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Licenses and Certifications

Athletic Trainer License	Indiana	#3600737A
Physical Therapy License	Indiana	#05006922A
National Athletic Trainers' Association Certification		#079302467
National Strength and Conditioning Specialist Certification		#960514510

Professional Organizations

National Athletic Trainers' Association
American Physical Therapy Association
American Physical Therapy Association Orthopedic and Sports Sections
American Academy of Manual Orthopedic Physical Therapists

Education

University of Kentucky Rehabilitation Sciences Doctoral Program	2007	PhD Rehabilitation Sciences
University of Nebraska Medical Center	1994	Master of Physical Therapy
University of Nebraska-Kearney	1993	B.S. Physical Education

Peer-Reviewed Publications

- Minick K, Burton L, Butler R, Kiesel K. A Reliability Study of the Functional Movement Screen. *National Journal of Strength and Conditioning Research* 2009;In Press
- Plisky P GP, 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* 2008;In Press.
- Kiesel, K. B.; Uhl, T.; Underwood, F. B.; and Nitz, A. J.: Rehabilitative ultrasound measurement of select trunk muscle activation during induced pain. *Man Ther*, 13(2): 132-8, 2008.
- Kiesel K, Underwood F, Matacolla C, Nitz AJ, Malone T. A Comparison of Select Trunk Muscle Thickness Change between Subjects with Low Back Pain Classified in the Treatment-Based Classification System and Asymptomatic Controls *J Orthop Sports Phys Ther*. 2007;137(10) 596-605.
- Kiesel K, Plisky P, Voight M. Can serious injury in professional football be predicted by a preseason Functional Movement Screen *NAJSPT*. August 2007; 2(3) 147-158.
- Brenner AK, Gill NW, Buscema CJ, Kiesel KB. Improved activation of the lumbar multifidus following spinal manipulation: A case applying rehabilitative ultrasound imaging *J Orthop Sports Phys Ther*. 2007; 37(10) 613-619.
- Stokes M, Hides J, Elliott J, Kiesel K, Hodges P. Clinical Commentary; Rehabilitative ultrasound imaging of the posterior paraspinal muscles *J Orthop Sports Phys Ther*. 2007; 37(10).
- Kiesel KB, Uhl TL, Underwood FB, Rodd DW, Nitz AJ. Measurement of lumbar multifidus muscle contraction with rehabilitative ultrasound imaging. *Man Ther*. May 2007;12(2):161-166.
- Kiesel, K., Burton, S., and Cook, E. Mobility Screening for the Core Part III Implications for Low Back Pain. *Athletic Therapy Today* 10(1):36-39; 2005.
- Burton S, Kiesel K, Cook E. Mobility screening for the core part 2; Intervention. *Athletic Therapy Today*. 2004;9(6):52-57.
- Kiesel, K., Burton, S., and Cook, E. Mobility Screening for the Core. *Athletic Therapy Today* 9(5):38-41; 2004.

Peer-Reviewed Presentation Abstracts

- Kiesel K, Plisky, P, Butler, RJ, Burton L, Cook E. Functional Movement Test Scores Improve following a Standardized Off-season Intervention Program; Platform presented at: Combined Sections Meeting of the American Physical Therapy Association, 2009; Las Vegas, NV.
- Butler, R.J., B. Elkins, K.B. Kiesel, & P. Plisky. (accepted) Gender differences in Functional Movement Screen and Y-Balance Test scores in middle school aged children. American College of Sports Medicine Annual Meeting 2009. Seattle, WA.

- McFelea, J.M., P.J. Plisky, K. Kiesel, P Gorman, M. J. Rauh, & R.J. Butler. (accepted)
Comparison of single and multi-sport athletes' performance on the Y Balance
Test. American College of Sports Medicine Annual Meeting 2009. Seattle, WA.
- Kiesel K, Cook E. An Introduction to the Selective Functional Movement Assessment: An
Integrated Model to Address Regional Interdependence. Proceedings of the
14th Annual AAOMPT Conference Seattle, WA; 2008.
- Kiesel, K.; Plisky, P.; and Kersey, P.: Functional Movement Test Score as a Predictor of
Time-loss during a Professional Football Team's Pre-season In *American College
of Sports Medicine Annual Conference*. Edited, Indianapolis, IN, 2008.
- Teyhen D, Kiesel K, Whittaker, J. Current Concepts Related to Motor Control Training
and Rehabilitative Ultrasound Imaging for Patients with Lumbopelvic Disorders.
Proceedings of the Combined Sections Meeting of the American Physical Therapy
Association; Nashville, TN; 2008.
- Kiesel K, Underwood F, Nitz AJ, Maticolla C. Changes in Muscle Thickness of Select
Trunk Muscles following a Lumbar Stabilization Program Combined Sections
Meeting of the American Physical Therapy Association. Nashville, TN; 2008.
- Kiesel K, Butler R, Duckworth A, et al. Experimentally induced pain alters the EMG
activity of the lumbar multifidus in asymptomatic subjects. 6th Interdisciplinary
World Congress on Low Back & Pelvic Pain. (Platform Presentation) Barcelona
Spain; 2007.
- Minick K, Kiesel KB, Burton L. The reliability of the functional movement screen.
(Platform Presentation) National Strength and Conditioning Conference, 2007;
Atlanta, GA.
- Gorman P, Plisky P, Baumgart M, Kiesel K. Pharmacology and clinical prediction rule in
treating acute low back pain: A single case report. (Poster Presentation):
American Physical Therapy Association National Conference, 2007; Denver, CO.
- Kiesel, K.; Malone TR; Maticolla C, and Nitz, A.: A Comparison of Select Trunk Muscle
Thickness Change between Subjects with Acute Low Back Pain Classified in the
Treatment-Based Classification System and Asymptomatic Matched Controls.
(Platform Presentation) University of Kentucky Department of Physical Medicine
and Rehabilitation Annual Resident Research Day, Lexington, KY; 2006.
- Kiesel, K.; Underwood, F.; Uhl, T.; and Nitz, A.: The Use of Ultrasound Imaging to
Measure Select Trunk Muscle Activation During Induced Pain (Poster
Presentation). American Physical Therapy Association Combined Sections
Meeting. San Diego, CA; 2006.
- Kiesel, K., Uhl, T., Underwood, F., Rodd, D., and Nitz, A. Measurement of Lumbar
Multifidus Muscle Contraction with Ultrasound Imaging. (Platform Presentation)
The Fourth Pan-Pacific Conference on Rehabilitation and Hong Kong
Physiotherapy Association Annual Congress. Hong Kong; 2004.
- Kiesel, K. Use of Ultrasound Imaging to Measure Muscular Impairment and Guide
Intervention of a Patient with Recurring Low Back Pain (Poster Presentation).
American Physical Therapy Association Combined Sections Meeting. Nashville,
TN; 2004.

Book Chapter

Cook, E. G., Kiesel, K.; Chapter 7: Impaired Patterns of Posture and Function. In *Techniques in Therapeutic Exercise*. Edited by Voight, M. L., Hoogenboom, B. H., New York, McGraw-Hill, 2006.

Grant Activity

2007 ARSAF *Does appropriate intervention improve Functional Movement Screen™ Score and Y Balance Test™ Score in athletes* \$2,300

2007 Co-PI, Funding Agency: Welborn Baptist Foundation, *School-based Wellness Program* \$39,900.00

2006 Co-PI, NFL Players' Association Grant: *NFL Injury Predication Study: Functional Movement Testing* \$227,196. (This grant was not funded)

2006 PI, Physical Therapy Association Orthopedic Section Original Research Grant: *A Comparison of Select Trunk Muscle Thickness Changes Between Subjects with Low Back Pain Classified in the Treatment-Based Classification System and Asymptomatic Matched Controls* \$10,000

2005 PI, University of Evansville's Faculty and Professional Affairs Committee Arts, Research and Teaching Grant: *Partial funding for movement science research software* \$1695

2005 PI, University of Evansville's Undergraduate Research Committee Grant: *Measurement of selected trunk muscle activation during induced pain* \$2000

2005 PI, University of Evansville's Undergraduate Research Committee Grant: *EMG activity in the lumbar multifidus during selected therapeutic exercises* \$1275.00

Invited Lectures

Kiesel K. and Teyhen D.: Clinical application of the motor control model of spinal stabilization for patients with LBP; Core stabilization through functional movement exercise. Intermountain Healthcare Salt Lake City, Utah; November 2008

Kiesel K. Pain and Motor Control; Implications for Stability Deficits in Golfers. Proceedings of the World Golf Summit; Anaheim, CA: Titleist Performance Institute; 2008.

Kiesel K.: An Introduction to Functional Movement Testing and Training in Sports; Implications for Prevention and Rehabilitation of Athletic Hip Dysfunction. Hip Rehabilitation Symposium. Morgan Kalhman Clinic, 2008; Wilmington, DE.

- Kiesel K.: Selective Functional Movement Assessment and Intervention for Patients with Low Back Pain. Plenary Speaker at: 2nd Annual Northern Plains Indian Health Service Wellness Conference, 2007; Rapid City, SD.
- Kiesel K.: An Introduction to Evidence-Based Practice: Applying the Current Best Acute Low Back Pain Evidence to your Practice. University of Evansville and Vincennes University Annual Clinical Educator's Workshop, 2007; Vincennes, IN
- Kiesel, K.: Functional Movement Screen; Predicting Injury; Sports Section of the American Physical Therapy Association Team Concept Conference. Las Vegas, NV; 2006.
- Kiesel, K.: Evidence-Based Physical Therapy for Occupational Low Back Pain; Indiana Association of Occupational Health Nurses. Fall Conference; Indianapolis, IN; 2006.
- Kiesel, K: Member of Planning Committee and Presenter: Rehabilitative Ultrasound Imaging Symposium sponsored by the Advances in Medical Practice Program, Office of the Surgeon General and US-Army Baylor University Doctoral Program in Physical Therapy. Fort Sam Houston, TX 2006.
- Kiesel, K.: Acute Low Back Pain; Advances in Classification and Treatment. Continuing Medical Education; Methodist Hospital. Henderson, KY; 2005.
- Kiesel, K.: Acute Low Back Pain; Advances in Classification and Treatment. St. Mary's Grand Rounds. Evansville, IN; 2005
- Kiesel, K. Evidence-Based Practice; What is it? Southwest District APTA Spring Meeting. Evansville, IN; 2005.
- Kiesel, K. Functional Movement Screening for the Lower Extremity. 6th Annual UK Sports Medicine Symposium. Lexington, KY; 2004.
- Kiesel, K. Update on Acute Low Back Pain. Southwest District APTA Fall Meeting. Evansville, IN; 2003.
- Kiesel, K. Functional Assessment Stability Training of Spine. GLATA District V NATA Meeting; 2003
- Kiesel, K. The Functional Movement Screen. Nebraska State Athletic Trainers Association Annual Meeting; 2001
- Kiesel, K. Special Tests of Function to Assess Quality and Efficiency of Movement. NATA Annual Meeting and Clinical Synopsis. Nashville TN; 2000.
- Kiesel, K. The Functional Movement Screen. Sandhill Orthopedic and Sports Medicine 13th Annual Sports Medicine Seminar. Garden City KS; 2000
- Kiesel, K. Functional Evaluation of the Golfer. Mid Atlantic Athletic Trainers' Association Annual Meeting. Williamsburg VA; 1998.

Continuing Education Courses: Taught

Selective Functional Movement Assessment-Level I: Evidenced-Based Model to Address Regional Interdependence; (2008 taught in FL, AZ, NC, NY, IN, NC, CA, NJ, Amsterdam)

Acute Low Back Pain; Evidence-Based Management for the Physical Therapist. Paper presented at: Midwest Health Strategies, Muncie, IN 2007.

Acute Low Back Pain; Evidence-Based Management for the Physical Therapist. Paper presented at: Oxford Physical Therapy, Cincinnati, OH 2007.

Acute Low Back Pain; Evidence-Based Update and Integration of Rehabilitative Ultrasound Imaging into Practice. Regional West Medical Center Rehabilitation Department; Scottsbluff, NE 2006.

Rehabilitative Ultrasound Imaging Conference; US-Army Baylor University Doctoral Program in Physical Therapy. Fort Sam Houston TX 2006.

Acute Low Back Pain Update. Continuing Education; Owensboro Memorial Hospital. Owensboro, KY, 2006.

Manual Therapy Techniques and Therapeutic Exercise for Shoulder Impairments. Continuing Education; Owensboro Memorial Hospital. Owensboro, KY, 2005.

Functional Movement Assessment and Select Intervention. Continuing Education; Community Health. Indianapolis, IN, 2005

Cervical-Thoracic Postural Examination and Intervention with Selected Upper Quarter Manual Therapy Techniques. Continuing Education; Owensboro Memorial Hospital. Owensboro, KY, 2004.

The Functional Movement Screen; Testing and Selected Interventions
Oxford Physical Therapy
Fairfield OH September 2003

Evaluation and Treatment of the Lumbar Spine; Local Lumbar Perspectives
ProRehab PC Evansville IN August 2003

Functional Evaluation and Intervention for the Lumbar Spine
Christ Hospital
Cincinnati OH January 2003

University of Evansville Athletic Training Education Program
Approved Clinical Instructor Training Workshop
Evansville IN June 2001

Continuing Education Courses: Attended

- Burwin Institute Home study course: Musculoskeletal Ultrasound Imaging
Completed in 2006
- Mark Commerford Stability of the Sacroiliac Joint
Manual Therapy Associates of Colorado
February 4-5, 2005
Denver, CO
- Paul Hodges Pre-Conference Workshop: The Science of Stability; Specific
Assessment and Treatment of Segmental Spinal Stabilization for
Low Back Pain
September 23rd, 2004
Hong Kong SAR China
- Tim Flynn Teaching Manipulation at the Entry-Level; Educators' Workshop
Regis University
July 30th and 31st, 2004
Denver, CO
- American Physical Therapy Association
Examination and Selected Interventions; Lumbar Spine and Pelvis
August 9-10, 2003
Chicago, IL
- Mark Commerford Local Lumbar Stability
Manual Therapy Associates of Colorado
March 7-9, 2003.
Denver, CO
- Mulligan Concept- Mobilizations with Movement "NAGS", "SNAGS" and More
January 11,12, 2003
Evansville, IN
- Vern Gambetta *Pumping Gravity*
Evansville, IN August 2001
- Dr. Ken Jennings *Jennings Workshop on Learning and Mentoring*
Oxford University Oxford England July 2001
- Carl DeRosa and James Porterfield *The Assessment and Treatment of Mechanical
Disorders* Christiansburg, VA January 2000
- Brian Mulligan *Mobilizations with Movement NAGS, SNAGS, MWM's and More*
Follow-up Course March 1999
Basic Course February 1997
- Advances in Clinical Education *Advances in Knee and Shoulder Rehabilitation*
Charlotte NC November 1995
- Professional Baseball Athletic Trainers' Association
Ninth Annual Baseball Team Medicine Conference
Dallas TX January 1995
- Dr. Shirley Sahrman *Diagnosis and Treatment of Muscle Imbalances*
Lincoln NE October 1993

Employment/Positions Held

August 2007-present	Associate Professor, Department of Physical Therapy, University of Evansville
August 2003-2007	Assistant Professor, Department of Physical Therapy, University of Evansville
August 2000-2003	Director, Athletic Training Education Program Assistant Professor, Department of Human Kinetics and Sport Studies and Adjunct Professor of Physical Therapy, University of Evansville
May 2001-current	Physical Therapist, ProRehab P.C. Evansville, IN
March 1996-July 2000	Assistant Director, Orthopedic and Sports Physical Therapy/Dunn, Cook and Associates Coordinator of Clinical Education
Fall 1998	Instructor of Evaluation and Treatment I; Orthopedics Physical Therapy Department, Winston-Salem State University
March 1995-96	Staff Physical Therapist, Reability Corporation/Annie Penn Hospital, Reidsville NC
June 1994-February 95	Traveling Physical Therapist Reability Corporation

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