

**Paul P. Gorman ATC, PTA, CSCS, RKC, HKC**

ProRehab-PC

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**Education**

Associate of Science – Physical Therapy – May 1999

University of Evansville – Evansville, In

Bachelor of Science – Sports Studies; Fitness Specialization – December 1995

Indiana State University – Terre Haute, In

**Recognition/Certifications**

Recipient, Recognition of the Advanced Proficiency for the PTA in Musculoskeletal Physical Therapy, APTA- 2006

Indiana licensed Physical Therapist Assistant- since 1999

License number- 06002477A

NATABOC Certified Athletic Trainer- since 2000

Certification number- 060002344

Indiana licensed Athletic Trainer- since 2000

License number- 36000651A

Certified Strength and Conditioning Specialist- since 2006

Certification number- 200630454

Functional Movement Screen (FMS) Certified Specialist- since 2007

Selective Functional Movement Assessment Specialist- since 2007

American Physical Therapy Association Certified Clinical Instructor- since 2008

Hard-Style Kettlebell Certified Instructor (HKC)- since 2010

Russian Kettlebell Certified Instructor (RKC)- since 2011

**Memberships/Associations**

American Physical Therapy Association member 1999 – present

American Physical Therapy Association Sports section member 1999- present

Indiana Physical Therapy Association member 1999 – present

Southwestern District Indiana Chapter American Physical Therapy Association 1999- present

National Athletic Trainer's Association member 1994 - present

Indiana Athletic Trainer's Association member 1994 - present

National Strength and Conditioning Association 2006 – present

American College of Sports Medicine member 2009- present

**Peer Reviewed Publications**

- Plisky P, **Gorman P**, Kiesel K, Butler R, Underwood F, Elkins B. The reliability of an instrumented device for measuring components of the Star Excursion Balance Test. *North American Journal of Sports Physical Therapy*. 2009; 4 (2):92-99.
- **Gorman P**, Rauh M, Kiesel K, Plisky P, Butler R. Differences in Lower Quarter Y-Balance Test scores in one sport versus multiple sport high school athletes. (In review).
- **Gorman P**, Butler R, Plisky P, Kiesel K. Upper Quarter Y Balance Test: Reliability and Performance Comparison between Gender in Active Adults. (In review).

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### **Peer Reviewed Abstract Presentations**

- **Gorman PG**, Butler RJ, Plisky PJ, Kiesel KB, Rauh MJ. Performance Differences across Competition Levels in the Performance of the Y Balance Test in Soccer. American College of Sports Medicine Annual Meeting 2010. Baltimore, MD.
- Butler RJ, Kiesel KB, **Gorman PP**, Plisky PJ. Does age affect Star Excursion Balance Test scores over the course of one year? Third Annual Conference on Movement Dysfunction 2009. Edinburgh, UK.
- McFelea, J.M., P.J. Plisky, K. Kiesel, **P Gorman**, M. J. Rauh, R.J. Butler. Comparison of single and multi-sport athletes' performance on the Y Balance Test. American College of Sports Medicine Annual Meeting 2009. Seattle, WA.
- Plisky PJ, **Gorman PP**, Kiesel K, Butler RJ, Rauh MJ. Comparison of performance on the star excursion balance test by sport, competition level, and gender. Combined Sections Meeting of the American Physical Therapy Association, Las Vegas, NV 2009.
- Plisky PJ, **Gorman PP**, Butler RJ, Kiesel KB, Underwood FB, Elkins B. The development and reliability of an instrumented version of components of the Star Excursion Balance Test. Combined Sections Meeting of the American Physical Therapy Association, Nashville, TN 2008.
- **Gorman PP**, Plisky PJ, Baumgart MT, Kiesel KB. Pharmacology and clinical prediction rule in treating acute low back pain: a case report. Annual National Conference of the American Physical Therapy Association. Denver Co. 2007.

### **Research Activity**

- Normative Data and Reliability of the Upper Extremity Y balance Test (currently writing)
- Normative Data for an instrumented device for measuring components of the Star Excursion Balance Test (currently writing)
- Comparison of performance by sport, competition level, and gender on the Star Excursion Balance Test (In Review)

### **Texts/Books**

- Functional Taping and Assessment: Ankle, Knee, and Shoulder (Manual).2008. Functionalmovement.com. Editors: Cook G, Burton L.; Authors: Kiesel K, Plisky P, **Gorman P**.

### **Teaching/ Instructor Experience**

- Gray Cook PT-PC  
Selective Functional Movement Assessment Level 1&2 – Instructor Since 2007  
Functional Movement Screen – Instructor Since 2007
- ProRehab-PC/University of Evansville APTA- Sports Residency Program, Since 2007
- University of Evansville  
Athletic Training, Clinical Instructor Provider, since 2000  
Physical Therapist Assistant Student, Clinical Instructor Provider, since 2000
- Southern Illinois University  
Physical Therapist Assistant Student, Clinical Instructor Provider, since 2000

### **Courses/ Consultation**

- FMS/SFMA- Evansville Otters Baseball club- Pre-season screening. Evansville, IN. May 2011
- FMS- Toronto Blue Jays, Spring Training camp (strength and conditioning and athletic training staff/ minor league players); . Tampa, FL. March 2011
- FMS/YBT- University of Evansville, Dunigan Biomechanics Lab. Evansville, IN. February 2011
- FMS/YBT & Fitness outreach services- TexPTS Evansville, IN. December 2010
- L1 SFMA- ProAxis (Steadman-Hawkins Clinic). Greenville, SC. August 2009
- L1 SFMA- Drayer PTI. Hummelstown, PA. July 2009

- L2 SFMA- ProRehab-PC. Evansville, IN. January 2009
- L1 SFMA- CentraState Medical Center. Freehold, NJ. November 2008
- L1 SFMA- ProRehab-PC. Evansville, IN. February 2008

### **Clinical Education Presentations**

- History of Fitness in North American Culture: Training program design at the Tank Gym. . ProRehab-PC/University of Evansville APTA- Sports Residency Program. June 2011. Evansville, IN
- Strength and Conditioning for the out-patient orthopedic rehabilitation population. ProRehab-PC/University of Evansville APTA- Sports Residency Program. May 2011. Evansville, IN.
- Upper and Lower Quarter Y Balance Test, Research and Testing Methodology. Good Samaritan Hospital Winter Sports Symposium, November 19, 2010. Dayton, OH
- Functional Movement Screening. GLATA (Great Lakes Athletic Trainers' Association) Winter Meeting 2010. March 12, 2010. Detroit, MI
- Introduction to kettlebell exercises for the rehabilitation clinician. Selective Functional Movement Assessment Clinical Internship. July 19, 2010. Evansville, IN.
- Clinical Utilization of the Physical Therapist Assistant. University of Evansville, DPT 6<sup>th</sup> year. October 2009. Evansville, In.
- Reverse Total Shoulder Arthroplasty: Rehabilitation Considerations for improved clinical outcomes. ProRehab-PC. September 2009. Evansville, In.
- Sports Medicine Update, University of Evansville, DPT 6<sup>th</sup> year. September 2009. Evansville, In.
- ProRehab-PC/University of Evansville APTA- Sports Residency Program-2009 Sports Medicine Symposium. Evansville, IN
  - Evidence Based Concussion; Evidence Based Taping/Bracing and Equipment;
  - Evidence Based Emergency Preparedness in Sport
- Sports Concussions: An Introduction to Recognition. ProRehab-PC High School Student Athletic Trainer Camp. June 2008. Evansville, In
- ProRehab-PC/University of Evansville APTA- Sports Residency Program-2008 Sports Medicine Symposium. Evansville, IN
  - Evidence Based Concussion; Evidence Based Taping/Bracing and Equipment;
  - Evidence Based Emergency Preparedness in Sport
- Sports Concussion Clinical Update, Deaconess Hospital emergency department and family practice residency program. July 2007. Evansville, In
- Sports Medicine Update: Concussion, Heat Illness, Hydration, Taping/Bracing and Injury Prevention. Reitz Memorial High School Coaching Staff. May 23& 30, 2007. Evansville, In.

### **Committees**

- FSBPT: PTA Standard Setting Task Force August 2007
  - set passing standards for the 2008 version of the PTA NPTE examination
- Vision 2020: The role of the physical therapist assistant in 2020. (Focus Group) APTA National Conference June 29, 2007

### **Work Experience**

#### **PTA**

ProRehab-PC

Physical Therapist Assistant, Certified Athletic Trainer  
 Out-patient orthopaedics and sports medicine  
 May 2005 to present

Extendicare Westpark Rehabilitation Center

Physical Therapist Assistant- Full Time/PRN  
 Skilled nursing facility/Acute care orthopaedics

In-patient orthopaedics  
2004 -2005  
Spectracare Home Health  
Physical Therapist Assistant- PRN  
Home health orthopaedics  
2003 - 2006  
HealthSouth-Deaconess Tri-State Rehabilitation Hospital  
Physical Therapist Assistant, Certified Athletic Trainer  
In-patient orthopaedic and spinal cord injury team  
2002 - 2004  
Orthopaedic Associates  
Physical Therapist Assistant, Certified Athletic Trainer  
Out-patient orthopaedics and sports medicine  
1999 - 2002

## ATC

ProRehab-PC  
Certified Athletic Trainer  
Facilitate implementation of evidenced based staff education.  
Out-Reach athletic event coverage; Performance Enhancement Programs  
May 2005 to present  
Evansville-Vanderburgh School Corporation: FJ Reitz High School  
Head Athletic Trainer  
Coverage of all male and female athletic teams and events  
1999 - 2002  
University of Evansville: Athletic Training Rooms  
Co-Head student athletic trainer for football and baseball  
1996-1997  
Indiana State University: Athletic Training Rooms  
Student Athletic Trainer (level 1)  
1993-1994  
Purdue University: Athletic Training Rooms  
Observational- student athletic trainer  
1991-1992  
Indiana Free-Style Wrestling Tournament  
April 30, 1992  
Southern Indiana All-Star Football Classic  
Assistant Athletic Trainer-student  
South team  
June 1992

## RKC, HKC, CSCS

TankGym, LLC  
Russian Kettlebell Certified (RKC), Hard-style Kettlebell Certified (HKC), Certified Strength and Conditioning Specialist (CSCS)  
Individual and small group personal training. Pre-Post program testing, Corrective exercise program development and implementation. Kettlebells, Indian Clubs, and Fundamental movement development programs. May 2010 to present.

ProRehab-PC  
Certified Strength and Conditioning Specialist (CSCS)  
Performance enhancement programs development and implementation, Individual and team(s) Pre-Post program testing, Corrective exercise program development and implementation. May 2005 to present.

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## **Continuing Education Attended**

- Russian Kettlebell Certification, Instructors course. St. Paul, MN. April 15-17, 2011.
- Good Samaritan Hospital Winter Sports Symposium, Dayton, OH. November 19, 2010.
- ACSM Annual Meeting & World Congress on Exercise is Medicine 2010: Baltimore, MD, June 2-7 2010
- HKC (HardStyle Kettlebell Certified) Instructor Workshop- Chicago, IL- April 11, 2010
- Kettlebells in Rehabilitation Workshop- Evansville, IN- March 27, 2010
- GLATA (Great Lakes Athletic Trainers' Association) Winter Meeting 2010. Detroit, MI. March 12, 2010.
- Throwing Shoulder Rehabilitation- Evansville, IN- January 30-31, 2010
- (NFBA) National Fitness Business Alliance, Atlanta, GA- November 18-19, 2009
- APTA 2009 Combined Sections Meeting (CSM), Las Vegas, NV- February 9-13, 2009
- Selective Functional Movement Assessment Level II (SFMA), Evansville, In- January 10-11, 2009
- APTA Clinical Instructor Education and Credentialing Program, Evansville, In- June 28-29, 2008
- Selective Functional Movement Assessment (SFMA), Evansville, In- February 23-24, 2008
- APTA 2008 Combined Sections Meeting (CSM), Nashville, Tn- February 6-9, 2008
- Evidenced Based Examination and Selected Interventions for Patients with Cervical Spine Disorders-Evansville, In-October, 2007 (Audit/Observe)
- Evidenced Based Examination and Selected Interventions for Patients with Lumbopelvic Spine and Hip Disorders-Evansville, In-September 29-30, 2007 (Audit/Observe)
- Non-Catastrophic Cervical Spine Injuries, September 25, 2007
- FSBPT: PTA Standard Setting Task Force: Alexandria, Va, August 17-19, 2007
- Evidence based physical therapy practice: charting a course for your success! Evidence In Motion- August, 2007
- APTA National Convention 2007: Denver, Co, June 27-30, 2007
- The Pre-Participation Physical Exam: Evidence-Based Musculoskeletal Screening and Injury Prevention Strategies- Evansville, In- April 20, 2007
- Heads-up Concussion in Sports, Deaconess Hospital Trauma –Evansville, IN- October 20, 2006
- Journal of Athletic Training Vol. 41 #3 CEU Quiz- October 16, 2006
- Preventing Dehydration: Sports Drinks or Water – October 11, 2006
- Topics Other Than Taping- St. Louis, Mo. - July 18, 2006
- Diagnosis & Treatment of Patients with Musculoskeletal Shoulder Dysfunctions: An Evidence Based Approach- Evansville, In- January 14-15, 2006
- Introduction to Upper Extremity Mobilization- Birmingham, Al- August 07, 2005
- Hyponatremia in Athletes- Gator Aide Sports Science Institute- June 23, 2005
- Orthopaedic Associates, Inc. Sports Symposium- Evansville, In- June 02, 2005
- Journal of Athletic Training CEU Quiz April 2005- April 15, 2005
- Spinal Cord Injury: Rehab Solutions for Successful Rehab Outcomes- Indianapolis, In- September 19, 2004
- Hydrocephalus Clinical Education- Evansville, In- February 25, 2004
- Journal of Athletic Training CEU Quiz June 2004- September 15, 2004
- 16<sup>th</sup> Annual Medical College of Wisconsin Sports Medicine Symposium- Milwaukee, WI- March 19, 2004
- GLATA Symposium Shoulder Cadaver Lab- Evansville, In- March 15, 2003
- GLATA Symposium Lumbar Stabilization/Strengthening- Evansville, In- March 15, 2003
- GLATA Symposium Winter Meeting and Symposium- Evansville, In- March 15, 2003
- 20<sup>th</sup> Annual Injuries in Baseball- Birmingham, Al- January 25, 2002
- College and High School Athlete Sports Medicine Conference- Cincinnati, Oh- July 21, 2001
- Quickness and Agility in the Clinical Setting- Evansville, In- April 26, 2000
- Introduction to Hand Therapy- St. Louis, Mo- December 17, 2000
- Nutrition & Exercise- Indianapolis, In- November 4, 2000
- Second Annual University of Kentucky Wildcat Sport Medicine Symposium- Lexington, KY –May 20, 2000

## Honors

Sigma Nu- Outstanding Chapter Member (Iota Psi) 1994  
National Senior Honor Society, Pi Sigma Alpha, 1994  
-Student Government Association Representative