

**Michael R. Sitler, EdD, ATC, FNATA**

**CONTACT INFORMATION**

Address: Pearson Hall  
Temple University  
Philadelphia, PA 19122

Phone: (W) 215-204-2014  
(H) 215-953-0848

Email: sitler@temple.edu

**PROFESSIONAL PREPARATION**

Ed.D. 1989 Physical Education w/ Sports Medicine Concentration  
New York University

M.S. 1977 Physical Education w/ Somatic Science Concentration  
East Stroudsburg State College

A.T.,C. 1977 Athletic Training Certification (#02-0381)  
National Athletic Trainers' Association

B.S. 1976 Health and Physical Education with a Concentration in Athletic Training  
East Stroudsburg State College

**EMPLOYMENT**

2017 to Present Interim Department Chair, Department of Kinesiology, Temple  
University, Philadelphia, PA

2013 - 2016 Deputy Provost for Operations, Office of the Provost, Temple  
University, Philadelphia, PA

2010 - 2013 Interim Dean, College of Health Professions and Social Work, Temple  
University, Philadelphia, PA

2008 - 2010 Senior Director of Special Projects, College of Health Professions and  
Social Work, Temple University, Philadelphia, PA

1997 - 2010 Chair, Department of Kinesiology, Temple University, Philadelphia,  
PA.

- 1988 - Present      Department of Kinesiology faculty member, Temple University, Philadelphia, PA.
- 1982 - 1988      Athletic Trainer and Assistant Professor of Physical Education, Department of Physical Education, United States Military Academy, West Point, NY.
- 1977 - 1982      Head Athletic Trainer, Co-Director of the Undergraduate Athletic Training Program, and Adjunct Professor, Department of Physical Education, Kean College of New Jersey, Union, New Jersey.
- 1976 - 1977      Graduate Assistant in Athletic Training East Stroudsburg State College, East Stroudsburg, PA

### **PROFESSIONAL AFFILIATIONS**

- 1976 - Present      National Athletic Trainers' Association
- 1976 - Present      Eastern Athletic Trainers' Association
- 1988 - Present      Pennsylvania Athletic Trainers' Society
- 1979 - 1982      New Jersey Athletic Trainers' Association
- 1974 - 1976      Phi Epsilon Kappa Fraternity

### **AWARDS/HONORS/RECOGNITION**

#### **PROFESSIONAL**

- Bud Sayers Miller Distinguished Educator Award, National Athletic Trainers' Association, 2010
- Fellow, National Athletic Trainers' Association, 2009
- Lifetime Contribution Award, NATA Research and Education Foundation, 2009
- Most Distinguished Athletic Trainer Award, National Athletic Trainers' Association, 2008
- Hall of Fame, Pennsylvania Athletic Trainers' Society, 2008
- Distinguished Merit Award, Pennsylvania Athletic Trainers' Society, 2004
- Alumnus Achievement Award, East Stroudsburg University, 1997

Commanders Award for Civilian Service, United States Military Academy: West Point, 1988  
Phi Kappa Phi Scholarly Achievement Award, 1986, 1987

Cramer Award for Service to Athletic Training, 1981

## **RESEARCH**

PhD advisor for Jeffrey Driban, PhD, ATC, recipient of New Investigator Award, NATA Research and Education Foundation, 2016

Graduate Student Outstanding Poster Award. Eastern Athletic Trainers' Association Annual Meeting. Cattano, N., Driban, J., Barbe, M., Tierney, R., Amin, M., and Sitler, M. (2015). An Acute Moderate Running Bout is Biochemically Tolerated in Participants with an Acute Knee Injury History.

Best Scientific Paper Award, American Society of Hand Therapists. Karagiannopoulos, C., Sitler, M., Michlovitz, S., and Tierney, R. A. (2013). A Descriptive Study on Wrist and Hand Sensori-Motor Impairment and Function Following Distal Radial Fracture Intervention.

Henry Albert Scientific Presentation Award, Iowa Medical Society Education Fund, 1993

O'Donoghue Award, The American Academy of Orthopaedic Society Sports Medicine, 1989

## **ACADEMIC**

Temple University Full Professor Promotion, July 1, 2001

Lindback Foundation Award for Distinguished Teaching, Temple University, 1997

Temple University Tenure and Associate Professor Promotion, July 1, 1994

Temple University Merit Award, 1989(2), 1990(2), 1991(2), 1992(2), 1993(2), 1994(2), 1995(3), 1996(2), 1997(2), 1998(2), 1999(2), 2000(2), 2001(2), 2002(2), 2003(2), 2004(2), 2005(5), 2006(5), 2007(2), 2008(8), and 2009(6)

## **PHILANTHROPIC**

Charter Member of Shoe Box Society for Planned Giving, NATA Research and Education Foundation, 2009

## **CITIZENSHIP**

American Legion Award for Citizenship, 1972

## PUBLICATIONS

### ARTICLES IN REFEREED JOURNALS

#### **Published**

Cattano, N., Driban, J., Barbe, M., Tierney, R., Amin, R., and Sitler, M. (2017). Physical Activity Levels and Quality of Life Related to Collagen Turnover and Inflammation changes After Running. Journal of Orthopaedic Research. Vol 35, pp. 612-617.

Cattano, N., Driban, J., Barbe, M., Tierney, R., Amin, M., and Sitler, M., (2017). Biochemical Response to Moderate Running Bout in Participants with and without an Acute Knee Injury History. Journal of Athletic Training. Vol. 52. pp. 567-574

Karagiannopoulos, C., Sitler, M., Michlovitz, S., Tucker, C., and Tierney, R. (2016). Responsiveness of the Active Wrist Joint Position Sense Test Following Distal Radius Fracture Intervention. Journal of Hand Therapy. Vol. 29, pp 474-482.

Cattano, N., Driban, J., Cameron, K., and Sitler, M. (2016). Impact of Physical Activity and Mechanical Loading on Biomarkers Typically used in Osteoarthritis Assessment: Current Concepts and Knowledge Gaps. Therapeutic Advances in Musculoskeletal Disease. DOI: 10.1177/1759720X16670613.

Hootman, J., Sitler, M., Harris, K., and Cattano, N. (2015). Is Participation in Certain Sports Associated with Knee Osteoarthritis: A Systematic Review. Journal of Athletic Training. DOI: 10.4085/1062-6050-50.2.08.

Harris, K., Driban, J., Sitler, M., Cattano, N., Balasubramanian, E., and Hootman, J. (2014). Tibiofemoral Osteoarthritis after Surgical and Non-Surgical Treatment of the Anterior Cruciate Ligament Rupture: A Systematic Review. Journal of Athletic Training. DOI: 10.4085/1062-6050-49.3.89.

Driban, J., Cattano, N., Balasubramanian, E., Sitler, M., Amin, M., Glutting, J., and Barbe, M. (2014). Saline-Assisted Aspiration for Collecting Fluid from the Non-effused Knee: Technique and Validation. Journal of Sport Rehabilitation. E-pub only Technical Report #9. DOI: org/10.1123/JSR.2013-0040.

Karagiannopoulos, K., Sitler, M., Michlovitz, S., and Tierney, R. A. (2013). A Descriptive Study on Wrist and Hand Sensori-Motor Impairment and Function Following Distal Radial Fracture Intervention. Journal of Hand Therapy. Vol.26, pp. 204-215.

Cattano, N., Barbe, M., Balasubramanian, E., Sitler, M., Tierney, R., and Driban, J. (2013). Joint Trauma Initiates Knee Osteoarthritis through Biochemical and Biomechanical Processes and Interactions. OA Musculoskeletal Medicine. Vol. Mar 01; 1 (1):3, pp. 2-6.

Haran, J., Tierney, R., Wright, W., Keshner, E., and Sitler, M. (2013). Acute Postural Control Changes After Soccer Heading. International Journal of Sports Medicine. Vol. 34, pp 350-354. DOI: 10.1055/s-0032-1304647.

Shultz, S., Sitler, M., Tierney, R., Hillstrom, H., and Song, J. (2012). Consequences of Pediatric Obesity on the Foot and Ankle Complex. Journal of American Podiatric Medical Association. Vol. 102, pp 5-12.

Driban, J., Boehret, S., Balasubramanian, E., Cattano, N., Glutting, J., and Sitler, M. (2012). Medication and Supplement use for Managing Joint Symptoms among Patients with Knee and Hip Osteoarthritis: A Cross-Sectional Study. BMC Musculoskeletal Disorders. Vol. 2012, 13:47. DOI: 10.1186/1471-2474-13-47.

Cattano, N., Driban, J., Balasubramanian, E., Barbe, M., Amin, M. and Sitler, M. (2011). Biochemical Comparison of Osteoarthritic Knees with and without Effusion. BMC Musculoskeletal Disorders. Vol. 2011. DOI: 10.1186/1471-2474-12-273.

Hootman, J., Driban, J., Sitler, M., Harris, K., and Cattano, N. (2011). Reliability and Validity of Three Quality Rating Instruments for Systematic Reviews of Observational Studies. Research Synthesis Methods. Vol. 2011. DOI: 10.1002/jrsm.41.

Driban, J., Barr, A., Amin, M., Sitler, M., and Barbe, M. (2011). Joint Inflammation and Early Degeneration Induced by High Force Reaching are Attenuated by Ibuprofen in an Animal Model of Work-Related Musculoskeletal Disorder. Journal of Biomedicine and Biotechnology. Vol. 2011. DOI: 10.1155/2011/691412.

Hemsley, K., Sitler, M., Moyer, R., and Oatis, C. (2010). Neromuscular and Psychological Influences on Range of Motion Recovery in Anterior Cruciate Ligament Reconstruction Patients. Journal of Electromyography and Kinesiology. Vol. 20, pp 684-692.

Driban, J., Sitler, M., Barbe, M., Barr, A., Amin, M., Balasubramanian, E., Kendrick, Z., and Ziskin, M. (2010). The Potential of Multiple Synovial Fluid Protein Concentration Analyses in the Assessment of Knee Osteoarthritis. Journal of Sports Rehabilitation. Vol. 19, pp 411-421.

Shultz, S., Hills, A., Sitler, M., and Hillstrom, H. (2010). Body Size and Walking Cadence Affect Hip Power in Children's Gait. Gait and Posture. Vol. 32, pp 149-284.

Driban, J., Sitler, M., Barbe, M., and Balasubramanian, E. (2010). Is osteoarthritis a Heterogeneous Disease that can be Stratified into Subsets? Clinical Rheumatology. Vol. 29, pp 123-131.

Bartosik, K., Sitler, M., Hillstrom, H., and Palamarchuk, H. (2010). Anatomical and Biomechanical Assessments of Medial Tibial Stress Syndrome. Journal of the American Podiatric Medical Association. Vol. 100, pp 121-132.

Shultz, S., Sitler, M., Tierney, R., Hillstrom, H., and Song, J. (2009). Effects of Pediatric Obesity on Joint Kinematics and Kinetics during Two Walking Cadences. Archives of Physical Medicine and Rehabilitation. Vol. 90, pp 2146-2154.

Jimenez, C., Santiago, M., Sitler, M., Boden, G., and Homko, C. (2009). Insulin Sensitivity to a Single-Bout of Resistance Exercise in Type-I Diabetic Mellitus. Journal of Sports Rehabilitation. Vol. 18, pp 564-571.

Huxel, K., Swanik, C., Swanik, K., Bartolozzi, A., Hillstrom, H., Sitler, M., and Moffit, D. (2008). Stiffness Regulation and Muscle Recruitment Strategies of the Shoulder in Response to External Rotation Perturbations. Bone and Joint Surgery. Vol. 90, pp 154-162.

Cleary M., Sitler M., and Kendrick Z. (2006). Dehydration and Symptoms of Delayed-Onset Muscle Soreness in Normothermic Men. Journal of Athletic Training, Vol. 41, No 1, pp 36-45.

Hamstra-Wright, K., Swanik, B., Sitler, M., Swanik, K., Ferber, R., Ridenour, R., and Huxel, K. (2006). Gender Comparisons of Dynamic Restraint and Motor Skill in Children. Clinical Journal of Sports Medicine. Vol. 16, No. 1, pp 56-62.

Lake, A., Sitler, M., Stearne, D., Swanik, B. and Tierney, R. (2005). Effectiveness of Prophylactic Hyperextension Elbow Braces on Limiting Active and Passive Elbow Extension Prephysiological and Postphysiological Loading. Journal of Orthopaedic & Sports Physical Therapy. Vol. 35, No. 12, pp 837-843.

Mansell, J., Tierney, R., Sitler, M., Swanik, K., and Stearne, D. (2005). Resistance Training and Head-Neck Segment Dynamic Stabilization in Male and Female Collegiate Soccer Players. Journal of Athletic Training, Vol. 40, No. 4, pp 310-319.

Cleary M., Sweeny L, Kendrick, Z, and Sitler M. (2005). Dehydration and Symptoms of Delayed-Onset Muscle Soreness in Hyperthermic Males. Journal of Athletic Training. Vol. 40, No. 4, pp 288-297.

Epler, M., Sitler S., and Moyer R. (2005). Kinematics of Healthy and Meniscal Repaired Knees. Research in Sports Medicine: An International Journal. Vol. 13, No. 2, pp 91-109.

Tierney R., Sitler M., Swanik B., Swanik K., Higgins M., and Torg T. (2005). Gender Differences in Head-Neck Segment Dynamic Stabilization During Head Acceleration. Medicine and Science in Sports and Exercise. Vol. 37, No. 2, pp 272 - 279.

Epler, M., Sitler S., and Moyer R. (2004). Inside-Outside Repair of an Isolated Meniscal Tear Results in Predictable Favorable Clinical and Functional Outcomes. Research in Sports Medicine: An International Journal. Vol. 12, No. 2, pp 283-300.

Weise K., Sitler M., Tierney R., and Swanik K. (2004). Effectiveness of Glenohumeral Joint Stability Braces on Limiting Active and Passive Shoulder Range of Motion in Collegiate Football Players. Journal of Athletic Training, Vol. 39, No. 2, pp 151 - 155.

Karagiannopoulos C., Sitler M., and Michlovitz S. (2003). Reliability of Two Functional Goniometric Methods for Measuring Forearm Pronation and Supination Active Range of Motion. Journal of Orthopaedic & Sports Physical Therapy. Vol. 33, No. 9, pp 523-531.

Grant-Ford, M., Sitler, M., Kozin, S., and Barbe, M. (2003). Biomechanical Assessment of a Prophylactic Wrist Orthosis During Mechanical Loading in a Cadaveric Model. American Journal of Sports Medicine. Vol. 31, No. 5, pp 736-743.

Tierney, R., Mattacola, C., Sitler, M., and Maldjian, C. (2002). Head Position and Football Equipment Influence Cervical Spinal Space During Immobilization. Journal of Athletic Training. Vol. 37, No. 2, pp 185-189.

Tierney, R., Maldjian, C., Mattacola, C., Straub, S., and Sitler, M. (2002). Cervical Spinal Measures in Normal Subjects. Journal of Athletic Training. Vol. 37, No. 2, pp 190-193.

Cleary, M., Kimura, I., Sitler, M., and Kendrick, Z. (2002). Temporal Pattern of the Repeated Bout Effect of Eccentric Exercise on Delayed Onset Muscle Soreness. Journal of Athletic Training. Vol. 37, No. 1, pp 32-36.

Allen, A., Sitler, M., Marchetto, P., Kelly, J., and Mattacola, C. (2001). Assessment of the Endoscopic Semitendinosus/Gracilis Autograft Procedure with Interference Screw Fixation for Reconstruction of the Anterior Cruciate Ligament. Orthopaedics. Vol. 24, No. 4, pp. 347-353.

Verrone Hals, T., Sitler, M. and Mattacola, C. (2000). Effect of a Semi-rigid Prophylactic Ankle Stabilizer on Performance in the Functionally Unstable Ankle. Journal Of Sports Physical Therapy. Vol. 30, No. 9, pp. 552-556.

Kelly, J., Aliquo, D., Sitler, M., Odgers, C., and Moyer, R. 2000). Relationship of Burners in Cervical and Foraminal Stenosis. The American Journal of Sports Medicine. Vol. 28, No.2, pp. 214-217.

D'Arco, P., Sitler, M., Kelly, J., Moyer, R., Marchetto, P., Kimura, I., and Ryan, J. (1998). Clinical, Functional, and Radiographical Assessments of the Conventional and Modified Boyd-Anderson Surgical Procedures for Repair of Distal Biceps Tendon Injuries. The American Journal of Sports Medicine, Vol. 26, No. 2, pp. 254-261.

Locke, A., Sitler, M., Aland, C., and Kimura, I. (1997). Long-term Use of a Softshell Prophylactic Ankle Stabilizer on Speed, Agility, and Vertical Jump Performance. Journal of Sport Rehabilitation, Vol. 6, No. 3, pp. 235-245.

Boyle, M., Sitler, M., Duffy, A., Rogers, K., and Kimura, I. 1997). Knowledge and Attitudes of Certified Athletic Trainers Towards HIV+/AIDS and Treating the Athletic Injuries of HIV+/AIDS Athletes. Journal of Athletic Training, Vol. 32, No. 1, pp. 40-44.

Ra, M., Sitler, M., Moyer, R., Marchetto, P., Kelly, J., Ryan, J., and Kimura, I. (1996). Clinical, Functional, and Radiographic Assessment of Arthroscopic Abrasion Chondroplasty of the Knee. Journal of Sport Rehabilitation, Vol. 5, No. 2, pp. 127-142.

Gulick, D., Kimura, I., Sitler, M., Paolone, A., and Kelly, J. (1996). Effects of Various Treatment Techniques on the Signs and Symptoms of Delayed Onset Muscle Soreness. Journal of Athletic Training, Vol. 31, No. 2, pp. 145-152.

Sitler, M and Horodyski, M. (1995). Effectiveness of Prophylactic Ankle Stabilizers for Prevention of Ankle Injuries, Sports Medicine, Vol. 20, No.1, pp. 53-57.

McPherson, K., Sitler, M., Kimura, I., and Horodyski, M. (1995). Effects of Semirigid and Softshell Prophylactic Ankle Braces on Performance. The Journal of Orthopaedic and Sports Physical Therapy. Vol. 21, No. 3, pp. 147-152.

Emery, L. Sitler, M., and Ryan, J. (1994). Mode of Action and Angular Velocity Fatigue Response of the Hamstrings and Quadriceps. Isokinetic and Exercise Science, Vol. 4, No. 3, pp. 91-95.

Sitler, M., Ryan, J., Wheeler, B., McBride, J., Arciero, R., and Horodyski, M. (1994). The Efficacy of a Semi-rigid Ankle Brace to Reduce Acute Ankle Injuries in Basketball: A Randomized, Clinical Study at West Point. The American Journal of Sports Medicine, Vol. 22, No. 4, pp. 454-461.

Bocchinfuso, C., Sitler, M., and Kimura, I. (1994). Effects of Two Semirigid Prophylactic Ankle Stabilizers on Speed, Agility, and Vertical Jump. Journal of Sport Rehabilitation, Vol. 3, No. 1, pp. 125-134.

Walsh, M., Rhinehimer, B., Muntzer, E., Patel, J., and Sitler, M. 1994). Early Controlled Motion With Dynamic Splinting Versus Static Splinting in Zones III and IV Extensor Tendon Lacerations: A Preliminary Report. Journal of American Society of Hand Therapists, Vol. Oct-Dec, pp. 232-236.

Hopkins, J., Sitler, M. and Ryan, J. (1993). The Effects of Hip Position and Angular Velocity on Quadriceps and Hamstring Eccentric Peak Torque and H/Q Ratio. Isokinetic and Exercise Science, Vol. 4, No.1, pp. 27-33.

Woodworth, M. and Sitler, M. (1993). Iowa Wrestlers Continue Detrimental Weight Loss Practices. Iowa Medicine: Journal of the Iowa Medical Society, Vol. 83, No 10, pp. 375-377.

Sitler, M. (1992). Role of Prophylactic Knee and Ankle Bracing in Injury Reduction. Journal of Sport Rehabilitation, Vol. 1, No. 3, pp. 223-236.

Sitler, M., Ryan, J., Hopkinson, W., Wheeler, J., Santomier, J. Kolb, R, and Polly, D. (1990). The Efficacy of a Prophylactic Knee Brace to Reduce Knee injuries in Football: A Prospective, Randomized Study at West Point. The American Journal of Sports Medicine, Vol. 18, No. 3, pp. 310-315.

Welch, M., Sitler, M. and Horodyski, M. (1989). Should Athletic Trainers be Concerned About HIV? Guidelines for Athletic Trainers. Journal of Athletic Training, Vol. 24, No. 1, pp. 27-30.



Sitler, M. and Welch, M. (1986). Nasal Septal Injuries. Journal of Athletic Training, Vol.21, No. 1, pp. 10-14.

Welch, M., Sitler, M. and Kroeten, H. (1986). Boxing Injuries from an Instructional Program. The Physician and Sportsmedicine, Vol. 14, No. 9, pp. 81-90.

## **EVIDENCE-BASED PRACTICE REVIEWS**

### **Published**

Ruano, J., Sitler, M., and Driban, J. (2017). Prevalence of Radiographic Knee Osteoarthritis after Anterior Cruciate Ligament Reconstruction, With and Without Meniscectomy: An Evidence Based Practice Paper. Journal of Athletic Training. Vol. 52. Pp 606-609.

Harris, K., Driban, J., Sitler, M., Cattano, N., and Hootman, J. (2015). Five-Year Clinical Outcome Following a Randomized Trial of Anterior Cruciate Ligament Treatment Strategies: An Evidence Based Practice Paper. Journal of Athletic Training. Vol. 50, pp 110-112.

Rigbsy, R., Sitler, M., and Kelly, D. (2010). Subscapularis Integrity: An Examination of Shoulder Index Tests. Journal of Athletic Training. Vol. 45, pp 404-406.

Jenkin, M., Sitler, M., and Kelly, D. (2010). Clinical Usefulness of the Ottawa Ankle Rules for Detecting Fractures of the Ankle and Mid-foot. Journal of Athletic Training. Vol. 45, pp 480-482.

## **ARTICLES IN REFEREED BUT NOT INDEXED JOURNALS**

### **Published**

Moffit, D., Sitler, M., Swanik, C., Russ, A., Tierney, R., and Sachs, M. (2012). Gender and Menstrual Cycle Influences on Dynamic Restraint During an Acoustic Startle. Temple University Journal of Orthopaedic Surgery & Sports Medicine, Vol. 7, pp. 77-83.

Driban, J., Sitler, M., Balasubramanian, E., Barbe, M., Amin, M., Kendrick, Z., Swanik, B., and Ziskin, M. (2010). Analysis of the Electrochemical Environment of Knees. Temple University Journal of Orthopaedic Surgery & Sports Medicine, Vol. 5, pp. 30-32.

Leopanto, C., Driban, J., Balasubramanian, E. Tierney, R., Sitler, M., Amin, M., and Barbe, M. Assessment of Synovial Fluid Biomarkers Present in Fourteen Bilateral Osteoarthritic Knees. Temple University Journal of Orthopaedic Surgery & Sports Medicine, Vol. 5, pp. 39-41.

Driban, J., Barr, A., Amin, M., Sitler, M., Ziskin, M., Kenrick, Z., and Barbe, M. (2009). A Novel Model for Inducing Joint Inflammation and Degerneation with a Pharmacological Intervention to Reduce Its Effects. Temple University Journal of Orthopaedic Surgery & Sports Medicine, Vol. 4, pp. 18-19.

Goldstein, J., Anbari, A., Sitler, M., Moyer, R., and Torg, J. (2007). Lateral Joint Findings on MR Imaging of the Acutely Injured ACL Deficient Knee. Temple University Journal of Orthopaedic Surgery & Sports Medicine, Vol. 2, pp. 30-32.

Anbari, A., Kelly, J., Johanson, N., Sitler, M., and Torg, J. (2007). A Survey Assessing Orthopaedic Patient's Utilization of Chiropractors. Temple University Journal of Orthopaedic Surgery & Sports Medicine, Vol. 2, pp. 33-36.

### **BOOK CHAPTER**

Sachs, M., Sitler, M., and Schwillie, G. (1<sup>st</sup> edition, 1993; 2<sup>nd</sup> edition, 1999; 3<sup>rd</sup> edition, 2007). Assessing and monitoring injuries and psychological characteristics in intercollegiate athletes: A counseling/prediction model. In D. Pargman (Ed.), Psychological Bases of Sport Injuries. Fitness Information Technology, Inc.

**PUBLISHED AND/OR PRESENTED**  
**RESEARCH ABSTRACTS**

Cattano, N., Driban, J., Barbe, M., Amin, M., Tierney, R., and Sitler, M. (2015). Biomarker Response after an Acute Running Bout in Participants with and without an Acute Knee Injury History. Journal of Athletic Training, Vol. 49, No. 3 (Supplement).

Driban, J., Boehart, S., Balasubramanian, E., Cattano, N., Glutting, J., and Sitler, M. (2013). Patients with Osteoarthritis and a History of Sport Participation Consume More Medication and Supplement for Managing Joint Symptoms than Patients with Osteoarthritis and No History of Sport Participation: A Cross-sectional Study. Journal of Athletic Training, Vol. 48, No. 3 (Supplement).

Driban, J., Boehret, S., Balasubramanian, E., Cattano, N., Glutting, J., and Sitler, M. (2012). Medication and Supplement Use for Managing Joint Pain among Patients with Knee and Hip Osteoarthritis. Journal of Athletic Training Vol. 47, No. 3 (Supplement).

Cattano, N., Driban, J., Sitler, M., Balasubramanian, E., Barbe, M., and Amin, M. (2011). Analysis of the Biochemical Environment of Effused and Non-effused Osteoarthritic Knees. Journal of Athletic Training, Vol. 46, No. 3 (Supplement).

Driban, J., Cattano, N., Balasubramanian, E., Sitler, M., Amin, M., Glutting, J., and Barbe, M. (2011). A Method to Analyze Synovial Fluid Biomarker Concentrations in Non-effused Knees. Journal of Athletic Training, Vol. 46, No. 3 (Supplement).

Harris, K., Driban, J., Sitler, M., Cattano, N., Balasubramanian, E., and Hootman, J. (2011). Tibiofemoral Osteoarthritis after Surgical and Non-surgical Treatment of the Anterior Cruciate Ligament Rupture: A Systematic Review. Journal of Athletic Training, Vol. 46, No. 3 (Supplement).

Haran F.J., Tierney R.T., Wright W.G., Keshner, E.A., and Sitler M.R. (2010). Alterations in Postural Control Following an Acute Bout of Soccer Heading. Journal of Athletic Training, Vol. 45, No. 3 (Supplement).

Stearne, D., Sato, N., Sitler, M., and Tierney, R. (2009). Relationship of Foot Type and Fatigue to Hip Neuromuscular Kinetics. Journal of Athletic Training, Vol. 44, No. 3 (Supplement).

Shultz, S.P., Sitler, M.R., Hillstrom, H.J., Hills, A.P., Tierney, R.T., and Song, J. (2009). Body Size and Walking Cadence Affect Mechanical Power in Children's Gait. Gait & Posture. S47-S48 (Supplement 2).

Shultz, S.P., Sitler, M.R., Hillstrom, H.J., Song, J., and Tierney, R.T. (2008). Structural Integrity of the Longitudinal Arch in Overweight Children Compared to Normal-Weight Children. Obesity. 16(S1).

Shultz, S.P., Sitler, M.R., Hillstrom, H.J., Song, J., and Tierney, R.T. (2008). Frontal Plane Joint Biomechanics in Overweight and Normal-Weight Children during Self-Selected and Fast Walking Speeds. Obesity. 16 (Supplement).

Shultz, S.P., Sitler, M.R., Hillstrom, H.J., Song, J., and Tierney, R.T. (2008). Sagittal Plane Joint Biomechanics in Overweight and Normal-Weight Children during Self-Selected and Fast Walking Speeds. Obesity. 16 (Supplement).

Moffit, D., Sitler, M., Russ, A. and Tierney, R. (2008). Acoustic Perturbation Influences on Neuromuscular Hamstring/Quadriceps Coactivation and Functional Stability. Journal of Athletic Training, Vol. 43, No. 3 (Supplement).

Russ, A., Sitler, M., Moffit, D., and Tierney, R. (2008). Effects of an Acoustic Perturbation on Neuromuscular Activation and Functional Stability in the Ankle during a Functional Activity. Journal of Athletic Training, Vol. 43, No. 3 (Supplement).

Huxel, K., Swanik, C., Swanik, K., Bartolozzi, A., Hillstrom, H., Sitler, M., and Moffit, D. (2007). Stiffness Regulation and Muscle Recruitment Strategies of the Shoulder in Response to External Rotation Perturbations. Journal of Athletic Training, Vol. 42, No. 2 (Supplement).

Stearne, D., Davis, K., Sitler, M., and Tierney, R. (2007). Gender Differences in Hip Strength, Muscle Activation, and Dynamic Stability. Journal of Athletic Training, Vol. 42, No. 2 (Supplement).

Benjamin, L., Sitler, M., Moffit, D. and Tierney, R. (2007). Relationship Among Neuropsychological and Neuromuscular Factors in Physically Active Healthy Males. Journal of Athletic Training. Journal of Athletic Training, Vol. 42, No. 2 (Supplement).

Stearne, D., Sitler, M., Tierney, R., Covassin, T., Davis, K., and Swanik, C. (2006). Gender Differences on Neuromuscular Control of the Hip: Implications for Knee Joint Stability and Non-Contact Anterior Cruciate Ligament Injury. Journal of Athletic Training, Vol. 41, No. 2 (Supplement).

Huxel, K., Swanik, C., Swanik, K., Bartolozzi, A., Hillstrom, J., Sitler, M., and Moffit. (2006). Muscle Recruitment and Stiffness Regulation Strategies of the Shoulder. Journal of Athletic Training, Vol. 41, No. 2 (Supplement).

Mansell, J., Tierney, R., Sitler, M., Swanik, K., and Stearne, D. (2005). A Randomized Experimental Study of Resistance Training on Head-Neck Segment Dynamic Stabilization in Male and Female Intercollegiate Soccer Players. Journal of Athletic Training, Vol. 40, No. 2 (Supplement).

Bartosik KE, Sitler MR, Hillstrom HJ, Palamarchuk H, Huxel K, and Kim E. (2005). Anatomical and Biomechanical Assessments of Medial Tibial Stress Syndrome. Journal of Athletic Training, Vol. 40, No. 2 (Supplement).

Tierney, R., Sitler, M., Swanik, B., Swanik, K., Higgins, M., and Torg, J. (2004) Gender Differences in Dynamic Stabilization During Head Acceleration. Journal of Athletic Training, Vol. 39, No. 2 (Supplement).

Hamstra, K., Swanik, B., Sitler, M., Ridenour, M., Ferber, R., and Swanik K. (2004) Neuromuscular Coordination and Dynamic Restraint in Children of Varying Skill Levels. Journal of Athletic Training, Vol. 39, No. 2 (Supplement).

Sitler, M., Tierney, R., Swanik, B., Swanik, K., Higgins, M., and Torg, J. (2004) Knowledge and Direction of Force Application Effect on Head Acceleration. Journal of Athletic Training, Vol. 39, No. 2 (Supplement).

Lake, A., Sitler, M., Stearne, D., and Swanik, B. (2004) Effectiveness of Elbow Hyperextension Prophylactic Braces on Limiting Active and Passive Elbow Extension Pre- and Post-Physiological loading, Journal of Athletic Training, Vol. 39, No. 2 (Supplement).

Rogers, K., Sitler, M., Sennett, B, Swanik, K., Swanik, B., and Torg, J. (2003) Posterior Humeral Greater Tuberosity Subchondral Cyst Effects on the Treatment Disposition of Rotator Cuff Pathology. Journal of Athletic Training, Vol. 38, No. 2 (Supplement).

Weise, K., Sitler, M., Tierney, R., and Swanik, K. (2003) Effectiveness of Glenohumeral Joint Stability Braces on Limiting Active and Passive Shoulder Ranges of Motion in College Football Players. Journal of Athletic Training, Vol. 38, No. 2 (Supplement).

Cleary, M., Sweeney, L., Sitler, M., and Kendrick, Z. (2003) Thermoregulatory and Cardiovascular Response to Active Dehydration and Hyperthermia in Males. Journal of Athletic Training, Vol. 38, No. 2 (Supplement).

Straub, S., Sitler, M., Swanik, B., Barr, A., and Swanik, K. (2003). Skill Level Differences in Lower Extremity Kinematics and Neuromuscular Characteristics of Female Gymnasts During Drop Landings. Journal of Athletic Training, Vol. 38, No. 2 (Supplement).

Jimenez, C., Boden, G., Sitler, M., Homko, C., and Santiago, M. (2002). Acute Effects of Single Bout of Resistive Exercise on Insulin Sensitivity in Persons with Type-I Diabetes Mellitus. (2002). Journal of Athletic Training, Vol. 37, No. 2 (Supplement).

Cleary, M., Sitler, M., and Kendrick, Z.(2002). Effects of Dehydration on Delayed Onset Muscle Soreness. Journal of Athletic Training, Vol. 37, No. 2 (Supplement).

Grant-Ford, M., Barbe, M., Barr, A., Kozin, S., Sitler, M., and Kendrick, Z.(2002). Biomechanical Assessment of a Prophylactic Wrist Orthosis During Mechanical Loading in a Cadaveric Model. Journal of Athletic Training, Vol. 37, No. 2 (Supplement).

Cammarato, B., Sitler, M., Donley, P., Cooper, J., and Swanik, K. (2002). Validity and Intra-Tester Reliability of the Prone Internal Rotation Method for Measuring Posterior Shoulder Tightness. Journal of Athletic Training, Vol. 37, No. 2 Supplement).

Karagiannopoulos, C., Sitler, M., Michlovitz, S., and Spiegler, M. (2002). Reliability of Two Goniometric Assessment Methods for Measuring Active Forearm Pronation and Supination Range of Motions. Journal of Athletic Training, Vol. 37, No. 2 Supplement).

Valeriote, J., Kelly, J., Swanik, K., and Sitler, M. (2002). Efficacy of Opening Wedge High Tibial Osteotomy in Treating Tibiofemoral Medial Compartment Osteoarthritis. Journal of Athletic Training, Vol. 37, No. 2 (Supplement).

Robbin, S., Sitler, M., Muckler, J., and Mattacola, C. (2001). Volumetric Assessment of a Prophylactic Ankle Brace's Effect on Exercise Induced Distal Lower Extremity Edema. Journal of Athletic Training, Vol. 36, No. 2 (Supplement).

Ingersoll, C., Sitler, M., Mickalide, A., and Taft, M. (2001). A National Survey of Parents' Knowledge, Attitudes, and Self-Reported Behaviors Concerning Sports Safety. Journal of Athletic Training, Vol. 36, No. 2 (Supplement).

Tierney, R., Maldjian, C., Mattacola, C., Straub, S., and Sitler, M. (2001). Comparison of Cervical Spine Stenosis Measures in Normal Subjects. Journal of Athletic Training, Vol. 36, No. 2 (Supplement).

DiCostanza, K., Straub, S., Mattacola, C., and Sitler, M. (2001). Effect of Adhesive Medial Longitudinal Arch Support on Postural Sway. Journal of Athletic Training, Vol. 36, No. 2 Supplement).

Cesarin, T., Mattacola, C., and Sitler, M. (2001). Efficacy of Six Weeks of Water Training on Vertical Jump Height. Journal of Athletic Training, Vol. 36, No. 2 (Supplement).

Sweeney, L., Kendrick, Z., Sitler, M., Sachs, M., Cleary, M., and Porter, S. (2001). Effect of Hydration on Delayed Muscle Soreness in Males Dehydrated in a Hot Ambient Environment. Journal of Athletic Training, Vol. 36, No. 2 (Supplement).

DeSavage, M., Sitler, M., and Swanik, K. (2000). Effect of Glenohumeral Joint Stability Braces on Restricting Active Shoulder Range of Motion During Physiological Loading. Journal of Athletic Training, Vol. 35, No. 2 (Supplement).

Sitler, M., Mose, A., Michael, S., Moyer, R., and Kendrick, Z. (2000). Clinical Efficacy of Pivot Shift Tests for Assessing Anteriolateral Rotatory Instability of the Knee. Journal of Athletic Training, Vol. 35, No. 2 (Supplement).

Tierney, R., Mattacola, C., Sitler, M., and Maldjian, C. (2000). Effect of Head Position and Football Equipment on Cervical Spine Cord Space. Journal of Athletic Training, Vol. 35, No. 2 (Supplement).

Greco, J., Mattacola, C., and Sitler, M. (2000). Relationships Among Standardized Measure for Concussion, Postural Stability, and Function in Non-injured Athletes. Journal of Athletic Training, Vol. 35, No. 2 (Supplement).

Allen, A., Sitler, M., Marchetto, P., Kelly, J., and Mattacola, C. (1999) Assessment of the Endoscopic Semitendinosus/Gracilis Autograft Procedure with Interference Screw Fixation for Reconstruction of the Anterior Cruciate Ligament. Journal of Athletic Training, Vol. 34, No. 2 (Supplement).

Gatto, J., Kimura, I., Gulick, D., Mattacola, C., Sitler, M., and Kendrick, Z. (1999) Effects of Beam Nonuniformity Ratio of Three Ultrasound Machines on Tissue Phantom Temperature. Journal of Athletic Training, Vol. 34, No. 2 (Supplement).

Hals, T., Sitler, M., and Mattacola, C. (1998) Effect of a Semi-Rigid Prophylactic Ankle Stabilizer on Performance in Post-Acute, Functionally Impaired Ankle Sprain Subjects. Journal of Athletic Training, Vol. 33, No. 2 (Supplement).

Winslow, K., Mattacola, C, and Sitler, M. (1998) Intratester Reliability Assessing Postural Stability on the Biodex Stability System. Journal of Athletic Training, Vol. 33, No. 2 (Supplement).

Epler, M., Sitler, M., Moyer, R., Kimura, I., and Owen, M. (1997) Clinical, Radiographical, and Functional Assessment of Knee Meniscal Repair. Journal of Athletic Training, Vol. 32, No. 2 (Supplement).

Mulvihill, T., Kimura, I., Sitler, M., and Kendrick, Z. (1997) Eccentric Internal and External Shoulder Rotator Peak Torque and Total Work of the Pitching Arm of College and High School Baseball Pitchers. Journal of Athletic Training, Vol. 32, No. 2 (Supplement).

Clarke, R., Kimura, I., Thomas, T., Sitler, M., and Kendrick, Z. (1997) Effect of a 6-Week Slideboard Training Program on Quadriceps and Hamstrings Peak Torque, Vertical Jump, and Agility. Journal of Athletic Training, Vol. 32, No. 2 Supplement).

Brady, C., Kendrick, Z., Kimura, I., and Sitler, M. (1997) Effects of Acute Resistive Exercise on the Resting Metabolic Rate (RMR) and Immediate and Delayed Muscle Pain in Women. Journal of Athletic Training, Vol. 32, No. 2 (Supplement).

Locke, A., Sitler, M., Alan, C., Kimura, I., and Kendrick, Z. (1997) Effect of a Softshell Ankle Stabilizer on Performance in Events Involving Speed, Agility, and Vertical Jump During Long-Term Use. Journal of Athletic Training, Vol. 32, No. 2 (Supplement).

Holman D., Kimura, I., Kendrick, Z., and Sitler, M. (1997) Cardiorespiratory Responses During Graded Exercise Treadmill Tests with and without the Leg Harness. Journal of Athletic Training, Vol. 32, No. 2 (Supplement).

Evans, D., Sitler, M., Kimura, I., and Kendrick, Z. (1996) Prospective Analysis of NATA-Certified Athletic Trainers and the Incidence of High School Basketball Injuries. Journal of Athletic Training, Vol. 31, No. 2 (Supplement).



Schnatz, A., Kimura, I., Sitler, M., and Kendrick, Z. (1996) Influence of Cryotherapy, and Neoprene Ankle Sleeve on Total Body Balance and Proprioception. Journal of Athletic Training, Vol. 31, No. 2 (Supplement).

Greicar, M., Kendrick, Z., Kimura, I., and Sitler, M. (1996) Immediate and Delayed Effects of Cryotherapy on Functional Power and Agility. Journal of Athletic Training, Vol. 31, No. 2 Supplement).

Penderghest, C., Kimura, I., Sitler, M., and Kendrick, Z. (1996) Double Blind Clinical Efficacy Study of Dexamethasone-Lidocaine Pulsed Phonophoresis on Perceived Pain Associated with Symptomatic Tendinitis. Journal of Athletic Training, Vol. 31, No. 2 (Supplement).

Borromeo, C., Kimura, I., Sitler, M., and Marcetto, P. (1996) Reduction of Sports Injury Morbidity with Hyperbaric Oxygen Treatment. Journal of Athletic Training, Vol. 31, No. 2 Supplement).

Epler, M., Sitler, M., Moyer, R., and Kimura, I. (1996) Composite and Horn Kinematics of Normal and Repaired Knee Menisci. Journal of Athletic Training, Vol. 31, No. 2 (Supplement).

Aliquo, D., Sitler, M., Kelly, J., Moyer, R., Kimura, I., and Ryan, J. (1995) The Relationship of Intervertebral Foramina Canal Stenosis and Traumatic Upper Extremity Paresthesias. Journal of Athletic Training, Vol. 30, No. 2 (Supplement).

Gulick, D., Kimura, I., Sitler, M., Paolone, A., and Kelly, J. (1995) Effects of Various Treatment Techniques on the Signs and Symptoms of Delayed Onset Muscle Soreness. Journal of Athletic Training, Vol. 30, No. 2 (Supplement).

Rivers, D., Kimura, I., Sitler, M., and Kendrick, Z. (1995) The Influence of Cryotherapy and Aircast Bracing on Total Body Balance and Proprioception. Journal of Athletic Training, Vol. 30, No. 2 (Supplement).

Morales, A., Kimura, I., Sitler, M., and Kendrick, Z. (1995) Effect of the Achilles Tendon Adhesive Taping and Pro M-P Achilles Strap on Eccentric Plantar Flexion Peak Torque. Journal of Athletic Training, Vol. 30, No. 2 (Supplement).

Boyle, M., Sitler, M., Duffy, A., Rogers, K., and Kimura, I. (1995) Assessment of the Knowledge and Attitudes of Certified Athletic Trainers in Pennsylvania in Treating Athletic Injuries of HIV+/AIDS Athletes. Journal of Athletic Training, Vol. 30, No.2 (Supplement).

Ra, M., Sitler, M., Duffy, A., Rogers, K., and Kimura, I. (1995) Clinical and Functional Assessment of Abrasion Chondroplasty of the Knee. Journal of Athletic Training, Vol. 30, No. 2 (Supplement).

D'Arco, P., Sitler, M., Moyer, R., Ryan, J., and Kimura, I. (1995) Assessment of the Conventional and Modified Boyd-Anderson Surgical Procedures for Repair of Distal Biceps Tendon Ruptures. Journal of Athletic Training, Vol. 30, No. 2 (Supplement).

Koabel-Bagley, T., Kimura, I., Sitler, M., and Kendrick, Z. (1995) Assessment of the Need for Certified Athletic Trainers in New York State High Schools. Journal of Athletic Training, Vol. 30, No. 2 (Supplement).

Porter, S., Sitler, M., Sidor, M., Moyer, R., and Kimura, I. (1994) Assessment of In Vivo Meniscal Kinematics in the Normal Knee by Magnetic Resonance Imaging. Journal of Athletic Training, Vol. 29, No. 2.

Atmore, A., Kimura, I., and Sitler, M. (1994) Intratester and Intertester Reliability When Using the Don Joy Custom Contour Measuring Instrument to Assess Leg Contour Measurements. Journal of Athletic Training, Vol. 29, No. 2.

Ramsey, J., Kimura, A., Sitler, M., and Kendrick, Z. (1994) Influence of the Strength Shoe and Three Plyometric Drills on Peak Torque, 40-yard Dash, and Vertical Jump of High School Football Players. Journal of Athletic Training, Vol. 29, No. 2.

Schauder, J., Kimura, I., Sitler, M., and Kendrick, Z. (1994) Effects of Position and Velocity on the Eccentric Peak Torque Values of the Shoulder Rotators. Journal of Athletic Training, Vol. 29, No. 2.

O'Malley, R., Sitler, M., Moyer, R., and Kimura, I. (1994) Semitendinosus/Gracilis Autograft with Modified Losee for ACL Deficiency: A 6-year Follow-up Study. Journal of Athletic Training, Vol. 29, No. 2.

Thompson, G., Kimura, I., Sitler, M., and Kendrick, Z. (1994) Effect of Cryotherapy on Eccentric Peak Torque and Endurance. Journal of Athletic Training, Vol. 29, No. 2.

Seals, T., Kimura, I., Sitler, M., and Kendrick, Z. (1994) Effects of Body Position and Velocity on Eccentric Quadriceps Peak Torque. Journal of Athletic Training, Vol. 29, No. 2.

Emery, L., Sitler, M., Kimura, I., and Kendrick, Z. (1994) Fatigue Response of the Quadriceps and Hamstrings During Concentric and Eccentric Contractions at Two Angular Velocities. Journal of Athletic Training, Vol. 29, No. 2.

Brown, R., Kimura, I., Sitler, M., and Kendrick, Z. (1993). Effect of Body Position and Velocity on Eccentric Hamstrings Peak Torque Measures. Journal of Athletic Training, Vol. 28, No. 2.

Connelly, G., Kendrick, Z., Kimura, I., and Sitler, M. (1993). Effects of Eccentric Training vrs Concentric Training on Functional Motor Performance Skills on College Football Players. Journal of Athletic Training, Vol. 28, No. 2.

Hector, L., Kimura, I., and Sitler, M. (1993). Influence of Short Arc Isotonic Knee Extensions and the Nordictrack on Reduction of Patellofemoral Pain. Journal of Athletic Training, Vol. 28, No. 2.

Marks, M., Sitler, M., and Yost, C. (1993). Current Status of Graduates From NATA Approved Undergraduate Athletic Training Programs in the State of Pennsylvania. Journal of Athletic Training, Vol 28, No. 2.

Sitler, M., Ryan, J., Wheeler, B., McBride, J., Arciero, R., Anderson, J., and Horodyski, M. (1993). The Clinical Effectiveness of a Semi-rigid Ankle Brace to Reduce Acute Ankle Injuries in Basketball. Journal of Athletic Training, Vol 28, No. 2.

Wolff, B., Kimura, I., Sitler, M., and Kendrick, Z. (1993). Effect of the Aircast Pneumatic Armband and Pro Tennis Elbow Strap on Torque Output During Concentric Wrist Extension. (1993). The Journal of Athletic Training, Vol 28, No. 2.

Kimura, I., Beninato, P., and Sitler, M. (1992). Effect of Sport Ankle Orthoses on Range of Motion and Torque Production During Ankle Motion. Journal of Athletic Training, Vol. 27, No. 2.

Hopkins, J., Sitler, M., and Ryan, J. (1992). The Effects of Hip Position and Angular Velocity on Quadriceps and Hamstring Eccentric Peak Torque and H\Q Ratio. Journal of Athletic Training, Vol. 27, No. 2.

Sitler, M., Ryan, J., Wheeler, J., McBride, J., Arciero, R., and Horodyski, M. (1992). The Efficacy of A Semi-rigid Ankle Brace to Reduce Acute Ankle Injuries In Basketball: A Randomized Clinical Study at West Point. Abstracts of the American Orthopedic Society For Sports Medicine, 18th Annual Meeting.

Scotch, D., Sitler, M., and Kimura, I. (1991). Sexually Transmitted Disease Education and Clinical Practices in NATA Undergraduate Programs. Journal of Athletic Training, Vol. 26, No. 2.

Sitler, M., Ryan, J., Wheeler, W., Hopkinson, W., and Polly, D. (1990). The Efficacy of a Prophylactic Knee Brace to Reduce Knee Injuries in Football: A Prospective Study. Transactions of the 36th Annual Meeting: Orthopaedic Research Society, Vol. 15, Sec. 1.

## RESEARCH GRANTS

Sitler, M. & Levine-Laufgraben, J. (Co-Investigators). (2014-15)

Funded Training Grant by the Association of Public Land-Grant Universities in the amount of \$275,000 (\$225,000 grant and \$50,000 continuation) to plan and design efforts to scale up existing and create new initiatives that positively impact access, retention graduation among undergraduates and have financial efficiency at the university level.

Moffit, D., Sitler, M. & Sachs, M. (2007-08)

Funded Research Grant by the National Athletic Trainers' Association Research and Education Foundation in the amount of \$2,151 to determine neuropsychological influences on neuromuscular activation and functional stability.

Tierney, R., Higgins, M., Sitler, M., & Caswell, S. (2005-06)

Funded Research Grant by the Eastern Athletic Trainers' Association in the amount of \$3,997 to determine gender differences in head acceleration and dynamic stabilization during soccer heading with and without soccer headgear.

Caswell, S. Tierney, R., Higgins, M., & Sitler, M. (2005-06)

Funded Research Grant by the Mid-Atlantic Trainers' Association in the amount of \$1,500 to determine gender differences in head acceleration and dynamic stabilization during soccer heading with and without headgear.

Tierney, R., Higgins, M., & Sitler, M. (2005-06).

Funded Research Grant by the Pennsylvania Athletic Trainers' Society in the amount of \$2,348 to determine gender differences in head acceleration and dynamic stabilization during soccer heading with and without soccer headgear.

Gulick, D., Kimura, I., & Sitler, M. (1994-05)

Funded Research Grant by the NATA Research and Education Foundation in the amount of \$4,685 to determine the effect of various treatment modalities on delayed onset muscle soreness.

Sitler, M. (1990-92)

Funded Research Grant by Aircast Inc., Summit, NJ in the amount of \$85,000 to conduct a two-year study to determine the efficacy of prophylactic ankle braces to reduce ankle injuries in basketball.

Sitler, M. & Marks, M. (1991-92)

Funded Research Grant by the Pennsylvania Athletic Trainers' Society in the amount of \$880 to survey the Pennsylvania NATA undergraduate curriculum graduates on job satisfaction, educational goals, and future directions for PATS.

Sachs, M., Sitler, M., & Schwillie, G. (1990-91)

Funded Research Grant by the United States Tennis Association in the amount of \$766 to determine the physical factors and psychological characteristics that predispose

intercollegiate tennis players to injury.

Sachs, M., Sitler, M., Schwillie, G. (1990-91)

Funded Research Grant-In-Aid by Temple University in the amount of \$2,300 to determine the physical factors and psychological characteristics that predispose intercollegiate athletes to injury.

Sitler, M. (1986-88)

Funded Research Grant by the United States Army Medical Research and Medical Command, Fort Detrick, MD in the amount of \$98,000 to conduct a two-year study to determine the efficacy of prophylactic knee braces to reduce knee injuries in football.

## **BOOK REVIEW**

David Perrine, Athletic Taping and Bracing, Human Kinetics, Champaign, IL. Reviewed for Journal of Athletic Training. 1997: Vol. 32, No.2.

## **COURSE MANUALS**

Sitler, Michael KIN2441 - Lower Extremity: Assessment and Treatment of Injuries Lecture and Laboratory Manual. Conwell Copy Center, Temple University, 200+ pages.

Sitler, Michael KIN2442 - Upper Extremity: Assessment and Treatment of Injuries Lecture and Laboratory Manual. Conwell Copy Center, Temple University, 200+ pages.

Sitler, Michael KIN3444 – General Medical Conditions in Athletic Training. Conwell Copy Center, Temple University, 200+ pages.

## PROFESSIONAL PRESENTATIONS

Infusing Evidence-Based Medicine into Athletic Training Research and Clinical Practice Summit

Atlanta, GA, 2006

Topic: The Future of Evidence-Based Medicine in Athletic Training Practice and Education

Infusing Evidence-Based Medicine into Athletic Training Research and Clinical Practice Summit

Atlanta, GA, 2006

Topic: Extramural Funding Support of Evidence-Based Medicine

National Athletic Trainers' Association

Baltimore, MD, 2004

Topic: Future Directions of Evidence Based Management of Ankle Sprains

30<sup>th</sup> Annual Art and Science of Sports Medicine Symposium

University of Virginia, 2003

Topic: Validating Sports Medicine Injury Prevention Programs: Current and Future Practices

National Athletic Trainers' Association

Dallas, TX, 2002

Topic: Efficacy of Opening Wedge High Tibial Osteotomy in Treating Tibiofemoral Medial Compartment Osteoarthritis

National Athletic Trainers' Association

Dallas, TX, 2002

Topic: Keys to Writing Successful NATA Research and Education Foundation Grants

IV World Congress of Biomechanics

Calgary, Alberta, 2002

Livengood, A., Hillstrom, H., and Sitler, M.

Topic: Biomechanical Assessment of the Ankle and Knee During Landing From a Lateral Drop Jump With a Prophylactic Ankle Brace.

Pennsylvania Athletic Trainers' Society 20th Annual Meeting and Clinical Symposium

Harrisburg, PA, 2000

Topic: Advances in the Ankle – Functional Bracing and Surgery

Center for Disease Control/National Athletic Trainers' Association Consensus Conference

Atlanta, GA, 1999

Topic: Healthcare of the Youth Sports Participant: Epidemiology of Youth Sports Injuries

National Athletic Trainers' Association

Kansas City, MO, 1999

Topic: Clinical and Performance Aspects of Prophylactic Ankle Bracing

Burlington County Athletic Trainers' Society of New Jersey

Pensauken, NJ, June, 1998

Topic: Functional Efficacy of Prophylactic Ankle Bracing

East Stroudsburg University Alumnus Achievement Award

East Stroudsburg, PA, November, 1997

Topic: Efficacy of Ankle Bracing in Sport Injury Reduction

American Alliance of Health, Physical Education, Recreation, and Dance

St. Louis, MO, March, 1997

Topic: A Comprehensive University-Wide All-Discipline Doctoral Program Review:  
Graduate Board Perspective

Philadelphia Police Athletic League

Philadelphia, PA, December, 1996

Topic: Sports Participation Injuries

Eastern Athletic Trainers' Association Annual Meeting

Boston, MA, January, 1996

Topic: Generating Research in Athletic Training

National Athletic Trainers' Association Annual Clinical Symposium

Indianapolis, IN, June, 1995

Topic: Graduate Education in Athletic Training

New Jersey Athletic Trainers Society Annual Clinical Symposium

Highland Park, NJ, April, 1995

Topic: Clinical Efficacy of Ankle Bracing

Eastern Athletic Trainers' Association Annual Meeting

Philadelphia, PA, January, 1995

Topic: Grant Proposals and Funding Sources

Eastern Athletic Trainers' Association Annual Meeting

Philadelphia, PA, January, 1994

Topic: How to Review Research

National Athletic Trainers' Association Annual Clinical Symposium:

Kansas City, MO, June, 1993

Topic: The Clinical Effectiveness of a Semi-rigid Ankle Brace to Reduce Acute Ankle  
Injuries in Basketball

Pennsylvania Orthopaedic Knee Bracing Seminar

Valley Forge, PA, June, 1993



Topic: Current Concepts in Knee Bracing

The American Orthopaedic Society for Sports Medicine 18th Annual Meeting

San Diego, CA, July, 1992

Topic: The Efficacy of a semi-rigid ankle brace to reduce acute ankle injuries in basketball: A randomized clinical study at West Point

Pennsylvania Athletic Trainers' Society 12th Annual Meeting and Clinical Symposium

Hershey, PA, May, 1992

Topic: Pa NATA Approved Curriculum Graduate Research Study

International Sport Rehabilitation Conference

Orlando, FL, March, 1992

Topic: Role of Prophylactic Knee and Ankle braces in Reducing Injuries

New York University Summer Fitness Institute

New York, NY, June, 1991

Topic: Fitness Related Injuries and Intervention

New York State Chapter of the Academy of Orthotists and Prosthetists Scientific Seminar

Binghamton, NY, October, 1990

Topic: Prophylactic Knee Orthoses: The West Point Study

New York University Summer Fitness Symposium

New York, NY, June, 1990

Topic: Rehabilitation and Sports Medicine Concerns of the Disabled Athlete

Pennsylvania Athletic Trainers Society 10th Annual Meeting and Clinical Symposium

Hershey, PA, May, 1990

Topic: Update on Prophylactic Knee Bracing

The American Academy of Orthopaedic Surgeons 57th Annual Meeting

New Orleans, LA, February, 1990

Scientific Exhibit: The Efficacy of a Prophylactic Knee Brace to Reduce Knee Injuries in Football: A Prospective, Randomized Study at West Point

The American Academy of Orthopaedic Surgeons 57th Annual Meeting

New Orleans, LA, February, 1990

Topic: West Point Prophylactic Knee Brace Study

The American Orthopaedic Research Society 36th Annual Meeting

New Orleans, LA, February, 1990

Topic: West Point Prophylactic Knee Brace Study

The American Orthopaedic Society for Sports Medicine

Traverse City, MI, June, 1989

Topic: 'Donoghue Award Address

The American Orthopaedic Society for Sports Medicine Prophylactic Knee Brace Seminar  
Atlanta, GA, February, 1988  
Topic: West Point Prophylactic Knee Brace Data

New York University Summer Fitness Institute  
New York, NY, November, 1988  
Topic: Health Considerations of the Special Athlete

New York University Summer Fitness Symposium  
New York, NY, June, 1987  
Topic: Common Fitness Injuries and Implications for Programming

Jersey City State College Athletic Training Workshop  
Jersey City, NJ, June, 1980  
Topic: Lower Extremity Injuries: Their Evaluation and Care

### **MODERATOR AT PROFESSIONAL MEETINGS**

National Athletic Trainers' Association  
St Louis, MO, 2003  
Moderator: Update on Sports Dermatological Conditions and Treatment

National Athletic Trainers' Association  
Los Angeles, CA, 2001  
Moderator: REF Funded Research Oral Presentations II

National Athletic Trainers' Association  
Nashville, TN, 2000  
Moderator: REF Funded Research Oral Presentations II

National Athletic Trainers' Association  
Kansas City, MO, 1999  
Moderator: REF Funded Research Oral Presentations II

National Athletic Trainers' Association  
Baltimore, MD, 1998  
Moderator: REF Funded Research Oral Presentations II

## **PROFESSIONAL MEETINGS ATTENDED**

National Athletic Trainers' Association Annual Meeting and Clinical Symposium: Philadelphia, PA, June 1980; San Antonio, TX, June 1983; Las Vegas, NV, June, 1986, Kansas City, MI, 1993; Indianapolis, IN, 1995; Orlando, FL, 1996; Baltimore, MD, 1998; Kansas City, 1999; Nashville, TN, 2000; Los Angeles, CA, 2001; Dallas, Tx, 2002; St. Louis, MO, 2003; Baltimore, MD, 2004; Indianapolis, IN 2005; Atlanta, GA, 2006; Anaheim, CA, 2007; St. Louis, MO, 2008; San Antonio, TX 2009; Philadelphia, PA, 2010; St. Louis, MO, 2012

Eastern District Athletic Trainers Association Annual Meeting and Clinical Symposium: Grossinger's, NY, January 1976 to 1986; Kutsher's, NY, January 1987 to 1991; Boston, MA, January 1992 and 1993; Philadelphia, PA, January 1994 and 1995; Boston, MA, January 1996; Boston, MA, January 1997; Philadelphia, PA 1999; Philadelphia, PA 2000; Philadelphia, PA 2006; Valley Forge, PA, 2008; Philadelphia, PA, 2011; Philadelphia, PA 2017

Pennsylvania Athletic Trainers Society Annual Meeting and Clinical Symposium: Hershey, PA, 1989 to 1994, inclusive; Harrisburg, PA 2000; Camp Hill, PA 2008, Gettysburg, PA, 2014; Gettysburg, PA, 2015; Hershey, PA, 2016

American Council of Education, Leading, Managing, Supporting, and Navigating Change, Chicago, IL, July, 2008

NATA Professional Education Committee On-site Evaluator's Workshop, Boston, MA, January, 1993

The International Sport Rehabilitation Conference, Orlando, FL, March, 1992

The American Orthopaedic Society for Sports Medicine Prophylactic Knee Brace Workshop, Atlanta, GA, February, 1988

The American Orthopaedic Society for Sports Medicine 15th Annual Meeting, Traverse City, MI, June, 1989

The American Academy of Orthopaedic Surgeons 57th Annual Meeting, New Orleans, LA, February, 1990

The American Academy of Orthopaedic Surgeons Orthopaedic Research Society 37th Annual Meeting, New Orleans, LA, February, 1990

University of Dentistry and Medicine of New Jersey Baseball Seminar, April, 1986

University of Virginia Summer Sports Medicine Seminar, Charlotte, VA, July, 1978

The New York State Chapter of the Academy of Orthotists and Prosthetists 1990 Scientific

Seminar, Binghamton, NY, October, 1990

**DOCTORAL DISSERTATION, MASTER'S THESIS,  
AND MASTER'S PROJECT COMMITTEES**

**MAJOR ADVISOR**

Karagiannoplous, C. Responsiveness of the Active Wrist Joint Position Sense Test following Distal Radial Fracture, 2014.

Cattano, N. Biomarker Response after an Acute Running Bout in Participants with and without an Acute Knee Injury, 2014.

Ruano, J. Prevalence of Radiographic Knee osteoarthritis after Anterior Cruciate Ligament Reconstruction, with and without meniscectomy: An evidence based paper, 2014.

Harris, K. Tibiofemoral Osteoarthritis after Surgical and Non-Surgical Treatment of the Anterior Cruciate Ligament Rupture: A systematic Review, 2010.

Robinson, L. A Meta-Analysis Examining Clinical Test Utilities for Assessing Meniscal Injury, 2010.

Jenkin, M. Clinical Usefulness of the Ottawa Ankle Rules for Detecting Fractures of the Ankle and Mid-foot, 2009.

Rigbsy, R. Subscapularis Integrity: An Examination of Shoulder Index Tests, 2009.

Driban, J. Analysis of the Inflammatory and Degenerative State of Osteoarthritic Joints, 2008.

Moffit, D. Acoustic Startle Influence on Ankle Neuromuscular Activation and Functional Stability by Gender, 2008.

Shultz, S. Lower Extremity Biomechanical Assessment of Overweight and Normal-Weight Children during Self-Selected and Fast Walking Speeds, 2008.

Russ, A. Acoustic Startle Influences on Neuromuscular Activation and Functional Stability of the Ankle during a Functional Activity, 2008.

Sato, N. Relationship of Foot Type and Fatigue to Hip Neuromuscular Control and Lower Extremity Kinetics, 2008.

Ketcham, K. Medial Tibial Stress Syndrome Assessment Under Dynamic Conditions, 2008

Bauer, J. Biomechanical and Anatomical Assessments of Medial Tibial Stress Syndrome, 2008

Hemsley, K. Neuromuscular and Psychological Influences on Range of Motion Recovery in Anterior Cruciate Ligament Reconstruction Patients, 2007.

Stearne, D. Effect of Gender on Neuromuscular Control of the Hip: Implications for Knee Joint Stability and Non-contact Anterior Cruciate Ligament Injury, 2006.

Davis, K. Gender Differences in Hip Strength, Hip Muscle Activation, and Dynamic Stability, 2006.

Benjamin, L. Relationships Among Neuropsychological and Neuromuscular Factors in Physically-Active Healthy Males, 2006.

Mansell, J. Resistance Training Effects on Head-Neck Segment Dynamic Stabilization, 2004.

Honorio, M. Burnout in Ethnic Minority NATABOC Certified Athletic Trainers, 2004.

Rodenas, C. Prophylactic Ankle Braces Effect on Soleus H-Reflex Excitability in the Chronic Unstable Ankle, 2004.

Bartosik, K. Anatomical and Biomechanical Differences of Medial Tibial Stress Syndrome, 2004.

Lake, A. Effectiveness of Elbow Hyperextension Prophylactic Braces on Limiting Active and Passive Elbow Extension Pre- and Post-Physiological loading, 2004.

Tierney, R. Gender Differences in Head-Neck Segment Dynamic Stabilization During Head Acceleration, 2003.

Moffitt, T. Tactile Stimulation Inhibits Neuromuscular Recruitment in Healthy, Untrained Individuals During Isometric Maximum Voluntary Contractions, 2003

Rogers, K. Posterior Humeral Greater Tuberosity Subchondral Cyst Effects on the Treatment Disposition of Rotator Cuff Pathology, 2003.

Weise, K. Effect of Glenohumeral Joint Stability Braces on Limiting Active and Passive Shoulder Range of Motion, 2002.

Straub, S. Skill Level Differences in Lower Extremity Kinematics and Neuromuscular Characteristics of Female Gymnasts During Drop Landings, 2002.

Cammarato, B. Validity and Intra-Tester Reliability of the Prone Internal Rotation Method for Measuring Posterior Shoulder Tightness, 2002.

Karagiannopoulos, C. Reliability of Two Goniometric Assessment Methods for Measuring Active Forearm Pronation and Supination Range of Motions, 2002.

Valeriote, J. Efficacy of Opening Wedge High Tibial Osteotomy in Treating Tibiofemoral Medial Compartment Osteoarthritis, 2001.

Jimenez, C. Acute Effects of Single Bout of Resistive Exercise on Insulin Sensitivity in Persons with Type-I Diabetes Mellitus, 2001.

Cleary, M. Effects of Dehydration on Delayed Onset Muscle Soreness, 2001.

Grant-Ford, M. Biomechanical Assessment of a Prophylactic Wrist Orthosis During Mechanical Loading in a Cadaveric Model, 2001.

Suter, A. Three-dimensional Kinematics and Kinetics of the Lower Extremity While Landing from a Jump with a Prophylactic Ankle Brace, 2001.

Mucker, J. Skin Thermister Assessment of a Prophylactic Ankle Brace's Effect on Aerobic Exercise Induced Distal Lower Limb Extremity Edema, 2000.

Desavage, M. Effect of Glenohumeral Joint Stability Braces on Restricting Active Shoulder Range of Motion During Physiological Loading, 2000.

Robins, S. Volumetric Effects of a Prophylactic Ankle Brace on Exercise Induced Ankle Edema, 2000.

Mose, A. Clinical Efficacy of Selected Pivot Shift Tests for Assessing Anteriolateral Rotatory Instability of the Knee, 1999.

Allen, A. Assessment of the Endoscopic Semitendinosus/ Gracilis Autograft Procedure With Interference Screw Fixation For Reconstruction of the Anterior Cruciate Ligament, 1999.

Verrone Hals, T. Effect of a Semi-rigid Prophylactic Ankle Stabilizer on Performance in Post-Acute Mechanically Stable, But Functionally Impaired Ankle Sprain Subjects, 1998.

Ganter, J. Effect of Injury Mechanism on the Association Between Intervertebral Foramina Canal Stenosis and Transient Upper Extremity Paresthesia, 1998.

Evans, D. Prospective Analysis of the Effect that NATA Certified Athletic Trainers Have on the Incidence of Injuries and Quality of Medical Care at the High School Basketball Participation Level, 1997.

Epler, M. Kinematics of Normal and Repaired Menisci and Assessment of Clinical and Functional Outcomes of Meniscal Repair in the Knee, 1996.

Locke, A. Effect of A Softshell Prophylactic Ankle Stabilizer on Performance in Events Involving Speed, Agility, and Vertical Jump During Long-term Use, 1996.

D'Arco, P. Clinical, Radiographical, and Functional Follow-up of Distal Biceps Tendon Repairs: A Three-year Follow-up, 1996.

Aliquo, D. The Relationship Between Cervical Intervertebral Foramina Stenosis and Brachial Plexus Neurapraxia, 1996.

Boyle, M. Knowledge and Attitudes of Certified Athletic Trainers in Pennsylvania Towards HIV/AIDS and Treating the Athletic Training Injuries of HIV/AIDS Positive Athletes, 1995.

Ra, M. Clinical Assessment of Abrasion Chondroplasty of the Knee: A 7-Year Retrospective Follow-up, 1994.

Porter, S. Analysis of In-vivo Meniscal Kinematic Motion of the Non-injured Knee, 1994.  
MacPherson, K. Effects of a Semirigid and Softshell Prophylactic Ankle Brace on Performance, 1994.

Emery, L. Fatigue Response of the Hamstrings and Quadriceps During Concentric and Eccentric Contractions at Two Angular Velocities, 1994.

Marks, M. Demographics, Employment Status, and Employment Satisfaction of Graduates From NATA Approved Undergraduate Athletic Training Programs in the State of Pennsylvania, 1994.

O'Malley, R. Semitendinosus/Gracilis Autograft With Modified Losee for Anterior Cruciate Deficiency: A Six-year Follow-up, 1993.

Bocchinfuso, C. The Effect of Two Semi-rigid Ankle Braces on Speed, Agility, and Vertical Jump, 1993.

Feeney, S. Validity and Reliability of an Injury Surveillance Instrument to Record Female High School Lacrosse Injuries, 1993.

Woodworth, M. A Survey of the Nutritional Knowledge and Food Practices of High School Wrestlers, 1992.

Hopkins, J. Effect of hip position and angular velocity on quadriceps and hamstring peak eccentric torque, 1991.

Miller, S. High School Athletic Training Employment Opportunities: Assessment of Need in Pennsylvania, New Jersey, and Delaware, 1991.

Scotch, D. Sexually Transmitted Disease Education and Practices in Approved National Athletic Trainers Association Undergraduate Programs, 1990.

Tannebaum, A. Weight Loss Practices and Trends of High School Wrestlers, 1990.

### **MEMBER OF SPONSORING COMMITTEE**

Cheever, K. Effect of Exposure to Contact Sport Participation on Cervical Spine Sensorimotor Function, 2018.

Kawata, K. Subconcussive Head Impact Effect on Plasma Expression of S100-Beta and PINCH



Proteins in Collegiate Football Players, 2016.

Phillips, J. Clinical Usefulness of Ocular Tests for Diagnosing Concussions, 2016.

Clegg, S. Effect of Soccer Heading on Brain Injury Protein Marker Serum, 2008.

Leopanto, C. Bilateral Assessment of Synovial Fluid Biomarkers in Osteoarthritis Knees, 2008.

Foulke, C. Effect of a Plyometric Training Program on Neck Muscle Activity, 2007.

Markis, E. Gender Differences in Head-Neck Segment Kinematics and Dynamic Stabilization During Soccer Heading in High School Athletes, 2007.

Wilbar, D. Effect of Plyometric Neck Muscle Training on Head-Neck Segment Kinematics in Division I Female Soccer Players, 2007.

McHardy, K. Effects of Soccer Headgear on Head Kinematics and Neck Dynamic Stabilization During Soccer Heading, 2006.

Brady, J. Gender Differences in Head-Neck Kinematics and Dynamic Stabilization During Soccer Heading, 2006.

Murata, P. Myocardial Performance Index in Collegiate Athletes, 2005.

Huxel, K. Gender Differences in Muscle Recruitment and Stiffness Regulation Strategies of the Shoulder, 2005.

Beckenbauer, B. Effects of Pycnogenol Supplementation on Muscle Soreness and Urinary Hydroxyproline: Creatine Ratios following Eccentric Exercise, 2004.

Hamstra, K. Neuromuscular Control and Dynamic Restraint in Children of Varying Skill Levels, 2003.

Seitz, K. Effects of Testing Sequence and Handedness Status on Maximal Voluntary Power Grip Strength Scores in Dominant and Non-Dominant Hands, 2000.

Fowkes-Godek, S. Comparison of Two Methods of Rapid Dehydration in Dehydrated College Football Players, 2000.

DiCostanzo, K. Effect of Adhesive Longitudinal Arch Support on Postural Sway, 2000.

Greco, J. Relationships Among a Standardized Measure For Concussion, Postural Stability, and Function in Non-injured Athletes, 2000.

Smith, J. Comparison of the Slow Component of Oxygen Uptake on Women During Arm Ergometry Exercise in a One-Gravity and a Simulated Microgravity Environment, 2000.

Tierney, R. Effect of Head Position and Football Equipment on Spinal Cord Space, 2000.

- Winslow, K. Postural Stability Intratester Reliability on the Biodex Stability System, 1998.
- Gatto, J. Effect of Beam Nonuniformity Ratio of Three Ultrasound Machines on Tissue Phantom Temperature, 1998.
- Eck, J. Response of Progesterone to Exercise in Dry and Humid Hot as Compared to Neutral Climate, 1997.
- Zach, Z. Relationships Among Perceived Social Support, Psychological Coping Resources, Life Events Stressors, and Injury Frequency and Severity in Elite Israeli Athletes, 1997.
- Clarke, R. Effects of a 6-week Slideboard Training Program as Part of a Preseason Conditioning Program on Hamstring Strength and Agility, 1996.
- Mulvihill, T. Eccentric Internal and External Shoulder Rotator Peak Torque and Total Work of the Pitching Arm of College and High School Baseball Pitchers, 1996.
- Holman, D. Cardiorespiratory Responses During Graded Exercise Treadmill Tests With and Without the Leg Harness, 1996.
- Doerr, E. Effects of Water Exercise on Muscular Strength and Blood Pressure Responses of Elderly, Inner City African-American Women, 1996
- Brady, C. Effects of Acute Resistive Exercise on the Resting Metabolic Rate of Women, 1996.
- Greicar, M. Immediate and Delayed Effects of Cryotherapy on Functional Power and Agility, 1996.
- Borromeo, C. Reduction of Sports Injury Morbidity with hyperbaric Oxygen Treatment, 1996.
- Fritts-Pero, S. Development, Implementation, and Evaluation of an Educational Program in Sport Psychology for Athletic Trainers, 1995.
- Penderghest, C. Double Blind Clinical Efficacy Study of Dexamethasone-Lidocaine Pulsed Phonophoresis on Perceived Pain Associated With Symptomatic Tendinitis, 1995.
- Ballard, P. Assessment of the Health Care Services Provided to High School Athletes in North Carolina, 1995.
- Schnatz, A. Influence of Cryotherapy, Thermotherapy, and Neoprene Ankle Sleeve on Total Body Balance and Proprioception, 1995.
- Shelly, J. Effect of Two Ultrasound Machines and Angles of Application on Tissue Mimicking Material, 1995.

Coll, D. Intratester and Intertester Reliability of the Microfiet Hand-held Dynamometer When Measuring Isometric Force of Two Upper Extremity and Two Lower Extremity Muscle Groups, 1995.

Coll, A. The Validity and Reliability of the Limb Accurate Measure of the Right Quadriceps Muscle, 1995.

Gulick, D. Effects of Various Treatment Techniques on the Signs and Symptoms of Delayed Onset Muscle Soreness, 1995.

Perkins, E. Profile of the Quadriceps and Hamstrings Strength of National Collegiate Athletic Association Women Fencers, 1994.

Morales, A. Effect of the Achilles Tendon Adhesive Taping and Pro M-P Achilles Strap on Eccentric Plantar Flexion Peak Torque, 1994.

Koabel-Bagley, P. Assessment of the Need for Certified Athletic Trainers in New York State High Schools, 1994.

Cleary, M. The Time Course of the Repeated Bout Effect of Eccentric Exercise on Delayed Onset Muscle Soreness, 1994.

Rivers, D. The Influence of Cryotherapy and AirCast Bracing on Total Body Balance and Proprioception, 1994.

Klenk, R. Changes in Saliva Flow Rate and Chemical Composition Following Resistive Weight Training Exercise, 1994.

Freeman, R. Rappraisal of the Jackson and Pollock Skinfold Fat Regression Equation For Estimation of Percent Body Fat of Men, 1994.

Fetner, D. Reappraisal of Skinfold Fat Regression Equation to Predict Body Density and Percent Body Fat of Women, 1994.

Rossi, T. Peak Torque Reliability of Biodex B-2000 Isokinetic Dynamometer During Eccentric Loading of Back Flexors and Extensors, 1994.

Cicala, K. Effects of Weight Loss on Estimates of Body Composition Using Skinfold or Circumference Equations in Obese Women, 1994.

Ballard, P. Accuracy of Perceived Joint Placement in Normal and Fatigued Knee Joints, 1994.

Thomas, T. Effect of Slide Board Training as a Component of Pre-season Conditioning on Concentric and Eccentric Quadriceps Peak Torque, Vertical Jump Height, and Agility, 1994.

Thomas, P. Generalized Multiple Regression Equations Using Circumference Measurements to

Predict Percent Body Fat of Women, 1994.

Michele, J. Concentric and Eccentric Peak Torque Output of the Knee Flexors and Extensors Following Calorie Restriction and Resistive Training, 1993.

Stemm, J. Effects of Aquatic Simulated and Dry Land Plyometrics on Vertical Jump Height, 1993.

Gasiewski, E. Effect of Visual Feedback on Concentric Peak Torque Production During Knee Extension and Flexion Exercise, 1993.

Seals, T. Effects of Body Position and Velocity on Eccentric Quadriceps Peak Torque, 1993.

Scott, J. Effect of the Active Ankle Brace in Controlling Ankle Plantar flexion, Inversion Stress Before and After Exercise, 1993.

Jankowski, D. Effects of a 32-Hour, 15- to 18-Week Police Academy Physical Training Program on Body Composition and Physical Performance Tests, 1993.

Carlson, J. Effect of a Physiologic and Pharmacologic Dose of Estradiol on Exercise-Induced Tissue Glycogen Metabolism in Male Rats, 1993.

Thompson, G. The Effect of Cryotherapy on Eccentric Peak Torque and Endurance, 1993.

Money, S. Biomechanical Comparison of Support Provided by the Airstirrup Ankle Training Brace Pre- and Post-Exercise, 1993.

Brown, R. Effect of Body Position and Velocity on Eccentric Hamstring Peak Torque Measures, 1992.

Fritts, S. Psychological Factors That Predispose Athletes to Injury, 1992.

Furnich, M. Ankle Proprioception 30 Minutes Following a Cryotherapy Treatment, 1992.

Jennings, T. The Validity and Reliability of the Lamb Accurate Measure on Postoperative Anterior Cruciate Ligament Reconstruction Patients, 1992.

Ramsey, J. The Influence of the Strength Shoe and Three Plyometric Drills on the Strength, Velocity, and Jumping Ability of High School Football Players, 1992.

Schauder, J. Effects of Position and Velocity on the Eccentric Peak Torque Values of the Shoulder Rotators, 1992.

Alexander, D. Reliability of Peak Torque Values for Shoulder Internal and External Rotation During Concentric and Eccentric Loading of the BIODEX B-2000 Isokinetic Dynamometer, 1991.

DiCiano, C. Effect of Hot (40 C), Thermoneutral (22 C), and Cold (15 C) Ambient Temperature

of Range of Trunk Flexion, 1991.

Doyle, D. Self-reported Attentional Style and Performance of High School Basketball Players, 1991.

Gasho, E. The Etiology of Athletic Amenorrhea, 1991.

Gunning, M. Examination of Aquatic Programs and Aquatic Facility Accessibility Features Available to and Utilized by Physically Handicapped Students at Four-Year Pennsylvania Colleges and Universities, 1991.

Jones, R. Effects of Coenzyme Q10 on Endurance Performance in Exercise-Trained and Untrained Rats, 1991.

Morris, G. EMG Activity of the Abdominal Muscles and Rectus Femoris During Four Variations of the Sit-up Exercise, 1991.

Reid, M. The Motor Development of Infants and Children Prenatally exposed to Cocaine In Utero, 1991.

Smith, G. An Investigation of the Qualifications of Contract Advisors for Professional Athletes, 1991.

Spoerl, J. Accuracy of Perceived Heaviness and Perceived Joint Placement in Normal and Injured Shoulder Joints, 1991.

Takao, S. Reliability of Peak Torque Values for Shoulder Internal and External Rotation During Eccentric and Concentric Loading Using the Kin-Com 125E Isokinetic Dynamometer, 1990.

Thorpe, M. Effects of Tennis Elbow Devices on Eccentric Torque Production of Wrist Extensor Muscles, 1990.

Wright, D. Effect of Infrapatellar Knee Straps on Eccentric Knee Extension, 1990.

Beninato, P. Effect of Sport Ankle Orthoses on Range of Motion and Torque Production During Ankle Motion, 1990.

Couch, J. Effect of Infrapatellar Braces on Peak Torque Production During Knee Extension and Flexion Exercise, 1990.

Ireland, F. Oxygen Consumption of Trained Male Cyclists During Incremental Exercise on a Bicycle Windload Simulator Apparatus, 1990.

Meigs, E. Effectiveness of the Low-dye Taped Arch Support in Controlling Shin Splint Pain, 1990.

Roush, J. The Effect of Position and Physical Therapy Treatment on Pulse Rate and Oxygen Saturation in Coma-Emergent Brain-Injured Adults, 1990.

Sacchetti, M. Effects of Aqua Dynamic Water Exercise on Resting Metabolic Rate and Body Composition in Untrained Adults, 1990.

Singhaus, C. Validity of the Futrex 5000 Estimation of Percent Body Fat of Women Using the Densiometric Criterion Measure of Hydrostatic Weighing, 1990.

Sinnott, M. The Effects of Aerobic Training on the Isometric Pressor Response, 1990.

LoRusso, S. The Effect of a Physiological and a Pharmacological Dose of Estrogen on Carbohydrate Metabolism During Submaximal Exercise in Male Rats, 1989.

Bezilla, T. Sites of Thermogenesis on 4 Men and 4 Women During an Acute Cold Exposure at 10° Celsius, 1989.

## **TEACHING/SUPERVISION**

### **COURSES TAUGHT**

#### Temple University

Human Anatomy and Physiology I  
Introduction to Athletic Training  
Movement Injuries - Their Prevention and Care  
Lower Extremity: Assessment and Treatment of Injuries  
Upper Extremity: Assessment and Treatment of Injuries  
Practicum in Athletic Training 1  
Practicum in Athletic Training 2  
General Medical Conditions in Athletic Training  
Practicum in Athletic Training 3  
Practicum in Athletic Training 4  
Graduate Seminar in Athletic Training

#### United States Military Academy

Strength Development  
Running Techniques  
Intro to Physical Conditioning  
Ice Skating  
Golf

#### Kean College of New Jersey

Care and Prevention of Athletic Injuries  
Advanced Athletic Training  
Clinical Exp I in Athletic Training  
Clinical Exp II in Athletic Training

### **CURRICULUM ADVISING**

1988 - 1999            Undergraduate Students in Athletic Training,  
                                 Temple University

1978 - 1982            Undergraduate Students in Athletic Training,  
                                 Kean College of New Jersey

### **ATHLETIC TRAINING CLINICAL SUPERVISION**

1988 - 1999            Undergraduate Students at Temple University

1977 - 1982            Undergraduate Students at Kean College of New Jersey

## PROFESSIONAL SERVICE

### NATIONAL

- 2009 – 2010            Member, Fellows Selection Committee, National Athletic Trainers' Association
- 2008 - 2009            Chair, Outcomes Advisory Panel, National Athletic Trainers' Association
- successfully solicited \$375,000 for 3-year Injury Surveillance/Outcomes Research in the Secondary School Setting (2009)
- 2007 - 2009            Member, Outcomes Advisory Panel, National Athletic Trainers' Association
- 2007                      Co-Chair of Advancing Outcomes of Care in Athletic Training Summit: A Road Map for the Future, Dallas, TX, May 18, 2007
- 2006                      Co-Chair of the Infusing Evidence-Based Medicine into Athletic Training Research and Clinical Practice Summit, Atlanta, GA, January 13, 2006
- 2004 - 2008            President, National Athletic Trainers' Association, Research and Education Foundation
- successfully conducted a \$1.6 million dollar capital campaign, 2008-09
- successfully solicited \$1 million dollars for outcomes research, 2008
- 1999 - 2008            Board of Directors, National Athletic Trainers' Association Research and Education Foundation
- 2008 - 2009            Capital Campaign Board Liaison, National Athletic Trainers' Association Research and Education Foundation
- 2004 - 2008            Liaison between the National Athletic Trainer's Association and the National Alliance for Promoting Research Among the Health Professions
- 1999 - 2004            Chair, Research Committee, National Athletic Trainers' Association Research and Education Foundation
- 1997 - 1998            Vice Chair for Research, Research Committee, National Athletic Trainers' Association Research and Education Foundation
- 1995 - 2004            Research Committee, National Athletic Trainers' Association Research and Education Foundation



2000 - 2004 NATA Bone & Joint Decade 2000-2010 Advisory Council

2004 Search Committee member for new Education Council Chair, National Athletic Trainers' Association

2003 Search Committee member for new editor of the Journal of Athletic Training

1993 - Present Editorial Board, Journal of Sport Rehabilitation

2004 - Present Editorial Board, Journal of Athletic Training

1997 - 2003 Guest Reviewer, Journal of Athletic Training

1995 Guest Reviewer, Journal of Hand Therapy

2000 Guest Reviewer, Sports Medicine

1999 - 2000 Research Consultant, National Safe Kids Campaign, Washington, D.C.

1993 - 1996 Chair, Research Committee, Eastern Athletic Trainers' Association

1993 - 1996 Chair, Research Poster Presentation Committee, Eastern Athletic Trainers' Association

1993 - 1999 Site Visitor, Professional Education Committee, National Athletic Trainers' Association

1993 - Northeastern University (UG)

1994 - University of Illinois (G)

1996 - East Carolina University (UG)

1997 - University of North Carolina (UG)

1999 - Castleton State College (UG)

1995 - 1998 Board of Directors, New Hampshire Musculoskeletal Institute

1992 - 1995 Examiner, National Athletic Trainers' Association Certification

1992 - 1996 Board of Certification Examination Task Force, National Athletic Trainers' Association

1989 - 1992 Research Committee member, Eastern Athletic Trainers' Association

1991 - 1992 Certification Examination Development, National Athletic Trainers' Association

- 1996 - 1997 Certification Examination Development, National Athletic Trainers' Association
- 1989 - 1990 Sports Injury Research Program Development, American Orthopaedic Society for Sports Medicine

**STATE**

- 1989 - 1995 Chair, Research Committee, Pennsylvania Athletic Trainers' Society
- 1989 - 1995 Long Range Planning Committee, Pennsylvania Athletic Trainers' Society

**UNIVERSITY**

- 2007 - 2009 Executive Committee, Middle States Reaccreditation
- 2006 - Present Editorial Board, Temple University Journal of Orthopaedics and Sports Medicine
- 2003 - 2010 Graduation Marshall, Temple University
- 2004 - 2010 Board of Trustees, John Lachman Society
- 2001 Provost's Task Force on Course/Instructor Assessment
- 1997 HPERD Dean Search Committee
- 1994 - 1997 Graduate Board
- 1994 - 1997 Program Review Subcommittee - Graduate Board
- 1996 - 1997 Fellowship Subcommittee - Graduate Board
- 1991 - 1996 Institutional Review Board - Human Subjects
- 1993 - 2009 Temple University Center for Sports Medicine Studies and Science Research Group
- 1995 - 1996 Graduate Board - Subcommittee on Provost's Review of Temple Graduate Programs
- 1996 - 1997 University Fellowship Committee
- 1997 - 1999 Faculty Senate Research & Study Leave Committee

1989 - 1995 University Disciplinary Committee  
1991 - 1993 HPERD Faculty Senate Representative

**COLLEGE**

2008 - 2010 Senior Director of Special Projects  
2001 - 2003 Instructional Technology Subcommittee  
2001 College Steering Committee: Strategic Planning Subcommittee  
1998 - 2003 Teaching Enhancement Committee  
1998 - 2004 Executive Council, College of Education  
1998 - 2004 Merit Committee  
1994 - 1996 HPERD Graduate Council  
1995 - 1996 Chair, HPERD Graduate Council  
1994 - 1995 Chair, Personnel Committee  
1994, 95, 97 Research & Study Leave Committee  
1992, 1995 Applied Strategic Planning Committee  
1990 - 1991 Chair, HPERD College Assembly  
1988 - 1992 Human Subjects Committee  
1988 - 1989 Facility Committee  
1989, 92, 97 Budget Review Committee  
1989 - 1990 Chair, Faculty Award Committee

**DEPARTMENT**

1997 - 2010 Chair, Department of Kinesiology  
1995, 1996 Somatic Science Faculty Position Search Committee  
1991, 1994 Personnel Committee

1994 - 1997	Graduate Coordinator
1991 - 1992	Secretary, PEA
1988 - 1999	Program Coordinator of the undergraduate professional preparation in Athletic Training
1989 - 1991	Long Range Planning Committee
1988 - Present	Somatic Science Program Committee
1988 - 1990	Undergraduate Committee
1989	Forms of Movement Adhoc Committee
1986	Athletic Trainer Search Committee, United States Military Academy
1977 - 1979	Curriculum development of the Kean College of New Jersey undergraduate professional preparation program in Athletic Training

### **OTHER**

1994	Tenure & Promotion External Reviewer for Dr. Charles Starkey, Northeastern University
1995	Program Reviewer for Colby-Sawyer College Athletic Training
1997	Tenure & Promotion External Reviewer for Dr. Julie Bernier, Plymouth State College
1997	Tenure & Promotion External Reviewer for Dr. John Miller, University of New Hampshire
2000	Tenure & Promotion External Reviewer for Dr. Kevin Guskiewicz, The University of North Carolina at Chapel Hill
2002	Distinguished Mid-Career Endowed Professorship External Reviewer for Dr. Kevin Guskiewicz, The University of North Carolina at Chapel Hill
2002	Tenure & Promotion External Reviewer for Dr. Carl Mattacola, University of Kentucky
2003	Tenure & Promotion External Reviewer for Dr. Brent Arnold, Virginia Commonwealth University

- 2003 Tenure & Promotion External Reviewer for Dr. Kevin Guskiewicz, The University of North Carolina at Chapel Hill
- 2004 Tenure & Promotion External Reviewer for Dr. Larry Leverenz, Purdue University
- 2004 Tenure & Promotion External Reviewer for Dr. Micki Cuppet, University of South Florida
- 2004 Tenure & Promotion External Reviewer for Dr. Christopher Ingersoll, University of Virginia
- 2004 Promotion External Letter for Dr. Lenn Johns Quinipiac University
- 2005 Tenure & Promotion External Reviewer for Dr. Mark Merrick, The Ohio State University
- 2005 Tenure & Promotion External Reviewer for Dr. Bonnie Van Lunen, Old Dominion University
- 2005 Tenure & Promotion External Reviewer for Dr. Erik Swartz, University of New Hampshire
- 2006 4<sup>th</sup> Year Review External Reviewer for Dr. Ty Hopkins, Brigham Young University
- 2006 Tenure & Promotion External Reviewer for Dr. Darin Padua, The University of North Carolina at Chapel Hill
- 2007 Full Professor External Reviewer for Dr. Mitchell Cordova, The University of North Carolina at Charlotte
- 2008 6<sup>th</sup> Year Review for continuing faculty status External Reviewer for Dr. Ty Hopkins, Brigham Young University
- 2008 Full Professor External Reviewer for Dr. Scott Lephart, The University of Pittsburgh
- 2009 Full Professor External Reviewer for Dr. Doug Casa, University of Connecticut
- 2009 Full Professor External Reviewer for Dr. Gretchen Schlabach, Northern Illinois University
- 2009 Tenure & Promotion External Reviewer for Dr. Cynthia Trowbridge, The University of Texas at Arlington

2010	Associate Professor External Reviewer for Dr. Tricia Hubbard, The University of North Carolina at Charlotte
2010	Full Professor External Reviewer for Dr. Jay Hertel, University of Virginia
2011	Full Professor External Reviewer for Dr. Carl Mattacola, University of Kentucky
2013	Distinguished Professor External Reviewer for Dr. Scott Lephart, University of Pittsburg
2013	Full Professor External Reviewer for Dr. Joseph Myers, University of North Carolina at Chapel Hill
2016	Tenure & Promotion External Reviewer for Dr. Stephanie Mazerolle University of Connecticut
2016	Full Professor External Reviewer for Dr. Mark Hoffman, Oregon State University
2016	Full Professor External Reviewer for Dr. Susan Saliba, University of Virginia

---

Over the course of my 40 years in higher education, my research interests have been in evidenced-based practice in athletic training and sports medicine with a particular focus on interventions to reduce unintentional injuries and post-treatment outcomes, to include evaluation of clinical evidence through systematic reviews and evidence-based practice reviews. To date, I have published 67 peer-reviewed journal articles (most recent: 2017) and 88 peer-reviewed free communications abstracts (most recent: 2015). My research has been cited 2,056 times (Google Scholar and Web of Science accessed August 30, 2017), and I have an H-index of 25.

In support of my research, particularly during the years prior to my upper level administrative roles at Temple University, I actively sought external funding. My grant funding history is as follows, to include the most recent which was associated with position as Deputy Provost role:

Sitler, M. & Levine-Laufgraben, J. (Co-Investigators). (2014-15) Funded Training Grant by the Association of Public Land-Grant Universities in the amount of \$275,000 (\$225,000 grant and \$50,000 continuation) to plan and design efforts to scale up existing and create new initiatives that positively impact access, retention graduation among undergraduates and have financial efficiency at the university level.

Moffit, D., Sitler, M. & Sachs, M. (2007-08)

Funded Research Grant by the National Athletic Trainers' Association Research and Education Foundation in the amount of \$2,151 to determine neuropsychological influences on neuromuscular activation and functional stability.

Tierney, R., Higgins, M., Sitler, M., & Caswell, S. (2005-06)

Funded Research Grant by the Eastern Athletic Trainers' Association in the amount of \$3,997 to determine gender differences in head acceleration and dynamic stabilization during soccer heading with and without soccer headgear.

Caswell, S. Tierney, R., Higgins, M., & Sitler, M. (2005-06)

Funded Research Grant by the Mid-Atlantic Trainers' Association in the amount of \$1,500 to determine gender differences in head acceleration and dynamic stabilization during soccer heading with and without headgear.

Tierney, R., Higgins, M., & Sitler, M. (2005-06).

Funded Research Grant by the Pennsylvania Athletic Trainers' Society in the amount of \$2,348 to determine gender differences in head acceleration and dynamic stabilization during soccer heading with and without soccer headgear.

Gulick, D., Kimura, I., & Sitler, M. (1994-05)

Funded Research Grant by the NATA Research and Education Foundation in the amount of \$4,685 to determine the effect of various treatment modalities on delayed onset muscle soreness.

Sitler, M. (1990-92)

Funded Research Grant by Aircast Inc., Summit, NJ in the amount of \$85,000 to conduct a two-year study to determine the efficacy of prophylactic ankle braces to reduce ankle injuries in basketball.

Sitler, M. & Marks, M. (1991-92)

Funded Research Grant by the Pennsylvania Athletic Trainers' Society in the amount of \$880 to survey the Pennsylvania NATA undergraduate curriculum graduates on job satisfaction, educational goals, and future directions for PATS.

Sachs, M., Sitler, M., & Schwillie, G. (1990-91)

Funded Research Grant by the United States Tennis Association in the amount of \$766 to determine the physical factors and psychological characteristics that predispose intercollegiate tennis players to injury.

Sachs, M., Sitler, M., Schwillie, G. (1990-91)

Funded Research Grant-In-Aid by Temple University in the amount of \$2,300 to determine the physical factors and psychological characteristics that predispose intercollegiate athletes to injury.

Sitler, M. (1986-88)

Funded Research Grant by the United States Army Medical Research and Medical Command, Fort Detrick, MD in the amount of \$98,000 to conduct a two-year study to determine the efficacy of prophylactic knee braces to reduce knee injuries in football.