

# JENNIFER SEBERT HOWARD, PhD, LAT, ATC

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## EDUCATION

### **University of Kentucky, Lexington, KY**

*Doctorate of Philosophy, Rehabilitation Sciences, 8/2007-5/2011*

Dissertation: "Clinical and Functional Assessment Following Autologous Chondrocyte Implantation to the Knee: The Role of Patient Reported Outcomes, Performance Based Assessment, and Response Shift"

*Certificate in Clinical and Translational Sciences 5/2010*

*Certificate in Applied Statistics 5/2009*

### **University of Kentucky, Lexington, KY**

*Master of Science, Kinesiology and Health Promotion, concentration in Athletic Training, 8/2004-5/2006*

Research Project: "Influence of Hip and Foot Structure on Knee and Hip Kinematics During Landing"

### **High Point University, High Point, NC**

*Bachelor of Science, Athletic Training, Summa Cum Laude, CAAHEP accredited program 8/2000-5/2004*

## PROFESSIONAL EXPERIENCE

### **Department of Health and Exercise Science, Beaver College of Health Sciences**

#### **Appalachian State University, Boone, NC**

*Assistant Research Professor 8/2015 - Present*

### **Department of Orthopaedics and Sports Medicine, College of Medicine**

#### **University of Kentucky, Lexington, KY**

*Assistant Research Professor 8/2014 – 6/2015*

- Study Coordinator for "Cartilage and Ligament Patient Registry," current enrollment > 1000
- Provided research training and education to orthopaedic residents and fellows
- Maintained collaboration with UK College of Health Sciences by providing supervision and mentorship for Post-Professional Athletic Training Master's Program and Rehabilitation Sciences Doctoral Program student research projects
- Pursued funding for an active research line related to clinical outcomes following orthopaedic knee surgery
- Facilitated clinical research and clinical trials involvement throughout the Department of Orthopaedics, including the building and design of multiple outcomes databases.

### **Department of Rehabilitation Sciences, College of Health Sciences,**

#### **Department of Orthopaedics and Sports Medicine, College of Medicine**

#### **University of Kentucky, Lexington, KY**

*Assistant Research Professor 7/2012 – 8/2014*

- Dual research appointment with goal of continuing to expand interdepartmental research collaborations
- Provided supervision and mentorship for Post-Professional Athletic Training Education Program and Rehabilitation Sciences Doctoral Program student research projects

**Sanofi Biosurgery, Cambridge, MA**

*Consultant 8/2012 – 8/2013*

- Provided training for Medical Science Liaisons regarding evidence based medicine and critique and analysis of clinical research

**Department of Rehabilitation Sciences, Division of Athletic Training, University of Kentucky, Lexington, KY**

*Post-Doctoral Scholar 8/2011 – 6/2012*

- Identified and pursued grant funding for expansion of collaborative research with the Department of Orthopedics
- Designed, developed, and executed independent research projects
- Provided supervision and mentorship for master student research projects
- Contributed as a senior member of a collaborative interdisciplinary research team consisting of physical therapists, athletic trainers, physicians, and students

**Department of Orthopaedics and Sports Medicine, University of Kentucky, Lexington, KY**

*Research Assistant, 8/2007- 6/2012*

- Clinical Research Coordinator for the Center for Cartilage Repair and Restoration
- Assisted with development and implementation of clinical research studies and grant proposals
- Wrote and reviewed various manuscripts and proposals for Internal Review Board approval
- Initiated the “Cartilage and Ligament Patient Registry,” patient outcomes database.
- Study Coordinator for multiple sponsored clinical trials
- Assisted orthopaedic physician in clinic as needed (Ex. evaluations, bracing, patient education, dressing changes, etc.)

**Department of Athletics, Elon University, Elon, NC**

*Assistant Athletic Trainer and Approved Clinical Instructor, 8/2006-5/2007*

- Athletic Trainer for NCAA Division I women’s basketball program responsible for injury prevention, assessment, and rehabilitation including chronic, acute and post-surgical injuries
- Coordinated medical care through team physicians and processing of insurance claims
- Served as an Approved Clinical Instructor (ACI) for CAATE accredited Athletic Training Education Program providing clinical instruction and mentorship for athletic training students

**Department of Athletics and Recreation, Centre College, Danville, KY**

*Graduate Assistant Athletic Trainer, 8/2004-5/2006*

- Primary athletic trainer for women’s volleyball, women’s field hockey, men’s and women’s swimming and diving, and men’s and women’s cross country and track including all home events, practices, and team travel

**Centre College Men’s and Women’s Soccer Camp, Danville, KY**

*Head Athletic Trainer Women’s Camp Summer 2006;*

*Assistant Athletic Trainer Men’s and Women’s Camps, Summer 2004, 2005,*

**University of Kentucky Summer Sports Camps, Lexington, KY**

*Athletic Trainer, Summer 2004, 2005*

**Bluegrass State Games, Lexington, KY**

*Competition Site Athletic Trainer, July 2004, March 2005, July 2005, July 2008*

**High Point University, High Point, NC**

*Athletic Training Student, January 2002- May 2004*

## **INSTRUCTIONAL EXPERIENCE**

### **Appalachian State University, Boone, NC**

*Instructor, Athletic Training 1600 – Introduction to Athletic Training, Fall 2015*

*Coordinating Instructor, Athletic Training 3000 – Athletic Training Clinical Laboratory IV, Fall 2015*

*Instructor, Health Promotion 3200 – Health Risk Appraisal, Fall 2015*

### **University of Kentucky, Lexington, KY**

*Course Coordinator, Rehabilitation Sciences 789 - Research Apprenticeship in Rehabilitation Sciences (Musculoskeletal Laboratory Meetings), Fall 2013, Spring 2014, Fall 2014, Spring 2015*

*Instructor, Athletic Training 670 – Scientific Inquiry in Athletic Training I, Fall 2014*

*Guest Lecturer, Athletic Training 671 – Scientific Inquiry in Athletic Training II, “The IRB process.” February 18, 2014*

*Faculty Mentor, Health and Human Sciences 455 – Undergraduate Research in the Health Sciences, Spring 2014*

*Faculty Mentor, Biology 395 – Research in Biology, Fall 2013-Spring 2014*

*Guest Lecturer, Athletic Training 670 – Scientific Inquiry in Athletic Training I, “Reading, Writing, and Questioning.” October 8, 29, and November 5 2013*

*Guest Lecturer, Athletic Training 672 – Scientific Inquiry in Athletic Training III, “Writing and Critiquing Research Methodologies.” October 2, 2013*

*Guest Lecturer, Athletic Training 692 – Orthopaedic Evaluation and Rehabilitation of the Spine, “Hip Assessment and Pathology.” September 30, 2013*

*Part-time Instructor, Kinesiology and Health Promotion 340 – Basics of Athletic Training, August 2008-May 2009*

### **Elon University, Elon, NC**

*Approved Clinical Instructor, Athletic Training Education Program, August 2006-May 2007*

- Provided direct clinical supervision, instruction, and mentorship for 1-3 athletic training students

### **Centre College, Danville, KY**

*Instructor, Health and Human Performance 102 – Wellness: A Way of Life, January 2005-May 2006*

### **West Virginia University Extension Service, West Virginia**

*Volunteer Camping Assistant, Summer 2001, 2002, 2003, 2004*

- Served as an assistant camp director, for county, multi-county, and state 4-H camps working to develop and implement programming for youth ages 5 -21

### **High Point University, High Point, NC**

*Chemistry Tutor, 2001-2004*

## ADVISING ACTIVITY

### *Master's Degree - Graduates:*

- September 2013 – May 2015** Chair – Amanda Chamberlain, MS Athletic Training, Research Project: *“Development of a Lower Extremity Functional Endurance Test”*
- September 2013 – May 2015** Committee Member – Shayla Veasley, MS Athletic Training, Research Project: *“Interscholastic Athletics Injury Surveillance of the Middle and High School Setting of an Urban County of Kentucky”*
- September 2012 – July 2014** Committee Member– Lydia Johnson, MS Athletic Training, Research Project: *“The Role of the Core in ACL Injury Prevention”*
- September 2012 – May 2014** Chair – Jennifer Werner, MS Athletic Training, Research Project: *“Comparison of Functional Performance Between Anterior Cruciate Ligament Reconstruction Patients Who Return to Activity and Those Who Do Not”*
- September 2012 – May 2014** Co-Chair – Julie Iannicelli, MS Athletic Training, Research Project: *“Qualitative Investigation of the Decision to Return to Sports Following Anterior Cruciate Ligament Reconstruction”*
- September 2012 – May 2014** Committee Member – Minda McCullough, MS Athletic Training, Research Project: *“Risk Factors of Anterior Cruciate Ligament Injury: A Meta-analysis”*
- September 2012 – May 2014** Committee Member – Kendall Gallop, MS Athletic Training, Research Project: *“Diagnostic accuracy of clinicians rating 2-dimensional drop jump landing as high or low risk for ACL tears”*
- September 2011 – May 2013** Committee Member – Katherine Poole, MS Athletic Training, Research Project: *“The Reliability and Stability Of A 2D Screening Tool Used to Identify Risk Factors For ACL Injury”*
- September 2010 – May 2012** Co-Research Advisor – Amanda Meade, MS Athletic Training, Research Project: *“Feasibility of Web-Based Data Collection of Patient Compliance and Outcomes in a Rural Setting”*
- September 2010 – May 2012** Co-Research Advisor – Amber Radtke, MS Athletic Training, Research Project: *“Ability of a Functional Performance Test Battery to Differentiate between Knee Surgical Patients with Varying Levels of Function”*
- September 2008 – May 2010** Doctoral Student Advisor – Laura Morris, MS Athletic Training, Research Project: *“Relationship Between Computerized and Non-Computerized Functional Assessments in Subjects with Knee Pathologies”*

### *Master's Degree - Candidates:*

- September 2014 – Present** Chair – Shelby Baez, MS Athletic Training, Research Project: *“Impact on Response Shift on Patient Reported Outcomes following Sports-Related Knee Injury”*

- September 2014 – Present** Co-Chair(2014)/Member (2015) – Allison Ishum, MS Athletic Training, Research Project: *“Performance Measures in Collegiate Soccer Players”*
- September 2014 – Present** Committee Member – Sarah Goldstein, MS Athletic Training, Research Project: *“Home Exercise Program Compliance Effects on Formal Rehabilitation in Articular Cartilage Repair Patients”*
- September 2014** Committee Member – Jared Webb, MS Athletic Training, Research Project: *“Differences in Rate of Force Development Between ACL Patients and Healthy Controls”*
- September 2014** Committee Member – Heather Wolfe, MS Athletic Training, Research Project: *“Swing Volume in Collegiate Volleyball Players”*
- Doctoral Degree:*
- September 2012 – Present** Committee Member – Caitlin Whale, PhD Candidate, Rehabilitation Sciences Athletic Training
- September 2013 – September 2015** Committee Member – Catherine Starnes, PhD Student Biostatistics

## **SPONSORED RESEARCH and GRANT ACTIVITY**

Clinical Research Liaison, University of Kentucky, Lexington, KY – *“Tritanium® Primary Acetabular Shell Study: A prospective, post-market, multi-center study of the Tritanium® Acetabular Shell,”* August 2014 – June 2015.

- Serve as point of contact in consultation with the UK Center for Clinical and Translational Science for budget development, regulatory approval, study initiation and study execution for a prospective, post-market, multi-center study device study sponsored by Stryker Orthopaedics

Clinical Research Liaison, University of Kentucky, Lexington, KY – *“A Phase 3 Prospective, Randomized, Partially Blinded Multi-Center Study to Measure the Safety and Efficacy of NOVOCART® 3D, Compared to Microfracture in the Treatment of Articular Cartilage Defects,”* August 2014 – June 2015.

- Serve as point of contact in consultation with the UK Center for Clinical and Translational Science to facilitate the Department of Orthopaedics involvement in a phase III investigational device trial sponsored by Aesculap Biologics

Study Coordinator, University of Kentucky, Lexington, KY – *“A Multicenter, Randomized, Pivotal Study to Evaluate the Safety and Efficacy of the Cartilage Autograft Implantation System (CAIS) for the Surgical Treatment of Articular Cartilage Lesions of the Knee,”* December 2007 – May 2014

- Phase III investigational device trial sponsored by Advanced Technologies and Regenerative Medicine, LLC

Study Coordinator, University of Kentucky, Lexington, KY – *“A Feasibility Study to Determine the Up-regulation of Anti-inflammatory Cytokines in Whole Blood from Patients with Osteoarthritis,”* May 2009 – August 2011

- A Phase I investigational device trial sponsored by Biomet Biologics, LLC

## GRANT ACTIVITY

### *Approved and Funded - Extramural:*

- July 2015** Baez, Shelby(Co-PI), **Howard Jennifer S** (Co-I/Faculty Advisor), “Use of Response Shift to Improve Agreement between Patient Reported Outcome Measures and Performance-Based Testing in Knee Patients”, Sponsored by National Athletic Trainers’ Association, Research and Education Foundation Osternig Master’s Research Grant, Total Funding \$1,000, Current Status: Fully Funded
- April 2015** Johnson, Darren L (Site-PI), **Howard, Jennifer Sebert**(Co-I). “Timing of Surgery and Rehabilitation to Optimize Outcome for Patients with Multiple Ligament Knee Injuries: A Multi-Center Clinical Trial” Proposed subcontract with University of Pittsburgh Department of Defense clinical Trial Planning Grant, Current Status: Fully Funded
- March 2015** Lattermann, Christian (PI), **Howard, Jennifer Sebert**(Co-I), Johnson, Darren L (Co-I) “*Triamcinolone treatment in patients with acute ACL tear and painful effusions: follow-up 2 years post-ACL reconstruction*” Sponsored by **Arthroscopy Association of North America**, Total Funding Requested \$25,000, Current Status: Funded, \$12,500
- July 2013** Werner Jennifer L (Co-PI), Iannicelli Julie P(Co-PI), **Howard Jennifer S** (Co-I/Faculty Advisor), “Understanding Return to Sport Factors Following Anterior Cruciate Ligament Reconstruction: A Mixed-Methods Study”, Sponsored by National Athletic Trainers’ Association, Research and Education Foundation Osternig Master’s Research Grant, Total Funding \$1,000, Current Status: Ongoing.
- February 2005** **Howard, Jennifer Sebert** (Co-Principal), Fazio, Melisa A. (Co-Principal) Mattacola, Carl G. (Co-Investigator), "Gender, Structure and Activity: Variables Affecting Knee Kinematics," Sponsored by NATA Research & Education Foundation, Total Funding \$1,000.00, Total Projected Funding \$1,000.00, Current Status: Closed. (July 18, 2005 - June 30, 2006).
- Not Funded - Extramural:*
- February 2015** **Howard, Jennifer Sebert** (Principal), Hoch, Johanna (Co-PI), Hoch, Matt (Co-I), Bush, Heather (Co-I), “A Randomized, Multi-center Trial of the Effect of Patient Reported Outcome Measures Usage on Patient-Centered Care, Patient-Centered Outcomes, and Athletic Training Practice”, National Athletic Trainers’ Association Research and Education Foundation – Outcomes RFA, Total Potential Funding: \$250,000, Current Status: Letter of intent approved (10/2014), Full Proposal: Unfunded
- March 2014** **Howard, Jennifer Sebert** (PI – 25% Effort), Lattermann, Christian (Co-PI), Hoch Johanna M. (Co-I), Montgomery, Justin R (Co-I), Bush, Heather (Co-I)., "Bone Bruises, Clinical Decisions, and Patient Outcomes following ACL Injury," Sponsored by National Institute Arthritis Musculoskeletal & Skin – R21, Total Direct Funding Requested \$275,000, Current Status: Not Funded
- Dec 2013** **Howard, Jennifer Sebert** (Co-PI), Uhl, Tim L. (Co-PI). “Patient Reported Outcomes and Psychosocial Measures for Early Identification of Physical Therapy Failure for Rotator Cuff Pathologies,” Sponsored by Boston University Rehabilitation Outcomes Center – Pilot Study Program, Total Direct Funding Requested \$15,190, Current Status: Not Funded

- March 2013** **Howard, Jennifer Sebert** (Co-PI), Mattacola, Carl G. (Co-PI). "Bluegrass Orthopaedic Rehabilitation Network: a practice-based research network," Sponsored by Association of Schools of Allied Health, Total Direct Funding Requested \$15,000, Current Status: Not Funded
- March 2013** **Howard, Jennifer Sebert** (PI – 40% Effort), Lattermann, Christian (Co-I), Hoch Johanna M. (Co-I), Montgomery, Justin R., "Bone Bruises, Biomarkers, and Patient Outcomes Pre- and Post-ACL Reconstruction," Sponsored by National Institute Arthritis Musculoskeletal & Skin – R21, Total Direct Funding Requested \$275,000, Current Status: Scored, but not Funded
- July 2012** **Howard, Jennifer Sebert** (Co-PI – 20% Effort), Mattacola, Carl G. (Co-PI), Uhl, Timothy L. (Co-I), "Bluegrass Orthopaedic Rehabilitation Network: a practice-based research network," Sponsored by National Institute Arthritis Musculoskeletal & Skin – R03, Total Direct Funding Requested \$150,000, Current Status: Not Funded
- November 2009** **Howard, Jennifer Sebert** (PI), "*Influence of Response Shift on Patient Reported Outcomes following Autologous Chondrocyte Implantation*," Sponsored by American Association of University Women American Dissertation Fellowship, Total Funding Requested \$20,000, Current Status: Not Funded.
- March 2009** **Howard, Jennifer Sebert** (PI), "*Performance Based Functional Outcomes 1-Year Following Autologous Chondrocyte Implantation*," Sponsored by National Athletic Trainers' Association Research and Education Foundation, Total Funding Requested \$2,500, Current Status: Not Funded.
- December 2008** **Howard, Jennifer Sebert** (PI), Lattermann, Christian (Co-I), "*Medial Meniscus Transplantation: Can the meniscus attachments be transplanted anatomically using a bone bridge technique without violating the ACL Insertion?*," Sponsored by Arthroscopy Association of North America, Total Funding Requested \$19,900, Current Status: Not Funded.
- May 2008** **Howard, Jennifer Sebert** (PI), Mattacola, Carl G. (Co-I), Lattermann, Christian (Co-I), "Use of the Standardized Orthopaedic Cartilage Repair and Treatment Evaluation Software to Assess Functional and Biomechanical Implications Following Meniscal Alteration," Sponsored by Allied Health Research Institute, Total Funding Requested \$9,915, Current Status: Not Funded.

*Approved and Funded - Intramural:*

- November 2010** **Howard, Jennifer Sebert** (Principal), "Evidence of Response Shift Following Autologous Chondrocyte Implantation," Sponsored by University of Kentucky, Center for Clinical and Translational Sciences Seed Grant, Total Funding \$5,000, Current Status: Closed. (January, 2010 – August, 2012).

**PEER REVIEWED PUBLICATIONS (Student/Resident Collaborators) - [Google Scholar Link](#)**

**Howard JS**, Toonstra JL, Meade A, Mattacola CG "Feasibility of Conducting a Web-Based Survey of Patient-Reported Outcomes and Rehabilitation Progress" *Digital Health* (Under Review).

Burnham J, **Howard JS**, Hayes CB, Lattermann C. MPFL Reconstruction with Concomitant Tibial Tubercle Transfer: A Systematic Review of Outcomes and Complications. *Arthroscopy* (Under Review).

Harput GH, **Howard JS**, Mattacola CG. Comparison of Muscle Activation Levels between Healthy and ACL Reconstructed Individuals during Eccentric and Concentric Phases of Functional Tasks. *Journal of Orthopaedic & Sports Physical Therapy*. (Under Review)

McCullough MS, Gabler CM, **Howard JS**, Medina McKeon JM. Risk Factors for Anterior Cruciate Ligament Injury: A Meta-analysis. (In Revision)

**Howard JS**, Lembach ML, Metzler AV, Johnson, DL. Rates and Determinants of Return to Play after Anterior Cruciate Ligament Reconstruction in Division I College Soccer Athletes: A Study of the Southeastern Conference. *American Journal of Sports Medicine* (In Press)

Gabler CM, Jacobs CA, **Howard JS**, Mattacola CG, Johnson DL. Comparison of graft-failure rate between autografts placed via an anatomic anterior cruciate ligament reconstruction technique: A systematic review, meta-analysis, and meta-regression. *American Journal of Sports Medicine* (In Press: doi: 10.1177/0363546515584043)

**Howard JS**, Mattacola CG, Mullineaux DR, English RA, Lattermann C. Patient Oriented and Performance Based Outcomes following Knee Autologous Chondrocyte Implantation: a time line for the 1st year of recovery. *Journal of Sport Rehabilitation*. 2014;23:223-234.

**Howard JS**, Mattacola CG, Mullineaux DR, English RA, Lattermann C. Influence of response shift on early patient-reported outcomes following autologous chondrocyte implantation. *Knee Surgery, Sports Traumatology, Arthroscopy*. 2014;22(9):2163-2171

Toonstra JL, **Howard JS**, Uhl TL, English RA, Mattacola CG. The role of rehabilitation following autologous chondrocyte implantation: A retrospective chart review. *International Journal of Sport Physical Therapy*. 2013;8(5):670-679.

**Howard JS**, Lattermann C, Hoch JM, Mattacola CG, McKeon JM. Comparing responsiveness of six common patient reported outcomes to changes following autologous chondrocyte implantation: A systematic review and meta-analysis of prospective studies. *Cartilage*. 2013;4(2):97-110.

Shah JN, **Howard JS**, Flanigan DC, Brophy RH, Carey JL, Lattermann C. A systematic review of complications and failures associated with medial patellofemoral ligament reconstruction for recurrent patellar dislocation. *American Journal of Sports Medicine*. 2012;40(8):1916-1923.

Fazio MA, **Howard JS**, Mattacola CG, Uhl TL, Jacobs CA. The effect of activity type and fatigue on knee kinematics. *Athletic Training & Sports Health Care*. 2012;4(4):173-180.

Hoch JM, **Howard JS**, McKeon JM, Mattacola CG, Lattermann C. Serum cartilage oligomeric matrix protein (sCOMP) is elevated in patients with knee osteoarthritis: A systematic review and meta-analysis. *Osteoarthritis and Cartilage*. 2011;19:1396-1404.

**Howard JS**, Fazio MA, Mattacola CG, Uhl TL, Jacobs CA. Influence of Structure, Sex, and Strength and Knee and Hip Kinematics During Landing. *Journal of Athletic Training*. 2011;46(4):376-385.

**Howard JS**, Mattacola CG, Howell DM, Lattermann C. Response shift theory: An application for health related quality of life in rehabilitation research and practice. *Journal of Allied Health*. 2011;40(1):31-38.

**Howard JS**, Mattacola CG, Romine SE, Lattermann C. Continuous passive motion, early weight bearing, and active motion following knee articular cartilage repair: Evidence for clinical practice. *Cartilage*. 2010;1(5):276-286.

## **BOOK CHAPTERS and NON-REVEIWD PUBLICATIONS**

Wilson BF, Hamilton DA, **Howard JS**, Lattermann C. Tibiofemoral patholaxity. In: Farr J, Gomoll AH, eds. *Cartilage Restoration*;10.1007/978-1-4614-0427-9\_6: Springer New York; 2014:61-69.

Howard JS, Ebert JR, Hamly K. Current Concepts in Cartilage Management and Rehabilitation. *Journal of Sport Rehabilitation*, 23 (3):169-170, 2014.

Book Review –**Howard JS**. Functional Testing in Human Performance by Michael P. Reiman and Robert C. Manske, *NATA News*, September 2010.

**Howard JS**, Briggs D. The arch height index measurement system: a new method of foot classification clinical evaluation & testing column submission. *Athletic Therapy Today*, 11(5):56-57, 2006.

## **REFEREED ABSTRACT PRESENTATIONS (*Mentored Students/Fellows/Residents*)**

Burnham JM, Jacobs CA, Whale CE, **Howard JS**, Lattermann C. Does the prevalence of preoperative bone marrow lesions for those with recurrent patellar instability affect pain prior to and following tibial tubercle transfer?. *The American Orthopaedic Society for Sports Medicine 2016 Annual Meeting*; Colorado Springs, CO. July 2015 (submitted)

**Howard JS**, Jansen JM, Lattermann C. Quality Assessment of Media Reporting on Orthopaedic Meniscal Research. *The American Orthopaedic Society for Sports Medicine 2016 Annual Meeting*; Colorado Springs, CO. July 2015 (submitted)

Veasley S, Howard AF, Mattacola CG, **Howard JS**. Epidemiological Assessment of Sport-Related Middle School Injuries in an Urban County of Kentucky. *American Public Health Association 143<sup>rd</sup> Annual Meeting and Expo*, Chicago, IL November 4, 2015 (accepted).

**Howard JS**, Whale CE. Comparison of Individuals Who Do and Do Not Return-to-Play following ACL Reconstruction. *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia*, St. Louis, MO June 2015.

Whale CE, Mattacola CG, Slavova SS, Lattermann C, **Howard JS**. An Analysis of the Impact of Outreach Athletic Trainers on of Anterior Cruciate Ligament Surgical Referrals. *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia*, St. Louis, MO June 2015.

Baez SH, Gallop KE, MS, Smith BR, **Howard JS**. Viral Costochondritis in a Female Basketball Athlete. *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia*, St. Louis, MO June 2015.

Werner JW, Toonstra JL, Iannicelli JP, Mattacola CG, **Howard JS**. Understanding Return-to-Sport Factors Following Anterior Cruciate Ligament Reconstruction *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia*, St. Louis, MO June 2015.

Iannicelli JP, Werner JL, Toonstra JL, Mattacola CG, **Howard JS**, Howell DM. To Return or Not Return? A Qualitative Investigation of Factors Influencing Return to Sport Following ACL reconstruction. *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia*, St. Louis, MO June 2015.

Chamberlain AM, Whale CE, **Howard JS**. Reliability of a Novel Step-Down-To-Fatigue Test. *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia*, St. Louis, MO June 2015.

Mattacola CG, Chamberlain AM, Howard JS. Non-Contact Salter-Harris IV Proximal Tibial Fracture in an Adolescent Football Player. *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia*, St. Louis, MO June 2015.

**Howard JS**, Whale CE, Starnes CP, Jansen JM, Lattermann C. Sex Differences in the Reporting of Cartilage Repair Outcomes. *ICRS 2015 - 12th World Congress of the International Cartilage Repair Society*, Chicago, IL.

Whale CE, Mattacola, CG, Lattermann C, **Howard JS**. Effect of Previous Cartilage Surgery Failure on Short-term Patient Reported Outcomes following Knee Osteochondral Allograft. *ICRS 2015 - 12th World Congress of the International Cartilage Repair Society*, Chicago, IL.

Toonstra JL, Howell DM, **Howard JS**, Lattermann C, Mattacola CG. The Relationship between Patient Expectations and Functional Outcome: A Mixed Methods Analysis. *ICRS 2015 - 12th World Congress of the International Cartilage Repair Society*, Chicago, IL.

Jansen JM, **Howard JS**, Lattermann C. Quality Assessment of Media Reporting on Orthopaedic Meniscal Research. *University of Kentucky 10<sup>th</sup> Annual Center for Clinical and Translational Science Spring Conference*, Lexington, KY. March 25, 2015.

Whale CE, Mattacola CG, Starnes CP, Lattermann C, **Howard JS**. Effect of Previous Cartilage Surgery Failure on Short-term Patient Reported Outcomes following Knee Osteochondral Allograft. *University of Kentucky 10<sup>th</sup> Annual Center for Clinical and Translational Science Spring Conference*, Lexington, KY. March 25, 2015.

**Howard JS**, Lattermann C. Use of Preoperative Patient Reported Outcome Scores to Predict Outcome Following Autologous Chondrocyte Implantation. *The American Orthopaedic Society for Sports Medicine 2014 Annual Meeting*; Seattle, WA. July 11, 2014. *Orthopaedic Journal of Sports Medicine*. 2014;2(2 suppl).

Lembach ML, Metzler AV, **Howard JS**, Johnson, DL. Rates and Determinants of Return to Play after Anterior Cruciate Ligament Reconstruction in Division I College Soccer Athletes: A Study of the Southeastern Conference. *The American Orthopaedic Society for Sports Medicine 2014 Annual Meeting*; Seattle, WA. July 12, 2014. *Orthopaedic Journal of Sports Medicine*. 2014;2(2 suppl)

**Howard JS**, Hoch JM, Metzler AV, Lembach ML, Johnson DL. Time to Return-to-Play following ACL Reconstruction in Southeastern Conference Women's Soccer Players. *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia*, Indianapolis, IN. June, 26 2014. *Journal of Athletic Training*. 2014;49(3 (Supplement)):S-248.

Butterfield TA, Gravelin E, **Howard JS**. Case Report of a Traumatic Knee Injury in a Middle School Football Athlete. *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia*, Indianapolis, IN. June, 26 2014. *Journal of Athletic Training*: 2014;49(3 (Supplement)):S-259.

McCullough MM, Gabler CM, **Howard JS**, Medina McKeon JM. Risk Factors of Anterior Cruciate Ligament Injury: A Meta-analysis. *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia*, Indianapolis, IN. June, 28 2014. *Journal of Athletic Training*: 2014;49(3 (Supplement)):S-146.

Poole KL, Medina McKeon JM, **Howard JS**, Mattacola CG, Myer GD, Hewett TE. The Reliability of 2-Dimensional Video Analysis for Assessing ACL Risk Factors Across a Basketball Season. *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia*, Indianapolis, IN. June, 26 2014. *Journal of Athletic Training*: 2014;49(3 (Supplement)):S-208.

Toonstra JL, Mattacola CG, Uhl TL, **Howard JS**. Factors that Influence Patient Expectations for Recovery Following Cartilage Repair of the Knee. *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia*, Indianapolis, IN. June, 26 2014. *Journal of Athletic Training*:2013: 49(3 (Supplement)):S-228.

Werner J, **Howard JS**, Hosey, RG. First Rib Stress Fracture in High School Baseball Player: Case Report. *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia*, Indianapolis, IN. June, 26 2014. *Journal of Athletic Training*: 2014;49(3 (Supplement)):S-252-253.

Whale CE, Mattacola CG, Slavova SS, Lattermann C, **Howard JS**. An Analysis of the Impact of Outreach Athletic Trainers on of ACL Surgical Referrals. *Kentucky Athletic Trainers' Society Annual Meeting*, Lexington, KY. June 7, 2014.

Fracasso SF, Mattacola CG, **Howard JS**. Effect of Baseline Lysholm Knee Scale Score on Minimal Clinically Important Difference (MCID) Values Among Surgical Knee Patients. *Kentucky Athletic Trainers' Society Annual Meeting*, Lexington, KY. June 7, 2014.

Brueggeman DA, **Howard JS**. Factors Associated with Clinical Outcomes following Autologous Chondrocyte Implantations (ACI) to the Knee. *National Conference on Undergraduate Research*, Lexington, KY. April 3, 2014.

Werner JL, Mattacola CG, Iannicelli, JP, Toonstra JL **Howard JS**. Outcomes Following Anterior Cruciate Ligament Reconstruction: A Comparison of Those Returning-to-Sport and Those Not. *University of Kentucky 9<sup>th</sup> Annual Center for Clinical and Translational Science Spring Conference*, Lexington, KY. March 27, 2014.

Whale CE, Mattacola CG, Slavova SS, Lattermann C, **Howard JS**. An Analysis of the Impact of Outreach Athletic Trainers on of ACL Surgical Referrals. *University of Kentucky 9<sup>th</sup> Annual Center for Clinical and Translational Science Spring Conference*, Lexington, KY. March 27, 2014.

Iannicelli, JP, **Howard JS**, Werner JL, Mattacola CG, Howell D, Toonstra JL. To return or not return? A qualitative investigation of factors influencing return to sport following ACL reconstruction. *University of Kentucky 9<sup>th</sup> Annual Center for Clinical and Translational Science Spring Conference; College of Health Sciences Research Day*, Lexington, KY. March 27, 2014.

McCullough MM, Gabler CM, **Howard JS**, Medina McKeon JM. Risk Factors of Anterior Cruciate Ligament Injury: A Meta-analysis. *University of Kentucky 9<sup>th</sup> Annual Center for Clinical and Translational Science Spring Conference; College of Health Sciences Research Day*, Lexington, KY. March 27, 2014.

Fracasso SF, Mattacola CG, **Howard JS**. Relationship Between Baseline Lysholm Knee Scale and Minimal Clinically Important Differences In Patient Reported Outcomes In Surgical Knee Patients. *University of Kentucky 9<sup>th</sup> Annual Center for Clinical and Translational Science Spring Conference; College of Health Sciences Research Day*, Lexington, KY. March 27, 2014.

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**Howard JS, Carpiaux AM**, Royalty R, Lattermann C. Defect size normalized to tibial width is more highly correlated to patient reported outcomes following ACI than raw defect size, BMI, or age. *11th World Congress of the International Cartilage Repair Society*, Izmir, Turkey. September 16, 2013.

**Howard JS, Kenney NA**, Lattermann C. Preoperative factors associated with post-operative outcomes among patellofemoral stabilization and realignment patients. *Southern Orthopaedic Association 30th Annual Meeting*, Palm Beach, FL. July, 17 2013.

Wagh AM, Hosey RG, Wright RD, **Howard, JS**. Hip injury in a youth football player. *National Athletic Trainers' Association 64<sup>th</sup> Annual Meeting and Clinical Symposium*, Las Vegas, NV. June, 26 2013. *Journal of Athletic Training*. 2013;48(3 (Supplement)):S-220-221

**Howard JS**, Lattermann C, Mattacola, CG. A comparison of the occurrence of response-shift among sporting and non-sporting autologous chondrocyte implantation (ACI) patients. *National Athletic Trainers' Association 64<sup>th</sup> Annual Meeting and Clinical Symposium*, Las Vegas, NV. June, 26 2013. *Journal of Athletic Training*. 2013;48(3 (Supplement)):S-45.

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**Howard, JS, Radtke, A**, Mattacola, CG. Relationship between self-reported and performance based measures of knee function among surgical patients and healthy controls. *American College of Sports Medicine's 60<sup>th</sup> Annual Meeting*, Indianapolis, IN. May 2013. *Medicine and Science in Sports and Exercise*. 2013;45(5 (Supplement)):S-352.

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**Howard JS**, Mattacola CG, Lattermann CL. Changes in functional performance of walking, squatting, stepping, and lunging following autologous chondrocyte implantation. *Ohio State University Sports Medicine Cartilage Symposium 2012*; Columbus, OH. December 1, 2012.

Radtke AR, **Howard JS**, Morris LM, Mattacola CG. Relationship between functional assessments in patients with knee pathologies. *National Athletic Trainers' Association 63rd Annual Meeting and Clinical Symposium*; June 29, 2012; St. Louis, MO. *Journal of Athletic Training*. 2012;47(3 (Supplement)):S-40-41.

Morris LM, **Howard JS**, Radtke AR, Mattacola CG, Medina McKeon JM, English RA. Relationship between lower extremity functional outcomes in preoperative knee patients. *National Athletic Trainers' Association 63rd Annual Meeting and Clinical Symposium*; June 27, 2012; St. Louis, MO. *Journal of Athletic Training*. 2012;47(3 (Supplement)):S-130.

**Howard JS**, Mattacola CG, Mullineaux DR, English RA, Lattermann C. Evidence of response shift in patient reported outcomes (PROs) following autologous chondrocyte implantation (ACI). *10th World Congress of the International Cartilage Repair Society*; May 15, 2012; Montreal. *Cartilage*. [http://car.sagepub.com/site/misc/index/ICRS\\_Extended\\_Abstracts.pdf](http://car.sagepub.com/site/misc/index/ICRS_Extended_Abstracts.pdf)

**Howard JS**, Lattermann C, Hoch JM, Mattacola CG, Medina McKeon JM. Systematic review and meta-analysis of patient reported outcome instruments following autologous chondrocyte implantation. *10th World Congress of the International Cartilage Repair Society*; May 15, 2012; Montreal. Cartilage. [http://car.sagepub.com/site/misc/index/ICRS\\_Extended\\_Abstracts.pdf](http://car.sagepub.com/site/misc/index/ICRS_Extended_Abstracts.pdf)

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**Howard JS**, Lattermann C, Mattacola, CG. Concurrent validity of Lysholm scale responses and corresponding performance based measures of function in articular cartilage patients. *National Athletic Trainers' Association 61st Annual Meeting and Clinical Symposium*, Philadelphia, PA. June 23, 2010

**Howard JS**, Lattermann C, Mattacola, CG. Evaluation of the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) for response shift among surgical knee patients. *National Athletic Trainers' Association 60th Annual Meeting and Clinical Symposium*, San Antonio, TX. June 19, 2009

**Howard JS**, Cheatham SA, James LM, Waespe DM, Lattermann C. Medial bone bridge meniscal transplantation. Can it be done anatomically without compromising the ACL footprint? *ICRS 2009 - 8th World Congress of the International Cartilage Repair Society*, Miami, FL. May 26, 2009

**Howard JS**, Fazio MA, Mattacola CG, Uhl TL. Relationship of static hip range of motion to hip and knee kinematics during flight and landing. *33rd Annual Southeast Athletic Trainers' Association Clinical Symposium and Members Meeting*, Franklin, TN. February 29, 2008

**Howard JS**, Fazio MA, Mattacola CG, Uhl TL, Shapiro R, Jacobs CA. Relationship of hip and foot structure to knee and hip kinematics during landing. *58th National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Anaheim, CA. June 27, 2007

Fazio MA, **Howard JS**, Mattacola CG, Uhl TL, Jacobs CA, Shapiro R. The effect of activity type and fatigue on knee kinematics. *58th National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Anaheim, CA. June 27, 2007

**Howard JS**, Fazio MA, Mattacola CG, Uhl TL, Shapiro R, Jacobs CA. Relationship of hip and foot structure to knee and hip kinematics during landing. *32nd Annual Southeast Athletic Trainers' Association Clinical Symposium and Members Meeting*, Franklin, TN. March 23, 2007

**Sebert JE, Mattacola CG, Uhl TL.** Diffuse shoulder pain in a collegiate swimmer. *Journal of Athletic Training* 41(2):S77, 2006

**Sebert JE, Mattacola CG, Uhl TL.** Diffuse shoulder pain in a collegiate swimmer. *31<sup>st</sup> Annual Southeast Athletic Trainers' Association Clinical Symposium and Members Meeting*, Atlanta, GA. March 31, 2006

## **PRESENTATIONS and SPEAKING ENGAGEMENTS**

### *Local:*

**January 25, 2015** Invited Speaker - Howard, JS, Sciascia, A. Why and How to Utilizing Clinical Outcomes to Improve Clinical Practice, *Kentucky Athletic Trainers' Society Regional Meeting*, Lexington, KY

**October 1, 2014** Invited Speaker - Howard, JS. Common Clinical Statistics. *Orthopaedic Resident Research Lecture Series, University of Kentucky, Department of Orthopaedics*, Lexington, KY

**May 16, 2014** Invited Speaker - Howard, JS. Special Tests: What's the Evidence? *University of Kentucky Wildcat Sports Medicine Symposium*, Lexington, KY

**April 24, 2014** Howard, JS. Use of nQuery and REDCap Computer Software for Research. *University of Kentucky Rehabilitation Sciences Doctoral Program Spring Colloquium*, Lexington, KY.

**November 13, 2012** Howard, JS, Toonstra, J. The Bluegrass Orthopaedic Rehabilitation Network (BORN): You Tell Us. *KPTA Eastern District Meeting, Kentucky Physical Therapy Association*. Lexington, KY. Solicited clinician feedback for planned PBRN

**October 19, 2012** Invited Speaker - Howard, JS. Lies, True Lies, and Statistics - A clinician's guide to applying and interpreting statistics. *Orthopaedic Resident Research Lecture Series, University of Kentucky, Department of Orthopaedics*, Lexington, KY

**October 11, 2012** Howard, JS. The Bluegrass Orthopaedic Rehabilitation Network (BORN): A practice based research network. *Total Rehab Center In-Service, University of Kentucky, Bluegrass Orthopedic Rehabilitation Network*, Somerset, KY. Spoke regarding our planned PBRN and sought clinician input regarding proposed methodology.

**August 21, 2012** Howard, JS. The Bluegrass Orthopaedic Rehabilitation Network (BORN): A practice based research network. *KPTA Eastern District Meeting, Kentucky Physical Therapy Association*. Lexington, KY. Spoke regarding our planned PBRN.

**April 14, 2010** Invited Speaker –Howard, JS. Performance based and patient reported outcomes following autologous chondrocyte implantation. *University of Kentucky, Center for Clinical and Translational Sciences Seminar Series*, Lexington, KY.

### *State / Regional:*

**March 13, 2015** Invited Speaker - Howard, JS, Sciascia, A. Why and How to Utilizing Clinical Outcomes to Improve Clinical Practice, *40<sup>th</sup> Annual Southeastern Athletic Trainers' Association Clinical Symposium & Members Meeting*, Atlanta, GA. (EBP Course)

**January 19, 2008** Invited Speaker – Howard, JS. Lower extremity functional assessment. *Kentucky Athletic Trainers' Society 2008 Annual Meeting and Clinical Symposium*, Highland Heights, KY.

*National / International:*

- May 09, 2015** Invited Speaker – Howard, JS. Loading Cartilage and Optimization for Cartilage Repair; functional restoration and expectations, *ICRS 2015 - 12th World Congress of the International Cartilage Repair Society*, Chicago, IL.
- July 2014** Accepted Speaker - Evidence Based Practice Webinar: Developing and Utilizing Clinical Outcomes Databases in Clinical Practice. Webinar for attendees of the *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia*, Indianapolis, IN (EBP Course)
- June 26, 2013** Accepted Speaker - Evidence Based Forum: Articular Cartilage Injuries Treatment Options and Expectations for Return to Activity. National Athletic Trainers' Association 64th Annual Meeting and Clinical Symposium, Las Vegas, NV.
- Sept. 26, 2012** Invited Speakers - **Howard, JS**, Mattacola, CG. Functional Assessment Utilizing the NeuroCom Balance Master®, *Natus*®, *NeuroCom*® Medical Professional eSeminar Series, World Wide Web Broadcast
- June 20, 2011** Accepted Speaker – Howard JS, Hoch JM, Mattacola, CG. Researchers' Forum: Demystifying the Clinical and Translational Research Process: Why Clinicians are Vital to This Process. *National Athletic Trainers' Association 62nd Annual Meeting and Clinical Symposium*, New Orleans, LA
- May 26, 2009** Invited Speaker – Howard, JS. SOCRATES Workshop: Pitfalls, perils and lessons learned from the implementation of Standardized Orthopaedic Cartilage Repair And Treatment Evaluation Software (SOCRATES) into clinical practice, *ICRS 2009 - 8th World Congress of the International Cartilage Repair Society*, Miami, FL.

## CERTIFICATIONS

- North Carolina Board of Athletic Trainer Examiners – Licensed Athletic Trainer #1285 August 2006 – January 2008, September 2015- Present
- Kentucky Board of Medical Licensure – Certified Athletic Trainer # AT573 2004-2006, 2007-2015
- Board of Certification, Inc. – Certified Athletic Trainer, Certification # 050402262, May 20, 2004 – Present
- Approved Clinical Instructor/Preceptor – August 2006-2009 (Elon University), August 2010-2013 (Eastern Kentucky University)
- American Heart Association Basic Life Support for Health Care Professionals – Expires Oct 2017

## RECOGNITION AND AWARDS

- *Journal of Sport Rehabilitation*, Special Edition Guest Editor: “Cartilage Repair: Surgical and Rehabilitation Considerations” Anticipated Publication – November 2013
- National Athletic Trainers' Association Research and Education Foundation Mentorship Program – Mentee 2012
- National Athletic Trainers' Association Research and Education Foundation Master's Scholarship 2005
- High Point University Sports Medicine Academic Achievement Award 2003-2004
- High Point University Dean's List 2000-2004

- Junior Marshal – Top 10% of High Point University Junior Class 2003
- Who's Who Among American Colleges and Universities, High Point University 2004
- All University Scholar Scholarship Recipient 2000-2004 High Point University
- Millis Scholar Student Athlete/Athletic Trainer 4.0 Award 2003, 2004
- American Chemical Society Cardinal Recognition Award for Outstanding Achievement in General Chemistry 2002
- Alpha Chi National Honor Society, Inducted 2002

## ACTIVITIES AND INVOLVEMENT

- Grant Reviewer – *Dutch Arthritis Foundation* – April 2014
- Grant Reviewer - *West Virginia Clinical and Translational Science Institute* – February 2014
- Ohio State University Sports Medicine Cartilage Symposium-2012
- Multicenter Orthopaedic Outcomes Network (MOON) –Annual Knee Meeting 2011
- National Athletic Trainers' Association Annual Meeting and Clinical Symposium – 2004-2006, 2008-2015
- World Congress of the International Cartilage Repair Society – 2009, 2010, 2012, 2015
- International Cartilage Repair Society – Junior Member-2010-present
- Moderator - *National Athletic Trainers' Association Annual Meeting and Clinical Symposium 2009, 2012, 2014, 2015*
- Reviewer *Physical Therapy in Sport* 2014-Present
- Reviewer *American Journal of Sports Medicine* 2013-Present
- Reviewer *International Journal of Athletic Therapy & Training* 2010-present
- Reviewer *Journal of Athletic Training* 2009-present
- Reviewer *Journal of Sport and Rehabilitation* 2009-present
- Co-Founder – University of Kentucky Rehabilitation Sciences Student Research Group 2008
- Room Monitor for Free Communications, *56<sup>th</sup> National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Indianapolis, IN. June 12-16, 2006
- National Athletic Trainers' Association – Member 2003- Present
- North Carolina Athletic Trainers' Association – 2003-2004, 2006-2007, 2015-Present
- Kentucky Athletic Trainers' Society – 2004-2015
- High Point University Educational Policies Faculty Committee – Student Representative 2001-2003
- AmeriCorp Volunteer Summer 2001, 2002
- West Virginia 4-H All-Star and volunteer camp counselor 2000-Present

## **REFERENCES**

### **Carl G. Mattacola, PhD, ATC, FNATA**

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