

# Historical Perspective

## Sports Medicine-Physical Therapy Doctoral Program

*“Academic, Research, and Clinical Excellence”*



LTC J. Parry Gerber PhD, PT, ATC, SCS



U.S. Military- Baylor University  
Post-professional Sports Medicine- PT Doctoral Program  
West Point, New York



# WEST POINT



*White*  
1914





SINK  
NAVY

# United States Military-Baylor University Post-Professional Sports Medicine-Physical Therapy Doctoral Residency

...Re-invent  
me as a PT.  
Capt Fink

Great  
experience.  
Crazy not to  
apply.  
Maj Weishaar

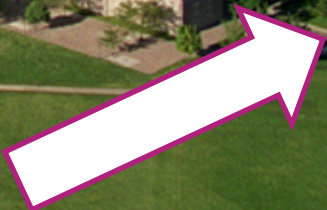
Outstanding  
Opportunity  
to excel  
outside of the  
clinic  
Lt Col Green

Lt Col Randy Green  
PT, DScPT, OCS, SCS





We were here





JEWISH CHAPEL

# ARVIN CADET PHYSICAL DEVELOPMENT CENTER 1910 - 1999

1938

1971

1946

1935

1975

1910

DEAN  
QTRS.

COMMANDANT  
QTRS.

SUPERINTENDENT'S  
QTRS.

SCOTT  
BARRACKS





JEWISH CHAPEL

# ARVIN CADET PHYSICAL DEVELOPMENT CENTER

2000-2006

1938

1946

1971

1935

1975

1910

SCOTT BARRACKS

SUPERINTENDENT'S QTRS.

COMMANDANT'S QTRS.

DEAN'S QTRS.





ARVIN CADET PHYSICAL  
DEVELOPMENT CENTER

2007-2010

1938

1971

1946

1935

1975



1910

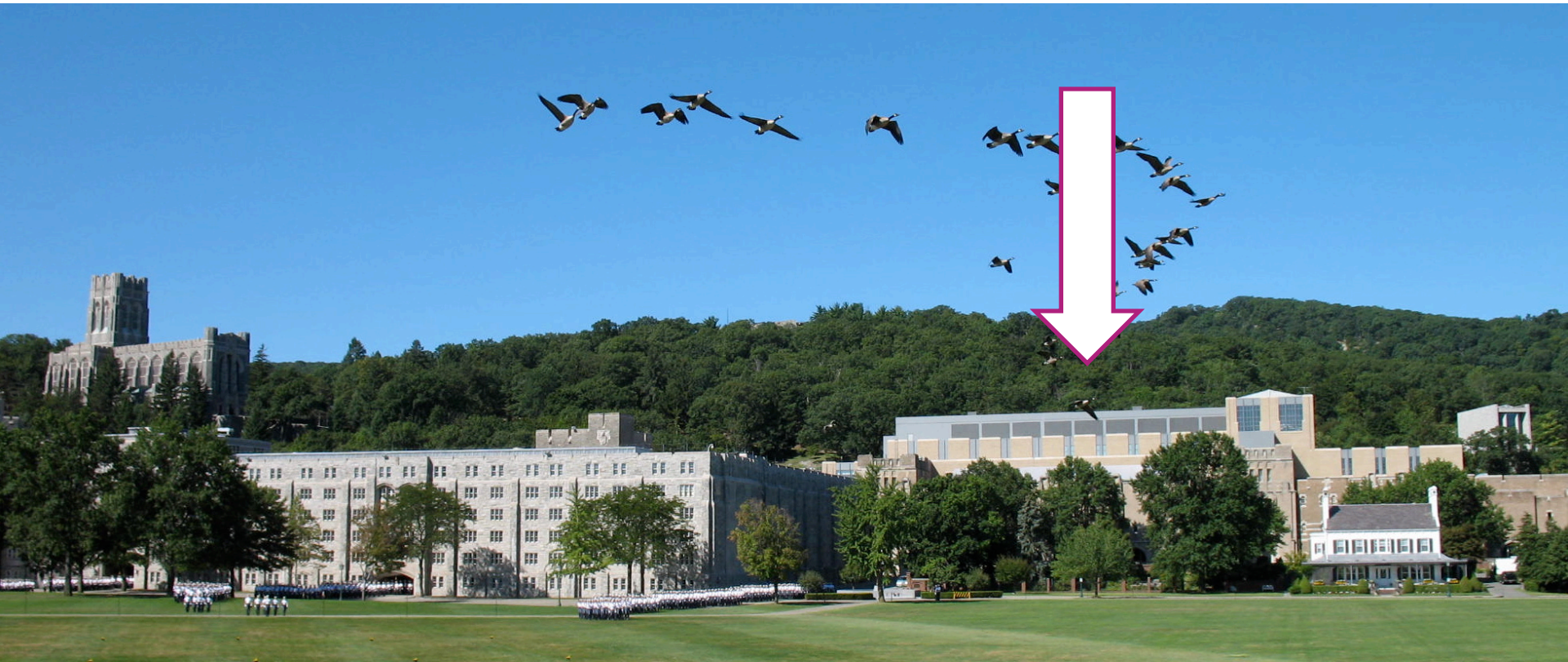
DEAN  
QTRS.

COMMANDANT  
QTRS.

SUPERINTENDENT'S  
QTRS.

SCOTT  
BARRACKS





*USMA Sports Medicine-Physical Therapy Residency*



# West Point Sports Medicine-Physical Therapy Residency: 1995-1996

If you build it . . . they will come.

ARVIN  
CADET PHYSICAL  
DEVELOPMENT CENTER

LTC Chuck Scoville

LTC J. Parry Gerber

1996

LTC Steve Bullock

1995





# Chuck Scoville









# Class of 1995



- ❖ **Director: Chuck Scoville**
- ❖ **Resident: Steve Bullock**
- ❖ **Curriculum:**
  - ◆ Consisted of a huge stack of articles that the director had accumulated over the years. Sections were basically divided into tendon, shoulder, knee and ankle general areas. One of Steve's assignments was to "weed out" articles that didn't have much value for the next year's resident. Classes (or class fragments) were "fit in" during the day's slow times. The format was essentially the instructor and resident sharing what they felt were important points in the article.
- ❖ **Athletic Training:**
  - ◆ Used the Arnheim text as curriculum. Mostly self-taught with a syllabus provided by the Department of Physical Education (DPE) head trainer. Covered intramurals with DPE during the fall from Sep-Apr.



# Class of 1995



❖ **Director: Chuck Scoville**

❖ **Resident: Steve Bullock**

❖ **Time:**

◆ **Residents worked normal clinic hours:**

**0530-1130, 1300-1600: Summer**

**0630-1130, 1300-1430: School year. (1430-1830 athletic training)**

◆ **No particular times were set aside for research, study, classes.**

**The resident would fit those things in whenever possible during “slow” times. He rotated through the weekend inpatient call and weekend sports coverage.**







# Class of 1996



❖ **Director: Chuck Scoville**

❖ **Resident: Parry Gerber**

❖ **Curriculum:**

- ◆ Similar to the previous year - sections were basically divided into tendon, shoulder, knee and ankle general areas plus an enormous modality section was added. Curriculum consisted of the same huge stack of articles. One of Parry's job was again to "weed out" "insignificant" articles. Classes were again "fit in" where possible with the same format of instruction. After the tendon curriculum, however, very few classes were actually held due to a very busy clinic and an equally very busy chief.



❖ **Athletic Training:**

- ◆ Used the Arnheim text as curriculum. Mostly self-taught with a syllabus provided by the Department of Physical Education (DPE) head trainer. Covered intramurals with DPE during the fall from Sep-Apr. A midterm was given in December, a final exam was given in April.

❖ **Time:** Similar as the previous year

BEAT  
AIR FORCE.

GILLIS  
FIELD  
HOUSE





# West Point Sports Medicine-Physical Therapy Residency: 1995-1999

The first ever clinic residency (of any kind) recognized by the APTA was this residency in 1999.

LTC Barb Springer

LTC Allyson Pritchard

Lt Col Steve Steocker

1999

LCDR Rod Clayton

LTC Greg Weaver

1998

LTC Timothy Gangel

COL Joseph Molloy

1997

LTC Chuck Scoville

LTC J. Parry Gerber

1996

LTC Steve Bullock

1995



# Barb Springer







# Barbara Springer

- ❖ **Chief of West Point and Director of the Residency (1996-1999)**
  - ◆ First chief to have a former resident (Parry Gerber) stay as assistant director. Staff therapist Glenn Williams (very research oriented) also remained on staff
- ❖ **If you organize and promote . . . they will recognize it, staff it, fund it, etc.**

**One of her top priorities was to provide better overall organization and structure to the residency**

- ◆ The first ever clinic residency recognized by the APTA was this residency in 1999.



# Class of 1997



- ❖ **Director: Barb Springer**
- ❖ **Residents: Joe Molloy & Tim Gangel**
- ❖ **Curriculum:**
  - ◆ From the “weeded out” stack of articles, the first written curriculum was created and organized through the combined efforts of Barb Springer, Parry Gerber, and Glenn Williams. Each major section area was subdivided into topics with specific goals attached. Several text book reading assignments were included along with some video tape lectures. Stress fractures and statistics was added to the curriculum. Classes were scheduled from July - Mar and held on a regular basis, usually 2-3 days per week lasting for 1-1½ hours. However, it was not infrequent to have a class start late and run into “free” time (for example lunch). It was also not uncommon to have classes postponed due to unforeseen events (i.e., clinic matters, patient care, other).





# Class of 1997



- ❖ **Director: Barb Springer**
- ❖ **Residents: Joe Molloy & Tim Gangel**
- ❖ **Athletic Training:**
  - ◆ The DPE trainers were given an outline of topics to cover. Each trainer rotated to teach a 1-2 hour class on a weekly basis. Topics were based out of Arnheim's text once again. Classes were organized and well done . . . when they were given. There were many conflicts in schedule from the DPE side of things, and many classes were also canceled due to lack of DPE preparation time (2 of the 3 trainers arrived in July for their first year at West Point). A final exam was given in April.



# Class of 1997



- ❖ **Director: Barb Springer**
- ❖ **Residents: Joe Molloy & Tim Gangel**
- ❖ **Time:**
  - ◆ We changed the summer hours to 0630 – 1600 and dropped off Saturday coverage altogether. Residents rotated for Saturday inpatient coverage and morning hospital work every other week for the first half of the year and then both of those rotations were dropped. Every other Friday afternoon was set aside for “Independent Study and Research Time (ISRT)”.





# Class of 1998



- ❖ **Director: Barb Springer**
- ❖ **Residents: Rod Clayton & Greg Weaver**
- ❖ **Curriculum:**
  - ◆ **The curriculum followed a similar format from the previous year. To refine the curriculum, residents and faculty would judge the reading assignments as essential or nonessential and revise the curriculum. A section on basic science was added to the curriculum. The modality section was greatly reduced (by about 80%) and included in the basic science curriculum. Class schedule was similar to the previous year. A good improvement was made in starting and ending classes on time. We probably had to postpone class 20% of the time for one reason or another.**



# Class of 1998



- ❖ **Director: Barb Springer**
- ❖ **Residents: Rod Clayton & Greg Weaver**
- ❖ **Athletic Training:**
  - ◆ **DPE – A better commitment from the head trainer to have a more structured curriculum fell through as the head trainer took a job elsewhere. That left a shortage in DPE staff for several months. Classes went about like the year before. A final exam was given in March, before the SCS exam.**





# Class of 1998



- ❖ **Director: Barb Springer**
- ❖ **Residents: Rod Clayton & Greg Weaver**
- ❖ **Time:**
  - ◆ **The same summer schedule was kept. Residents rotated one afternoon a week at the hospital plus Friday mornings before ortho rounds to have experience with inpatients. Every other Friday afternoon was still set aside for “Independent Study and Research Time (ISRT)”.**



# Class of 1999



- ❖ **Director: Barb Springer**
- ❖ **Residents: Allyson Pritchard & Steve Stoecker**
- ❖ **Curriculum, Athletic Training, Time:**
  - ◆ **All similar to the previous year with better overall follow through.**





# West Point Sports Medicine-Physical Therapy APTA Credentialed Residency: 1995-2000

COL Josef Moore

LTC Tim Pendergrass

2000

LTC Allyson Pritchard

Lt Col Steve Steocker

1999

LTC Barb Springer

LCDR Rod Clayton

LTC Greg Weaver

1998

LTC Timothy Gangel

COL Joseph Molloy

1997

LTC Chuck Scoville

LTC J. Parry Gerber

1996

LTC Steve Bullock

1995









# Class of 2000



- ❖ **Director: Joe Moore**
- ❖ **Resident: Tim Pendergrass**
- ❖ **Curriculum, Athletic Training:**
  - ◆ **Similar to the previous year.**





# Class of 2000



- ❖ **Director: Joe Moore**
- ❖ **Resident: Tim Pendergrass**
- ❖ **Time:**
  - ◆ This was a transition year with the new director (Joe Moore) coming on staff. Essentially, the same overall schedule and organization continued. Tim Pendergrass was the first resident to go through the residency since it became credentialed by the APTA. It appeared that the curriculum for didactic instruction, athletic training activity, and clinical rotations over the previous years did not always match what was written as a part of the overall curriculum or what was experienced by the residents.
  - ◆ Secondly, the residency was beginning to be expanded to 18 months, changing to a quad-service program and beginning a revised new academic, clinical, and research curriculum.





# Joe Moore

- ❖ **Chief of West Point and Director of the Residency (1999-2002)**
  - ◆ Parry Gerber left in the summer of 2000. Tim Pendergrass (resident 1999-2000) remained on staff as assistant director.
- ❖ **If you push and persist . . . they will grant a degree.**

**One of his top priorities was to organize the curriculum in a manner consistent with the Baylor model to become a Doctorate of Science degree producing program.**

- ❖ **The sports-medicine physical therapy residency extended to an 18 month program and offered the DSc degree in 2001.**





# West Point Post-Professional Sports Medicine-Physical Therapy Doctoral Residency: 2001-2011

1. APTA credentialed program
2. Doctoral program affiliated by Baylor University

**\*WARNING\***: It is required to complete and Submit Individual Research to Peer-reviewed, Indexed Journal

ARVIN  
CADET PHYSICAL  
DEVELOPMENT CENTER

Maj Mark Weishaar

LTC Danny McMillian

LCDR Mike Rosenthal

2003

COL Josef Moore

Lt Col Randy Green

LTC Richard Baxter

LCDR Scott Jonson

2001



**"Upon the fields of friendly strife are sown the seeds that upon other fields;  
on other days, will bear the fruits of victory."**

**MACARTHUR'S OPINION OF ATHLETICS**



Note: No one considered posing with the Army mules



# Class of 2001





# Class of 2001



- ❖ **Director: Joe Moore**
- ❖ **Residents: Randy Green, Mike Johnson, Rich Baxter**
- ❖ **Curriculum/time:**
  - ◆ Curriculum shortened
  - ◆ Class times were in the afternoon during the summer, from 1000-1200 during the fall, and formal classes ended in January to allow residents to concentrate on patient care, research, SCS exam, etc.
  - ◆ Ankle, knee and shoulder with a large emphasis on instability was the focus as instability of the ankle, knee and shoulder are West Point's legacy.
  - ◆ The curriculum areas followed the APTA guidelines and was geared toward preparing residents for the SCS exam.





# Class of 2001



- ❖ **Director: Joe Moore**
- ❖ **Residents: Randy Green, Mike Johnson, Rich Baxter**
- ❖ **Athletic Training:**
  - ◆ **Essentially the same schedule**
  - ◆ **DPE trainers continue to very cooperative and helpful to the residents. But, time is voluntary and the residency is not their primary job – challenges occasionally occur**
  - ◆ **ODIA trainers – used more**

# Class of 2003







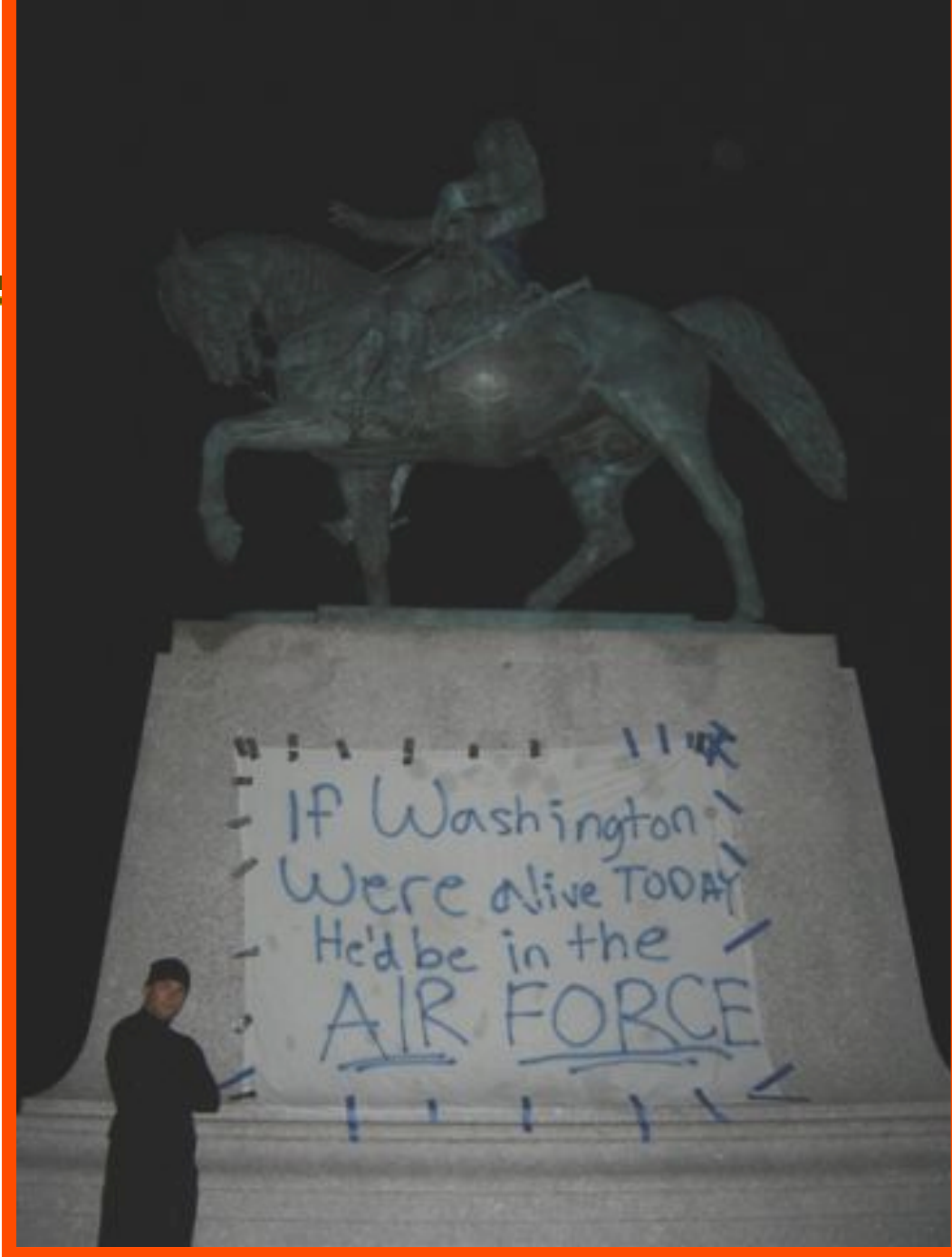
# Class of 2003



- ❖ **Director: Joe Moore and then Paul Stoneman**
- ❖ **Residents: Danny McMillan, Mark Weishaar, Mike Rosenthal**
- ❖ **Curriculum, time, athletic training:**
  - ◆ **First 18 month residency**
  - ◆ **Baylor course curriculum followed**
  - ◆ **Largely, a repeat of previous residency**







# West Point Post-Professional Sports Medicine-Physical Therapy Doctoral Residency: 2001-2011

ARVIN  
GADET PHYSICAL  
DEVELOPMENT CENTER

LTC Paul Stoneman

Maj James Dauber  
MAJ Mark Thelen  
CPT William Loro

2007

Capt Michael Fink  
MAJ Mike Johnson  
MAJ Page Karsteter  
LCDR Shane Vath

2005

Maj Mark Weishaar  
LTC Danny McMillian  
LCDR Mike Rosenthal

2003

COL Josef Moore

Lt Col Randy Green  
LTC Richard Baxter  
LCDR Scott Jonson

2001



# Paul Stoneman







# Class of 2005





# Class of 2005



- ❖ **Director: Paul Stoneman**
- ❖ **Residents: Michael Fink, Michael Johnson, Page Karsteter, Shane Vath**
- ❖ **Curriculum, time, athletic training:**
  - ◆ **Somewhat of a transition period – many challenges over the next 4 years**
    - ❖ **Little program continuity existed: no former resident present**
    - ❖ **Significant staffing problems: deployments without backfill, staff members in courses or with medical issues, very limited enlisted staff**
    - ❖ **APTA revamped credentialed residency guidelines - no longer accepted the Baylor curriculum**
    - ❖ **Switched to a new physical therapy clinic with a dedicated conference room and offices**





# Class of 2007



- ❖ **Director: Paul Stoneman**
- ❖ **Residents: Bill Loro, James Dauber, Mark Thelen**
- ❖ **Curriculum, time, athletic training:**
  - ◆ **Due to the aforementioned challenges, many issues of the past slowed progress. The Director was pulled in so many directions that he couldn't dedicate himself as much as he wanted to the residency.**

 **BEAT NAVY**  
**TUNNEL**





# West Point Post-Professional Sports Medicine-Physical Therapy Doctoral Residency: 2001-2011

LTC J. Parry Gerber

Maj Justin Theiss  
CPT Scott Carow  
CPT(P) Angie Diebal  
CPT Rich Westrick  
CPT Joe Miller

2011

Capt Rick Clark  
CPT Heath Todd  
MAJ Beth Mason  
LCDR Brian Iveson

2009

Maj James Dauber  
MAJ Mark Thelen  
CPT William Loro

2007

Capt Michael Fink  
MAJ Mike Johnson  
MAJ Page Karsteter  
LCDR Shane Vath

2005

Maj Mark Weishaar  
LTC Danny McMillian  
LCDR Mike Rosenthal

2003

COL Josef Moore

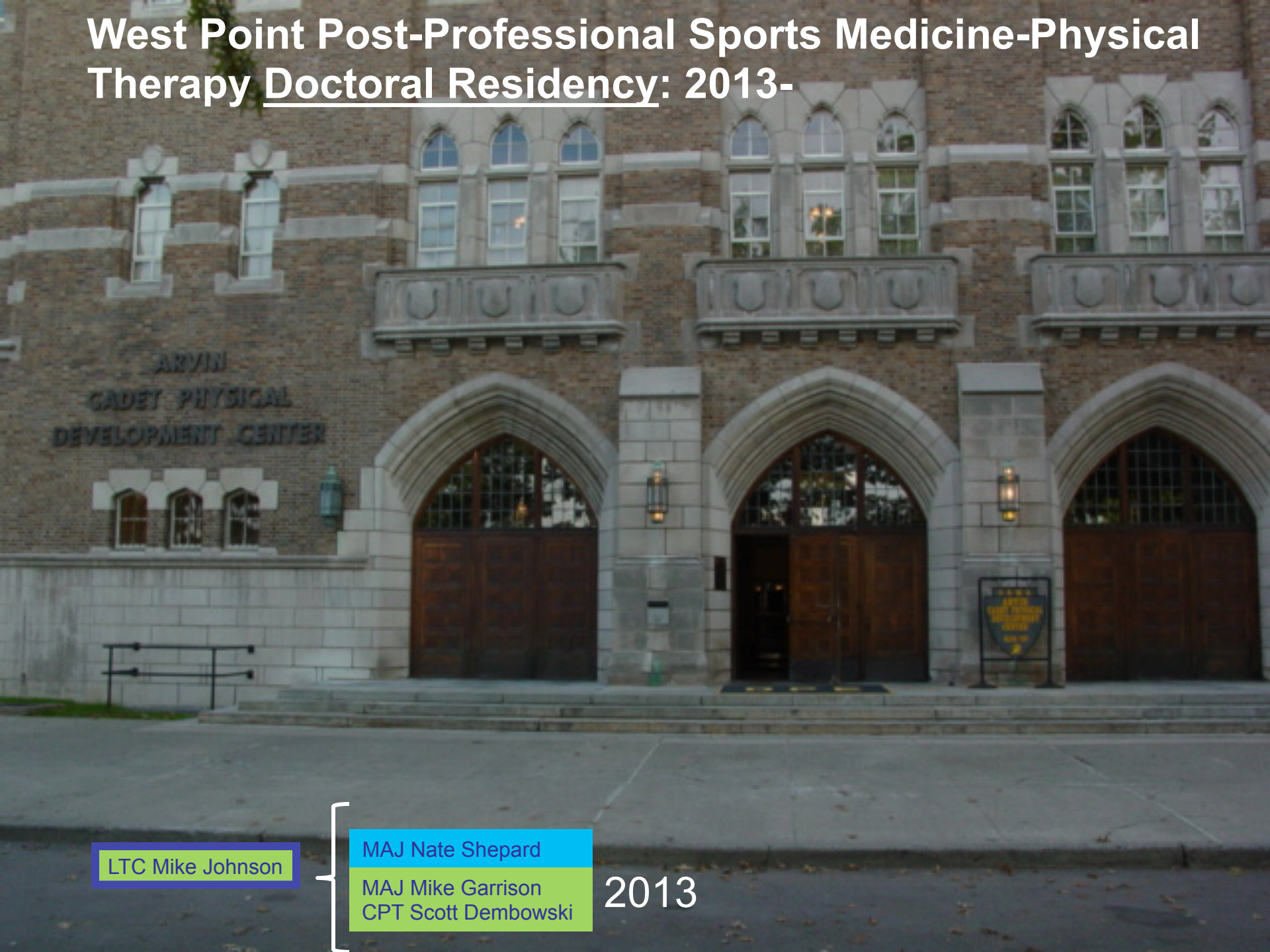
Lt Col Randy Green  
LTC Richard Baxter  
LCDR Scott Jonson

2001

ARVIN  
GADET PHYSICAL  
DEVELOPMENT CENTER



# West Point Post-Professional Sports Medicine-Physical Therapy Doctoral Residency: 2013-



LTC Mike Johnson

MAJ Nate Shepard

MAJ Mike Garrison  
CPT Scott Dembowski

2013





# Class of 2009



- ❖ **Director: Parry Gerber**
- ❖ **Residents: Heath Todd, Beth Mason, Brian Iveson, Richard Clark**





# Class of 2009







# Class of 2009



- ❖ **Director: Parry Gerber**
- ❖ **Residents: Heath Todd, Beth Mason, Brian Iveson, Richard Clark**
- ❖ **Another transition time:**
  - ◆ **Recredentialing the residency was not a trivial task. Many required items had to be added or modified to meet national APTA standards.**
  - ◆ **There was concern from Baylor that consistency may be lacking between residencies and especially when there was a change in Directors.**
  - ◆ **These 2 factors caused significant restructuring.**



# Class of 2009



- ❖ **Director: Parry Gerber**
- ❖ **Residents: Heath Todd, Beth Mason, Brian Iveson, Richard Clark**
- ❖ **Curriculum, time, athletic training:**
  - ◆ **The Director assigned a clinic chief at both the Keller and Cadet Clinic to handle all clinical matters to dedicate time more exclusively to the residency.**
  - ◆ **Administrative details from the APTA and Baylor took significant time away from directly focusing on the residency**
  - ◆ **Much more structured – school setting.**
  - ◆ **Athletic training – the DPE staff developed a more standardized curriculum**



# West Point Post-Professional Sports Medicine-Physical Therapy Doctoral Residency

## Example of research projects/publications from former graduates:

**Side to Side Anthropometric Ultrasound Measurements of Lateral Abdominal Musculature; a Study of Competitive Collegiate Single Sided Rowers,** Beth Mason

**Associations between three clinical assessment tools for postural stability,** Rick Clark

**Interrater reliability of the Side-lying Thoraco-lumbar Rotation Measurement (STRM),** Brian Iveson

**The Effects of Cryotherapy on Quadriceps Activity and Isometric Strength in Early Post-Operative Knee Surgery Patients,** Loro W.

**Foot Plantar Surface Pressure Patterns and Incidence of Lower Extremity Overuse Injuries in West Point New Cadets,** Heath Todd

**Use of a Modified Version of the Balance Error Scoring System (BESS) to Predict Ankle Sprains in a Military Population,** Dauber J

**The Swain Test for Medial Collateral Ligament Injuries of the Knee** Karsteter PA, Stoneman PD, McCulloh I.

**The Clinical Efficacy of Kinesio Tape for Shoulder Pain: A Randomized, Double-Blinded, Clinical Trial.**  
**Clinical Prediction Rules for Chronic Exertional Compartment Syndrome.** Vath SA.

**The Effects of an Acute Bout of Pre-Activity Static Stretching versus Ballistic Stretching on Hamstring Muscle Length and Horizontal Hopping Performance in Athletic Male Cadets with Hamstring Tightness** Fink ML, Stoneman PD.

**Comparison of Lateral Hop Versus a Forward Hop for Functional Evaluation of Lateral Ankle Sprains.** Johnson

**The effect of functional training on chronic ankle instability.** McMillian D, Moore JH, Stoneman PA

**Effect of prophylactic knee bracing on functional test performance in NCAA Div I football interior linemen.** Rosenthal MD, Moore JH,

**Supervised Clinic-based Physical Therapy versus Home Exercise in the Treatment of Acute Lateral Ankle Sprains.** Weishaar MD, Green RA, Moore JH, Pendergrass TL, Silvka E, Goss DL, Stoneman P. **2004 Sports Physical Therapy Section Excellence in Research Award**

**Sit-up performance associated with two different training regimens.** Baxter RE, Moore JH, Pendergrass TL, Crowder TA, Lynch S.

**Prospective double blinded comparison of supervised exercise with and without manual therapy for patients with acute lateral ankle sprains.** Green RA, Moore JH, Pendergrass TL, Lynch SM, Vought RM. **Louise House Award for best poster at SOMOS.**

**Training and lower extremity biomechanical risk factors associated with metatarsal stress fractures in army cadets at the united states military academy.** Jonson SR, Moore JH, Pendergrass TL, Taylor DC, Cameron KL, Fellows DW.

**Recipient of the 2003 Sports Physical Therapy Section Excellence in Research Award: Clinical Diagnostic Accuracy and Magnetic Resonance Imaging of Patients Referred by Physical Therapists, Orthopaedic Surgeons, and Nonorthopaedic Providers** Josef H. Moore, Donald Lee Goss, Richard E. Baxter, Thomas M. DeBerardino, Liem T. FEBRUARY 2005 Volume 35, No. 2

**Risk Determination for Patients With Direct Access to Physical Therapy in Military Health Care Facilities** Josef H. Moore, Danny J. McMillian, Marc D. Weishaar, Michael D. Rosenthal OCTOBER 2005 Volume 35, No. 10

**Deep Vein Thrombosis in an Athletic Military Cadet.** J Orthop Sports Phys Ther. 2006;36(9):686-697. doi:10.2519/jospt.2006.2251 Fink ML, Stoneman PD.

**Bilateral Distal Fibular Stress Fractures in a Young Military Cadet.** Fink ML.

**Identification and Management of 2 Femoral Shaft Stress Injuries** Marc D. Weishaar, Danny J. McMillian, Josef H. Moore JOSPT OCTOBER 2005 Volume 35, No. 10

**Karsteter PA, Yunker C. Recognition and Management of an Orbital Blowout Fracture in in Amateur Boxer.** J Orthop Sports Phys Ther. 2006;36(8):611-618. doi:10.2519/jospt.2006.2207

**Clonus in a Rugby Player and Return to Sports after Transient Neurological Injury.** Karsteter PA, Stoneman PD.

**Evaluation of a Subscapularis tear in a Female Athlete with Shoulder Instability.** Johnson M.

**Diagnosis and Treatment of Acute Exertional Rhabdomyolysis** Richard E. Baxter, Josef H. Moore JOSPT MARCH 2003 Volume 33, No. 3

**Resident's Case Problem: Identification of a Fibular Fracture in an Intercollegiate Football Player in a Physical Therapy Setting** Donald Lee Goss, Josef H. Moore, Darryl B. Thomas, Thomas M. DeBerardino JOSPT APRIL 2004 Volume 34, No. 4

**Unilateral hypoglossal nerve injury in a college wrestler: A case report.** Loro WA, Owens BD. (in publication with *J Athl Trng*)

**Diagnosis of Medial Knee Pain: Atypical Stress Fracture About the Knee Joint** Josef H. Moore, Thomas M. DeBerardino, Michael D. Rosenthal JULY 2006 Volume 36, No. 7

**Dynamic vs. static-stretching warm up: the effect on power and agility performance.** McMillian DJ, Moore JH, Hatler BS, Taylor DC. J Strength Cond Res. 2006 Aug;20(3):492-9.

**Differential diagnosis of shoulder pain followed by progressive weakness. A case report.** Rosenthal M. Journal of Special Operations Medicine. Accepted for publication

**Neuromuscular excitability changes in the vastus medialis following anterior cruciate ligament reconstruction.** Rosenthal M. *Electromyography and Clinical Neurophysiology*. 49(1):43-51, 2009.

**Acute painless shoulder weakness during high-intensity athletic training.** Rosenthal M. *American Journal of Sports Medicine*. 37(1): 175-180, 2009.



**Hypothenar Hammer Syndrome: case report with clinical and infrared thermographic correlations.** Molloy JM, Pascoe DD, Smith JW, Purohit RC, Herrick RT. *Thermology International*. 2005; 15 (2).

**Effects of early progressive eccentric exercise on muscle structure after anterior cruciate ligament reconstruction.** Gerber JP, Marcus RL, Dibble LE, Greis PE, Burks RT, LaStayo PC *J Bone Joint Surg Am*. 2007 Mar;89(3):559-70.

**Safety, feasibility, and efficacy of negative work exercise via eccentric muscle activity following anterior cruciate ligament reconstruction.** Gerber JP, Marcus RL, Dibble LE, Greis PE, Burks RT, LaStayo PC. *J Orthop Sports Phys Ther*. 2007 Jan; 37(1):10-8.

**Postural control after a 2-mile run.** Pendergrass TL, Moore JH, Gerber JP: *Mil Med*. 2003 Nov; 168(11):896-903.

**Early Application of Negative Work via Eccentric Ergometry Following Anterior Cruciate Ligament Reconstruction: A Case Report.** Gerber JP, Marcus RL, Dibble LE, Greis P, LaStayo PC. *J Orthop Sports Phys Ther*. 2006 May;36(5): 298-307.

**High-intensity resistance training amplifies muscle hypertrophy and functional gains in persons with Parkinson's disease.** Dibble LE, Hale TF, Marcus RL, Droge J, Gerber JP, LaStayo PC. *Mov Disord*. 2006 Sep; 21(9):1444-52.

**Comparison of the Single Assessment Numeric Evaluation method and two shoulder rating scales. Outcomes measures after shoulder surgery.** Williams GN, Gangel TJ, Arciero RA, Uhorchak JM, Taylor DC. *Am J Sports Med*. 1999 Mar-Apr;27(2):214-21.

**Evaluation of the sports ankle rating system in young, athletic individuals with acute lateral ankle sprains.** Williams GN, Molloy JM, DeBerardino TM, Arciero RA, and Taylor DC: *Foot & Ankle International*, 2003; 24(3).

**Comparison of the single assessment numeric evaluation method and the Lysholm score.** Williams GN, Taylor DC, Gangel TJ, Uhorchak JM, Arciero RA. *Clin Orthop Relat Res*. 2000 Apr;(373):184-92.

**Persistent Disability Associated with Ankle Sprains: A Prospective Examination of an Athletic Population.** Gerber JP, Williams GN, Scoville CR, Arciero RA, Taylor DC. *Foot & Ankle International*, 1998 Oct;19(10):653-660.

**Influence of Running Shoe Type on Distribution and Magnitude of Plantar Pressures among Those with Pes Planus or Pes Cavus Feet.** Molloy JM, Yeykal NS, Tragord BS, Neal MS, Nelson ES, Christie DS, Teyhen DS, McPoil TM *Clin Biomech* 2008; 23(5): 708-709.

# Relative Risk of Injury Associated with Participation in Intramural Rugby at the United States Military Academy. Cameron KL, Yunker CA, Koesterer AC. Journal of Athletic Training, Vol. 36(S), May 2001.

Incidence of injury: 22.31 injuries per 100 players or 15.86 injuries per 1000 exposures to injury. Overall 605 injuries by athletes exposed to injury 38,151 times



Cadet had Knee-to-knee impact -- Limped off field with assistance. Weight-bearing but with pain --kneecap looks different -- Visible and Palpable patellar defect.  
Dx: Tripod patellar fracture.  
Surgery: ORIF of comminuted intra-articular fx of patella – 8mm separation of fragments



Cadet stuck arm into scrum on his first day of practice.  
(L) Radial-Ulnar fracture (Both Bones Fracture)  
Neuro-Vascular status: intact  
Obvious deformity of (L) forearm  
DOS: 12 Apr 01





# Class of 2011







# Class of 2011



- ❖ **Director: Parry Gerber**
- ❖ **Residents: Scott Carow, Angie Diebal, Rich Westrick, Joe Miller, Justin Theiss**
- ❖ **Quite possibly the most productive of any previous group**
  - ◆ **> 10 journal articles/chapters published**
  - ◆ **Many notable athletic training venue coverages – warrior games, World Games in Brazil, Army 10-miler, All-Army Basketball, etc.**

# West Point

## US Military-Baylor Sports-Medicine Residency and Doctoral Program

### Publications: May 2011-May 2012

#### ORIGINAL RESEARCH

#### EXPLORATION OF THE Y-BALANCE TEST FOR ASSESSMENT OF UPPER QUARTER CLOSED KINETIC CHAIN PERFORMANCE

Richard B. Westrick, PT, DPT, DSc, OCS, SCS<sup>1</sup>  
Joseph M. Miller, PT, DPT, DSc, OCS, SCS<sup>2</sup>  
Scott D. Carow, PT, DPT, DSc, OCS<sup>3</sup>  
J. Parry Gerber, PT, PhD, SCS, ATC<sup>4</sup>

#### ORIGINAL RESEARCH

#### LATERAL ABDOMINAL MUSCLE SYMMETRY IN COLLEGIATE SINGLE-SIDED ROWERS

Norman W. Gill, PT, D.Sc., OCS, FAAOMPT<sup>1</sup>  
Beth E. Mason, PT, D.Sc., OCS<sup>2</sup>  
J. Parry Gerber, PT, Ph.D., ATC, SCS<sup>3</sup>

#### CASE REPORT

#### DIAGNOSIS OF AN ISOLATED POSTERIOR MALLEOLAR FRACTURE IN A YOUNG FEMALE MILITARY CADET: A RESIDENT CASE REPORT

Joseph M. Miller, PT, DSc, OCS, SCS, CSCS<sup>1</sup>  
Steven J. Svoboda, MD<sup>2</sup>  
J. Parry Gerber, PT, PhD, SCS, ATC<sup>3</sup>

#### ORIGINAL RESEARCH

#### EFFECTS OF FOREFOOT RUNNING ON CHRONIC EXERTIONAL COMPARTMENT SYNDROME: A CASE SERIES

MAJ Angela R. Diebal, PT, DPT<sup>1</sup>  
Dr. Robert Gregory, PhD<sup>2</sup>  
COL Curtis Alitz, MD<sup>3</sup>  
LTC J. Parry Gerber, PT, PhD<sup>1,4</sup>

#### Forefoot Running Improves Pain and Disability Associated With Chronic Exertional Compartment Syndrome

MAJ Angela R. Diebal,<sup>\*,†</sup> PT, DSc, Robert Gregory,<sup>‡</sup> PhD, COL Curtis Alitz,<sup>†</sup> MD, and COL J. Parry Gerber,<sup>†</sup> PT, PhD

*Investigation performed at Keller Army Community Hospital, West Point, New York*

#### Dorsal Triquetrum Fracture

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**J. PARRY GERBER**, PT, PhD, SCS, *Director, US Army-Baylor University Post-professional Sports Medicine - Physical Therapy Doctoral Residency, West Point, NY.*

#### Posterior Distal Tibial Fracture in a Military Trainee

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**J. PARRY GERBER**, PT, PhD, SCS, ATC, *Associate Professor, Baylor University, Waco, TX; Director, US Military-Baylor Sports Medicine*

#### Deep Vein Thrombosis in a Young Marathon Athlete

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West Point, New York





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- ❖ **Residents: Scott Dembowski, Nate Shepard, Mike Garrison**







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