

# Phillip J. Plisky PT, DSc, OCS, ATC/L, CSCS

## Curriculum Vitae

### Employment

**Title/Position: Vice President of Clinical Excellence & Residency Program Director  
Physical Therapist & Certified Athletic Trainer**

Facility: ProRehab, PC, Evansville, Indiana

Duration: May 2003 to present

**Duties:**

Provide resources for all clinical staff to practice according to current best evidence  
Developed, implemented and maintain clinical excellence program to encourage and  
acknowledge comprehensive professional development.  
Ensure all staff have access to mentoring for professional development  
Ensure all new staff are oriented to EBP principles and ProRehab's rehabilitation  
philosophy  
Developed and implemented curriculum, policies, and procedures for Sports  
Residency Program for APTA credentialing  
Supervise Residency Program mentors and instructors  
Provide adult & adolescent outpatient orthopaedic and sports physical therapy  
Mentor staff physical therapists, physical therapist assistants and certified athletic  
trainers

**Title/Position: Adjunct Faculty**

Facility: University of Evansville

Duration: August 2001 to present

Courses : Patient Management IV – Advanced Orthopaedics & Sports; Diagnostic  
Imaging

**Title/Position: Assistant Professor**

Facility: Rocky Mountain University of Health Professions

Duration: November 2005 to present

**Duties:**

Instructor for Diagnostic Imaging Course  
Member of the Institutional Review Board (orthopaedic and sports content expert)

**Title/Position: Clinical Mentor Champion (CMC)**

Facility: Evidence In Motion (EIM)

Duration: May 2008 to present

### Refereed Journal 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. *NAJSPT*.  
In Press.

Kiesel K, Plisky P, Voight, M. Can serious injury in professional football be predicted by a  
preseason functional movement screen? *NAJSPT*. 2007;2(3):147-158

Plisky PJ, Rauh MJ, Kaminski TW, Underwood, FB. Star Excursion Balance Test predicts lower extremity injury in high school basketball players. *J Orthop Sports Phys Ther.* 2006;36(12):911-9

### **Poster & Platform Presentations**

Plisky PJ, Gorman PP, Butler RJ, Keisel KB, 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.

Kiesel KB, Plisky PJ, Kersey P. Functional Movement Test Score as a Predictor of Time-loss during a Professional Football Team's Pre-season. *Medicine & Science in Sports & Exercise.* 40(5) Supplement 1:S234, May 2008.

Plisky PJ, Gorman PP, Butler RJ, Keisel 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.

Plisky PJ, Rauh MJ, Kaminski TW, Underwood FB. Incidence of injury in boys and girls high school basketball players. Combined Sections Meeting of the American Physical Therapy Association, San Diego, CA 2006.

Plisky PJ, Rauh MJ, Kaminski TW, Underwood, FB. Star Excursion Balance Test predicts lower extremity injury in high school basketball players. Combined Sections Meeting of the American Physical Therapy Association, San Diego, CA 2006.

### **Invited Lectures**

“Functional Movement Screen & Y Balance Test”, The Columbus Crew Medical Staff, Columbus, OH, January 2008.

“Solving the Mystery of the Injured Athlete: An Evidence Based Approach” & “Movement Testing for Injury Prediction & Return to Sport”, The 14th Annual Sports Medicine Symposium for the Healthcare Professional , Cincinnati, OH February, 2008.

“Functional Movement Screen & Y Balance Test”, University of Louisville, Louisville, KY, June 2008.

“Solving the Mystery of the Injured Athlete: An Evidence Based Approach”, Atrium Medical Center Sports Medicine Symposium, Cincinnati, OH June, 2008.

“Solving the Mystery of the Injured Athlete: An Evidence Based Approach to Movement Assessment and Functional Exercise”, Encore Rehabilitation and Sports Medicine, Birmingham, AL, July 2008

“Advanced Functional Movement Screen Corrective Exercises & Y Balance Test”, St. Vincent Sports Performance Center, Indianapolis, IN, July 2008.

“Functional Movement Screen & Y Balance Test”, Ball State University, Muncie, IN July 2008.

The Pre-Participation Physical Exam: Evidence-Based Musculoskeletal Screening. Deaconess Hospital Grand Rounds; 2007; Evansville, IN.

Diagnostic imaging for the physical therapist. Southwest District APTA Fall Meeting; 2006; Evansville, IN.

Acute low back pain: advances in classification and treatment. Deaconess Hospital Grand Rounds; 2006; Evansville, IN.

### **Continuing Education Courses**

Plisky PJ, Kiesel KB. The Pre-Participation Physical Exam: Evidence-Based Musculoskeletal Screening and Injury Prevention Strategies; 2007; Evansville, IN

Selective Functional Movement Assessment: Level 1

Athlete's Performance, Tempe, AZ, April 2008

ProRehab, Evansville, IN February 2008

Athlete's Performance, The Andrew's Institute. January, 2008

The Community Hospital, Munster, IN October 2008

Howard Head Sports Medicine Center/Steadman Hawkins Clinic, Vail, CO Oct. 2008

### **Grantsmanship**

Welborn Baptist Foundation: \$39,500 award for Movement Testing and Injury Prevention in Junior High School Students. *Co-investigator*

Idaho Community Foundation: \$2000 award for purchase of Automatic External Defibrillator for Physical Therapy Department and use at local high school sporting events. *Primary author*

Murdock Foundation: \$100,000 award for construction of a Community Education and Emergency Services Building. *Primary consultant and reviewer*

Idaho Hospital Association: \$5000 award for the development of the Tuition Assistance Program to provide funding for the education of hospital employees and community members in professions with national shortages including nursing, physical therapy, and radiology technologist. *Primary author*

## **Previous Employment**

### **Title/Position: Director of Rehabilitation & Diagnostic Services**

Facility: Syringa General Hospital, Grangeville, Idaho

Duration: July 2000 to May 2003

#### **Duties:**

Supervised departments of rehabilitation, radiology, laboratory, human resources, foundation, and grant writing  
Developed and implemented department budgets, fee schedules, policy and procedures  
Responsible for oversight of departmental budgets in excess of one million dollars  
Formulated and administered business and strategic marketing plans  
Performed patient care in outpatient, inpatient, skilled nursing facility, and home health physical therapy including orthopaedic, sports, neurologic, and wound care  
Developed and administered the tuition assistance program to recruit and retain health care workers

#### **Committees:**

- Allied Medical Staff Committee
- Strategic Planning Committee
- Recruitment & Retention Committee, Chairman
- Home Health/Hospice Restructure Team
- Tuition Assistance Program Committee

#### **Achievements:**

Increased outpatient rehabilitation volumes by 300%  
Opened and equipped 2000 square foot outpatient facility  
Initiated services and staffed two rural outreach rehabilitation clinics  
Created employee wellness center and program  
Obtained and negotiated contracts for skilled nursing facilities and school system

### **Title/Position: Athletic Trainer (volunteer)**

Facility: Grangeville High School, Grangeville, Idaho

Duration: August 2000 to May 2003

#### **Duties:**

Initiated athletic training coverage for men's and women's sports  
Evaluated acute injuries and implemented rehabilitation programs for all athletes  
Developed warm up & performance improvement programs for athletic teams  
Implemented summer speed, agility, and performance enhancement program

**Title/Position: Staff Physical Therapist, Certified Athletic Trainer,  
Certified Strength & Conditioning Specialist**

Facility: The Community Hospital, Munster, Indiana

Duration: June 1998 to June 2000

**Duties:**

Adult & adolescent outpatient orthopaedic physical therapy including aquatic PT  
Coordinated facility disaster and emergency plan  
Mentored new physical therapists and served as a clinical instructor  
Presented at community and peer education seminars  
Developed computerized tracking program for therapist productivity

**Education**

Degree: Doctor of Science, Orthopaedic Physical Therapy

Duration of Study: January 2002-December 2005

Institution: Rocky Mountain University of Health Professions, Provo, Utah

GPA: 3.91/4.00

Degree: Master of Physical Therapy

Duration of Study: August 1993-May 1998

Institution: University of Evansville, Evansville, Indiana

GPA: 3.84/4.00

Honors: Magna cum laude

**Continuing Education**

Evidence-based Examination & Selected Interventions for Patients with Cervical Spine Disorders

Evidence-based Examination and Selected Interventions for Patients with Lumbopelvic Spine and Hip Disorders

Functional Movement Screening & Corrective Exercise

Selective Functional Movement Assessment

Diagnosis and Treatment of Patients with Musculoskeletal Shoulder Dysfunctions: Evidence Based Approach

American College of Sports Medicine National Conference

American Physical Therapy Association Combined Sections Meetings 2000-2008

Guide to Physical Therapist Practice Training Seminar

National Strength & Conditioning Association National Conference

Northwest Athletic Trainers Association Clinical Symposium

APTA Coding 2001 and Beyond

NATABOC Examiner Training Workshop

Functional Anatomy of the Wrist and Hand

Acute & Chronic Ankle Sprains, Chronic Ankle Instability - Surgical Treatment

Introduction to Evaluation and Treatment of Temporal Mandibular Joint Dysfunction

Building a High-Retention Culture in Health Care

Management Skills for the New or Prospective Manager

Water Safety for the Physical Therapist

Muscle Energy Techniques for the Pelvis, Sacrum, Lumbar, Thoracic & Cervical Spine

American Physical Therapy Association Clinical Instructor Credentialing Program

Management of Potentially Catastrophic Injuries in Athletics

Indiana Physical Therapy Association Leadership Conference

Strength and Conditioning Principles for the Physical Therapist  
Locomotor Biomechanics and Applied Orthotic Therapy

### **Instructional Experience**

Institution: Rocky Mountain University of Health Professions, Provo, UT  
Course: Diagnostic Imaging  
Date: November 2005 to present.

Institution: University of Evansville, Evansville, Indiana  
Courses: Gross Anatomy, Community Health/Wellness in Physical Therapy, Clinical and Professional Issues  
Lectures: Brachial Plexus, Exercise Prescription, Delegation in Physical Therapy, Job Descriptions  
Date: July 2003 to Present

Institution: University of Evansville, Evansville, Indiana  
Course: Patient Management IV – Advanced Orthopaedics  
Date: August 2001 to December 2001, August 2006 to December 2006

Institution: Lewis & Clark State College, Lewiston, Idaho  
Course: Introduction to Fitness  
Date: February 2001 to March 2003

### **Community Organizations**

Position: Strategic Planning Committee  
Organization: Blue Grass United Methodist Church  
Date: January 2007 to December 2007

Position: Staff Parish Committee  
Organization: Old North United Methodist Church  
Date: January 2007 to December 2007

Position: Board of Directors  
Organization: Pine Tree Community Credit Union  
Date: January 2001 to May 2003

Position: Team Captain and Sponsor  
Organization: Grangeville Country Club Men's Golf League  
Date: April 2001 to May 2003

Position: Guest Columnist  
Organization: Calumet Press  
Date: June 1998 - October 1999

### **Cross-Cultural Experience**

Position: Student Physical Therapist, inpatient rehabilitation  
Institution: Northern Navajo Medical Center, Shiprock, New Mexico  
Date: January 1998- February 1998

## **Honors and Awards**

Award: Mary McMillan Scholarship

Awarding Agency: American Physical Therapy Association

Date: March 1998

## **Professional Organizations**

American Physical Therapy Association

Duration: October 1995 to present

Section: Orthopaedic, Sports, Administration

National Athletic Trainers' Association

Duration: October 1996 to present

Indiana Physical Therapy Association

Duration: October 1995 to present

Committee: Public relations 1999

Indiana Athletic Trainers' Association

Duration: March 2000 to present

Idaho Physical Therapy Association

Duration: July 2000 to May 2003

Office: President-elect North Central District

Idaho Athletic Trainers' Association

Duration: August 2000 to May 2003

## **Licensure and Certification Information**

Licensed Physical Therapist

State of Indiana

License number: 05006207A

August 1998-present

Licensed Athletic Trainer

State of Indiana

License number: 36000603A

March 2000-present

Certified Athletic Trainer

National Athletic Trainers' Association

Certification number: 119902189

November 1999-present

Certified Strength & Conditioning Specialist

National Strength & Conditioning Association

Certification number: 977197

August 1997-present

Orthopaedic Certified Specialist

American Board of Physical Therapy Specialties

June 2004-present