part 1: The Epistemology of Clinical Practice. Medina McKeon JM. Part 2: The Placebo Effect King MA. Part 3: The Role of Complementary Therapies in Sports Medicine Practice Presented at the 68th EATA Annual Meeting and Clinical Symposium, January, 9 2017; Philadelphia, PA
- 6. <u>Journal of Athletic Training Specialty Session</u>: Clinical Reasoning & Research Evidence: How Good Decisions are Really Made. Speakers:

Bay C. Clinical Decisions: How Evidence Really Informs Practice
Denegar CR. Diagnosis: A Blueprint for Clinical Reasoning
Wilkerson G. Effective Prevention: Identifying Those at Greatest Risk
Medina McKeon JM. Treatment: What We Should Recommend to the Patient
Presented at the 67th NATA Annual Meeting and Clinical Symposium, June 25, 2016; Baltimore, MD

- Medina McKeon JM. Evidence Based Medicine for the Athletic Trainer: What is It? Presented at the Ithaca College Evidence-Informed Clinical Practice for The Athletic Trainer Conference (BOC EBP Approval # P3444-2003), Ithaca, NY; January 24, 2015.
- Denegar CR & Medina McKeon JM. Peer-to-Peer: Why research & clinical experience can fail patient centered care. Presented at the 64<sup>th</sup> National Athletic Trainers' Association Annual Meeting and Clinical Symposia, Indianapolis, IN; June 28, 2014
- 9. Medina McKeon JM. Systematic Reviews: An Evidence-Based Approach to Answering Clinical Questions. *Presented* at the 62<sup>nd</sup> NATA Annual Meeting & Clinical Symposia, June 20, 2011, New Orleans, LA.
- Medina McKeon JM, Lattermann C, Mattacola CG. Osteochondral Lesions: What's in Store for My Athlete? Specific topic: The problem of bone bruise: Epidemiology in Sports and lasting consequences. *Presented at the 61st NATA Annual Meeting & Clinical Symposia, Philadelphia, PA; June 23, 2010*

### Peer Reviewed Presentations (continued)

- 11. Medina McKeon JM. When will my athlete be back to play? Survival analyses applied to sports injury surveillance. *Presented at the 61st NATA Annual Meeting & Clinical Symposia, Philadelphia, PA; June 24, 2010*
- 12. McKeon PO & Medina McKeon JM. Critically appraised topics (CATs): Translating evidence-based medicine into clinical practice. *Presented at: 60th NATA Annual Meeting & Clinical Symposia, San Antonio, TX; June 18, 2009*

### Inter-professional Educational Contributions [primary appointment is within the AT Program]

- 1. Medina McKeon JM. Research Team Collaboration: Survival Probabilities in Collegiate Sports & High School Sports Injuries. Presented at the University of Kentucky Rehabilitation Sciences Doctoral Program Spring Colloquium, Lexington, KY; April 11, 2013.
- 2. Medina McKeon JM. Bridging the Gap Between the Clinician and the Lab. Presented at the University of Kentucky Department Exercise Science Seminar Series, Lexington, KY; April 5, 2013.
- 3. Medina McKeon JM. "When will my athlete be back to play?" Generating Prognostic Resources for Athletic Trainers. *Presented at the University of Kentucky College of Health Sciences Grantsmanship Series, Lexington, KY; Oct 10, 2012.*
- 4. Medina McKeon JM. Bridging the Gap Between the Clinician and the Lab. *Presented at the University of Kentucky Department of Rehabilitation Sciences Research Colloquium, Lexington, KY; September 30, 2011.*
- 5. Medina McKeon JM. From Observation to Intervention: The Pathway to Improving Sports Clinical Outcomes. *Presented at the University of Kentucky Muscle Forum; Lexington, KY; October 22, 2009.*
- 6. Medina McKeon JM. Research Agenda: The Rainbow Connection. Presented to the University of Kentucky RHB 720: Research in Rehabilitation Sciences, Lexington, KY; October 1, 2009
- 7. Medina McKeon JM. High School Athletic Injuries: Epidemiology, Current Developments, & Future Research. Presented at the University of Kentucky Dept of Rehabilitation Sciences Colloquium, Lexington, KY; January 16, 2009
- 8. Medina JM, Thomas AC, Denegar CR. Effects of hyaluronic acid on pain, stiffness, and disability: a meta-analysis. *Presented at Penn State Orthopaedics Grand Rounds, University Park, PA; February 2005*

#### **Non-peer Reviewed Educational Activities**

- 1. Medina McKeon JM and McKeon PO. Critically Appraising the Literature: Systematic Review. Presented to University of Kentucky RHB 714: Critical Appraisal of the Literature, Lexington, KY; February 9 & 16, 2012
- 2. Medina McKeon JM. Understanding the Basics of Injury Rehabilitation. Presented to Transylvania University PE 3034: Athletic Injuries and Rehabilitation, Lexington, KY; February 17, 2011
- 3. Medina McKeon JM and McKeon PO. Critically Appraising the Literature: Systematic Review. Presented to University of Kentucky RHB 714: Critical Appraisal of the Literature, Lexington, KY; February 11 & 18, 2010
- 4. Medina McKeon JM. Facet Dysfunction of the Lumbar Spine. Presented to the A.T. Still University Graduate Athletic Training Students, Mesa, AZ; November 5, 2009
- 5. Medina McKeon JM. Fayette Country Injury Surveillance System. Presented to the Kentucky High School Athletic Association (KHSAA) Sports Safety Workgroup, Lexington, KY; September 15, 2009
- 6. Medina McKeon JM. Risk Assessment. Presented at the University of Kentucky Department of Orthopaedic Medicine Grand Rounds, Lexington, KY; March 12, 2009
- 7. Medina McKeon JM, Brooks E, Davis T. Sports Bracing & Orthotics. Presented to the University of Kentucky PT 826: Orthotics, Lexington, KY; September 26, 2008

### **Non-peer Reviewed Educational Activities**

- 8. Medina JM. Conservative Management Strategies for Osteoarthritis. Presented at the Virginia Athletic Trainers' Association Annual Meeting & Symposium, Williamsburg, VA; January, 2006
- 9. Medina JM, Hillman SK. Workshop: Basic cadaveric anatomy workshop for high school students. *Presented at the Arizona School of Health Sciences, Mesa, AZ; May, 2002*
- 10. Medina JM, Hillman SK. Workshop: Advanced cadaveric anatomy workshop for high school students. *Presented at the Arizona School of Health Sciences, Mesa, AZ; May, 2002*

# **PROFESSIONAL SERVICE**

Co- Editor-in-Chief1. International Journal of Athletic Training & Therapy	2014 – present			
Associate Editor 1. Journal of Athletic Training	2022 – present			
<ul> <li><u>Editorial Board Member</u></li> <li>Journal of Athletic Training</li> <li>Journal of Sport Rehabilitation</li> <li>International Journal of Athletic Therapy &amp; Training</li> </ul>	2013 – 2022 2008 – present 2010 – 2013			
<ul> <li>National Professional Service</li> <li>1. Datalys Center Sports Injury Research &amp; Prevention Scientific Advisory Board, Member</li> <li>2. National Athletic Trainers' Association Foundation Pronouncements Committee, Member</li> <li>3. Board of Certification for the AT (BOC) Maintenance of Competency Topics Advisory Committee</li> <li>4. National Athletic Trainers' Association Foundation Educational Resource Committee, Member</li> <li>5. Annual Review Committee for Accredited Post-Professional AT Programs</li> <li>6. Post-professional Athletic Training Program Annual Review Team, Member</li> <li>7. Post-professional Athletic Training Program Reaccreditation Site Visitor, Indiana University</li> <li>8. National Athletic Trainers' Association Post-Professional Educational Review Committee, Member</li> </ul>	2020 - present 2016 - present 2019 - 2020 2015 - 2019 2013 2012 2011 2010 - 2012			
<ul> <li><u>Regional Professional Service</u></li> <li>1. Eastern Athletic Trainers' Association BOC Compliance committee, Chair</li> <li>2. Evidence-Based Medicine Subcommittee (EATA Research Committee), Subcommittee chair</li> <li>3. Eastern Athletic Trainers' Association Research Committee, Member</li> </ul>	2020 – present 2014 – present 2014 – 2020			
Institutional Service (Standing & Ad Hoc Committees)				
Ithaca College	Ithaca College			
<ul><li>All-College</li><li>1. Ithaca College Academic Policies Committee, Member</li></ul>	2017 – present			
<ul> <li>School of Health Sciences &amp; Human Performance</li> <li>1. School of Health Sciences &amp; Human Performance Strategic Plan (Acad. Excel.) Task Force, Member</li> <li>2. School of Health Sciences &amp; Human Performance Personnel Committee, Member</li> </ul>	2016 2016			
<ul> <li>Department of Exercise Science &amp; Athletic Training (formerly, Department of Exercise &amp; Sport Science</li> <li>Department of Exercise Science &amp; Athletic Training Curriculum Committee, Member</li> <li>Department of Exercise Science &amp; Athletic Training Personnel Committee, Chair</li> <li>Department of Exercise Science &amp; Athletic Training Speaker Committee, Member</li> <li>Department of Exercise Science &amp; Athletic Training Assessment Committee, Member</li> <li>Department of Exercise Science &amp; Athletic Training Personnel Committee, Member</li> <li>Department of Exercise Science &amp; Athletic Training Personnel Committee, Member</li> <li>Department of Exercise Science &amp; Athletic Training Personnel Committee, Member</li> <li>Department of Exercise Science &amp; Athletic Training Mission &amp; Vision Ad Hoc Committee, Member</li> <li>Department of Exercise Science &amp; Athletic Training Search Committee, Member</li> </ul>	es) 2021 – present 2018 – 2021 2015 – 2020 2013 – 2020 2015 – 2018 2016 2014, 2015			

### **PROFESSIONAL SERVICE (continued)**

### Institutional Service (Standing & Ad Hoc Committees)

#### Ithaca College (continued)

Atł	lletic Training Education Program	
1.	EquAT & InclusivAT, Faculty Member	2017 - 2019
2.	Kent Scriber Clinical Update Series, Conference Coordinator	2014 - 2020
Ins	titutional Service (Other)	
1.	James J. Whalen Academic Symposium, Abstract Finalist Judge	2015 - 2018
2.	James J. Whalen Academic Symposium, Moderator	2018, 2022
3.	Department of Physical Therapy, Poster Judge	2017
Un	iversity of Kentucky	
1.	College of Health Sciences Faculty Council, Member	2011 - 2013
	Post-Professional Athletic Training Educational Program, Program Assessment	2009 - 2013
	College of Health Sciences Student Affairs Committee, Chair	2009 - 2010
	College of Health Sciences Student Affairs Committee, Member	2008 - 2011
Gr	ant Peer Reviewer	
	Eastern Athletic Trainers' Association Research Committee (18)	2014 - 2020
	New York State Athletic Trainers' Association	2018
3.	National Athletic Trainers' Association Research & Education Foundation (3)	2007, 2011, 2014
Re	search Abstract Peer Reviewer	
	Eastern Athletic Trainers' Association Research Committee	2013 - present
Mo	<u>derator</u>	
1.	National Athletic Trainers' Association Annual Meeting and Clinical Symposium	2004-08, 10, 15-18
Joi	ırnal Peer Reviewer	
1.	Journal of Sports Physical Therapy	2011 – present
2.	Journal of Applied Biomechanics	2010 – present
	Physical Medicine and Rehabilitation	2009 – present
	International SportMed Journal	2008 – present
	Physical Therapy	2007 – present
	Medicine & Science in Sport & Exercise	2007 – present
7.	Journal of Athletic Training	2005 – present

### BOC-APPROVED (CATEGORY A / EBP) CONTINUING EDUCATION CREDIT COURSES DIRECTED

- <u>Eastern Athletic Trainers' Association 2022 Annual Meeting (43 Category A [EBP] CEUs total)</u> Conference Title: v-EATA 74<sup>th</sup> Annual Meeting & Clinical Symposium; *Mashantucket, CT* Number of Speakers: 31 Scheduled for January 7-10, 2022
- v-Eastern Athletic Trainers' Association 2021 Annual Meeting Live (15 EBP CEUs total) Conference Title: v-EATA 73<sup>rd</sup> Annual Meeting & Clinical Symposium Number of Speakers: 11 Live: January 8-11, 2021
- 3. v-Eastern Athletic Trainers' Association 2021 Annual Meeting On Demand (9 EBP CEUs total)

Conference Title: EATA 73<sup>rd</sup> Annual Meeting & Clinical Symposium Number of Speakers: 9 January 11-February 11, 2021

# BOC-APPROVED EBP CONTINUING EDUCATION CREDIT COURSES DIRECTED (continued)

- Eastern Athletic Trainers' Association 2020 Annual Meeting (43 EBP CEUs total) Conference Title: EATA 72<sup>nd</sup> Annual Meeting & Clinical Symposium; *Mashantucket*, CT Number of Speakers: 27 Date: January 10-13, 2020
- <u>Ithaca College 2019 Kent Scriber Clinical Update Series (6 CEUs total)</u> Conference Title: Evidence-Informed Clinical Practice for the Athletic Trainer V; *Ithaca, NY* Number of Speakers: 4 Date: January 19, 2019
- Eastern Athletic Trainers' Association 2019 Annual Meeting (26.5 EBP CEUs total) Conference Title: EATA 71<sup>st</sup> Annual Meeting & Clinical Symposium; Valley Forge, PA Number of Speakers: 22 Date: January 11-14, 2019
- <u>Ithaca College 2018 Kent Scriber Clinical Update Series (6 CEUs total)</u> Conference Title: Evidence-Informed Clinical Practice for the Athletic Trainer IV; *Ithaca, NY* Number of Speakers: 4 Date: January 20, 2018
- Eastern Athletic Trainers' Association 2018 Annual Meeting (15 EBP CEUs total) Conference Title: EATA 70<sup>th</sup> Annual Meeting & Clinical Symposium; *Boston, MA* Number of Speakers: 9 Date: January 5-8, 2018
- <u>Ithaca College 2017 Kent Scriber Clinical Update Series (6 EBP CEUs total)</u> Conference Title: Evidence-Informed Clinical Practice for the Athletic Trainer III; *Ithaca, NY* Number of Speakers: 4 Date: January 21, 2017
- Eastern Athletic Trainers' Association 2017 Annual Meeting (6 EBP CEUs total) Conference Title: EATA 69<sup>th</sup> Annual Meeting & Clinical Symposium; *Philadelphia*, *PA* Number of Speakers: 6 Date: January 6-9, 2017
- <u>Ithaca College 2016 Kent Scriber Clinical Update Series (6 CEUs total)</u> Conference Title: Evidence-Informed Clinical Practice for the Athletic Trainer II; *Ithaca, NY* Number of Speakers: 6 Date: January 23, 2016
- Eastern Athletic Trainers' Association 2016 Annual Meeting (6 CEUs total) Conference Title: EATA 68<sup>th</sup> Annual Meeting & Clinical Symposium; *Boston, MA* Number of Speakers: 6 Date: January 8-11, 2016
- International Journal of Athletic Therapy & Training (6 CEUs total) Course Title: EBP CEU Home-Study 1 & 2 Number of Speakers: N/A
- 14. <u>Eastern Athletic Trainers' Association 2015 Annual Meeting (6 CEUs total)</u> Conference Title: EATA 67<sup>th</sup> Annual Meeting & Clinical Symposium; *Philadelphia*, *PA* Number of Speakers: 5 Date: January 9-12, 2015
- 15. <u>Ithaca College 2015 Kent Scriber Clinical Update Series (6 CEUs total)</u> Conference Title: Evidence-Informed Clinical Practice for the Athletic Trainer I; *Ithaca, NY* Number of Speakers: 4 Date: January 24, 2015

### **HONORS & AWARDS**

### \* Indicates senior investigator or corresponding author when not lead author, † indicates IC student

Alpha Eta Society. National Scholastic Honor Society for the Allied Health Professions. Inducted May 18, 2018.

#### Phi Kappa Phi National Honor Society. Inducted November 4, 2016

### James J Whalen Academic Symposium Winners

- 1. O'Reilly M<sup>†</sup>, Lipton, A<sup>†</sup>, **Medina McKeon JM**<sup>\*</sup>. Enhanced Strength and Function at 1-Year Post-Reconstruction for Participants Who BMI – Not a Risk Factor for Medial Tibial Stress Syndrome? A Critically Appraised Topic. *Presented at the 25<sup>th</sup> Annual James J Whalen Academic Symposium, April 12, 2022, Ithaca College, Ithaca, NY*
- McCall K<sup>†</sup>, Brown V<sup>†</sup>, Medina McKeon JM\*. Early sport specialization is associated with increased chance of injury in youth athletes. *Presented at the 22<sup>nd</sup> Annual James J Whalen Academic Symposium, April 12, 2019, Ithaca College, Ithaca, NY*
- 3. Cosby A<sup>†</sup>, **Medina McKeon JM\***. Native Language May Affect Performance on the King-Devick Test, but not the ImPACT. *Presented at the 22<sup>nd</sup> Annual James J Whalen Academic Symposium, April 12, 2019, Ithaca College, Ithaca, NY*
- 4. Robison HJ<sup>†</sup>, **Medina McKeon JM.** The Risk of Nonmedical Prescription Opioid Use (NMPOU) in High School Athletes. *Presented at the 21st Annual James J Whalen Academic Symposium, April 12, 2018, Ithaca College, Ithaca, NY*
- Cohen V<sup>†</sup>, Anania T<sup>†</sup>, Bello J<sup>†</sup>, Calo M<sup>†</sup>, Stack S<sup>†</sup>, Wells M<sup>†</sup>, Belyea B, King D, Medina McKeon JM. Reliability & validity of iPad measurement of lower extremity joint angles during a drop vertical jump. *Presented at the 19<sup>th</sup> Annual James J Whalen Academic Symposium, April 14, 2016, Ithaca College, Ithaca, NY*

#### Service Awards

- 1. 'Pulling the Wagon' Award. Ithaca College Athletic Training Education Program Awarded September 3, 2019
- 2. 'Pulling the Wagon' Award. Ithaca College Athletic Training Education Program Awarded February 17, 2016
- 3. NATA Professional Development Excellence Award. Nominated November 2, 2016
- 4. NATA Professional Development Excellence Award. Nominated December 1, 2015

#### New Investigator Research Awards & Nominations

- 1. National Athletic Trainers' Association Research & Education Foundation New Investigator Award *Nominated October* 10, 2014
- 2. National Athletic Trainers' Association Research & Education Foundation New Investigator Award *Nominated October 3*, 2013

#### **Research Awards**

1. Medina McKeon JM\*, McKeon PO. Do those with chronic ankle instability have deficits in joint position recognition? A Systematic Review. Best Poster Presentation *Presented at the 4th International Ankle Symposium, Sydney, Australia; July 16, 2009* 

#### **Undergraduate Student Research Winners**

 Ruiz S, Telano K, McDonald J, Medina McKeon JM, McKeon PO. The impact of COVID-19 athletics modifications on the psychological well-being of high school and collegiate athletes. (EATA Undergraduate Oral Presentation Winner) To be Presented at the 74<sup>th</sup> Eastern Athletic Trainers' Association Meeting and Clinical Symposium, January 7, 2022; Mashantucket, CT  McCall K<sup>†</sup>, Brown V<sup>†</sup>, Medina McKeon JM<sup>\*</sup>. Early sport specialization is associated with increased chance of injury in youth athletes (EATA Undergraduate Poster Presentation Winner) Presented at the 71st Eastern Athletic Trainers' Association Meeting and Clinical Symposium, January 12, 2019; Valley Forge, PA

### **HONORS & AWARDS (continued)**

#### **Masters Student Research Award Winners**

- Oakes N<sup>†</sup>, Medina McKeon JM\*. The Effectiveness of Nonoperative Management of the Elbow's Ulnar Collateral Ligament on Return to Play of Overhead Athletes: A Critically Appraised Topic (<u>EATA Graduate Oral Presentation</u> <u>Winner</u>) Presented at the 71st Eastern Athletic Trainers' Association Meeting and Clinical Symposium, January 11, 2019; Valley Forge, PA
- Reed A, Medina McKeon JM\*, Uhl TL, Bush HM. Estimated Survival Probabilities for Return to Play Outcomes for Ankle Sprains, Knee Sprains, and Concussions in High School Athletes. (NATA Graduate Oral Presentation Winner) Presented at the 59th Annual National Athletic Trainers' Association Meeting & Clinical Symposium, San Antonio, TX; June 18 & 20, 2009 Published: Journal of Athletic Training 2009 May-Jun; 44(3 suppl):S-25, S-53

#### **Masters Student Research Award Finalist**

- Morris LM, Howard JS, Radtke AR, Mattacola CG, Medina McKeon JM, English RA. Relationship Between Lower Extremity Functional Outcomes in Preoperative Knee Patients. (Masters' Student Free Communications Awards Finalist) Presented at the 63<sup>rd</sup> NATA Annual Meeting & Clinical Symposia, June 29, 2012; St Louis, MO. Published: Journal of Athletic Training 2012; 47 (3 suppl): S-130
- Kelso MR, Medina JM, Hoffman JA, Ingersoll CD, Hertel J. Relationships between lower extremity malalignments and medial tibial stress syndrome. (Masters' Student Free Communications Awards Finalist) Presented at the 58<sup>th</sup> Annual National Athletic Trainers' Association Meeting & Clinical Symposium, Anaheim, CA; June 2007. Published: Journal of Athletic Training 2007; 42(2 suppl):S-105

### **Doctoral Student Research Award Finalist**

- Hoch MC, Mullineaux DR, Andreatta RD, Mattacola CG, English RA, McKeon JM, McKeon PO. A 2-Week Joint Mobilization Intervention Improves Self-Reported Function, Range of Motion, and Dynamic Balance in Those with Chronic Ankle Instability. (Doctoral Student Free Communications Awards Finalist) Presented at 63<sup>rd</sup> NATA Annual Meeting & Clinical Symposia, June 27, 2012; St Louis, MO. Published: Journal of Athletic Training 2012; 47 (3 suppl):S-58
- Hoch MC, McKeon PO, Medina McKeon JM, Silkman CL. Adolescents Demonstrate Lower Spatiotemporal Postural Control Compared to Health Adults. Presented at the 60<sup>th</sup> Annual National Athletic Trainers' Association Meeting & Clinical Symposium, San Antonio, TX; June 18, 2009. Published: Journal of Athletic Training 2009; 44(3 suppl):S-9, S-54

### CLINICAL EXPERIENCE

Certified Athletic Trainer Hill Center Athletic Training Clinic Ithaca College, Ithaca, NY	2013 - 15
Certified Athletic Trainer Approved Clinical Instructor Penn State Intramurals, University Park, PA	2003 - 5
Assistant Athletic Trainer, Head Athletic Trainer for Men's Soccer Approved Clinical Instructor for athletic training students Penn State Athletics, University Park, PA	2002, 3
Certified Athletic Trainer Penn State Sports Camps, University Park, PA	2000, 2003-5

# **PROFESSIONAL MEMBERSHIPS**

National Athletic Trainers' Association: Professional Member American College of Sports Medicine: Professional Member  $\begin{array}{c} 2000-present\\ 2006-2015 \end{array}$ 

### **COMMUNITY SERVICE & OTHER**

- 1. Plogging the Keys (litter clean up). Key West, FL. July 1, 2022; July 8, 2022
- Ithaca Youth Bureau Soccer Coach
   4<sup>th</sup> & 5<sup>th</sup> grade, September 16 October 7, 2021
   2<sup>nd</sup> & 3<sup>rd</sup> grade, September 16 November 7, 2021
   4<sup>th</sup> & 5<sup>th</sup> grade, September 15 October 31, 2020
   1<sup>st</sup> grade, September 15 October 31, 2020
   4<sup>th</sup> & 5<sup>th</sup> grade, September 10 November 3, 2019
   Kindergarten, September 15- November 3, 2019
   2<sup>nd</sup> & 3<sup>rd</sup> grade, September 9 November 4, 2018
   1<sup>st</sup> grade, September 10 November 5, 2017
- 3. Eagle Scout (Patrick A. Dalton) Project Volunteer, BSA Troop 13, Glen Rock NJ, May 15 & 16, 2017
- 4. *Focus on Fitness* Televised interview to discuss ACL injuries in high school athletes in the Fayette County Schools. Aired on WKET January 2011
- 5. *Focus on Fitness* Televised interview to discuss injury surveillance and injury prevention programs in the Fayette County Schools. Aired on WKET January 2010
- 6. Medina McKeon, JM. Be Smart About Teens' Sports Injuries. Published in the Lexington Herald-Leader, Section B-12; Sunday, November 8, 2009
- Penn State Women's Soccer, Varsity Member, 1995 1998 1<sup>st</sup> string, 1998
  Big Ten League Championship, 1998
  Big Ten Tournament Championship, 1998
  NCAA Quarterfinals, 1998

# LAST REVISED: July 20, 2022