

# CURRICULUM VITAE

**NAME:** TIMOTHY EDWIN HEWETT, PH.D., FACSM

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Sports Medicine Biodynamics Center  
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## **EDUCATION:**

1984 B.A. Anthropology, Summa Cum Laude, University of Cincinnati  
1984 B.S. Biology, Summa Cum Laude, University of Cincinnati  
1990 Ph.D. Department of Physiology and Biophysics, University of Cincinnati College of Medicine, Cincinnati, Ohio  
1993 Postdoctoral Fellowship, Department of Pharmacology & Cell Biophysics, University of Cincinnati, Cincinnati, Ohio

## **PROFESSIONAL EXPERIENCE:**

1985-90 Graduate Assistant and Medical Student Tutor, Department of Physiology and Biophysics, University of Cincinnati College of Medicine  
1990-93 Postdoctoral Assistant, Department of Pharmacology and Cell Biophysics, University of Cincinnati College of Medicine  
1993-96 Senior Scientist, Cincinnati Sportsmedicine Research & Education Foundation  
1995-present Consultant, American Orthopaedic Society for Sports Medicine  
1998-present Consultant, Biodex Corporation  
1996-01 Adjunct Assistant Professor, Department of Pediatrics, University of Cincinnati College of Medicine, Children's Hospital Research Foundation  
1998-01 Adjunct Assistant Professor, Department of Rehabilitation Sciences, University of Cincinnati College of Allied Health Sciences  
1997-01 Director of Applied Research, Cincinnati Sportsmedicine Research and Education Foundation  
2001-present Adjunct Associate Professor, Department of Rehabilitation Sciences, University of Cincinnati College of Allied Health Sciences  
2001-2006 Assistant Professor, Department of Pediatrics, University of Cincinnati College of Medicine, Children's Hospital Research Foundation  
2001-present Director, Sports Medicine Biodynamics Center, Cincinnati Children's Hospital Medical Center, Cincinnati, Ohio  
2001-present Board of Directors, The Sports Medicine Institute of The Christ Hospital  
2003-2006 Assistant Professor, Department of Orthopaedic Surgery, University of Cincinnati College of Medicine  
2004-present Board of the University of Cincinnati Wellington Sports Medicine Fellowship  
2004-present Adjunct Professor and Associate Member in the Graduate Faculty for the Rehabilitation Sciences, College of Health Sciences, University of Kentucky

## **PROFESSIONAL EXPERIENCE: (cont)**

- 2006-present Associate Professor in the Department of Pediatrics, University of Cincinnati College of Medicine, Children's Hospital Research Foundation  
2005 Co-Director of an ACGME accredited Fellowship

**AWARDS AND HONORS:**

- 1983 The faculty Scholarship Award, University of Cincinnati  
1984 Phi Beta Kappa Induction  
1984 Graduated Summa Cum Laude  
1984-89 National Research Service Award, National Institutes of Health  
1988 The Jeffrey D. Doane Memorial Award, Department of Physiology and Biophysics, University of Cincinnati College of Medicine  
1990-93 National Research Service Award, National Institutes of Health  
1993 Young Investigator Award, American Heart Association  
1995 Excellence in Research Award, American Orthopaedic Society for Sports Medicine  
2002 Letter of Commendation, Pediatric Grand Rounds Top-Rated Presentation, Cincinnati Children's Hospital Medical Center, Cincinnati, OH  
2003 Research to Reality Presentation, Eastern Athletic Trainers Association, Boston, MA  
2004 Distinguished Lecturer Program, National Athletic Trainer's Association  
2004 O'Donoghue Sports Injury Research Award, American Orthopaedic Society for Sports Medicine  
2004 Fellow of the American College of Sports Medicine  
2005 First Runner-up 2004 *Journal of Athletic Training* Clint Thompson Award for Outstanding Non-Research Manuscript

**MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS:**

- 1984 Phi Beta Kappa  
1987-88 President, Physiology and Biophysics Graduate Student Association  
1986-88 Ohio Physiological Society  
1989-93 Biophysical Society  
1989-94 American Physiological Society  
1985 -present American College of Sports Medicine  
1999-present American Orthopaedic Society for Sports Medicine  
2002-present Orthopaedic Research Society  
2004-present Fellow, American College of Sports Medicine  
2004-present National Multi-Center Orthopaedic Outcomes Network (MOON) Group  
2004-present National Everest Multi-Center Stroke Rehabilitation: lead biomechanics group

**SERVICE:**

- 1986-87 Graduate Representative to the University Athletic Advisory Committee  
1995-96 Team Captain, American Heart Association Fund-raiser  
1995-present Editorial board, *Journal of Orthopaedic and Sports Physical Therapy*  
1996-present Reviewer, *American Journal of Sports Medicine*  
2002-present Reviewer, *Medicine and Science in Sports and Exercise*  
2002-2004 Associate Editor, *Sports Medicine Reports*  
2004-present Reviewer, *Research Quarterly in Exercise and Sport*  
2004-present Reviewer, *The Journal of Musculoskeletal Medicine*  
2004-present Reviewer, *Journal of Sports Sciences*

**SERVICE (cont):**

- 2004-present Reviewer, NIH Musculoskeletal Rehabilitation Sciences (MRS) Study Section
- 2004-present Reviewer, NIAMS Special (AMS) Orthopaedic Study Section
- 2004-present Reviewer, Journal of Clinical Biomechanics
- 2005-present Member of the Musculoskeletal Strategic Planning Initiative Group, CCHMC

**TEACHING:**

- 1985-89 Medical Student Tutor, University of Cincinnati College of Medicine
- 1994 Biophysics III: Muscle, Physiology and Biophysics, University of Cincinnati
- 1995-01 Biweekly Teaching Conference, Cincinnati Sportsmedicine Research and Education Foundation Fellowship Program
- 1998-01 Biomechanics 627, University of Cincinnati, Department of Aerospace Engineering
- 1998-01 Rehabilitation Sciences and Sports Medicine, University of Cincinnati 2002 research project judge
- 2003-2004 Bioengineering 624, University of Cincinnati, Department of Engineering
- 2000-present Carmen Quatman, MD candidate, Medical University of Ohio
- 2001-present Michael Lewek, PhD Candidate, University of Delaware
- 2003 Michelle Endsley, Physical Therapy Masters Student, University of Cincinnati
- 2003 Keith Thomson, Athletic Training Masters Student, University of Cincinnati
- 2003 Stacy Vining, Exercise Science Masters Student, Miami of Ohio
- 2003 Michael Hueser, Exercise Science Masters Student, University of Toledo
- 2003 Bethany Debbert, Athletic Training Masters Student, University of Cincinnati
- 2003 Cathy Conly, Athletic Training Masters Student, University of Cincinnati
- 2003 Kristi Henzel, Medical Student, University of Louisville
- 2003 Michelle Crawford, Athletic Training Masters Student, University of Cincinnati
- 2004 Hanni Crowley, Physical Therapy Masters Student, University of Wisconsin Lacrosse
- 2004 Robyn Byrnes, Physical Therapy Masters Student, University of Cincinnati
- 2004 Sara Dopirak, Physical Therapy Masters Student, University of Cincinnati
- 2004 Elizabeth Dickson, Biomechanics Masters Student, Ball State University
- 2004 Sean Duhe, Athletic Training Masters Student, University of Cincinnati
- 2004 Sriakant Vallabhajosula, Engineering Masters Student, University of Cincinnati
- 2004 Joe Palumbo, Exercise Science Masters Student, University of Cincinnati
- 2004-present Adrick Harrison, PhD Candidate, University of Kentucky
- 2005 Colleen Toetz, Medical Student, University of Cincinnati
- 2005 Gordon Givan, Medical Student, University of Cincinnati
- 2005 Lauren Imwalle, Medical Student, University of Cincinnati
- 2005 Blake Evans, Medical Student, University of Cincinnati

**GRANT HISTORY (Direct Costs):**

- 1996-97 Johnson & Johnson Professional Inc “The Biomechanical Effects of Osteoarthritis Brace Wear in patients with Medial Compartment Osteoarthritis” (\$12,000)
- 1997-98 Bethesda Foundation Inc. “A Prospective Study of the Effect of a Neuromuscular Training Program on the Incidence of Knee Injury in Female Athletes” (\$38,860)

**GRANT HISTORY (Direct Costs) (cont.):**

1998-99	Deaconess Foundation “The Effect of Neuromuscular Training on Muscular Stabilization of the Knee in Female Athletes” (\$100,000)
1998-99	Jewish Hospital of Cincinnati “A Prospective Study of the Predictive Value of a Sports Injury Assessment Test for the Incidence of Knee Injury in Female Athletes” (\$62,000)
1998-00	Orthopaedic Research & Education Foundation “The Effects of Sex Hormone Cycling on Knee Joint Laxity and Neuromuscular Performance in Female Athletes” (\$96,939)
1999-00	Deaconess Foundation “The Effect of Neuromuscular Training on Muscular Stabilization of the Knee in Female Athletes” (\$100,000)
1999-00	Jewish Hospital of Cincinnati “A Prospective Study of the Predictive Value of a Sports Injury Assessment Test for the Incidence of Knee Injury in Female Athletes” (\$50,000)
2000	NFL Charities “A Prospective Study of the Effects of a Prescreening Evaluation and A Neuromuscular Training Program on Incidence of Knee Injury and Athletic Performance” (\$144,000)
2000-01	“Prospective Study of the Predictive Value of a Sports Injury Assessment Test for the Incidence of Knee Injury in Female Athletes” (\$50,000)
2001	NFL Charities “A Prospective Study of the Effects of a Prescreening Evaluation and a Neuromuscular Training Program on Incidence of Knee Injury and Athletic Performance” (\$106,100)
2001-06	National Institutes of Health “Signaling Processes Underlying Cardiovascular Function” (Core B - \$1,026,121)
2004–09	National Institutes of Health 1 RO1 AR049735-01A2 “Identifying Female Athletes at High Risk for ACL Injury” (\$2,892,717)
2005-09	National Institutes of Health Supplement to 1 RO1 AR049735-01A2 “Research Supplements to Promote Diversity in Health-Related Research” (\$216,000)

**PROFESSIONAL PRESENTATIONS:**

1988	Federation of American Societies for Experimental Biology Annual Meeting, Las Vegas, Nevada “ <i>Changes in Myosin Heavy Chains and ATPase Activity in Estrogen-treated Rat Uterus</i> ”
	Biophysical Society Annual Meeting, Phoenix, Arizona “ <i>Alterations in Mechanical Parameters and Myosin Heavy Chain Species in Estrogen-treated Rat Uterus</i> ”

**PROFESSIONAL PRESENTATIONS (cont.):**

- 1989 Federation of American Societies for Experimental Biology Annual Meeting, New Orleans, Louisiana “*A Rat Weight-Training Model Based on Intracranial Self-Stimulation*”
- 1994-01 Controversies on the Knee and Shoulder, Hilton Head, South Carolina
- 1995 American Orthopaedic Society for Sports Medicine 21<sup>st</sup> Annual Meeting, Toronto, Ontario, Canada “*Increased Performance, Decreased Landing Forces, and Increased Hamstrings Power in Young Female Athletes with Jump Training*”
- 1996 Children’s Hospital Medical Center, San Diego, California “*Gait Analysis of Varus-Aligned Knees*”
- American College of Sports Medicine Annual Meeting, Cincinnati, Ohio “*Decreased Impact Forces and Increased Hamstrings Torques in Female Athletes with Plyometric Training*”
- Hamot Sports Medicine Center, Erie, Pennsylvania “*Sportsmetrics: A Training Program Designed to Reduce Knee Injury*”
- Johnson and Johnson Professional Group, Inc., Raynham, Massachusetts “*Valgus Bracing of the Varus Knee*”
- 1997 American Orthopaedic Society for Sports Medicine, Specialty Day Meeting, San Francisco, California “*Objective Evaluation of Impingement Syndrome*”
- American Academy of Orthopaedic Surgery, San Francisco, California “*Decreased Knee Joint Loads Correlate with Decreased Varus Alignment Following High Tibial Osteotomy in ACL-Deficient Knees with High Knee Adduction Moments*”
- 1998 American Orthopaedic Society for Sports Medicine 24<sup>th</sup> Annual Meeting, Vancouver, British Columbia “*A Prospective Study of the Effect of Neuromuscular Training on Serious Knee Injury in Female Athletes*”
- Pediatric Cardiology Cross-Talk Series, Children’s Hospital Medical Center, Cincinnati, Ohio. “*Structure-Function Relationships in Muscle*”
- Symposium on the Clinical Applications of Gait Analysis, Rush-Presbyterian Hospital, Chicago, Illinois “*Gait Analysis and Sports Injuries*”
- 1999 Non-contact ACL Injury Consensus Conference, The American Academy of Orthopaedic Surgeons, Hunt Valley, Maryland “*Cincinnati Sportsmetrics: A Training Program Designed to Prevent Knee Injuries*”
- American Orthopaedic Society for Sports Medicine 25<sup>th</sup> Annual Meeting, Traverse City, Michigan “*The Return of Neuromuscular Coordination After Anterior Cruciate Ligament Reconstruction*”
- Biodex Corporation, National Sales Meeting, Long Island, New York “*Measuring Stability in ACL Deficient Subjects*”
- American Academy of Orthopaedic Surgery, Anaheim, California “*High Tibial Osteotomy and Ligament Reconstruction for Varus Angulated ACL Deficient Knees*”

**PROFESSIONAL PRESENTATIONS (cont.):**

- 2000                    Keynote Speaker, Tenth Annual Mayo Clinic Symposium on Sports  
                                  “*Strategies for Preventing Knee Injuries in Female Athletes*”  
  
                                  Harvard University Department of Athletics, Boston, Massachusetts  
                                  “*Techniques for Decreasing Knee Injuries Rates in Female Athletes*”  
  
                                  American College of Sports Medicine Annual Meeting, Indianapolis  
                                  “*Neuromuscular Control of the Knee Joint: The Effects of Oral  
Contraceptives*”  
  
                                  American College of Sports Medicine Annual Meeting, Indianapolis  
                                  “*Neuromuscular Control of the Knee Joint: Increased Valgus Knee  
Displacement During Landing*”  
  
                                  American Orthopaedic Society for Sports Medicine 26<sup>th</sup> Annual Meeting, Sun  
                                  Valley, Idaho “*Identification of Athletes with Increased Valgus Knee  
Displacement during Landing: Effects of Gender and Training*”
- 2001                    Keynote Speaker, 4<sup>th</sup> Annual Tip off Clinic for Basketball Coaches and  
                                  Athletic Trainers, Washington D.C., “*Strategies for Preventing Knee Injuries  
in Female Athletes*”  
  
                                  Keynote Speaker, Kentucky Sports Medicine ACL Retreat, Lexington, KY,  
                                  “*Biochemical Issues Related to the Gender Bias in ACL Injuries*”  
  
                                  Advances on the Knee and Shoulder. Annual Meeting, Hilton Head Island,  
                                  South Carolina.  
  
                                  Mississippi Sports Medicine Annual Meeting, Biloxi, MS  
  
                                  The National Athletic Trainer’s Association Annual Meeting, Los Angeles,  
                                  CA.  
  
                                  The American Orthopaedic Society for Sports Medicine, Keystone, CO.  
  
                                  The University of Florida Athletic Department, Gainesville, Fl.
- 2002                    Visiting Professor, Texas Tech University, Lubbock, Texas, “*Knee Injury  
Prevention Strategies in Female Athletes*” and “*Effects of Knee Bracing on  
Knee Function*”  
  
                                  Annual Sports Medicine Meeting – Spectrum Rehabilitation , Sharonville, OH  
  
                                  College and High School Athletes Sports Medicine Conference, Columbus,  
                                  OH, “*Integration of Training for Corrections of Imbalances in Female  
Athletes*”  
  
                                  Washington Area Girls Soccer (WAGS), Washington, DC, “*New Strategies  
for Prevention of Knee Injuries*”  
  
                                  Ohio Athletic Trainers Association, Mason, OH, “*Strategies for the  
Prevention of Knee Injuries in Female Athletes*”  
  
                                  Grand Rounds, Sinai Children’s Hospital, Baltimore, MD, “*New Strategies  
for Reducing Knee Injury Risk in Female Athletes*”  
  
                                  American College of Sports Medicine, St. Louis, MO

**PROFESSIONAL PRESENTATIONS (cont.):**

- American Orthopaedic Society for Sports Medicine, Orlando FL, “*A Prospective Study of Non-contact ACL Injuries*”
- National Meeting on the College and High School Athlete, Columbus, OH.
- Letter of Commendation for Quality Teaching, Pediatric Grand Rounds, Cincinnati Children’s Hospital Medical Center, Cincinnati, OH, “*New Strategies for Reducing Knee Injuries in Female Sports*”
- 2003 American Academy of Orthopaedic Surgery, New Orleans, LA, “*The Application of Neuromuscular Intervention Programs to the Female Non-Contact Anterior Cruciate Ligament Injury Dilemma*”
- Eastern Athletic Trainers Association, Boston, MA, “*New Strategies for the Prevention of Knee Injuries in Female Athletes,*” a Research to Reality Presentation
- Medical Grand Rounds, University of Cincinnati College of Medicine, Cincinnati, OH, “*Clinical Pathology Conference: Dynamic Neuromuscular analysis and training Methods*”
- Lead Speaker, The Ninth Annual Sports Medicine Symposium for the Health Care Professional, Spectrum Rehabilitation , Cincinnati, OH
- Oslo Sports Trauma Research Center, Norwegian Olympic Training Center, Oslo, Norway “*Preventing non-contact ACL injuries in the female athlete*”
- Proscan Imaging MRI Education Foundation, College and High School Sports Medicine and MRI Imaging Conference, Cincinnati, Ohio “*Plyometric algorithm for the lower extremity*”
- AOSSM Exchange Lecture Speaker, American College of Sports Medicine 50<sup>th</sup> Annual Meeting, San Francisco, CA, “*Update on ACL injury Prevention*”
- American Society of Biomechanics 2003 Annual Meeting, Toledo, Ohio
- Cincinnati Children’s Sports Medicine Biodynamics Center, Cincinnati, Ohio “*Management of the Female Athlete: Prevention and Rehabilitation Strategies*”
- ASTM 34<sup>th</sup> National Symposium on Fatigue and Fracture Mechanics, Tampa FL “*ACL Prevention*”
- Medical Grand Rounds, University of Cincinnati College of Medicine, Department of Physical Medicine and Rehabilitation, Cincinnati, OH “*The Biomechanics of Human Gait*”
- 2004 American Physical Therapy Association 2004 Combined Sections Meeting, Nashville, TN “*Biomechanical Effects of OA Bracing*”
- University of Florida College of Public Health and Health Professions, Department of Physical Therapy Rehabilitation Research Seminar, Gainesville, FL “*New Strategies for the Prevention of ACL Injuries*”
- American Academy of Orthopaedic Surgeons, San Francisco, CA “*Prevention of ACL Injury in Female Athletes: Neuromuscular Training Programs*”

**PROFESSIONAL PRESENTATIONS (cont.):**

Instructional Course and “*Neuromuscular Training Improves Performance and Lower Extremity Biomechanics in Female Athletes*”

Distinguished Lecturer, National Athletic Training Association 2004 Annual Meeting and Clinical Symposia, Baltimore, MD “*Biomechanical Measures of Neuromuscular Control and Valgus Loading of the Knee Predict ACL Injury Risk in Female Athletes: A Prospective Study*”

*Keynote Speaker*, National Meeting on The College And High School Athlete, Columbus, OH

American Orthopaedic Society for Sports Medicine 2004 Annual Meeting, Quebec, Canada Instructional Course Lecture “*Current Concepts in Prevention of ACL Injuries*”

O’Donoghue Award Lecture, American Orthopaedic Society for Sports Medicine 2004 Annual Meeting, Quebec, Canada “*Biomechanical Measures of Neuromuscular Control and Valgus Loading of the Knee Predict ACL Injury Risk in Female Athletes: A Prospective Study*”

Visiting Professor, University of New Mexico, Albuquerque, New Mexico, “*New ACL Injury Prevention Strategies*” and “*Research Design and Methods for Orthopaedic Residents*”

2005

Dale M. Daniel Orthopedic Symposium, Indian Wells, California, “*ACL Injuries Among Elite Athletes and Adolescents: Strategies for Prevention*”

Presenter at the American Academy of Orthopaedic Surgeons, Washington, D.C., “*Prevention of ACL Injury in Female Athletes: Neuromuscular Training Programs*”

Course Instructor, Combined Sections Meeting, American Physical Therapy Association, New Orleans, Louisiana. “*Alternative Prevention Program Lab*”, “*Current Research Data*”, “*Overview of Knee Injury Prevention Programs*”, “*Theory and Basic Science of Knee Injury Prevention Programs.*”

Speaker, Arthritis Symposium, Phoenix, Arizona. “*Biomechanics and Gait Influences of the Arthritic Patient*”, “*Utilization of Unloading Braces*”, “*Influence of Core Stabilization in the Arthritic Patient.*”

Speaker, Arthritis Symposium, Pittsburgh, Pennsylvania “*Gait Pattern with Activities of Daily Living*” “*Altered Gait in the Ligament Insuffent Knee and Effect of Bracing*” “*Performance Training to Lower Extremities, Can it Prevent ACL Injuries*” “*Altered Gait Mechanics Associated with Patella Pathology*”

Grand Rounds, Ohio State University, Columbus OH “*New Strategies for the Prevention of ACL Injury*”

Vanderbilt Sports Medicine Conference, Nashville, TN “*ACL Prevention*”

University of Kentucky, Lexington, KY “*Biomechanical Strategies for the Prevention of Ligament Injuries*”

**PROFESSIONAL PRESENTATIONS (cont.):**

Presenter at the 2005 American College of Sports Medicine Annual Meeting, Nashville, TN “*Landing and Jumping Mechanics*”

Presenter at the 2005 1<sup>st</sup> World Congress on Sports Injury Prevention, Oslo, Norway “*Sex Differences in Hip Adduction Motion and Torque in Collegiate Athletes*”

Presenter at the 2005 American Physical Therapy Association, Boston, MA “*New Strategies for repair and rehabilitation of knee dislocations and multi-ligament knee injuries, Knee Injuries in Female Athletes: Developing Prevention Strategies*”

Presenter at the 8<sup>th</sup> Annual Spring Sports Medicine and Orthopaedic Conference, Minneapolis, MN “*Dynamic Neuromuscular Analysis and Training Methods, Demonstration: Neuromuscular Technique Training*”

Presenter at the Congress of the International Society of Biomechanics, Cleveland, OH “*Coupled Biomechanical-Epidemiological studies for the Assessment of ACL injury Risk*”

Presenter at the Orthopaedic Associates/AFSMER Basic Science Course, Aspen, CO “*Coupled Biomechanical-Epidemiological studies for the Assessment of ACL injury risk*” and “*Dynamic Neuromuscular Analysis Training Methods*”

Presenter at University of Cincinnati Sports Medicine Conference, Cincinnati, OH “*Biomechanics of the Knee*”

Presenter at Yale Grand Rounds, New Haven, CT

**PROFESSIONAL MEETINGS:**

- 1991 International Society for Heart Research Annual Meeting, Cincinnati, Ohio
- 1991 Keystone Symposium: Molecular Mechanisms of Cardiac Growth and Hypertrophy, Keystone, Colorado
- 1993 The American Heart Association Scientific Conference on the Molecular Biology of the Normal, Hypertrophied and Failing Heart, Asilomar, CA
- 1995-02 The American Academy of Orthopaedic Surgeons Annual Meeting
- 1997 Weinstein Conference on Cardiac Development, Cincinnati, Ohio
- 1997 Molecular Mechanisms of Cardiac Hypertrophy, Snowbird, Utah
- 1998 American Heart Association Annual Meeting, Dallas, Texas
- 2003 American Orthopaedic Society for Sports Medicine Annual Meeting, San Diego, CA
- 2004 American Orthopaedic Society for Sports Medicine Annual Meeting, Quebec
- 2004 American Physical Therapy Association, Las Vegas, NV
- 2004 American Academy of Orthopaedic Surgeons, San Francisco, CA
- 2004 National Athletic Training Association Annual Meeting, Baltimore, MD
- 2005 American Academy of Orthopaedic Surgeons Annual Meeting, Washington, D.C.
- 2005 Combined Sections Meeting, American Physical Therapy Association, New Orleans, LA
- 2005 American College of Sports Medicine Annual Meeting, Nashville, TN

**PROFESSIONAL MEETINGS (cont):**

- 2005 American Physical Therapy Association Annual Meeting, Boston, MA  
2005 Congress of International Society of Biomechanics, Cleveland, OH

**PUBLICATIONS:**

Hewett TE, Ford KR, Myer GD, Wanstrath K, Scheper, M. Gender Differences in Hip Adduction and Torque in Collegiate Athletes. In Press Journal of Orthopaedic Research.

Cowley HR, Ford KR, Myer GD, Kernozek TW and Hewett TE. Differences in Neuromuscular Control Strategies with Landing and Cutting Biomechanics in Female Basketball and Soccer Players. In Press J of Athletic Training.

Myer GD, Ford KR, Brent JL, Hewett TE. The Effects of Plyometric versus Dynamic Balance Training on Power, Balance and Landing Force in Female Athletes. J Strength Cond Res. 2006;In Press.

Quatman CE, Ford KR, Myer GD, Hewett TE. Maturation Leads to Gender Differences in Landing Force and Vertical Jump Performance: A Longitudinal Study. Am J Sports Med 34(5), 2006

Ford KR, Myer GD, Smith RL, Vianello RM, Seiwert SL, Hewett TE. A Comparison of Dynamic Coronal Plane Excursion between Matched Male and Female Athletes When Performing Single Leg Landings. Clinical Biomechanics 21(1):33-40, 2006

Hewett TE, Ford KR, Myer GD. Current Concepts Part II: Prevention Programs A Meta-analysis of Neuromuscular Interventions Aimed at the Prevention of ACL Injuries. Am J Sports Med 34 (3), 2006

Myer GD, Ford KR, Mclean SG and Hewett TE The Effects of Plyometric versus Dynamic Balance Training on Lower Extremity Biomechanics. Am J Sports Med 34 (3), 2006.

Hewett TE, Myer GD and Ford KR. Current Concepts Part I: Mechanisms and Risk Factors to ACL Injury. Am J Sports Med. 34 (2), 2006

Ford KR, Myer GD, Toms HE, Hewett TE. Gender differences in the kinematics of unanticipated cutting in young athletes. Med Sci Sports Exerc.;37(1):124-129.2005

Myer GD, Ford KR, Palumbo JP, Hewett TE. Neuromuscular training improves performance and lower-extremity biomechanics in female athletes. J Strength Cond Res.19(1):51-60.2005

Myer GD, Brunner HI, Melson PG, Paterno MV, Ford KR, Hewett TE. Specialized neuromuscular training to improve neuromuscular function and biomechanics in a patient with quiescent juvenile rheumatoid arthritis. Phys Ther.85(8):791-802. 2005

Kaiser RA, Liang Q, Bueno O, Huang Y, Lackey T, Klevitsky R, Hewett TE, Molkentin JD. Genetic inhibition or activation of JNK1/2 protects the myocardium from ischemia-reperfusion-induced cell death in vivo. J Biol Chem. 280(38):32602-8. 2005

Myer GD, Ford KR, Brent JL, Hewett TE. Effects of Plyometric vs Dynamic Balance Neuromuscular Training on Strength and Force Dissipation. Med Sci Sports Exerc.37(5).2005

McLean SG, Walker K, Ford KR, Myer GD, Hewett TE and Bogert AJ. Evaluation of a 2D video analysis method as a potential screening and training tool for non-contact ACL injury risk. Br J Sports Med 39(6):355-62, 2005.

**PUBLICATIONS (cont.):**

Ford KR, Myer GD, Smith RL, Byrnes RN, Dopirak SE and Hewett TE. Use of an overhead goal alters vertical jump performance and biomechanics. *J Strength Cond Res*, 19(2):394-9, 2005.

Hewett TE, Myer GD and Ford KR. Coupled biomechanical and epidemiologic research into the causes and prevention of knee injuries. *Biomechanics Magazine*, June 2005 Vol 10 No. 6

Hewett TE, Myer GD and Ford KR. Reducing Knee and Anterior Cruciate Ligament Injuries Among Female Athletes. *Knee Surgery and Arthroscopy* 18(1):82-8, 2005.

Hewett TE, Pasque C, Heyl R, and Wroble R. Wrestling Injuries. *Med Sport Sci* 48:152-78, 2005

Myer GD, Ford KR and Hewett TE. The Effects of Gender on Quadriceps Muscle Activation Strategies During a Maneuver that Mimics A High ACL Injury Risk Position. *Journal of Electromyography and Kinesiology* 15(2):181-9, 2005.

Hewett TE, Myer GD, Ford KR, Heidt Jr RS, Colosimo AJ, McLean SG, van den Bogert AJ, Paterno MV, Succop P. Biomechanical Measures of Neuromuscular Control and Valgus Loading of the Knee Predict Anterior Cruciate Ligament Injury Risk in Female Athletes: A Prospective Study. *Am J Sports Med* 33(4): 492-501., 2005

Hewett TE, Zazulak BT, Myer GD, Ford KR. A Review of Electromyographic Activation Levels, Timing Differences, and Increased Anterior Cruciate Ligament Injury Incidence in Female Athletes. *Br J Sports Med.* 39(6): 1-5., 2005

Divine JG and Hewett TE. Valgus Bracing for Degenerative Osteoarthritis of the Knee. *Physician and Sports Medicine.*, *Phys Sportsmed*, 33 (2) 2005

Zazulak BT, Ponce P, Straub SJ, Medvecky MJ, Avedisian L and Hewett TE. Gender Comparison of Hip Muscle Activity During Single-Leg Landing. *J. Orthop. Sports Phys. Ther.*, June, 35(5): 292-299, 2005

Hewett TE, Myer GD, Ford KR, Heidt, RS, Colosimo, A, McLean, Sg, van den Bogert, AJ, Paterno, MV and Succop P. Biomechanical Measures of Neuromuscular Control and Valgus Loading of the Knee Predict ACL Injury Risk in Female Athletes: A Prospective Study. O'donoghue Award paper, *Am. J. Sports Med.*, Apr; 33(4): 492-501. 2005

Myer GD, Paterno MV, and Hewett TE. Return to Sport Training for the ACL Reconstructed Athlete. *Invited Review Rehab Management* 17(8): 30-3, 2004.

Myer GD, Ford KR, Hewett TE. Rationale and Clinical Techniques for Anterior Cruciate Ligament Injury Prevention Among Female Athletes. *J Athl Train*, 39(4):352-364., 2004

Paterno MV, Myer GD, Ford KR and Hewett TE. Neuromuscular training improves postural stability in young female athletes. *J. Orthop. Sports Phys. Ther.*, Jun; 34(6): 305-16., 2004

Gaffin RD, Gokulan K, Sacchetti JC, Hewett T, Klevitsky R, Robbins J, Muthuchamy M. Charged Residue Alterations in the Inner Core Domain and Carboxy-Terminus of  $\alpha$ -Tropomyosin Differentially Affect Mouse Cardiac Muscle Contractility. *J Physiol.*, Apr 15; 556(pt 2): 531-43, 2004

Myer GD, Paterno MV and Hewett TE. Back in the game: a four-phase return-to-sport program for athletes with problem ACLS. *Rehab Manag.*, Oct; 17(8):30-3, 2004

Ford KR, Myer GD, Toms HE and Hewett TE. Gender differences during an unanticipated cutting maneuver in young athletes. *Med. Sci. Sports Exerc.*, 37(1): 124-129., 2005

**PUBLICATIONS (cont.):**

- Myer GD, Ford KR, Palumbo, JP and Hewett TE. Neuromuscular Training Improves Performance and Lower Extremity Biomechanics in Female Athletes. *J Strength Cond Res.* 19(1): 51-60. 2005
- Myer GD, Ford KR, Hewett TE. Methodological approaches and rationale for training to prevent anterior cruciate ligament injuries in female athletes. *Scand J Med Sci Sports.* 14(5):275-285. 2004
- Myer GD, Ford KR and Hewett TE. Rationale and clinical techniques for anterior cruciate ligament injury prevention in female athletes. *Journal of Ath Train,* 2004 Dec: 39(4) 352-364.
- Divine JG, Hewett TE. Taking the load off. *Rehab Manag.,* Jun;17(6):28-9., 2004
- Paterno MV, Myer GD, Ford KR and Hewett TE. Neuromuscular training improves postural stability in young female athletes. *J. Orthop. Sports Phys. Ther.,* Jun;34(6): 305-16., 2004
- Hewett TE, Ford KR and Myer GD. Decrease in neuromuscular control about the knee with maturation in female athletes. Lead article, *J. Bone Joint Surg.,* Aug;86-A(8): 1601-8, 2004
- Wei L, Taffet GE, Khoury DS, Bo J, Li Y, Yatani A, Delaghter MC, Klevitsky R, Hewett TE, Robbins J, Michael LH, Schneider MD, Entman ML, Schwartz RJ. Disruption of Rho signaling results in progressive atrioventricular conduction defects while ventricular function remains preserved. *FASEB J.,* Mar 19, 2004.
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| 2004 | Biomechanics Magazine<br>USA Today, August 26<br>Health Watch Radio<br>Orthopaedics Today<br>The Cincinnati Enquirer<br>WVXU Radio                                  |
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| 2001 | The New York Times, September 11th<br>Chronicle of Higher Education<br>The Physician and Sportsmedicine<br>The Washington Post                                      |
| 2000 | ABC Wide World of Sports<br>Sports Illustrated for Women<br>ABC News, US News and World Report<br>Training and Conditioning Magazine<br>Muscle and Fitness Magazine |

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New York Times, Tuesday, June 15th  
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