

CURRICULUM VITAE

Elaine Trudelle-Jackson, PT, PhD

June 2011

Texas Woman's University
School of Physical Therapy
8194 Walnut Hill Lane
Dallas, Texas 75231
214-706-2458

Education: *(Post high school, from most recent to earliest, institution, location, duration of study of study, field of study, degree received)*

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|---------------------------|---------------|-----------------------|-----------|
| Texas Woman's University | Dallas, Texas | PhD Physical Therapy | 1996–2001 |
| University of North Texas | Denton, Texas | MS Physical Education | 1980–1983 |
| Texas Woman's University | Dallas, Texas | B.S. Physical Therapy | 1975–1978 |

Licensure Information/Registration Number:

Texas Physical Therapy License # 1-2263-0

Employment and Positions Held: *(From most recent to earliest, including title/position, faculty rank, tenure status or other institutional status, institution, location, duration (from-to))*

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|-----------------------------|--|--------------|
| Associate Professor | School of Physical Therapy Texas Woman's University Dallas, Texas | 2007-Present |
| Assistant Professor | School of Physical Therapy_ Texas Woman's University Dallas, Texas | 2002-2007 |
| Graduate Research Associate | TWU Health Promotion and Research Center Dallas, Texas | 1999-2001 |
| Contract physical therapy | PT Temps, Inc. Richardson, Texas | 1997-1998 |
| Assistant Professor | TWU School of Physical Therapy Dallas, Texas | 1986-1997 |
| Contract physical therapy | Signature Home Care Summer Lewisville, Texas | 1996 |
| Part-time physical therapy | Lewisville Sports Medicine Lewisville, Texas | 1988 |

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|------------------------------|---|-----------|
| Staff physical therapist | Orthopaedic Consultants Dallas, Texas | 1984-1987 |
| Director of physical therapy | Haltom General Hospital Haltom City, Texas | 1983-1984 |
| Senior physical therapist | Medical City Dallas Hospital Dallas, Texas | 1979-1983 |
| Staff physical therapist | Garden State Rehabilitation Hospital Toms River, New Jersey | 1978-1979 |

Peer Reviewed Publications: *(From the most recent to the earliest (include those accepted for publication but not yet published, but indicate as such) Include papers in journals, AV materials published, monographs, chapters in books, and books, provide full bibliographic citation.*

Trudelle-Jackson E, Jackson AW, Morrow JR. Relations of meeting national public health recommendations for muscular strengthening activities with strength, body composition, and obesity: The WIN Study, *Am J Public Health*, (in press).

Norris B, Trudelle-Jackson E. Hip and thigh muscle activation during the Star Excursion Balance Test. *J Sport Rehabil* (in press).

Borman NP, Trudelle-Jackson E, Smith SS. Effect of stretch positions on hamstring muscle length, lumbar flexion range of motion and lumbar curvature in healthy adults. *Physiother Theory & Pract* (in press).

Trudelle-Jackson E, Ferro E, Morrow JR. Clinical implications for muscle strength differences in women of different age and racial groups: The WIN study. *J Women Health Phys Ther* (in press).

Ortiz A, Olson S, Trudelle-Jackson E, Martin R. Landing mechanics during sidestepping and cross-over maneuvers between noninjured women and women with ACL reconstruction. *Phys Med Rehabil*, 2011;3(Jan):13-20.

Morrow JR, Bain T, Frierson GM, Trudelle-Jackson E, Haskell WL. Long-term tracking of physical activity behaviors in women: the WIN study. *MSSE*, 2011;43(Jan):165-170.

Trudelle-Jackson E, Fleisher LA, Borman NP, Morrow JR, Frierson GM. Lumbar spine flexion and extension extremes of motion in women of different age and racial groups. *Spine*, 2010; 35(July):1539-1544.

Bain TM, Frierson GM, Trudelle-Jackson E, Morrow JR. Internet reporting of weekly physical activity behaviors: The WIN Study. *J Phys Activity Health*, 2010; 7(July):527-532.

- Ortiz A, Olson S, Bartlett W, Etnyre B, Trudelle-Jackson E. Fatigue effects on knee joint stability during two jump tasks in women. *J Strength and Conditioning Res*, 2010; 24(Apr):1019-1027.
- Ortiz A, Trudelle-Jackson E, McConnell K, Wylie S. Effectiveness of a 6-week injury prevention program on kinematics and kinetic variables in adolescent female soccer players: A pilot study. *Puerto Rico Health Sci J*, 2010; 29(Mar):40-48.
- Boucher T, Wang S, Trudelle-Jackson E, Olson S. Effectiveness of surface electromyographic biofeedback-triggered neuromuscular electrical stimulation on knee rehabilitation. *N Amer J Sports Physical Therapy* 2009; 4(Aug):100-109.
- Trudelle-Jackson E, Fleisher LA. Musculoskeletal health. In: *Health on Demand*. Champaign, IL: Human Kinetics, 2009.
- Nichols D, Fleisher L, Trudelle-Jackson E. Osteoporosis. In: JN Myers, WG Herbert, RH Humphrey (Eds.), *ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions*. 2cd Ed., Baltimore, MD: Lippincott Williams & Wilkins, 2009; pp. 139-151.
- Trudelle-Jackson E, Sarvaiya-Shah S, Wang S. Interrater reliability of a movement impairment based classification system for lumbar spine syndromes in patients with chronic low back pain. *J Orthop Sports Physical Therapy*. 2008; 38(June):371-376.
- Ortiz A, Olson S, Libby CL, Trudelle-Jackson E, Kwon YH, Etnyre B, Bartlett W. Landing mechanics between noninjured women and women with anterior cruciate ligament reconstruction during 2 jump tasks. *Am J Sports Med*. 2007; 10(Oct):1-9.
- Ortiz A, Olson S, Libby C, Kwon YH, Trudelle-Jackson E. Kinematic and kinetic reliability of two jumping and landing physical performance tests in young adult women. *N Amer J Sports Physical Therapy*. 2007; 2(May):104-112.
- Trudelle-Jackson E, Jackson AW, Morrow JR. Muscle strength and postural stability in healthy older women: Implications for fall prevention. *J Physical Activity Health*. 2006; 23(July):1-12.
- Wang S, Trudelle-Jackson E. Comparison of customized versus standard exercises in rehabilitation of shoulder disorders. *Clin Rehabil*. 2006; 20(Jan):675-685.
- Trudelle-Jackson E, Smith SS. Effects of a late-phase exercise program after total hip arthroplasty: a randomized controlled trial. *Arch Physical Medical Rehabilitation*. 2004; 85:1056-1062.
- Trudelle-Jackson E. Musculoskeletal health. In: A.W. Jackson, J.R. Morrow, D.W. Hill, R.K. Dishman (Eds.), *Physical activity for health and fitness* (Updated Edition). Champaign, IL: Human Kinetics, 2004; pp.193-226.
- Trudelle-Jackson E. Pregnancy. In: A.W. Jackson, J.R. Morrow, D.W. Hill, R.K. Dishman (Eds.), *Physical activity for health and fitness* (Updated Edition). Champaign, IL: Human Kinetics, 2004; pp.251-270.

Trudelle-Jackson E, Emerson RH, Smith SS. Outcomes of total hip arthroplasty: A study of patients one year post-surgery. *J Orthop Sports Physical Therapy*. 2002; 32(11):260-267.

Trudelle-Jackson E. Balance and post-operative lower extremity joint replacement. *Orthop Phys Ther Clin North Amer*. 2002; 11(1):101-110.

Nichols D, Horea M, Trudelle-Jackson E. Osteoporosis. In: J.N. Myers, W.G. Herbert, R. Humphrey (Eds.), *ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions*. Baltimore, MD: Lippincott Williams & Wilkins, 2002; pp.139-151.

Peer Reviewed Scientific and Professional Presentations: *(from the most recent to the earliest. Include presenter (s), title, occasion, and date)*

Trudelle-Jackson E, Thompson M, Bolar S, Landy B, Sallee B. Are physical therapists aware of the 2008 Physical Activity Guidelines for Americans and what are they doing about it? *APTA Annual Conference, 2011; National Harbor, MD*.

Trudelle-Jackson E, Morrow JR. Are lower limb muscle strength and flexibility deficits predictive of musculoskeletal injury? The WIN Study. *58th Annual Meeting and 2nd World Congress on Exercise is Medicine of the American College of Sports Medicine, 2011; Denver, CO*.

Morrow JR, Trudelle-Jackson E, Haskell WL. Meeting physical activity guidelines and incidence of musculoskeletal injury: The WIN Study. *58th Annual Meeting and 2nd World Congress on Exercise is Medicine of the American College of Sports Medicine, 2011; Denver, CO*.

Borman NP, Johnson KM, Trudelle-Jackson E, Vingren JL, Morrow JR. Self-report resistance exercise behaviors, falls self-efficacy and history of falls: The WIN Study. *58th Annual Meeting and 2nd World Congress on Exercise is Medicine of the American College of Sports Medicine, 2011; Denver, CO*.

Vingren JL, Morrow JR, Trudelle-Jackson E, Mathew M. What strengthening activities do women perform? Findings from the WIN Study. *58th Annual Meeting and 2nd World Congress on Exercise is Medicine of the American College of Sports Medicine, 2011; Denver, CO*.

Mojica F, Trudelle-Jackson E, McConnell K, Wylie S, Ortiz A. Effectiveness of an injury prevention program in female soccer players. *58th Annual Meeting and 2nd World Congress on Exercise is Medicine of the American College of Sports Medicine, 2011; Denver, CO*.

Trudelle-Jackson E, Ferro E, Huff C, McQueary A, Thomas J. Intra- and inter-tester reliability of lower extremity muscle strength measurements using a hand-held dynamometer with and without a stabilization strap, *APTA Combined Sections Meeting, 2011; New Orleans, LA*.

- Jackson AW, Trudelle-Jackson E, Morrow JR. Strength and obesity in women meeting HHS muscle strengthening activity recommendations: The WIN Study. *Platform at ACSM Annual Conference, 2010; Baltimore, MD.*
- Morrow JR, Bain T, Frierson G, Trudelle-Jackson E. Long-term reliability of self-reported physical activity: The WIN Study. *ACSM Annual Conference, 2010; Baltimore, MD.*
- Morrow JR, Bain TM, Haskell WL, Trudelle-Jackson E, Frierson GM. Prevalence of self-reported physical activity in community dwelling women: The WIN Study. *3rd International Congress on Physical Activity and Public Health, 2010: Toronto.*
- Singhal K, Casebolt JB, Kwon MS, Trudelle-Jackson E, Kwon YH. Effects of different crutches and arm dominance on shoulder joint kinetics. *2nd Annual Joint European Society of Movement Analysis for Adults and Children (ESMAC) & Gait and Clinical Movement Analysis Society (GCMAS) Meeting, 2010; Miami, FL.*
- Casebolt JB, Singhal K, Kwon MS, Trudelle-Jackson E, Kwon YH. A biomechanical comparison of axillary crutch swing through gait with and without touchdown. *2nd Annual Joint European Society of Movement Analysis for Adults and Children (ESMAC) & Gait and Clinical Movement Analysis Society (GCMAS) Meeting, 2010; Miami, FL.*
- Ferro E, Trudelle-Jackson E, Gracian A, Henry J, Kahil K, Wolf S. Reliability and validity of an electronic inclinometer (EI) and standard goniometer (SG) for measuring the Q-angle in 2 different positions in a sample of women. *TCSM Annual Conference, 2010: Houston, TX.*
- Trudelle-Jackson E, Ferro E, Morrow JR, Frierson GM. Differences in muscle strength between Caucasian and African-American women of different age groups: the WIN study. *APTA Combined Sections Meeting, 2010; San Diego, CA.*
- Norris BM, Trudelle-Jackson E. Hip and thigh muscle activation during the star excursion balance test. *APTA Combined Sections Meeting, 2010; San Diego, CA.*
- Trudelle-Jackson E, Morrow JR, Fleisher LA, Borman LP, Frierson GM. Lumbar spine flexion and extension extremes of motion in women of different age and racial groups. *ACSM Annual Conference, 2009; Seattle, WA.*
- Bain TM, Morrow JR, Barlow CE, Trudelle-Jackson E, Frierson GM. Relationship between physical activity and body habits among free-living women. *ACSM Annual Conference, 2009; Seattle, WA.*
- Clubb D, Wang S, Olson S, Trudelle-Jackson E, Lovelace-Chandler V, Mitchell K. Comparison of cervical spine manipulation and vibratory inhibition in patients with dysfunction of the cervical spine. *APTA Combined Sections Meeting, 2009; Las Vegas, NV.*
- Fleisher L, Borman N, Frierson G, Morrow JR, Trudelle-Jackson E. Reliability and validity of lumbar range of motion measurements using a single electronic goniometer in women. *APTA Combined Sections Meeting, 2009; Las Vegas, NV.*

- Boucher A, Wang S, Olson S, Trudelle-Jackson E. Effectiveness of surface electromyographic biofeedback-triggered neuromuscular electrical stimulation on knee rehabilitation. *APTA Combined Sections Meeting, 2009; Las Vegas, NV.*
- Morrow JR, Frierson GM, Trudelle-Jackson E, Rives TE. Surveillance of women's injuries resulting from physical activity: project WIN. *American College of Sports Medicine Annual Meeting, 2008; Indianapolis.* 5
- Trudelle-Jackson E, Ortiz A, McConnell K, Wylie S. Effects of a 6-week injury prevention program on knee valgus during landing in adolescent female soccer players. *APTA Combined Sections Meeting, 2008; Nashville, TN.*
- Fleisher L, Trudelle-Jackson E. Exercise effect on strength, balance, and quality of life in women with low bone mass. *TPTA Annual Conference Meeting, 2007; Galveston, TX.*
- Nations T, Ortiz A, Trudelle-Jackson E. Effects of a 6-week injury prevention program on knee valgus during landing in adolescent female soccer players. *TPTA Annual Conference Meeting, 2007; Galveston, TX.*
- Fleisher L, Trudelle-Jackson E. Exercise effect on strength, balance, and quality of life in women with low bone mass. *15th International Congress of the World Confederation for Physical Therapy (WCPT), 2007; Vancouver, Canada.*
- Ortiz A, Olson S, Libby C, Etnyre B, Trudelle-Jackson E, Bartlett W, Kwon YH. Landing mechanics between non-injured women and women with ACL reconstruction during a 40-cm drop jump. *American College of Sports Medicine Annual Meeting, 2007; New Orleans. LA.*
- Trudelle-Jackson E, Karakktapil PS. Outcomes of total knee arthroplasty 1-year post surgery. *APTA Combined Sections Meeting, 2007; Boston, MA...*
- Borman N, Trudelle-Jackson E, Dacus B, Saad D. Effects of an individualized exercise program on post-menopausal women with low bone mass. *APTA Combined Sections Meeting, 2007; Boston, MA.*
- Karakktapil P, Trudelle-Jackson E. Outcomes of total knee arthroplasty 1-year post surgery. *TPTA Annual Conference Meeting, 2006; Ft. Worth, TX.*
- Dacus B, Saad D, Borman N, Trudelle-Jackson E. Effects of an individualized exercise program on post-menopausal women with low bone mass. *TPTA Annual Conference Meeting, 2006; Ft. Worth, TX.*
- Wang SS, Trudelle-Jackson E, Tossey LL, Vo WP, Theriault TM. Effectiveness of two physical therapy interventions for increasing length in the pectoralis minor muscle. *APTA Combined Sections Meeting, 2006; San Diego, CA.*
- McConnell K, Wylie S, Ortiz A, Trudelle-Jackson E. Effects of a 5-week injury prevention program on kinematics and kinetics in adolescent women soccer players: A pilot study. *APTA Combined Sections Meeting, 2006; San Diego, CA.*

Wang SS, Trudelle-Jackson E, Tossey LL, Vo WP, Theriault TM. Effectiveness of two physical therapy interventions for increasing length in the pectoralis minor muscle. *TPTA Annual Conference/Student Conclave*, 2005; The Woodlands, TX. 6

McConnell K, Wylie S, Ortiz A, Trudelle-Jackson E. Effects of a 5-week injury prevention program on kinematics and kinetics in adolescent women soccer players: A pilot study. *TPTA Annual Conference/Student Conclave*, 2005;The Woodlands, TX.

Trudelle-Jackson E, Brandelesi G, Eppright K. Lower extremity muscle strength decline with aging: Implications for fall prevention. *APTA Combined Sections Meeting*, 2005; New Orleans, LA.

Funded/in Review Grant Activity: (Include: Authorship/Participation, Amount of Funding awarded, and nature of project, date and source)

“The Effect of Power Training on Functional Performance, Walking Behavior, and Habitual Physical Activity in Individuals with Total Knee Arthroplasty”

Funding Source: NIH: Academic Research Enhancement Award

Role: Principle Investigator

Years: 2011-2014

Pending

“Effect of Rehabilitative Ultrasound Imaging Biofeedback on Urinary Incontinence, Pelvic Floor Muscle Contraction, and Quality of Life in Women With Stress Urinary Incontinence” Funding Source: APTA Section Women’s Health. Role: Principal Investigator. Years: 2010 Award: \$5000

“Women’s Exercise Injuries: Incidence and Risk Factors.” Funding Source: NIH (NIAMS) Role: Co-Investigator Years: 2006-2011 Award: \$3,240,246

“Exercise Effect on Strength, Balance, and Function in Women With Low Bone Mass.” Funding Source: TPTF Role: Principal Investigator Date: Jan. 2006 Award: \$1000

“Outcomes of Total Knee Arthroplasty in Patients Who Are 1-Year Post Surgery.” Funding Source: TPTF Role: Principal Investigator Date: Aug. 2003 Award: \$600

“Effect of Exercise on Strength and Postural Stability in Patients Post-Total Hip Arthroplasty.” Funding Source: TPTERF Role: Principal Investigator Years: 2000-2001 Award: \$1800

Current/Active Research Activity: (Include authorship, nature, funding (External, grant, internal))

Fleisher L, Trudelle-Jackson E, Thompson M, Smith S. Effects of weight bearing and resistance exercises on lower extremity strength, postural stability, and quality of life in postmenopausal women with low bone mass. *J Women Health Phys Ther* (in review).

Membership in Scientific/Professional Organizations: *(Include positions held)*

American Physical Therapy Association Orthopaedic Section
Texas Physical Therapy Association
American College of Sports Medicine

Community Service: *(Include title or nature (Note if chairmanship is held) Agency, Duration (From-To)*

Guest speaker on "Exercise and Osteoporosis" for National Osteoporosis Foundation
North Dallas Support Group, Methodist Richardson Medical Center, Richardson, TX.
July 2010.

Guest speaker on "The Profession of Physical Therapy" for interns at Cooper
Institute, Dallas, TX. April 2007

Services to the University/College School on Committees/Councils/Commissions:

(Cite

*Membership and Chairmanships, and include University wide, school, other schools in
the university, department, dates)*

University Research Advisory Committee 2010-2011
University Promotion and Tenure Committee 2008-2011
Summer Research Stipends Selection Committee 2005-2006
Planning Committee for Women's Health Symposium
Faculty Development Leave Committee 2004-2005
Faculty Grievance Committee 2003-2004
Honorary appointment as an Institute of Women's Health Assistant 2002-2003
Research Professor 2009-2010 Mentor for Chancellor's Research Fellows Program
Planning Committee for "Power of a Healthy Woman" Symposium 2006-2007
Director of Research 2004- present
Chair, Professional Admissions Committee 2008-2009
Post-Professional Curriculum Committee 2004-present
Director of Health Promotion & Research Center (HPRC) 2004-2007
DPT Curriculum Musculoskeletal Sub-Committee 2004-2005
DPT Curriculum Research Sub-Committee
DPT Curriculum Sub-Committee on Generic Abilities
DPT Graduate Outcomes Task Force
Professional Admissions Committee 2003-2004
Professional Curriculum Committee
Marketing and Recruitment Committee

Honors and Awards: *(Include title or nature, Awarding agency, Date)*

2009-2010 Selected as mentor for Chancellor's Research Fellows Program

Continuing Education Attended: *(List only courses taken within the last 5 years that are specifically related to responsibilities in the entry level program)*

2010 APTA Combined Sections Meeting, San Diego, CA

2008 Physical Activity and Public Health: A Postgraduate Course on Research
Directions and
Strategies, Park Cities, Utah
APTA Combined Sections Meeting, Nashville, TN.

2007 APTA Combined Sections Meeting, Boston, MA.

2006 APTA Combined Sections Meeting, 2006; San Diego, CA.

Current Teaching Responsibilities in the Entry Level Program: *(In sequence, by term, do not include courses taught at other institutions)*

Semester 1

PT 5811: Basic Physical Therapy Skills

Semester 2

PT 5303: Examination, Evaluation and Outcomes

Semester 3

Semester 4

PT 5871: Critical Inquiry in Physical Therapy I

Semester 5

PT 6011: Critical Inquiry in Physical Therapy II

Semester 6

Semester 7

PT 6021: Critical Inquiry in Physical Therapy III

Semester 8