ERIN LALLY Ph.D., ATC, LAT

elally@txstate.edu | 708-259-4138

EDUCATION

UNIVERSITY OF WISCONSIN MILWAUKEE | COLLEGE OF HEALTH SCIENCES

Ph.D in Health Sciences

CONCENTRATION: Human Biomechanics | SECONDARY CONCENTRATION: Sport Psychology | Minor: Educational Statistics

DEGREE CONFERRAL: Aug 2023

DISSERTATION: Using Music to Modify Step-rate and Running Biomechanics in Healthy Runners

ILLINOIS STATE UNIVERSITY | KINESIOLOGY & RECREATION

MS in Athletic Training

DEGREE CONFERRAL: May 2016

THESIS: Range of Motion and Plantar Foot Pressure in Those With and Without a Lateral Hip Shift During an Overhead Squat

ILLINOIS STATE UNIVERSITY | KINESIOLOGY & RECREATION

BS in Athletic Training

DEGREE CONFERRAL: May 2014

EMPLOYMENT & POSITIONS HELD

ASSISTANT PROFESSOR IN MASTER OF ATHLETIC TRAINING PROGRAM

Texas State University | Aug 2023- Current

- *Co-director of Clinical Biomechanics Lab, Cadaver Lab Manager*

TEACHING ASSISTANT AND LECTURER

University of Wisconsin Milwaukee | Aug 2018- May 2023

CLINICAL EDUCATION COORDINATOR AND INSTRUCTOR

Colorado Mesa University | Aug 2016- May 2018

GRADUATE ASSISTANT ATHLETIC TRAINER

Lincoln Christian University, Lincoln, IL | Aug 2014- May 2016

TEACHING

ASSISTANT PROFESSOR IN MASTER OF ATHLETIC TRAINING PROGRAM AND DEPT OF HEALTH AND HUMAN PERFORMANCE

Texas State University | Aug 2023- Current

- *AT3312: Clinical Assessment II (undergraduate)*
- *AT5399: Thesis (graduate)*

- *AT4313: Therapeutic Interventions (undergraduate)*
- *AT5300: MSK Assessment of the Lower Extremity (graduate)*
- *AT5343: Interdisciplinary Aspects of Athletic Training (graduate)*

Teaching assistant and Lecturer

University of Wisconsin Milwaukee | Aug 2018- May 2023

- *ATRAIN 725: Gross Anatomical Kinesiology Cadaver Lab (MSAT, DPT, OT Program)*
- *ATRAIN747: Clinical Examination and Diagnosis of Lower Extremity in Athletic Training (MSAT Program)*
- *ATRAIN757: Foundations of Therapeutic Interventions in Athletic Training (MSAT Program)*
- *OCCTHPY 704: Musculoskeletal and Biomechanical Analysis and Occupational Function*
- *ATRAIN 748 Clinical Exam and Diagnosis of the Head and Spine in Athletic Training*
- *ATRAIN 787: Clinical Education in Athletic Training III*
- *ATRAIN 708: Clinical Gait Analysis*
- *CHS 100: College of Health Sciences Freshman Seminar*
- *KIN 320: Undergraduate Biomechanics Lab*
- *KIN 325: Anatomical Kinesiology Cadaver Lab*
- *KIN 235: Intro to Nutrition for Health Professionals*
- *NUTR 241: Why We Eat What We Eat: An Ecological Approach*
- *KIN 400: Ethics in the Health Professions*

Instructor of Kinesiology and Athletic Training

Colorado Mesa University | Aug 2016- May 2018

- *KINE 240: Introduction to Clinical Athletic Training*
- *KINE 253: Clinical Experiences in Athletic Training I*
- *KINE 368: Clinical Experiences in Athletic Training II*
- *KINE 367: Clinical Experiences in Athletic Training III*
- *KINE 378: Clinical Experiences in Athletic Training IIII*
- *KINE 370: Biomechanics (lecture and lab)*
- *KINE 309: Anatomical Kinesiology*
- *KINE 487: Structured Research Honors*

RESEARCH & SCHOLARSHIP

Peer-reviewed Published Manuscripts

**** indicates student author***

- Lally EM, Ericksen HM, Azen R, Huddleston W, Earl-Boehm JE. Running step rate can be increased with both music and metronome auditory cueing. *J Sport Rehabil.* 2026;35(2):131-136. doi:10.1123/jsr.2024-0392
- Miller KC, Beck JL, Valadez SG, Koldenhoven RM, Uriegas NA, Lally EM. Using ice

packing and the Polar Life Pod to treat severe hyperthermia. *Am J Emerg Med.* 2025;99:201-206. doi:10.1016/j.ajem.2025.09.038

- **Lally EM**, Ericksen HM, Azen R, Huddleston W, Earl-Boehm JE. In-field gait retraining adherence improves with music auditory cueing. *J Sports Sci.* 2025;43(23):2988-2998. doi:10.1080/02640414.2025.2568250
- Miller K, Koldenhoven RM, **Lally EM**. Validity of common body temperature sites and gait parameters during a heat tolerance test. *Temperature*. 2025;1-14. doi:10.1080/23328940.2025.2493456
- *Johnson D, *Maldonado R, **Lally EM**. Movement assessments as predictors for initial anterior cruciate ligament injury: a critically appraised topic. *J Sport Rehabil.* 2025; 34(7):767-772. doi: 10.1123/jsr.2024-0362.
- *Mach MS, **Lally EM,** Ericksen HM, Earl-Boehm JE. Foot-placed inertial measurement units are valid against shank-placed units when measuring temporospatial running variables. *J Sport Rehabil.* 2025; 34(6):672-676. doi:10.1123/jsr.2024-0258
- **Lally EM**, Ericksen HM, Mach MS, Earl-Boehm JE. Movement quality assessment of Army Reserve Officers' Training Corps cadets: a report of validity and normative data. *Mil Med.* 2024;189(11-12):e2537-e2544. doi:10.1093/milmed/usae266
- Ericksen HM, **Lally EM**, Earl-Boehm JE. External focus instruction is no better than internal focus instruction on jump-landing biomechanics in healthy females. *J Athl Train.* 2024;59(1):45-52. doi:10.4085/1062-6050-0154.23
- Earl-Boehm JE, Mach MS, **Lally EM**, O'Connor M, Ericksen HE. Reliability and construct validity of the single-leg landing error scoring system (SL-LESS) in physically active females. *J Sports Med Allied Health Sci.* 2023;9(1):Article 2. doi:10.25035/jsmahs.09.01.02
- **Lally EM**, Ericksen HM, Earl-Boehm JE. Measurement properties of clinically accessible movement assessment tools for analyzing jump landings: a systematic review. *J Sport Rehabil.* 2022;31(4):476-489. doi:10.1123/jsr.2021-0287
- **Lally EM**, Ericksen HM, Earl-Boehm JE. Measurement properties of clinically accessible movement assessment tools for analyzing single-leg squats and step-downs: a systematic review. *J Sport Rehabil.* 2022;31(4):465-475. doi:10.1123/jsr.2021-0288
- **Lally EM**, Thorpe J, Ericksen HM, Earl-Boehm JE. Reliability and criterion validity of two-dimensional movement assessments in those with patellofemoral pain. *Phys Ther Sport.* 2022;58:134-140. doi:10.1016/j.ptsp.2022.10.008

PEER-REVIEWED PROFESSIONAL MANUSCRIPTS IN PROGRESS

**** indicates student author***

- Lally EM, Horwath Z*, Rodriguez L*, Bender S, Miller K, Paulson G. Music Genre Preferences of U.S. Exercisers: Applications for Health Promotion. *Psychol Music*. Under review; 2026.
- Lally EM, Rodriguez L*, Horwath Z*, Bender S, Miller K, Paulson G. Daily Living Listening Preferences Correspond to Exercise Listening Preferences in Non-Exercisers. *Complement Ther Clin Pract*. Under review; 2026.
- Kim J, Thapa A, Lally EM. Music listening enhances corticospinal excitability of the quadriceps regardless of preference in physically active individuals. *Peer J*. Under review; 2026.
- Lally EM, Ericksen HM, Azen R, Huddleston W, Earl-Boehm JE. The Effects of Music versus Metronome Guided Step-rate Gait Retraining. *Int J Athl Ther Train*. Under review; 2026.
- Lally EM, Miller KC, Beck J, Valadez S, Uriegas N, Koldenhoven RM. Gait parameters during high intensity exercise in the heat. *Int J Athl Ther Train*. Under Review; 2026.
- Zimmermann JM, Bender SH, Lally EM. The feasibility of a modified Aquaticity Assessment Test (AAT). *J Bodyw Mov Ther*. Under review; 2026.
- Ericksen HM, Lally EM, Mach MS, Reckelberg R, Earl-Boehm JE. A modified DIME intervention in Army Reserve Officers' Training Corps cadets. *Phys Ther Sport*. Under review; 2026.

RESEARCH IN PROGRESS

**** indicates student author***

- Glaviano N, Bazett Jones D, S Kim, Lally EM, Lazicki R, Waiteman. M National Athletic Trainers' Association Position Statement: Patellofemoral Pain. Data collection. 2026
- Lally EM, Horwath Z*, Rodriguez L*, Bender S, Miller K, Paulson G. Exercisers' perceptions of music, movement, and performance: insights for biomechanical interventions. *Psychol Music*. In preparation; 2026.
- Berumen B, Leal B*, Lally EM. Common musculoskeletal conditions in Latino farm workers: a systematic review. In preparation; 2026.
- Waller S*, Lally EM, Koldenhoven, RM. Effects of visual biofeedback gait training during walking on running gait biomechanics in individuals with chronic ankle instability. In preparation; 2026.
- Lally EM and Koldenhoven RM. The effects of music on running and walking biomechanics. In data collection. Texas State University. 2026
- Koldenhoven RM and Lally EM. Gait training improved ankle biomechanics and

plantar pressure using internal and external focus verbal. In data processing. Texas State University. 2026.

PROFESSIONAL PRESENTATIONS

**** indicates student author***

- Koldenhoven RM, *Cortez M, *Rodriguez C, **Lally EM**. Effects of a walking gait training program on running gait biomechanics in individuals with chronic ankle instability. International Ankle Symposium. Nov 2026; Seoul, South Korea.
- Gobert D, **Lally EM**, Hee Chee K, Sen K, Hernandez, JA. Dance as Medicine: How Rhythmic Movement Enhances Balance, Cognition, and Well Being in Aging Adults. Aging in Texas Conference 2026, Texas Association of Regional Councils; July 2026; San Angelo, TX.
- *Horwath Z, *Rodriguez L, Bender S, Miller K, Paulson, G, **Lally EM**. Music Genre Preferences of U.S. Exercisers: Applications for Health Promotion. Texas Society for Public Health Education Conference, Texas Society for Public Health Education; Sept 2025; San Marcos, TX.
- **Lally EM**, Ericksen HM, Earl-Boehm JE. Comparison of music and metronome step-rate gait retraining on running biomechanics and running exertion. 8th Annual International Patellofemoral Pain Research Retreat, International Patellofemoral Pain Research Network; Feb 2025; Boston, MA.
- **Lally EM.** Music is Sports Medicine, National Athletic Trainers' Association Interactive Lecture, National Athletic Trainers' Association; June 2025; Orlando, FL.
- **Lally EM.** Sound of Movement: Leveraging Music for Movement Reeducation. South Padre Athletic Trainers' Association Oral Lecture, South Padre Athletic Trainers' Association; June 2025; South Padre, TX.
- *Thapa A, Panhan AC, **Lally EM**, Kim J. Music enhances motor cortex excitability in physically active individuals. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 17, Article 34., Texas American College of Sports Medicine; Waco, TX. 2025. https://digitalcommons.wku.edu/ijesab/vol2/iss17/34.
- Ericksen HM**, Lally EM**, Earl-Boehm JE. Reliability of 2D motion assessment in Army Reserve Officers' Training Corps cadets. National Athletic Trainers' Association; October 2024; Orlando, FL. Feb 2025.
- **Lally EM,** Ericksen HM, Earl-Boehm JE. Effects of self-administered gait retraining on running biomechanics and compliance. National Athletic Trainers' Association Annual Clinical Symposia Poster Presentation, National Athletic Trainers' Association; June 2024; New Orleans, LA.
- **Lally EM.** Music is sports medicine. South Padre Athletic Trainers' Association Oral Lecture, South Padre Athletic Trainers' Association; June 2024; South Padre, TX.

- Lally EM, Ericksen HM, Earl-Boehm JE. Both music and metronome cues can increase step-rate and decrease tibial acceleration during running. National Athletic Trainers' Association Annual Clinical Symposia Oral Presentation, National Athletic Trainers' Association; June 2023; Indianapolis, IN.
- Lally EM, Ericksen HM, Earl-Boehm JE. Using music to modify step-rate and running biomechanics in healthy runners. Wisconsin Athletic Trainers' Association Annual Clinical Symposium Oral Presentation, Wisconsin Athletic Trainers' Association; April 2023; Steven's Point, WI.
- Lally EM, Ericksen HM, Earl-Boehm JE. Increased step-rate and decreased tibial acceleration during running can be acquired and maintained using both music and metronome cues. Great Lakes Athletic Trainers' Association Annual Clinical Symposium Oral Presentation, Great Lakes Athletic Trainers' Association; March 2023; Wheaton, IL.
- *Mach MS, Ericksen HE, Lally EM, Earl-Boehm JE. Reliability and construct validity of the single-leg landing error scoring system (SL-LESS) in physically active females. American College of Sports Medicine Annual Meeting and World Congress, American College of Sports Medicine Conference Poster Presentation; July 2022; San Diego, CA.
- Ericksen HM, Lally EM, Earl-Boehm JE. Investigating the effect of external focus instruction versus internal focus instruction and a control on jump-landing biomechanics in healthy females. Great Lakes Athletic Trainers' Association Annual Clinical Symposium Oral Presentation, Great Lakes Athletic Trainers' Association; March 2022; Wheaton, IL.
- Lally EM, Thorpe J, Ericksen HM, Earl-Boehm JE. Reliability and criterion validity of two-dimensional movement assessments in those with patellofemoral pain. UWM Partners for Health Spring Research Symposium Oral Presentation; May 2022; Milwaukee, WI.
- Thorpe JL, Arvinen-Barrow M, Bazett-Jones DM, Huddleston WE, Lally EM, Earl-Boehm JE. The use of a squat retraining intervention for patellofemoral pain. Wisconsin Athletic Trainers' Association Annual Clinical Symposium, Wisconsin Athletic Trainers' Association; April 2022; Steven's Point, WI.
- Lally EM, Thorpe J, Ericksen HM, Earl-Boehm JE. Reliability and criterion validity of hip and knee frontal plane projection angles and dynamic valgus index in those with patellofemoral pain. Great Lakes Athletic Trainers' Association Annual Clinical Symposium Oral Presentation, Great Lakes Athletic Trainers' Association; March 2022; Wheaton, IL.
- Huddleston W, Earl-Boehm JE, Lally EM, *Jensen A, *Wagner K, *Nelson S, *Sever

M. Determining validity of using inertial measurement units to calculate ground reaction force. UWM Partners for Health Spring Research Symposium Oral Presentation; May 2022; Milwaukee, WI.

- Lally EM, Ericksen HM, Earl-Boehm JE. Systematic review of the reliability and validity of clinically relevant movement assessment tools: Rubric and 2D video analysis of single-leg squats and step-down tasks. UWM Partners for Health Spring Virtual Research Symposium; May 2021; Milwaukee, WI.
- Lally EM, Earl-Boehm JE, Ericksen HM. Investigating the effect of external focus instruction versus internal focus instruction and a control on jump-landing biomechanics in healthy females. UWM Partners for Health Spring Research Symposium Poster Presentation; May 2019; Milwaukee, WI.
- Lally EM, Begalle R, Selkow N. Plantar foot pressures in those with and without a lateral hip shift during an overhead squat. National Athletic Trainers' Association Annual Clinical Symposia Oral Presentation, National Athletic Trainers' Association; June 2017; Houston, TX.
- Lally EM, Begalle R, Selkow N. Plantar foot pressures in those with and without a lateral hip shift during an overhead squat. Rocky Mountain Athletic Trainers' Association Annual Clinical Symposia Oral Presentation, Rocky Mountain Athletic Trainers' Association; March 2017; Westminster, CO.

Grant Awards

- Lally EM and Koldenhoven RM. Impacts of music-based gait retraining and metronome-based gait retraining in runners with patellofemoral pain. Texas State Research Enhancement Program Grant. $24,000. 2025. Funded.
- Koldenhoven RM and Lally EM. Clinical Based Gait Training Strategies for Individuals with Chronic Ankle Instability: A Pilot Study. *Texas State Research Enhancement Program Grant.* $16,000. 2023. Funded.
- Lally EM, Ericksen HM, Earl-Boehm JE. Using Music to Modify Step-rate and Running Biomechanics in Healthy Runners: during the acquisition phase of motor learning. *Wisconsin Athletic Trainers' Association Doctoral Student Research Award. $*2,000. 2022-2023. Completed
- Lally EM, Ericksen HM, Earl-Boehm JE. Using Music to Modify Step-rate and Running Biomechanics in Healthy Runners: a self-administered gait retraining program. *Great Lakes Athletic Trainers' Association Doctoral Student Research Award.* $2,500. 2022-2023. Completed

Grant Applications in Progress/in Preparation

- Kim J, Lally EM. Neuro-biomechanical approach to the effects of transcranial direct current stimulation on knee pain and knee osteoarthritis. National Institute of Health R15, HEAL Initiative: Pain Research Enhancement Program (PREP). $300,000. Intended submission Oct 2026.
- Lally EM. Impacts of music-based gait retraining and metronome-based gait retraining on runners with patellofemoral pain. National Institute of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases R61 Exploratory Clinical Trial Grants in Arthritis and Musculoskeletal and Skin Diseases. $268,534.50 Intended submission March 2027.
- Deason R, Adi N, Gobert D, Lally EM, Thompson DE, Westerberg CE. National Institute of Health, National Institute of Aging Research Education Program R25. Intended submission. May 2027.

Submitted, Not Funded Grant Applications

- AF Dejong Lempke, J Hermansen, Koldenhoven RM, Casa D, Perera R, Miller K, Lally EM, Szymanski M, Huggins R, Butler C. Environmental Influences on Running Biomechanics and Physiological Adaptations During Military Fitness Testing (EnviRunMent). National Institute of Health R01 $1,171,222.00. Oct 2025. Not funded.
- Kim J., Lally EM. Neuro-biomechanical approach to the effects of transcranial direct current stimulation on knee pain and knee osteoarthritis. National Institute of Health R15, HEAL Initiative: Pain Research Enhancement Program (PREP). $300,000 Oct 2025. Not funded.
- Lally EM and Koldenhoven R. A comparison of running biomechanics and patient outcomes in runners with patellofemoral pain receiving music-based gait retraining, metronome-based gait retraining, and a control group. National Athletic Trainers' Association General Grant. $50,000. Sept 2025. Not Funded.
- Koldenhoven RM and Lally EM. Clinical Based Gait Training Strategies for Individuals with Chronic Ankle Instability. *National Athletic Trainers' Association General Grant.* $50,000. Feb 2025. Not Funded.
- AF Dejong Lempke, J Hermansen, Koldenhoven RM, Casa D, Perera R, Miller K, Lally EM, Szymanski M, Huggins R, Butler C. Environmental Influences on Running Biomechanics and Physiological Adaptations During Military Fitness Testing (EnviRunMent. *Department of Defense.* $2,821,374.00. March 2025. Not Funded.
- Lally EM, Koldenhoven RM, Uriegas, N. The effects of increasing running step-rate on biomechanics and performance in runners with patellofemoral pain. Wu Tsai Human Performance Alliance External Agility Project. $200,000. Nov 2024. Not Funded.
- Berumen-Flucker B, Lally EM. Musculoskeletal wellness training for agricultural

workers. U.S. Department of Labor, Occupational Safety and Health Administration, Susan Harwood Grant Award. $80,000. June 2024. Not Funded.

- Dejong Lempke AF, Hermansen J, Koldenhoven RM, Casa D, Perera R, Miller K, **Lally EM**, Szymanski M, Huggins R, Butler C. Environmental influences on running biomechanics and physiological adaptations during military fitness testing (EnviRunMent). Department of Defense. $2,821,374. March 2024. Not Funded.
- Koldenhoven RM, **Lally EM**. Clinical-based gait training strategies for individuals with chronic ankle instability. National Athletic Trainers' Association General Grant. $50,000. Feb 2024. Not Funded.

STUDENT RESEARCH MENTORSHIP

- Castoreno M, Lafleur K, Koldenhoven RM, **Lally EM**. Validity and reliability of 2-dimensional joint angle analysis during walking. 2025-current. Texas State University.
- Alvarado J, Blakley A, **Lally EM**, Koldenhoven RM. Clinically accessible gait training strategies for individuals with chronic ankle instability: A pilot study. 2025-2026. Texas State University.
- Delgado M, Llanas E, Koldenhoven RM, **Lally EM**. Validity and reliability of 2-dimensional joint angle analysis during running and walking. 2025-2026. Texas State University.
- Horwath Z, Rodriguez L, **Lally EM**. Music genre preference for exercisers. 2023-2026. Texas State University.
- Rodriguez L, Horwath Z, **Lally EM.** Listening habits for activities of daily living compared to listening habits for exercise. 2023-2026. Texas State University.
- Leal B, Berumen B, **Lally EM**. Common musculoskeletal conditions in Latino farm workers: a systematic review. 2023-2026. Texas State University.
- Beck J, Miller KC, **Lally EM**, Koldenhoven RM, Uriegas NA, Valadez SG. Using ice packing with body bags to treat hyperthermia. May 2023- May 2025. Texas State University.
- Valadez SG, Beck J, **Lally EM**, Koldenhoven RM, Uriegas NA, Miller KC. The relationship between gait biomechanics and body temperature. May 2023- May 2025. Texas State University.
- Hanson J, Koldenhoven, RM, **Lally EM.** Sound-Based Interventions and Their Impact on Lower Extremity Biomechanics in Parkinson's and Alzheimer's Patients: a systematic review. 2024-2025. Texas State University.
- Thapa A, Panhan AC, **Lally EM**, Kim J. Music Enhances Motor Cortex Excitability in

Physically Active Individuals, 2023-2025, Texas State University.

- Johnson D, Maldonado R, **Lally EM**, Does dynamic movement assessment predict anterior cruciate ligament rupture? 2023-2025. Texas State University.
- Waller S, **Lally EM**, Koldenhoven, RM. Effects of visual biofeedback gait training during walking on running gait biomechanics in individuals with chronic ankle instability. 2023. Texas State University.
- Cisneros M, **Lally EM**, Consistency of increased step-rate in runners receiving gait retraining with a metronome versus music. 2023. Texas State University.
- Jensen A, Wagner K, Nelson S, Sever M, **Lally EM**, Determining Validity of Using Inertial Measurement Units to Calculate Ground Reaction Force. 2021. University of Wisconsin- Milwaukee.
- LeClair, D, **Lally EM,** Does gait retraining with forefoot strike improve runner's biomechanics and patellofemoral pain symptoms more than increasing cadence? 2019. University of Wisconsin- Milwaukee.

ADMINISTRATION

Gross Cadaver Lab Manager

Texas State University | Aug 2026 – Current

- Management of proper biohazard waste maintenance and disposal
- Coordination of specimen transfer
- Execution of proper lab safety procedures
- Weekly upkeep of lab chemicals, chemical disposal, etc.

Clinical Education Coordinator

Colorado Mesa University | Aug 2016- May 2018

- Providing quality preceptor education annually
- Proficiency in ATrack system for clinical competency submissions
- Point of communication between the ATP and all athletic training, orthopedic clinic, and emergency department staff at assigned clinical sites

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CLINICAL

Athletic Trainer, PRN

- ATI Physical Therapy, Milwaukee, WI & Chicago, IL | Aug 2018- Sept 2020
- Rugby Colorado, Grand Junction, CO | March 2017- June 2018

Assistant Athletic Trainer

- Lincoln College, Lincoln, IL | Oct 2014- May 2016
- Rich Falk Youth Basketball, Downers Grove, IL | Jul 2015
- J. Robinson Intensive Wrestling, Minneapolis, MN | Jun 2014 – Aug 2014

Graduate Assistant Athletic Trainer

- Lincoln Christian University, Lincoln, IL | Aug 2014- May 2016
- Illinois State University SMART Clinic, Normal, IL | Jan 2016- May 2016

PROFESSIONAL CERTIFICATIONS, MEMBERSHIPS, & WORKSHOPS

- Texas State University Alliance of Researchers in Aging, Member
- Adult Mental Health First Aid certified
- BOC Certified Athletic Trainer #2000016536
- State of Texas, Licensed Athletic Trainer #AT9569
- CPR and AED certified rescuer
- NPI #1770238032
- Certified Graston Technique Clinician
- CAATE approved, Preceptor
- ORCID iD, 0009-0009-4578-0411
- International Society of Biomechanics, Member
- National Association for Kinesiology in Higher Education, Member
- National Athletic Trainers' Association, Member #71265
- Southwest Athletic Trainers' Association, Member
- Valley Athletic Trainers' Association, Member
- International Women in Biomechanics, Member
- Center for Excellence in Teaching and Learning: Professional Development
- Teaching and Learning Center: Instructional Design for Future Faculty Workshop

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AWARDS AND HONORS

**** indicates student author***

- Alliance of Researchers in Aging TXST Quarterly Team Award | Texas State University | 2026
- Scholarly and Creative Activities College Achievement Award | Texas State Presidential Awards Program | Aug 2026

- *Master's Student Poster Competition Second Place Award Winner | Texas American College of Sports Medicine | Feb 2025
- "What the Best College Professors Do" recognition, University of Wisconsin-Milwaukee | Occupational Therapy MS Program | May 2023
- Podium Presentation Finalist and Third Place Award Winner | UWM Partners for Health Spring Research Symposium 2023
- Outstanding Scientific Significance and Impact | UWM Partners for Health Spring Virtual Research Symposium 2022
- Most Innovative Data Collection Methods | UWM Partners for Health Spring Virtual Research Symposium 2022
- Outstanding Overall Video Presentation | UWM Partners for Health Spring Virtual Research Symposium 2021
- Best Graphic Design | UWM Partners for Health Spring Virtual Research Symposium 2021

ADDITIONAL ACADEMIC & PROFESSIONAL SERVICE

- International Women in Biomechanics Parenthood Planning in Academics Panel | October 2026
- Department of Health and Human Performance Technology Committee Member | Sept 2025- current
- National Athletic Trainers' Association Mentor Program | June 2025-June 2026
- Journal of Orthopaedic Surgery and Research Journal Review | Aug 2025- Current
- Faculty Judge, Graduate Student Research Conference | April 2025
- International Society of Biomechanics Student Grant Reviewer | March 2025
- Texas State Undergraduate Research Faculty Reviewer | March 2025
- Texas State MSAT Hooding Ceremony Committee Member | Jan 2025- Current
- College of Education Research Enhancement Project Grant Review | Oct 2024
- Department of HHP Purchasing/Admin Assistant Search Committee Member | Sept 2024- Current
- International Women in Biomechanics Social Media Committee | Aug 2024-Current
- South Padre Island Conference Planning Committee Member, Co-chair | July 2024- Current
- Texas State Scholarship Committee Member | Aug 2023- Current
- Clinical Practice for Athletic Training Journal Reviewer | March 2022 – Current

- Journal of Athletic Training Journal Reviewer | 2022 – Current
- Sports Health: a Multidisciplinary Approach Journal Reviewer | Dec 2023 – Current
- Texas State Athletic Training Student Injury Clinic Supervisor | Aug 2023- Current
- Bobcat Rise Classroom Etiquette Seminar Organizer/Participant | Aug 2024
- Summer Camp Seminar Lecture, Splinting and Bracing | June 2024
- Faculty Judge, Dept of Health and Human Performance Scholar's Day Presentations | March 2024
- Gait Analysis and Interventions Guest Lecture | April 2024
- MSAT Admission Committee Member | Oct 2023- May 2024
- Faculty Judge, Graduate Student Research Conference | March 2024
- Texas State Athletic Training Program High School Visitation | Oct 2023
- Concordia University Guest Speaker: Athletic Training Biomechanists | Oct 2023
- External Stakeholders Clinical Biomechanics Lab Tour | Texas State University | Sept 2023
- New ESS Graduate Student Forum and Lab Tour | Texas State University | Sept 2023
- Franklin College Guest Speaker: Gait Retraining Biomechanics | Sept 2023
- National Athletic Trainers' Association Convention Proposal Reviewer | Aug 2023
- Boise State University Guest Speaker: Athletic Training Biomechanists | April 2023
- Franklin College Guest Speaker: Gait Retraining Biomechanics | Sept 2022
- University of Wisconsin Milwaukee, Kinesiology Graduate Association Officer | Sept 2020 – Sept 2022
- Franklin College Guest Speaker: Pain Science in Relation to Athletic Training | Sept 2021
- University of Wisconsin Milwaukee, Health Research Symposium Planning Committee | March 2020- April 2020
- International Patellofemoral Research Retreat Convention Staff | Oct 2019
- Colorado Mesa University Search Committee Chair, Athletic Training Program Clinical Education Coordinator | May 2018
- National Athletic Trainers' Association Convention Moderator | June 2018
- Colorado Mesa University Search Committee Chair, Physician's Assistant Program Clinical Admissions Coordinator | May 2017
- Colorado Mesa University Search Committee Member, Internship in Athletic Training | Nov 2017
- Colorado Mesa University, Athletic Training Club Advisor | Aug 2016 – May 2018

PROFESSIONAL DEVELOPMENT

- Feedback, Flow, and Frustrations: Helping Grad Students Becomes Stronger Writers | Texas State University | 2026
- Gemini Notebook in Action | Texas State University | 2026
- Teaching with Care: Understanding Student Mental Health in the Classroom| Texas State University | 2025
- Texas State College of Education GrantReady Program Participant | Sept 2025-May 2026
- Research Enhancement Program Informational Meeting | Texas State University | 2025
- The Grant Writer's Guide to the Galaxy: Foundations for Grant Writing | Texas State University | 2025
- Effectively Supporting Students Who Are Neurodivergent in the Classroom | Texas State University | 2025
- Faculty Focus Session, Promotion to Professor: Advice for Associate Professors | Texas State University | 2025
- Research GPS: Charting Your Course Through Managing Awards | Texas State University | 2025
- Research GPS: Charting Your Course Through Submitting Proposals | Texas State University | 2025
- H5P Technology Workshop | Texas State University | 2025
- Accelerating Research Innovation | Texas State University | 2024
- Data Visualization in SPSS Workshop | Texas State University | 2024
- AI in Academia Dialogue | Texas State University | 2024
- Providing Effective Feedback on Graduate Student Writing | 2024
- Mastering the Art of Survey Design! Building Blocks for Effective Research | 2024
- STEP Program Session: Annual Performance Review and Faculty Qualifications | Texas State University | 2023
- STEP Program Session: Career-Life Integration | Texas State University | 2023
- Jazzing Up Canvas | Texas State University | 2023
- Career Counseling with Dr. Jose Hinestroza | Texas State University | 2023
- Research Enhancement Program Informational Meeting | Texas State University | 2023

- STEP Program Session: Finding Funding for Scholarship | Texas State University | 2023
- Anti-racism & Allyship for Rehab and Movement Professionals Live Webinar | 2020
- Teaching and Cultural Competence, Becoming Self-aware: an Exploration of Culture to Support Students Workshop | Milwaukee, Wisconsin | 2020.
- What's the Big Deal about Academic Freedom? Webinar | Milwaukee, Wisconsin | 2019
- Diversity and Inclusivity Webinar | Milwaukee, Wisconsin | 2019
- International Patellofemoral 5th Research Retreat | Milwaukee, Wisconsin | 2019
- Communicating Your Work to an Outside Audience | Milwaukee, Wisconsin | 2018
- Grant Writing and Funding Opportunity in STEM | Milwaukee, Wisconsin | 2018
- Institutional Review Board Boot Camp | Milwaukee, Wisconsin | 2018
- University of Wisconsin Milwaukee Center for Excellent in Teaching and Learning: Professional Development Workshop | Milwaukee, Wisconsin | 2018
- National Athletic Trainers' Association 68th Clinical Symposium | New Orleans, Louisiana | 2018
- Rocky Mountain Athletic Trainers' Association Clinical Symposium | Salt Lake City, Utah | 2018
- National Athletic Trainers' Association 68th Clinical Symposium | Houston, Texas | 2017
- Rocky Mountain Athletic Trainers' Association Clinical Symposium | Westminster, Colorado | 2017
- Illinois State Teaching and Learning Center: Instructional Design for Future Faculty Workshop | Normal, Illinois | 2016