

## CURRICULUM VITAE

### **William A. Stodart, PT, DPT, OCS**

672 Cunningham Road

Ebensburg, PA 15931

(814) 241-2664

Department of Physical Therapy

Saint Francis University, PA

### **Education: Chatham University**

Pittsburgh, PA

October 2006 to December 2007

Major: Physical Therapy

Doctor of Physical Therapy, December 2007

### **University of Pittsburgh**

Pittsburgh, PA

June 1987 to May 1989

Major: Physical Therapy

B.S., Physical Therapy, May 1989

### **The Pennsylvania State University**

University Park, PA

August 1984 to April 1987

Major: Health Planning and Administration

Transfer to University of Pittsburgh to pursue PT degree

### **Licensure Information/Registration Number:**

PA License # PT006881L

Direct Access Certificate # DAPT000555

### **Certifications:**

Board Certified Orthopedic Clinical Specialist, 2008

Recertified, 2016

### **Employment and Positions Held:**

Associate Professor, Department of Physical Therapy  
Saint Francis University  
P.O. Box 600  
Loretto, PA 15940  
June 2011 to present

Physical Therapist – per diem coverage  
Vantage Physical Therapy, Inc.  
550 Locust St, Suite 110  
Sidman, PA 15955  
June 2011 to present

Clinical Director, Physical Therapist  
Vantage Physical Therapy, Inc.  
550 Locust St, Suite 110  
Sidman, PA 15955  
November 2000 to June 2011

Clinical Director, Physical Therapist  
Allegheny & Chesapeake Physical Therapists, Inc.  
R.D. #3, Box 195D  
Ebensburg, PA 15931  
May 1989 to October 2000

### **Peer-Reviewed Publications:**

The Relationship Between Surface Electromyographic Activity and Torque  
Production of the Infraspinatus Muscle in Shoulder Rehabilitation Exercises.  
*Journal of Applied Biomechanics*, 2020, 36, 141-147

### **Peer-Reviewed Scientific and Professional Presentations:**

Return to Foot Health: New Insights and Strategies to Manage Foot-Related  
Pathologies  
Invited Speaker - 2023 Pennsylvania Physical Therapy Association Annual  
Conference  
Lancaster, PA  
October 6, 2023

The Relationship Between Knee Strength, Task Performance, and Landing Mechanics

Boland M, Bernard B, Gillespie C, Kovac K, Meyer M Kindel C, **Stodart W**

- ❖ This study was accepted for poster presentation at the 2023 APTA Pennsylvania Annual Conference

Plantar Fasciitis: New Insights Into an Old Problem

Invited Speaker - 2023 South Carolina Physical Therapy Association Annual Conference

Greenville, SC

March 18, 2023

Strength Curves of the Ankle Invertor and Evertor Musculature.

Boland M, Kindel C, **Stodart W**

- ❖ This study was accepted for poster presentation at the 2022 APTA Pennsylvania Annual Conference

Strength Curves of the Shoulder External Rotators in Three Different Exercise Positions.

Kindel C, **Stodart W**

- ❖ This study was accepted and presented at the 2021 APTA Combined Sections Meeting (CSM)

Clinical Biomechanics of the Lower Extremity: The Intersection of Muscle, Joint and Function

Invited Speaker - 2019 Virginia Physical Therapy Association Annual Conference  
Richmond, VA

November 9, 2019

Relationship Between Surface Electromyographical Activity and Force Production of the Infraspinatus Muscle in Shoulder Rehabilitation. (Repeat study)  
Bender M, Conway N, Cup M, Wojciechowski J, Zachesky N, **Stodart W**

- ❖ This study was accepted for poster presentation at the 2018 PPTA Annual Conference
- ❖ This study was accepted and presented at the 2019 APTA Combined Sections Meeting (CSM)

Clinical Biomechanics of the Lower Extremity: The Intersection of Muscle, Joint and Function

Invited Speaker - 2018 Pennsylvania Physical Therapy Association Annual Conference

Valley Forge, PA

October 20, 2018

The Difference in Single-leg Triple Jump Performance and Electromyographic Activity of the Quadriceps When Using Facilitatory Versus Inhibitory Kinesio<sup>®</sup> Taping in a Regional Population.

Byers R, Davis R, James B, Forshey T, Sidorik D, Smith A, **Stodart W**

- ❖ This study was accepted for poster presentation at the 2016 PPTA Annual Conference

Relationship Between Surface Electromyographical Activity and Force Production of the Infraspinatus Muscle in Shoulder Rehabilitation.

DeMedal, J, Hastry M, Klebon J, Leach N, Pollino D, **Stodart W**

- ❖ This study was accepted for platform presentation at the 2015 PPTA Annual Conference
- ❖ This study was voted “**Best Research 2015**” at the 2015 PPTA Annual Conference.

Relationship Between Measurements of Medial Longitudinal Arch Height and Selected Foot Muscle Strength in Vibram Five Finger and Shod Runners.

Gurtizen G, Lee J, Penska M, Schuh, M, Staily, C, **Stodart W**

- ❖ This study was accepted for platform presentation at the 2013 PPTA Annual Conference
- ❖ This study was accepted and presented at the 2014 APTA CSM Meeting

### **Non-Peer Reviewed Presentations:**

Plantar Fasciitis: New Insights Into an Old Problem  
West Central District Meeting, APTA Pennsylvania  
September 2021

Clinical Update on Shoulder Special Tests and Therapeutic Exercise.  
West Central District Meeting, PPTA  
September 2017

Current Concepts in the Evaluation and Management of the Lumbar Spine  
Rehabilitation Symposium  
Conemaugh Memorial Medical Center  
October 2016

Current Concepts in the Evaluation and Management of the Lumbar Spine  
DiSepio Symposium Series  
Saint Francis University  
May 2015

The Ten Laws of Injury Prevention  
Ebensburg Area Runners Club  
June 2014

A Treatment-Based Classification System for Acute Low Back Pain  
West Central District Meeting, PPTA  
October 2009

**Funded/In Review Grant Activity:**

Office of Student Research Grant  
\$750.00  
October 1, 2018  
Saint Francis Office of Student Research

Office of Student Research Grant  
\$200.00  
January 22, 2016  
Saint Francis Office of Student Research

School of Health Sciences Grant  
\$150.00  
April 29, 2014  
Saint Francis School of Health Sciences

Office of Student Research Grant  
\$250.00  
February 6, 2014  
Saint Francis Office of Student Research

School of Health Sciences Grant  
\$250.00  
August 23, 2013  
Saint Francis School of Health Sciences

**Research Activity**

The Relationship Between Quadriceps Strength, Landing Mechanics, and Task Performance. 2023  
Bernard B, Boland M, Gillespie C, Kovac K, Meyer M, **Stodart W**

The Relationship Between Balance and Stability Performance on the SEBT and Neurocom and Ankle Inversion and Eversion Strength. 2021  
Ashton D, Boland M, Curtis T, Feight L, Kindel C, Link P, McCauley P, Orr H, Tabacsko C, **Stodart W**

Relationship Between Surface Electromyographical Activity and Force Production of the Infraspinatus Muscle in Shoulder Rehabilitation. (Repeat study) 2019

Bender M, Conway N, Cup M, Wojciechowski J, Zachesky N, **Stodart W.**

The Difference in Single-leg Triple Jump Performance and Electromyographic Activity of the Quadriceps When Using Facilitatory Versus Inhibitory Kinesio<sup>®</sup> Taping in a Regional Population. 2016

Byers R, Davis R, James B, Forshey T, Sidorik D, Smith A, **Stodart, W.**

Relationship Between Surface Electromyographical Activity and Force Production of the Infraspinatus Muscle in Shoulder Rehabilitation. 2015  
DeMedal, J, Hastry M, Klebon J, Leach N, Pollino D, **Stodart, W.**

Is There a Relationship Between Medial Longitudinal Arch Height and Selected Foot Muscle Strength? 2014

Brennan J, Nicholson J, Shaffer R, Sharr A, Slifko A, **Stodart, W.**

Relationship Between Measurements of Medial Longitudinal Arch Height and Selected Foot Muscle Strength in Vibram Five Finger and Shod Runners. 2013  
Gurtizen G, Lee J, Penska M, Schuh, M, Staily, C., **Stodart, W.**

### **Membership in Scientific/Professional Organizations:**

American Physical Therapy Association, since 1989

Orthopedic Section Member, APTA, since 2011

Pennsylvania Physical Therapy Association, since 1989

### **Consultative and Advisory Positions Held:**

Department of Physical Therapy Advisory Committee  
Saint Francis University  
November 2009 to June 2011

### **Services to the University on Committees/Councils/Commissions:**

Faculty Senate  
Three-year term beginning August 2023

Faculty Affairs Committee  
Fall 2022 to present

Faculty Handbook Committee  
Spring 2022

Chair, Search Committee for Director of Clinical Education (DCE)  
Saint Francis University Physical Therapy Department  
2021

Athletics Advisory Board  
Faculty Representative  
May 2017 to May 2021  
April 2014 to May 2017

Co-Director, Costa Rica Study Abroad Program  
Saint Francis University  
Summer 2019, 2017, 2016

Chair, Sports Medicine Task Force  
Athletics Advisory Board  
2019

Chair, Academic Integrity Sub-Committee  
Athletics Advisory Board  
September 2015 to May 2017

Pre-College Research Academy  
Faculty Mentor to local high school students conducting research through funding  
by the A.J and Sigismunda Palumbo Charitable Trust  
July 2016 to May 2017

Faculty Mentor – Student Run Pro Bono Clinic (C.A.R.E. clinic)  
Physical Therapy Department  
June 2014 to present

Undergraduate Honors Advisor  
Advisee: Ashley Smith  
Topic: Building Your Core  
Spring Semester 2014

Faculty Search Committee  
Saint Francis University Physical Therapy Department  
Spring Semester 2014  
Spring Semester 2016

Student Progress Committee  
Physical Therapy Department  
June 2011 to present

Department of Physical Therapy Advisory Committee  
November 2009 to June 2011

Healthcare Team  
Hugs for Honduras mission trip  
March 2009

**Continuing Education Attended:**

2023 APTA Combined Sections Meeting  
San Diego, California  
2/23 – 3/25/2023

- Achieving the Bulletproof Shoulder through Myofascial Force Transmission
- When Can I Start Running? A Multi-Faceted Approach to Returning to Run Following Injury
- Upper Extremity Return to Sport: Where Are We Now, and Where Are We Going?
- Person-Specific Care for Individuals with Foot and Ankle Dysfunction: A Roadmap Beyond Localized Tissue Damage
- Sport Medicine Secrets: Analysis of Common Functional Movements in Professional Sports Spinal Injury
- Tarsal Therapeutics: Remedies for Troubled Feet

Differential Diagnosis of Musculoskeletal Lumbopelvic Pain  
APTA Pennsylvania  
Michael Fink, PT, DSc, SCS, OCS, COMT  
1/10/2023

2022 APTA Pennsylvania MovePA Annual Conference  
Pocono Manor, PA  
10/14 – 10/16/2022

- Differential Diagnosis Between Cervical, Thoracic, and Shoulder Pain
- Shoulder Pain and Mobility Deficits – Adhesive Capsulitis
- SAI and RTC – Recent Updates
- Traumatic Shoulder Pain – Anterior Instability, Labral Pathology

Management of the Patient with Patellofemoral Pain: An Update on a Clinical Practice Guideline  
APTA Pennsylvania  
Lisa T. Hogle, PT, PhD  
9/14/2022

2022 APTA Combined Sections Meeting  
San Antonio, Texas  
2/3 — 2/5/2022

- Cause of Achilles Tendon Pain? What to Evaluate with Your Next Patient
- Innovative Surgeries and Physical Therapy Management of Restorative Cartilage Procedures
- Beyond Limb Symmetry: Performance Standards for Lower Extremity Rehabilitation and Return to Play in Sports
- From Science to Application: Plyometrics and Sport Specific Strengthening for the Shoulder
- Distinguishing Quadriceps Tendinopathy from Patellar Tendinopathy: Semantics or Significant?
- Rotator Cuff Pathology: Who Benefits From Therapy or Surgery, and What Type of Postoperative Rehabilitation?
- Science Meets Practice 4: Qualitative vs Quantitative Movement Analysis of the Lower Extremity

The Patient Interview – The importance of Listening and Asking the Right Questions to Arrive at the Right Outcome  
APTA Pennsylvania  
Andrew Zang, PT, DPT  
3/22/2021

2021 APTA Combined Sections Meeting - Virtual Environment  
2/1 – 3/31/2021

- Integration of Clinical Exam, Diagnostic Testing, and Treatment Plan, Part 1; Lumbar Radiculopathy
- How to Develop a Comprehensive Plan to Better Evaluate and Treat a Running Tactical Athlete
- Coping With a Bad Break-Up: The Clinical Management of Foot and Ankle Fractures
- Current Concepts in the Surgical and Postoperative Management of Patients Undergoing Reverse Total Shoulder Arthroplasty
- When Can I Start Running After ACL Reconstruction? A Simple Question With a Complex Answer

- Thinking Outside the Algorithm: Upper Extremity Return-to-Sports Decision Making Beyond the Paper Patient
- Hip-Related Groin Pain: Can Movement Advance Our Knowledge Beyond the Consensus?
- Soccer's Latest Kick in the Groin: Examination and Treatment of Hip and Groin Pathologies
- From Walking to Running: What Can Your Foot and Your Shoes Do for You?
- Management of Lateral Elbow Tendonopathy: Current Evidence and Integration of Pain Neuroscience
- Physical Therapy Management of Individuals With Patellofemoral Pain
- Management of Patients With Complex Spine-Related Pain: Evidence-Based Strategies To Optimize Outcomes
- Blood Flow Restriction: State of the Science in 2021
- Science Meets Practice Session 9: Rehabilitation and Performance Optimization of the Overhead Athlete and Beyond
- Shoulder Girdle Fractures: Diagnosis, Classification, Management, and Rehabilitation
- Updates in Knee Arthroplasty: Innovations in rehabilitation and Surgery

Where do PTs Fit in the World of Imaging?

APTA Pennsylvania

Lynn McKinnis, PT, DPT, OCS

1/13/2021

2020 PPTA State Conference, Valley Forge, PA

10/16 – 10/18/2020

- Differential Diagnosis: Pediatric & Adolescence, Adult, Geriatric - Dawn Gulick, PhD, PT, AT, CSCS
- Differential Diagnosis and Physical Therapy Treatment of Osteosarcopenia, A New Syndrome - Joanne P. Fagerstrom, PT, CFP // Lisa Goussetis, PT, CCTT // Timothy Kauffman, PT, PhD, FAPTA, FGSA

Third Annual Resident Presentation Day

Saint Francis University, Loretto, PA

6/26/2019

- ACL Graft Options: Benefits, Drawbacks, and Patient-Specific Considerations
- The Missing Link in ACLR Rehabilitation: Neuroplasticity
- Incidence of Injury After Return to Sport Rehabilitation Following ACL Reconstruction
- Blood Flow Restriction Rehabilitation – Clinical Understanding and Implementation

Indications and Use of Facet Injections, Epidurals, and Ablations  
WCD meeting, PPTA  
Vantage Physical Therapy, Johnstown, PA  
Joel Bunn, PhD, PA-C, MMS, PHRN, RN, EMT-P  
5/7/2019

2019 APTA Combined Sections Meeting  
Washington, DC  
2/15 – 2/18/2019

- Return to Running: From the Clinic to the Track
- Motor Skill Training in Musculoskeletal Conditions: Current Best Evidence
- Science Meets Practice: Neuroplasticity Following ACL Injury and ACL Reconstruction
- Hip Arthroscopy, Rehabilitation, and Return to Function
- The Hip-Spine Connection: Relationships of the Hip Joint and Lumbar Spine
- Physical Therapist Management of Foot and Ankle Pain from Head to Toe
- A Foot Core Approach to Treating Plantar Fasciitis

Innovative Strategies for the Management of Low Back Pain: From Manual Therapy to Neuromuscular Control  
2018 PPTA State Conference, Valley Forge, PA  
Christopher Wise, PT, DPT, PhD(c), OCS, FAAOMPT, MTC, ATC  
10/19/2018

Partial Knee Arthroplasty, Stem Cell and Platelet Rich Plasma: Indications for Treatment  
WCD meeting, PPTA  
Vantage Physical Therapy, Johnstown, PA  
Ian Katz, MD, F.R.C.S.C.  
4/10/2018

Clinical Diagnosis and Treatment of Costovertebral Dysfunction  
WCD meeting, PPTA  
Saint Francis University, Loretto, PA  
Steve Podratsky, PT  
3/13/2018

How Dare She Sue Me! A Mock Trial Emphasizing Clinical, Legal, and Ethical Aspects of PT  
2017 PPTA State Conference, Seven Springs, PA  
Jason Bialker, JD; Mary Ann Wharton, PT, MS  
10/28/2017

Current Concepts in Shoulder Rehabilitation  
2017 PPTA State Conference, Seven Springs, PA  
Lenny Macrina, MSPT, SCS, CSCS  
10/27 – 10/28/2017

Modern Total Knee and Hip Arthroplasty  
WCD meeting, PPTA  
Western PA Sports Medicine, Johnstown, PA  
Ian Katz, MD, F.R.C.S.C.  
9/13/2017

2017 APTA Combined Sections Meeting  
San Antonio, TX  
2/15 – 2/18/2017

- Hip Instability: Mechanisms and Management of the Unstable Hip in Athletes
- Update on Minimal Footwear: Is Less More?
- A New Etiological Factor in Ankle Instability: Understanding Balance Training
- Best Treatment Approach for Subacromial Impingement Syndrome
- More Than a Diagnosis. A Clinician's Guide to Managing the Injured Runner
- Science Meets Practice: The Great Foot Strike Debate

**Current Teaching Responsibilities in the Saint Francis University Doctor of Physical Therapy Program:**

Summer Semester

PT 404 Surface Anatomy/Palpation

Fall Semester

PT 405 Exercise Prescription

PT 520 Physical Therapy Procedures

Spring Semester

PT 523 Patient Client Management 2 – Musculoskeletal 1

PT 640 Advanced Concepts in PT Practice