

# **Charles (Chuck) A. Thigpen**

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## **EDUCATION**

**University of North Carolina**, Chapel Hill, North Carolina

Doctor of Philosophy, Interdisciplinary Program in Human Movement Science, 2006

Major Areas of Study: Biomechanics

Research Design and Statistics

Dissertation: *The Effects of Forward Head and Rounded Shoulder Posture on Scapular Kinematics, Muscle Activity, and Coordination*

**University of North Carolina**, Chapel Hill, North Carolina

Masters of Science, Human Movement Science, 2003

Area of Study: Musculoskeletal Specialization in Sports Physical Therapy

Thesis: *Repeatability of Scapulothoracic Motion for Three Planes of Humeral Elevation*

**East Tennessee State University** Johnson City, Tennessee

Bachelor of Science, Physical Therapy, 1997

## **PROFESSIONAL EXPERIENCE**

### ***RESEARCH EXPERIENCE***

**SC Center for Effectiveness Research in Orthopedics, Arnold School of Public Health,  
University of South Carolina, Greenville SC**

Director, Program in Observational Clinical Research in Orthopedics, March 2014 to present

*Areas of Expertise:* Develop and implement a data collection system that accurately and fully measures a patient's initial status, clinical diagnosis, factors affecting treatment choices, the resultant treatment choices and ultimate outcome  
Design comparative effectiveness studies examining non-operative and operative outcomes in patients with shoulder and knee pain.  
Disseminate clinical evidence through presentations and publications  
Consult with partnering institutions for multisite data collaboration

**Proaxis Therapy/ATI Physical Therapy**

Clinical Research Scientist, January 2009 to present

*Areas of Expertise:* Implementation of Clinical Trials and Outcomes Assessment system across 37 clinics  
 Develop non-operative and post-operative patient pathways that result in optimal patient outcomes at the lowest cost  
 Develop therapy first programs utilizing physical therapists as the entry point to musculoskeletal care  
 Develop integrative clinical models in partnership with primary care sports medicine and orthopedic surgery to streamline clinical flow improving patient experience, outcomes and clinical efficiency.  
 Treatment and prevention of throwing injuries

**Adjunct Assistant Professor, Department of Bioengineering, Clemson University, Clemson, SC**

Adjunct Assistant Professor, July 2011 to present

*Areas of Expertise:* Implementation of clinical trials  
 Clinical application of biomedical technologies in orthopedics  
 Ultrasound imaging  
 Biomechanical assessment of shoulder and knee

**Adjunct Assistant Professor, Doctor of Physical Therapy Program, University of South Carolina, Columbia, SC**

Adjunct Assistant Professor, August 2010 to present

*Areas of Expertise:* Implementation of clinical trials  
 Examination of outcomes and mechanisms related to rehabilitation of the shoulder  
 Ultrasound imaging  
 Biomechanical assessment of shoulder and knee

**Assistant Consulting Professor, Doctor of Physical Therapy Division, Duke School of Medicine; Durham, NC**

Consulting Professor, August 2009 to present

*Areas of Expertise:* Implementation of clinical trials  
 Examination of outcomes and mechanisms related to rehabilitation of the shoulder

**Research Institute, National Academy of Sports Medicine; Mesa, Az**

Research Consultant, August 2006 to 2012

*Areas of Expertise:* Injury prevention through movement assessment

## ***CLINICAL EXPERIENCE***

### **Proaxis Therapy/ATI Physical Therapy, Greenville, SC 2009 to present**

*Clinical Research Scientist:* Responsible for leading research team for 37 clinic network across South Carolina, North Carolina and Colorado. Additionally, collaborates with clinical staff to establishing and maintaining non-operative and post operative guidelines for knee, shoulder and elbow rehabilitation.

### **Brooks Center for Sports Therapy, Jacksonville, FL 2007 to 2008**

*Faculty Physical Therapist:* Responsible for the evaluation, treatment, and patient education of general orthopedic patient load. Responsible for research development, staff education, and sports medicine implementation.

### **University of North Carolina, Chapel Hill, North Carolina: 2002 to 2003**

*Women's Basketball Head Certified Athletic Trainer:* Responsible for the supervision of undergraduate student athletic trainers and graduate assistant trainers; injury treatment and rehabilitation; practice and game coverage for the women's basketball team.

### **University of North Carolina, Chapel Hill, North Carolina: 2000 to 2003**

*Staff Physical Therapist Faculty Practice Center:* Responsible for daily operations of an outpatient orthopedic physical therapy clinic. Involved the evaluation, treatment, and patient education of general orthopedic patient load; consultation with family practice physicians; teaching orthopedic evaluation skills to first year medical residents.

### **University of North Carolina, Chapel Hill, North Carolina: 2000 to 2002**

*Graduate Assistant Certified Athletic Trainer:* Responsible for the supervision of undergraduate student athletic trainers; injury treatment and rehabilitation; practice and game coverage for wrestling, women's crew, men and women's golf, and men's lacrosse.

### **Physiotherapy Associates, Lenoir City, Tennessee: 1998 to 2000**

*Lead Physical Therapist, Coordinator of Clinical Education:* Responsible for daily operations of an outpatient orthopedic physical therapy clinic. Involved the evaluation, treatment, and patient education for general orthopedic patient load; supervision of clinic staff; communication and consultation with physicians; marketing to physicians and employers; on-site industrial ergonomic evaluations; coordination of clinical rotations; and assist with medical coverage for local high school football.

## ***TEACHING EXPERIENCE***

### **Department of Physical Therapy, Arnold School of Public Health, University of South Carolina**

Instructor

PHYT 790– Graduate Research-Design of Clinical Trials (Summer 2009)

PHYT 790– Graduate Research-Statistical Analysis Techniques for Randomized Clinical Trials (Summer 2009)

PHYT 790– Graduate Research-Methods of Kinematic Data Collection (Fall 2009)

PHYT 790– Graduate Research-Analysis Techniques for Kinematic Data (Spring 2011)

*Graduate Committee Experience-Dissertation*

Bailey, LB. *“Influence of Manual Intervention on Rotator Cuff Properties, Acromial Humeral Distance, and Shoulder Kinematics in Overhead Athletes with Glenohumeral Internal Rotation Deficit”*

**Doctor of Physical Therapy Program, Department of Community and Family Medicine, Duke University School of Medicine**

Clinical and Research Instructor

PT506 Clinical Internship III (October 2009-March 2010)

PT 416 Clinical Internship II (March 2010- August 2010)

PT506 Clinical Internship III (October 2010-March 2011)

PT 416 Clinical Internship II (March 2011- August 2011)

**Proaxis-Upper Extremity/Baseball Fellowship**

Senior Faculty, 2010 to present

*Teaching Responsibilities:* Advanced Rehabilitation of the Shoulder and Elbow in Sport in the Throwing Athlete (Post-Graduate)

**Proaxis- Orthopedic Residency Program**

Senior Faculty, 2012 to present

*Teaching Responsibilities:* Advanced Rehabilitation of the Shoulder and Elbow in Sport (Post-Graduate)  
Statistics and Research Design in Clinical Orthopedics (Post-Graduate)

**Proaxis- Sports Residency Program**

Senior Faculty, 2009 to present

*Teaching Responsibilities:* Advanced Rehabilitation of the Shoulder and Elbow in Sport (Post-Graduate)  
Statistics and Research Design in Clinical Orthopedics (Post-Graduate)

**University of North Florida-Brooks Rehabilitation Orthopaedic Residency Program**

Faculty, 2007 to 2011

*Teaching Responsibilities:* Advanced Orthopaedic Physical Therapy Management of the Upper Extremity (Post-Graduate)  
Statistics and Research Design in Clinical Orthopedics (Post-Graduate)

**Department of Athletic Training & Physical Therapy, Brooks College Health, University of North Florida**

Assistant Professor, August 7, 2006 to December 31, 2008

*Teaching Responsibilities:* Kinesiology (Graduate)

Gross Anatomy (Graduate)  
 Clinical Examination and Intervention (Graduate)  
 Pharmacology (Graduate)  
 Orthopedics I (Graduate)  
 Orthopedic II Spine and Industrial Medicine (Graduate)  
 Special Topics in Orthopedic & Sports (Graduate)

**Department of Exercise and Sport Science, College of Arts and Sciences, University of North Carolina at Chapel Hill**

Instructor/Teaching assistant

EXSS 073 – Research Methods (Fall 2004, Spring 2005)  
 EXSS 041 – Personal Health (Spring 2005)  
 EXSS 225 – Graduate Research Methods and Design (Spring 2006)  
 EXSS 075 – Undergraduate Human Anatomy (Summer 2002, 2003, 2004)  
 EXSS 085 – Undergraduate Biomechanics (Summer 2003, 2004, Fall 2005)  
 EXSS 232 – Graduate Human Cadaver Anatomy (Fall 2000, 2003)

*Graduate Committee Experience-Thesis*

Conner LE, Padua DA, Thigpen CA, Guskiewicz KM, Mihalik JM. The Relationship Between Humeral Rotation and Scapular Anterior-Posterior Tipping Fall 2005 – Spring 2006

Sawyer QA, Padua DA, Thigpen CA, Prentice WE, Harrinton SA. A Comparison of Clinical Measures Between Individuals With and Without Forward Head and Rounded Shoulder Posture. Fall 2005 – Spring 2006

Bunn K, Padua DA, Thigpen CA, Guskiewicz KM, Karas SG. The Effects of Posterior Rotator Cuff Fatigue on Humeral Path of Motion During a Diagonal Upper Extremity Task. Fall 2004 – Spring 2005

Mithun J, Padua DA, Thigpen CA, Guskiewicz KM, Karas SG. The Effects of Posterior Rotator Cuff Fatigue on Scapular Muscle Activity During a Diagonal Upper Extremity Task. Fall 2004 – Spring 2005

Lynch SL, Prentice WE, Padua DA, Thigpen CA. The Effects of Exercise Training on Forward Head and Rounded Shoulder Posture in Swimmers. Fall 2004 – Spring 2005

Layton JA, Padua DA, Thigpen CA, Prentice WE, Mynark RG. Comparison Between Swimmers and Non-Swimmers on Posture, Upward Rotation of the Scapula, and Strength of Scapular Stabilizers. Fall 2003 – Spring 2004

Hawkey TJ, Padua DA, Guskiewicz KM, Hirth CJ, Thigpen CA. A Comparison of Hip Strength and Anatomical Measurement Between Males and Females. Fall 2003 – Spring 2004

Smith ME, Padua DA, Karas SG, Thigpen CA. The Effect of Glenohumeral Instability on Scapular Kinematics and Muscle Activation. Fall 2002 – Spring 2003

**Division of Physical Therapy, Department of Allied Health, School of Medicine, University of North Carolina at Chapel Hill**

*Teaching Assistant*

PHYT 271 – Graduate- Neuroanatomy (Spring 2002)

PHYT 222 – Graduate- Therapeutic Modalities in Physical Therapy (Spring 2002)

PHYT 299 – Graduate- Differential Diagnosis in Physical Therapy (Spring 2001)

PHYT 270 – Graduate- Human Cadaver Anatomy (Fall 2000, 2001)

**CURRENT RESEARCH**

**Musculoskeletal Care Redesign and Clinical Pathways Using a “PT First” Care Model**

2012 to present

This study is an evaluation of the efficacy and effectiveness of a clinical program initiated in 2012 for BCBS/GHS health plan participants treated within the “Back and Neck Pain Management Program” and currently through the “Spine, Shoulder, Knee Program” a partnership between Greenville Health System, ATI Physical Therapy, and Blue Cross Blue Shield of South Carolina. This is a pragmatic clinical trial prospectively monitoring patient reported outcomes, clinical, and cost data as quality metrics and retrospectively reporting the summative results at given time points. The primary outcome is health care utilization measured by allowable charges as billed to BCBS between patients entering physical therapy via traditional medical physician referral compared to those who use direct access to physical therapy as well as those never referred for therapy. The secondary outcome is a comparison between these groups of pain and disability measures for back and neck patients before and after physical therapy.

**Factors Predicting Outcome in Patients with Rotator Cuff Tears**

2009 to present

The primary purpose of this clinical trial of patients diagnosed with rotator cuff tears is to identify those patients who are likely to respond and *not to* respond favorably to a standardized evidence-based non-operative and surgical algorithm. This project involves a prospective and retrospective arm. The retrospective arm includes a database of 450 patients with patient reported outcomes, clinical, and surgical information as well as limited 2 year follow up outcomes. Findings from these initial studies are shaping the ongoing prospective evaluation of patients diagnosed with rotator cuff tears.

**Utilization of Ultrasound in the Diagnosis and Management of Rotator Cuff Tears**

2012 to present

The primary purpose of this project is to develop and validate a protocol for application and use of ultrasound for the diagnosis and management of rotator cuff tears. While ultrasound is equivalent to MRI in terms of diagnosis a clear imaging protocol providing the adequate information for non-operative compared to surgical repair is not reported. As a secondary aim the project will demonstrate a training module across the care continuum for delivery of this modality.

### **Factors Predicting Progression and Successful Return to Sport in Adolescents Following ACLR**

2011 to present

The primary purpose of this prospective clinical trial of adolescents undergoing ACLR is to examine the progression of key impairments (ROM, strength, balance, movement quality) while following a standardized rehabilitation protocol. Factors will be examined to identify which patients are able to successfully return to sport.

### **Identification of Modifiable Risk Factors and Adaptations Associated with Shoulder and Elbow Injury in Baseball (PI):**

2006 to present

The focus of this project is to identify modifiable risk factors and adaptations associated with the development of shoulder and elbow pain in youth, adolescent, collegiate, and professional pitchers. These factors will then be used to create a pitcher profile to guide prevention and treatment programs.

### PAST RESEARCH

#### **Randomized Clinical Trial of Rehabilitation for Subacromial Impingement Syndrome**

2008 to 2013

The purpose of this clinical trial is to examine the effectiveness of therapeutic exercise and joint mobilizations in the treatment of patients diagnosed with SAIS. This will be accomplished through a randomized clinical trial to examine the short-term and long-term effectiveness of a combination of therapeutic exercise and joint mobilizations as compared to therapeutic exercise only. This project is a collaboration with investigators seeking to identify initial examination factors that can predict who will respond and who will not respond to the standardized treatment program in patients with shoulder impingement syndrome.

#### **Shoulder Kinematics, Range of Motion, and Strength in Professional Baseball (PI):**

2007 to 2009

The primary aim of this project was to examine shoulder kinematics, range of motion, and strength in a cohort of professional baseball pitchers. This initial project will examine the feasibility of implementing a similar testing protocol across multiple major league organizations.

#### **Shoulder Function in Patients Diagnosed with Breast Cancer (Consultant):**

2006 to 2008

*Consultant:* The focus of this project is assess the psychological, cardiovascular, and musculoskeletal benefits to a personalized exercise and recreation program in women diagnosed with breast cancer. Self-report, clinical, and laboratory measures of shoulder motion will be assessed to document changes in shoulder function due to the treatment breast cancer. Responsible for the planning, development, implementation, and organization of clinical screening and laboratory testing.

#### **Prevention of ACL Injury in High School Basketball (PI):**

2006 to 2007

The focus of this project is to prospectively compare training programs aimed at decreasing the incidence of ACL injury in high school basketball players. Directed the

planning, development, implementation, and organization of screening, injury tracking, and follow-up testing.

**Epidemiology of Jump Landing Movements and ACL Injury (Funded Research Assistant):**

2003 to 2006

*Research Assistant:* The focus of this project is to prospectively identify risk factors for ACL injury. in the planning, organization, and training of 25 research assistants for each summer testing session. Each summer testing session would result in approximately 1200 subjects completing three dimensional motion analysis, clinical assessment of strength and posture, as well as sport and injury history questionnaire. Assisted in the organization, cleaning, reduction, and analysis of biomechanical data.

**Prevention of ACL Injury in Youth Soccer (Project Coordinator):**

2005 to May 2006

*Project Coordinator:* The focus of this project is to prospectively compare training programs aimed and decreasing the incidence of ACL injury in adolescent soccer players. Assisted in the planning, development, implementation, and organization of screening, injury tracking, and follow-up testing. Directed the training of 4 research assistants for data collection and compliance follow-up with 15 teams.

**Sports Medicine Research Laboratory, University of North Carolina at Chapel Hill:**

2002 to May 2006

*Research Assistant:* Research themes include investigating factors related to ACL and shoulder injury, neuromuscular and mechanical factors related to the control of joint stability, and shoulder rehabilitation.

**Orthopedic Research Labs, Department of Orthopedics, University of North Carolina at Chapel Hill:** October, 2002 to June, 2003

*Research Assistant:* Research project investigating changes in the material properties following the application of Extracorporeal Shockwaves on fresh-frozen, cadaver Achilles tendons.

## **SCHOLARSHIP**

### **REFERRED JOURNAL PUBLICATIONS**

Shanley E, Thigpen CA. Athletic trainers impact on population health: improving access and quality of care. Journal of Athletic Training. In Press Oct 2017.

Floyd S, Chapman CG, Thigpen CA, Brooks JM, Hawkins RJ, Tokish JM. Shoulder Arthroplasty in the US Medicare Population: A One-year Evaluation of Surgical Complications, Hospital Admissions and Revision Surgery JSES Open Access. In Press October 2017.

Hawkins RJ, Thigpen CA. Selection, Implementation and Interpretation of Patient Centered Shoulder and Elbow Outcomes. Journal of Shoulder and Elbow. In Press September 2017.

Michener LA, Thigpen CA, Uhl T, Bliven K, Laudner K, Abrams J, McFarland E, Falsone S, Tibone J. "National Athletic Trainers' Association Position Statement: Evaluation, Management, Outcomes and Return to Play Criteria for Overhead Athletes with SLAP Injuries" Journal of Athletic Training. In Press August 2017



Denninger TR, Cook CE, Chapman CG, McHenry T, Thigpen CA. " The Influence of Patient Choice of First Provider on Costs and Outcomes: Analysis from a Physical Therapy Patient Registry." *Journal of Orthopaedic and Sports Physical Therapy*. March 2018.

Pietrosimone, B, Kuenze C, Hart JM, Thigpen CA, Lepley AS, Blackburn JT, Padua DA, Grindstaff T, Davis HC, Bell D. Weak Association between Body Mass Index and Self-Reported Disability in People with Unilateral Anterior Cruciate Ligament Reconstruction. *Knee Surgery, Sports Traumatology, Arthroscopy*. In Press July 2017.

DeFroda, SF, Thigpen CA and Kriz PK. Two-Dimensional Video Analysis of Youth and Adolescent Pitching Biomechanics: A Tool For the Common Athlete. *Curr Sports Med Rep* 15(5): 350-358. 2016.

Noonan TJ, Shanley E, Bailey LB, Wyland DJ, Hawkins RJ, Kissenberth MJ, Thigpen CA Increased Humeral Retrotorsion is a Prospective Risk Factor for UCL Injury in Professional Baseball Pitchers. *American Journal of Sports Medicine*. 44(8): 1-6 2016.

Thigpen CA, Shaffer MA, Gaunt BW, Leggin BG, Williams GR, Wilcox RB. The American Society of Shoulder and Elbow Therapists' consensus statement on rehabilitation following arthroscopic rotator cuff repair. *Journal of Shoulder and Elbow Surgery*. 25(4): 521-535. 2016.

Bailey LB, Shanley E, Hawkins R, Beattie PF, Fritz S, Kwartowitz D, Thigpen CA. Mechanisms of Shoulder Range of Motion Deficits in Asymptomatic Baseball Players. *Am J Sports Med*. 2015 Sep 24. pii: 0363546515602446.

Shanley E, Bailey L, Sandago MP, Pinkerton A, Singleton SB, Thigpen CA. The use of a pitch count estimator to calculate exposure in collegiate baseball pitchers. *Physical Therapy in Sport*. Published online: 16(4): 344-348. 2015.

Shanley E, Kissenberth MJ, Thigpen CA, Bailey LB, Hawkins RJ, Michener LA, Tokish JM, Rauh MJ. Preseason shoulder range of motion screening as a predictor of injury among youth and adolescent baseball pitchers. *J Shoulder Elbow Surg*, Published online: May 5, 2015. DOI: <http://dx.doi.org/10.1016/j.jse.2015.03.012>

Thigpen CA, Shaffer MA, Kissenberth MJ. Knowing the Speed Limit: Weighing the Benefits and Risks of Rehabilitation Progression following Arthroscopic Rotator Cuff Repair. *Clinics in Sports Medicine*. 2015. Volume 34, Issue 2. 233-246.

Noonan TJ, Shanley E, Bailey LB, Wyland DJ, Kissenberth MJ, Hawkins RJ, Thigpen CA. Pitchers with GIRD Display Greater Dominant Humeral Retrotorsion than Pitchers with Normal ROM. *American Journal of Sports Medicine*. 43(6): 1448-1454. 2015.

Bailey LB, Shanley E, Seitz AL, Beatie P, Thigpen CA. Current Rehabilitation Applications for Shoulder Ultrasound Imaging. *Journal of Orthopedic and Sports Physical Therapy*. 2015 Jan 27:1-44.

Shanley E, Thigpen C. Throwing injuries in the adolescent athlete. *Int J Sports Phys Ther*. 2013 Oct;8(5):630-40.

Kibler WB, Kuhn JE, Wilk K, Sciascia A, Moore S, Laudner K, Ellenbecker T, Thigpen C, Uhl T. The disabled throwing shoulder: spectrum of pathology-10-year update. *Arthroscopy*. 2013 Jan;29(1):141-161.e26.

Garrison JC, Cole MA, Macko MJ, Shanley E, Thigpen CA, Conway JE. Shoulder Range of Motion Deficits in Baseball Players Diagnosed with an Ulnar Collateral Ligament Tear. *American Journal of Sports Medicine*, 2012 Nov;40(11):2597-603. doi: 10.1177/0363546512459175. Epub 2012 Sep 26

Shanley E, Thigpen CA, Clark JC, Wyland DJ, Hawkins RJ, Noonan TJ, Kissenberth MJ. Changes in passive range of motion and development of glenohumeral internal rotation deficit (GIRD) in the professional pitching shoulder between spring training in two consecutive years. *JSES*, Nov 2012, 21(11):1605-1612.

Sweitzer BA, Thigpen CA, Shanley E, Stranges G, Wienke JR, Storey T, Noonan TJ, Hawkins RJ, Wyland DJ. Comparison of Glenoid Morphology Between Professional Baseball Players with and without a History of SLAP Repair. *Arthroscopy*, September 2012. 28(9):1206-1213.

Garrison JC, Shanley E, Thigpen C, Geary R, Osler M, Delgiorno J. The reliability of the vail sport test™ as a measure of physical performance following anterior cruciate ligament reconstruction. *International Journal of Sports Physical Therapy* 7(1):20-30, 2012.

Sciascia A, Thigpen C, Namdari S, Baldwin K. Kinetic chain abnormalities in the athletic shoulder. *Sports Medicine and Arthroscopy Review* 20(1):16-21 2012.

Sweitzer BA, Thigpen CA, Shanley E, Stranges G, Wienke JR, Storey T, Noonan TJ, Hawkins RJ, Wyland DJ. A Comparison of Glenoid Morphology and Glenohumeral Range of Motion Between Professional Baseball Pitchers With and Without a History of SLAP Repair. *Arthroscopy* 2012.

Seitz AL, Reinold M, Schneider RA, Gill TJ, Thigpen C. No effect of scapular position on 3-dimensional scapular motion in the throwing shoulder of healthy professional pitchers. *Journal of Sport Rehabilitation* 21(2):186-93, 2012.

Timmons MK, Thigpen CA, Seitz AL, Karduna AR, Arnold BL, Michener LA. Scapular Kinematics and Subacromial Impingement Syndrome: A Meta-Analysis. *Journal of Sport Rehabilitation* 2012.

Wyland DJ, Pill SG, Shanley E, Clark JC, Hawkins RJ, Noonan TJ, Kissenberth MJ, Thigpen CA. Bony Adaptation of the Proximal Humerus and Glenoid Correlate Within the Throwing Shoulder of Professional Baseball Pitchers. *American Journal of Sports Medicine* 2012.

Joshi M, Thigpen CA, Bunn K, Karas SG, Padua DA. Shoulder external rotation fatigue and scapular muscle activation and kinematics in overhead athletes. *Journal of Athletic Training* 46(4):349-57, 2011.

Garrison JC, Shanley E, Thigpen C, Hegedus E, Cook C. Between-session changes predict overall perception of improvement but not functional improvement in patients with shoulder impingement syndrome seen for physical therapy: An observational study. *Physiotherapy Treatment and Practice* 27(2):137-45, 2011.

Shanley E, Rauh MJ, Michener LA, Ellenbecker TS, Garrison JC, Thigpen CA. Shoulder range of motion measures as risk factors for shoulder and elbow injuries in high school softball and baseball players. *American Journal of Sports Medicine* 39(9):1997-2006, 2011.

Thigpen C, Shanley E. Clinical assessment of upper extremity injury outcomes. *Journal of Sport Rehabilitation* 20(1):61-73, 2011.

Gaunt BW, Shaffer MA, Sauers EL, Michener LA, McCluskey GM, Thigpen C; American Society of Shoulder and Elbow Therapists. The American Society of Shoulder and Elbow Therapists' consensus rehabilitation guideline for arthroscopic anterior capsulolabral repair of the shoulder. *Journal of Orthopaedic and Sports Physical Therapy* 40(3):155-68, 2010.

Lynch SS, Thigpen CA, Mihalik JP, Prentice WE, Padua D. The effects of an exercise intervention on forward head and rounded shoulder postures in elite swimmers. *British Journal of Sports Medicine* 44(5):376-81, 2010.

Thigpen CA, Padua DA, Michener LA, Guskiewicz K, Giuliani C, Keener JD, Stergiou N. Head and shoulder posture affect scapular mechanics and muscle activity in overhead tasks. *Journal of Electromyography and Kinesiology* 20(4):701-9, 2010.

Thigpen C. Radial extracorporeal shockwave treatment or supervised exercises for subacromial pain syndrome? *Clin J Sport Med.* 20(3):225.;2010.

Padua DA, Marshall SW, Boling MC, Thigpen CA, Garrett WE Jr, Beutler AI. The Landing Error Scoring System (LESS) Is a valid and reliable clinical assessment tool of jump-landing biomechanics: The JUMP-ACL study. *American Journal of Sports Medicine* 37(10):1996-2002, 2009.

Thigpen CA, Padua DA, Morgan N, Kreps C, Karas SG. Scapular kinematics during supraspinatus rehabilitation exercise: a comparison of full-can versus empty-can techniques. *American Journal of Sports Medicine* 34(4):644-52, 2006.

Thigpen CA, Padua DA, Assessment of Shoulder Girdle Posture in Overhead Athletes. *Athletic Therapy Today*. November 2006. 46- 50.

Thigpen CA, Gross MT, Karas SG, Garrett WE, Yu B. The repeatability of scapular rotations across three planes of humeral elevation. *Research in Sports Medicine* 13(3):181-98, 2005.

## **BOOK CHAPTERS**

Shanley E, Thigpen CA, Hawkins RJ. "Anterior Shoulder Instability" In: *Getting Back in the Game: Academy of Orthopaedic Surgeons and Sports Medicine*. Bruce Reider, Matthew Provencher, and George Davies (Eds). December 2014.

Thigpen CA, Shanley E, Hawkins RJ. “Non-operative Rehabilitation for Anterior Shoulder Instability” In: Getting Back in the Game: Academy of Orthopaedic Surgeons and Sports Medicine. Bruce Reider, Matthew Provencher, and George Davies (Eds). December 2014.

Thigpen CA, Shanley E, Hawkins RJ. “Post-operative Rehabilitation Following Shoulder Instability Surgery” In: Getting Back in the Game: Academy of Orthopaedic Surgeons and Sports Medicine. Bruce Reider, Matthew Provencher, and George Davies (Eds). December 2014.

Thigpen CA Editor. Evaluation and Treatment of the Sport Shoulder. APTA Sports Section Home Study Course.

Sciascia A, Thigpen CA, “The Kinetic Chain in Golf.” In: Sports Medicine of Golf: Bertoni M (ed). 2012

Sciascia A, Thigpen CA, Tim Pike, “Utilizing the Kinetic Chain in Rehabilitation of the Golfer.” In: Sports Medicine of Golf: Bertoni M (ed). 2012

Thigpen CA. Extracorporeal Shock Wave Therapy in Rehabilitation. Therapeutic Modalities for Physical Therapists: Prentice (Ed.) 4<sup>th</sup> edition. 2011.

Thigpen CA. “Corrective Exercise Strategies for the Shoulder.” In: Corrective Exercise Strategies: George Davies (Ed.), Lipponcott Williams-Wilkins. 2010.

Thigpen CA. “Shoulder Injury Prevention.” In: Injury Prevention for Fitness Professionals: Don Kirkendall (Ed.), Lipponcott Williams-Wilkins. 2009.

Thigpen CA. “Repetitive Overhead Shoulder Injury Prevention.” In: Sports Injury Prevention: Sports Physical Therapy Home Study Course. Mike Mullaney (Ed.), American Physical Therapy Association. 2007

Thigpen CA. Extracorporeal Shock Wave Therapy in Rehabilitation. Therapeutic Modalities for Physical Therapists, 3<sup>rd</sup> edition. 2005.

## **REFERRED PUBLISHED ABSTRACTS / PRESENTATIONS**

### 2017

Shanley E, Thigpen CA, Ruffrage L, Wyland DJ, Kissenberth MJ, Tokish JM. Return to Sport as Outcome Measure for Shoulder Instability: Surprising Findings in Non-Operative Management in a high school athlete population. AOSSM Annual Meeting. Toronto, Canada July 20-23, 2017. OJSM. July 2017.

Shanley E, Bailey LB, Kissenberth M, Sease WF, Hawkins RJ, Tokish JM, Thigpen CA. Generalized joint hypermobility is not associated with the development of overuse arm injuries in adolescent baseball pitchers. AOSSM Annual Meeting. Toronto, Canada July 20-23, 2017. OJSM. July 2017.

Thigpen CA, Shanley E, Tokish JM, Kissenberth MJ, Tolan SJ, Hawkins RJ Validity and Responsiveness of the Single Alpha-numeric Evaluation (sane) for Shoulder Patients. AOSSM Annual Meeting: Toronto, Canada July 20-23, 2017. OJSM. July 2017.

Shanley E, Thigpen CA, Kissenberth MJ, Tokish JM. Let them play! Conservative Management of the High School Athlete's Unstable Shoulder Results in High Rates of Return to Sport. NATA Annual Conference Houston, Texas June 2017. June. JAT 52(6S) 2017.

Shanley E, Thigpen CA, Kissenberth MJ, Gilliland RG, Thorpe J, Nance D, Tokish JM. Heads Up Football Training Decreases Concussion Rates in High School Football Players. AOSSM Specialty Day. San Diego Ca, March 2017

Shanley E, Arnold A, Hawkins RJ, Tokish J, Kissenberth MJ, Wyland D, Thigpen CA. Subsequent Arm Injury Risk Following Rehabilitation and Return To Sport. IOC Conference Monaco March 15-18, 2017

Shanley E, Thigpen C, Ruffrage L, Wyland D, Kissenberth M, Tokish JM. Non-operative treatment of Shoulder Instability results in high rates of return to sports in a high school athlete population. APTA Combined Sections Meeting, San Antonio Tx, Feb 2017. February. JOSPT 47(1) 2017.

Shanley E, Bailey LB, Kissenberth M, Sease WF, Hawkins RJ, Tokish JM, Thigpen CA. Generalized joint hypermobility is not associated with the development of overuse arm injuries in adolescent baseball pitchers. APTA Combined Sections Meeting, San Antonio Tx, Feb 2017. February. JOSPT 47(1) 2017.

Thigpen CA. Influence of Tear Size and Biceps Procedure on Physical Therapy Utilization Following Rotator Cuff Repair. APTA Combined Sections Meeting, San Antonio Tx, Feb 2017. February. JOSPT 47(1) 2017.

Thigpen CA. Predictors of Long Term Outcomes and Physical Therapy Utilization Are Different Following Rotator Cuff Repair. APTA Combined Sections Meeting, San Antonio Tx, Feb 2017. February. JOSPT 47(1) 2017.

Thigpen CA. Reliability and Clinical Utility of an Upper Extremity Movement Screen. APTA Combined Sections Meeting, San Antonio Tx, Feb 2017. February. JOSPT 47(1) 2017.

### 2016

Shanley E, Arnold A, Tokish J, Wyland DJ, Kissenberth MJ, Hawkins RJ, Thigpen CA. Injury History increases Re-injury risk following rehabilitation and return to sport in scholastic baseball players. International Congress of Shoulder and Elbow Surgeons and Therapists Meeting, May 17-20, 2016. JEJU Island, South Korea

Shanley E, Thigpen CA, Eggert, C, Noonan TJ, Tokish J, Kissenberth MJ. Biceps Pathology and its Relation to Humeral Torsion in Professional Baseball Pitchers" AANA Annual Meeting, April 14-16, 2016 in Boston, MA.

Thigpen CA, Bailey LB, Kissenberth MJ, Noonan TJ, Hawkins RJ, Shanley E. Effectiveness of

a Preseason Prevention Program on Arm Injury Risk Factors: A Randomized Control Trial in Adolescent Pitchers. AOSSM Specialty Day. March 5, 2016. Orlando, Florida

Shanley E, Bailey LB, Garrison JC, Ellenbecker T, Thigpen CA, Recovery Considerations in Athletic Injury: Promoting Durability and Injury Prevention, Combined Sections Meeting, Los Angeles, CA 2016.

Bickel, J, Arnold A, Thigpen CA, Shanley E, Range of Motion Changes in Youth and Adolescent Baseball Players at Time of Return to Sport. Combined Sections Meeting, Los Angeles, CA 2016.

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Thigpen CA, Padua DA, Guskiewicz KM, Michener LA, Guilani C, Keener JD, Stergiou N. Effects of Forward Head and Rounded Shoulder Posture on Scapular Kinematics and EMG. 2007 A.P.T.A Combined Sections Meeting. Boston, MA. *Journal of Orthopedic and Sports Physical Therapy* 37(1) A68 2007.

## 2006

Geoger BM, Padua DA, Thigpen CA, Guskiewicz KM. High Pelvic Inclination Angle Affects Lower Extremity Muscle Strength. (Oral Presentation) 2006 N.A.T.A. 57<sup>th</sup> Annual Meeting-Symposium. Atlanta, GA. *Journal of Athletic Training* 41(2), 2006.

Hawkey TJ, Padua DA, Guskiewicz KM, Hirth CJ, Thigpen CA: Gender Differences in Hip Muscle Strength Between Recreational Basketball and Soccer Athletes. (Oral Presentation) 2006 N.A.T.A. 57<sup>th</sup> Annual Meeting-Symposium. Atlanta, GA. *Journal of Athletic Training* 41(2), 2006.

Joshi MA, Padua DA, Thigpen CA, Guskiewicz KM, Karas SG. "Posterior Rotator Cuff Fatigue affects Scapular Muscle Activation during a Diagonal Movement Task". (Oral Presentation) 2006 A.P.T.A Combined Sections Meeting. San Diego, CA. *Journal of Orthopedic and Sports Physical Therapy* 36(1) 2006.

Joshi MA, Bunn, KJ, Padua DA, Thigpen CA, Guskiewicz KM, Karas SG. Posterior Rotator Cuff Fatigue affects Scapular Muscle Activation & Kinematics during a Diagonal Movement Task. (Oral Presentation) 2006 N.A.T.A. 57<sup>th</sup> Annual Meeting-Symposium. Atlanta, GA. *Journal of Athletic Training* 41(2), 2006.

Lynch SS, Prentice WE, Padua DA, Thigpen CA, Mynark RG. Exercise Intervention Improves Forward Head and Rounded Shoulder Posture In Collegiate Swimmers. (Oral Presentation) 2006 N.A.T.A. 57<sup>th</sup> Annual Meeting-Symposium. Atlanta, GA. *Journal of Athletic Training* 41(2), 2006.

Padua, D.A., Marshall, S.W., Beutler, A.I., DeMaio, D., Yu, B., Thigpen, C.A., Boling, M.C., Garrett, W.E. Jr. Anterior Tibial Shear Force and Knee Valgus Angle are Influenced by Gender, Lower Extremity Kinematics, Muscle Strength, and Landing Technique (Oral Presentation). *2006 ACL Injury Research Retreat*. Lexington, KY. *Journal of Orthopedic and Sports Physical Therapy* 37(2):A26-27, 2006.



Thigpen CA, Padua DA, Guskiewicz KM, Michener LA, Guilani C Stergiou N. Effects of Forward Head and Rounded Shoulder Posture on Three Dimensional Shoulder Coordination. (Oral Presentation) 2006 International Society of Biomechanics Shoulder Group. Chicago, IL. Clinical Biomechanics 2007.

Thigpen CA, Padua DA, Guskiewicz KM, Michener LA, Guilani C, Keener JD, Stergiou N. Effects of Forward Head and Rounded Shoulder Posture on Scapular Muscle Strength. 2006 American Society of Shoulder and Elbow Therapists. (Oral Presentation) Chicago, IL. Journal of Shoulder and Elbow Surgery 2006.

Thigpen CA, Padua DA, Guskiewicz KM, Michener LA, 3-D Shoulder Position In Individuals with and without Forward Head and Rounded Shoulder Posture. (Oral Presentation)2006 N.A.T.A. 57<sup>th</sup> Annual Meeting-Symposium. Atlanta, GA. Journal of Athletic Training 41(2), 2006.

Thigpen CA, Padua DA, Karas SG. A 3-Dimensional Analysis of Scapular Kinematics in Patients with Multidirectional Instability (Podium). American Academy of Orthopedic Surgery 73<sup>rd</sup> Annual Meeting, Chicago, IL; March 22-26, 2006.

Thigpen CA, Padua DA, Xu NM, Karas SG. Comparison of Serratus and Trapezius Muscle Activation between Subjects With and Without Shoulder MDI (Poster). American Academy of Orthopedic Surgery 73<sup>rd</sup> Annual Meeting, Chicago, IL; March 22-26, 2006.

Thigpen CA, Padua DA, Karas SG, Stergiou N. Three Dimensional Coordination Analyses of Scapulohumeral Motion between Subjects With and Without Multidirectional Shoulder Instability. (Oral Presentation) 2006 A.P.T.A Combined Sections Meeting. San Diego, CA. Journal of Orthopedic and Sports Physical Therapy 36(1) 2006.

## 2005

Boling, M.C., Thigpen, C.A., Padua, D.A. Item Specific Reliability Analyses of the Landing Error Scoring System (LESS) (Poster Presentation). 2005 A.C.S.M. 52<sup>nd</sup> Annual Meeting, Nashville, TN. *Medicine and Science in Sports & Exercise* 37(5):S124, 2005.

Layton JA, Thigpen CA, Padua DA, Prentice WE, Karas SG. A Comparison Between Swimmers and Non-Swimmers on Posture, Range of Motion, Strength, and Scapular Motion. (Oral Presentation) 2005 N.A.T.A. 56<sup>th</sup> Annual Meeting-Symposium. Indianapolis, IN. Journal of Athletic Training 40(2), 2005.

Thigpen CA, Padua DA, Karas SG. Comparison of Three Dimensional Scapular Kinematics between Subjects With and Without Multidirectional Shoulder Instability. (Podium). 2005 America Orthopaedic Society for Sports Medicine Annual Meeting, Keystone, CO. July 14-17, 2005.

Thigpen CA, Padua DA, Karas SG. Comparison of Three Dimensional Scapular Kinematics between Subjects With and Without Multidirectional Shoulder Instability. (Oral Presentation) 2005 N.A.T.A. 56<sup>th</sup> Annual Meeting-Symposium. Indianapolis, IN. Journal of Athletic Training 40(2), 2005.

Thigpen CA, Padua DA, Xu NM, Karas SG. Comparison of Serratus Anterior and Upper Trapezius Muscle Activation between Subjects With and Without Multidirectional Shoulder Instability (Oral Presentation) 2005 A.P.T.A Combined Sections Meeting. New Orleans, LA. *Journal of Orthopedic and Sports Physical Therapy* 35(1):A80, PL22, 2005.

#### 2004

Layton JA, Thigpen CA, Padua DA, Karas SG. Reliability of Scapula Protraction Strength Measures. (Oral Presentation) 2004 N.A.T.A. 55<sup>th</sup> Annual Meeting-Symposium. Baltimore, MD. *Journal of Athletic Training* 39(2):S41, 2004.

Padua DA, Marshall SW, Onate JA, Beutler AI, Guskiewicz KM, Thigpen CA, Knowles SB, Garrett WE. Sex Comparison of Jump-Landing Kinematics and Technique. (Poster Presentation). 2004 A.C.S.M. 51<sup>st</sup> Annual Meeting, Indianapolis, IN. *Medicine and Science in Sports & Exercise* 36(5):S289, 2004.

Padua, D.A., Marshall, S.W., Onate, J.A., Beutler, A.I., Guskiewicz, K.M., Thigpen, C.A., Knowles S.B., Garrett, W.E. Reliability and Validity of the Landing Error Scoring System: Implications on ACL Injury Risk Assessment (Poster Presentation). 2004 N.A.T.A. 55<sup>th</sup> Annual Meeting-Symposium. Baltimore, MD. *Journal of Athletic Training* 39(2):S110, 2004.

Smith ME, Padua DA, Thigpen CA, Schneider RE, Xu NM, Karas SG. Comparison of Scapulohumeral Rhythm Between Individuals With and Without History of Shoulder Instability. (Oral Presentation) 2004 N.A.T.A. 55<sup>th</sup> Annual Meeting-Symposium. Baltimore, MD. *Journal of Athletic Training* 39(2):S44, 2004.

Thigpen CA, Padua DA, Morgan N, Kreps C, Karas SG. Three-Dimensional Analysis of Scapula Kinematics in Rotator Cuff Rehabilitation: A Comparison of “Full Can” vs. “Empty Can” Exercise Techniques. (Oral Presentation) 2004 American Orthopaedic Society for Sports Medicine Annual Meeting, Quebec City, Canada. June 24-27, 2004.

Thigpen CA, Padua, DA, Morgan N, Kreps C, Karas SG. Three-Dimensional Analysis of Scapula Kinematics in Rotator Cuff Rehabilitation: A Comparison of “Full Can” vs. “Empty Can” Exercise Techniques. (Podium) 2004 9<sup>th</sup> International Congress on Surgery of the Shoulder, Washington, D.C. *Journal of Shoulder and Elbow Surgery* 13(5):E49, 2004.

Thigpen CA, Padua DA, Karas SG. Scapulohumeral Rhythm for Anterior-Posterior Tipping during Dynamic Humeral Rotation. (Oral Presentation) 2004 N.A.T.A. 55<sup>th</sup> Annual Meeting-Symposium. Baltimore, MD. *Journal of Athletic Training* 39(2):S41, 2004.

Thigpen CA, Padua DA, Karas SG. Reliability of Scapular Anterior/Posterior Tipping for Dynamic Humeral Rotation. 2004 A.C.S.M. 51<sup>st</sup> Annual Meeting, Indianapolis, IN. *Medicine and Science in Sports & Exercise* 36(5):S300, 2004.

Thigpen CA, Gross MT, Garrett WE, Karas SG, Yu B. Repeatability of Scapular Rotations For Three Planes of Humeral Elevation. 49<sup>th</sup> Combined Sections Meeting. American Physical Therapy Association, *Journal of Orthopedic and Sports Physical Therapy* 34(1) A44, 2004.

#### 2003

Padua DA, Birkelo JR, Karas SG, Guskiewicz KM, Thigpen CA. Reliability of Scapulohumeral Rhythm During Dynamic Shoulder Motion. (Poster Presentation). 2003 A.C.S.M. 50<sup>th</sup> Annual Meeting, San Francisco, CA. *Medicine and Science in Sports & Exercise* 35(5):S329, 2003.

## **OTHER PUBLICATIONS**

Thigpen CA, Bailey LB. Physical Therapist's Guide to Labral Tear. American Physical Therapy Association, Move Forward PT, 2013.

Thigpen CA, Bailey LB. Physical Therapist's Guide to Rotator Cuff Tear. American Physical Therapy Association, Move Forward PT, 2013.

Hawkins RJ, Thigpen CA. Rotator Cuff Injuries: Symptoms and Treatment. American Physical Therapy Association, Move Forward PT Radio Blog. January 10, 2013.

## **GRANTS & EXTERNAL FUNDING**

### **FUNDED**

Co-Primary Investigator, \$57,449 with National Athletic Trainer Association Research and Education Foundation. "Effectiveness of a preseason conditioning program on injury rates and modifiable risk factors in high school baseball and softball pitchers and catchers". (June 2012-2014) Thigpen CA, Shanley E

Co-Investigator: \$25,000 Seed Grant "Investigation Into Real-time Segmentation and Labeling of Rotator Cuff Ultrasound" Co-investigators with the Clemson University School of Bioengineering. Awarded by Clemson University CyberInstitute. Kwartowitz D, Thigpen CA

Principal Investigator- \$197,500. "Effect of Augmenting a Standard Therapy Protocol with a 12-week Peri-Operative Program of *Kneehab Neuromuscular Electrical Stimulation* in Patients undergoing Total Knee Replacement. Awarded by Neurotech (August 2011) Thigpen, CA, Burnikel B.

Co-Investigator, \$49,950 with MLB Medical Advisory Committee- "Prospective Evaluation of Shoulder and Elbow Range of Motion in Adolescent and Professional Pitchers." Shanley E, Thigpen CA, Hawkins RJ, Noonan TJ. (Awarded January, 2011)

Principal Investigator, \$114,969 Brooks Rehabilitation Hospitals - "Randomized Clinical Trial of Rehabilitation for Subacromial Impingement Syndrome" Thigpen, CA, Michener, LA, McClure, P

Regional Site Coordinator, \$199,000 National Athletic Trainer's Association - "Rehabilitation for Subacromial Impingement Syndrome" Michener LA, McClure P.

Principal Investigator, \$1,000 Brooks Physical Therapy Professorship - "Immediate Effects of Cervicothoracic and Shoulder Mobilization on Shoulder Kinematics and Muscle Performance in Individuals With and Without Subacromial Impingement Syndrome" Thigpen, CA, Smith, AR

Principal Investigator, \$5,000 Brooks Physical Therapy Professorship – “Physical Adaptations to Pitching in Professional Baseball” Thigpen, CA

Principal Investigator, \$7,500 University of North Florida Summer Research Grant – “Identification of Modifiable Risk Factors for Shoulder and Elbow Injury in Baseball” Thigpen, CA

Principal Investigator, \$1,980 with Injury Prevention and Research Center, University of North Carolina Chapel Hill – “The Effects of Forward Head and Rounded Shoulder Posture on Scapular Kinematics, Muscle Activity, and Coordination.” Thigpen CA, Padua DA, Guskeiwicz KG, Guiliani CG, Michener LA, Stergiou N (Awarded April, 2005)

Principal Investigator, \$1,000 with University of North Carolina at Chapel Hill, Graduate School, Smith Grant Program – “The Effects of Forward Head and Rounded Shoulder Posture on Scapular Kinematics, Muscle Activity, and Coordination.” Thigpen CA, Padua DA, Guskeiwicz KG, Guiliani CG, Michener LA, Stergiou N (Awarded December, 2004)

Research Assistant, \$2,845,211 with National Institutes of Health / National Institute of Arthritis and Musculoskeletal and Skin Disorders (1 R01 AR050461-01) – “Epidemiology of Jump Landing Movements and ACL Injury.” Marshall SW, Padua DA, Beutler AI, Guskiewicz KM, Garrett WE, Tokish JT, DeBerardino T, Pyne S, Yu B, Kirkendall D (Awarded February, 2005).

Research Assistant, \$150,000 with American Orthopaedic Society for Sports Medicine – “Epidemiology of jump landing movements and ACL injury.” Marshall SW, Padua DA, Beutler AI, Garrett WE, DeMaio M, Guskiewicz KM, Yu B, Kirkendall D (Awarded December, 2002).

## **UNFUNDED**

Co-investigator, \$25,000 with Hilfiger Foundation – “Promoting Physical Activity by Preventing Lower Extremity Injury in Youth Basketball.” Buckley, B Thigpen CA, Joyce, CJ (Submitted October 2006, No Funding Awarded).

Co-investigator, \$25,000 with Brooks College of Health Dean’s Professorship – “Preventing Lower Extremity Injury in Adolescent Basketball Players.” Joyce, CJ Thigpen CA, Buckley, B (Submitted April 2007, No Funding Awarded).

Principal Investigator, \$7,500, University of North Florida-University Summer Research Grant– “Risk Factors for Shoulder Pain in Youth Baseball.” Thigpen CA,(Submitted September 2006, No Funding Awarded).

Principal Investigator, \$7,500, University of North Florida-University Foundation Research Grant– “Risk Factors for Shoulder Pain in Baseball Pitchers.” Thigpen CA,(Submitted September 2006, No Funding Awarded).

Principal Investigator, \$7,500, University of North Florida-Brooks College of Health Summer Research Grant– “Effects of Breast Cancer Treatment on Shoulder Function and Quality of Life.” Thigpen CA,(Submitted September 2006, No Funding Awarded).

Principal Investigator, \$75,000, Livestrong Foundation-Community Initiative– “Effects of Breast Cancer Treatment on Shoulder Function and Quality of Life.” Thigpen CA,(Submitted April 2007, No Funding Awarded).

Principal Investigator, \$2,500 with Injury Prevention and Research Center, University of North Carolina Chapel Hill – “The Effect of Surgical Intervention on Scapular Motion in Unstable Shoulders.” Thigpen CA, Padua DA, Karas SG (Submitted March 2003, No Funding Awarded).

### ***INVITED SYMPOSIUM PRESENTATIONS***

Thigpen CA, Stout C, Morehouse, Denninger T. Integrating A PT First Approach in Emerging Healthcare Models. APTA Combined Sections Meeting, San Antonio Tx, Feb 2017.

Thigpen CA. Finding the Sweet Spot: Managing Load and Recovery Following Knee Joint Injury. APTA Combined Sections Meeting, San Antonio Tx, Feb 2017.

Thigpen CA, Shanley E. Tipping the Scales: Watershed Events and Balancing Load in Throwers. APTA Combined Sections Meeting, San Antonio Tx, Feb 2017.

Thigpen CA. *Rehabilitation of UCL Reconstruction*. Shoulder and Elbow Update 2014. Philadelphia, PA. November 22, 2014.

Thigpen CA. *Rehabilitation Considerations of the Overhead Athlete*. Shoulder and Elbow Update 2014. Philadelphia, PA. November 22, 2014.

Thigpen CA. *Workshop 5: Instrument assisted soft tissue mobilization for the shoulder and elbow*. Shoulder and Elbow Update 2014. Philadelphia, PA. November 22, 2014.

Thigpen CA. *Nonoperative Rehabilitation of Shoulder Instability and SLAP Lesions*. Shoulder and Elbow Update 2014. Philadelphia, PA. November 21, 2014.

Thigpen CA. *Rehabilitation Considerations following Capsulolabral Repair*. Shoulder and Elbow Update 2014. Philadelphia, PA. November 21, 2014.

Thigpen CA. *Clinical Predictors for Non-operative Management of Subacromial Pain Syndrome*. ASES 2014 Closed Meeting. Pinehurst, NC. October, 2014.

Tokish JM, Thigpen CA, Andrews JR, Ryu RKN. *Dilemmas of the Throwing Shoulder*. AOSSM 2014 Annual Meeting. Seattle, WA. July 13, 2014.

Thigpen CA. *SLAP Injuries Position Statement*. NATA 65<sup>th</sup> Clinical Symposia and AT Expo. Indianapolis, IN. June, 2014.

Thigpen CA, Shanley E, Bailey LB. *Developmental Considerations for Intervention Strategies for the Disabled Throwing Shoulder*. NATA 65<sup>th</sup> Clinical Symposia and AT Expo. Indianapolis, IN. June, 2014.

Thigpen CA. *Effectiveness of a Pre-Season Prevention Program on Arm Injury Risk Factors: A Randomized Control Trial in Adolescent Pitchers*. NATA 65<sup>th</sup> Clinical Symposia and AT Expo. Indianapolis, IN. June, 2014.

Thigpen CA. *Rotator Cuff Post-Operative Rehabilitation.* Hawkins Society Meeting. Hilton Head, SC. May 2014.

Thigpen CA. *Non-Operative Management of Shoulder Pain.* 29<sup>th</sup> Annual Hawkeye Sports Medicine Symposium. Coralville, IA. December 12-13, 2013.

Thigpen CA. *Risk Factors and Prevention Programs for Throwers.* 29<sup>th</sup> Annual Hawkeye Sports Medicine Symposium. Coralville, IA. December 12-13, 2013.

Thigpen CA. *To Scrape or Not to Scrape: Considerations for Application of Instrumented Augmented Soft Tissue Mobilization (IASTM).* 29<sup>th</sup> Annual Hawkeye Sports Medicine Symposium. Coralville, IA. December 12-13, 2013.

Thigpen CA. *How to Know the Speed Limit: Considerations for Rehabilitation following RCR.* 29<sup>th</sup> Annual Hawkeye Sports Medicine Symposium. Coralville, IA. December 12-13, 2013.

Thigpen CA. *Pearls, Travails, and Pitfalls in Developing a Clinical Research Agenda.* College of Health Science Research Symposium. University of Delaware. November 4, 2013.

Thigpen CA. *Building a Foundation for Sustainable Success: Rehabilitation Strategies Following ACL Rupture and Reconstruction.* NATA 64<sup>th</sup> Annual Meeting & Clinical Symposia. Las Vegas, NV. June 25, 2013.

Thigpen CA. *The Painful Throwing Shoulder.* Hawkins Society Meeting. Hilton Head, SC. May 2013.

Thigpen CA. *Instrumented Augmented Soft Tissue Mobilization (IASTM).* Tennessee Athletic Trainer's Society Annual Meeting and Clinical Symposium. Nashville, TN. January 19, 2013.

Thigpen CA. *Scapula and Sports: Baseball.* ASSET 2012 Annual Meeting. Sea Island, GA. October, 2012.

Thigpen CA. *Building a Foundation for Sustainable Success: Rehabilitation Strategies Following ACL Rupture and Reconstruction.* 2012 NATA Annual Meeting St Louis, MO. June 2012.

Thigpen CA, Bailey LB. *Ultrasound Breakout Session.* 9<sup>th</sup> Annual Steadman Hawkins Sports Medicine Symposium. Steadman Hawkins Clinic of the Carolinas, Greenville, SC. June 2, 2012.

Thigpen CA. *Scapula and Throwing.* Hawkins Society Meeting. Hilton Head, SC. May 10, 2012.

Thigpen CA. *Systematic Approach to Optimizing Core Stability in the Aging Athlete.* American Academy of Othropaedic Surgeons 2012 Annual Meeting. San Francisco, CA. April 21, 2012.

Thigpen CA. *Shoulder Injuries in the Overhead Athlete-Identifying Risk Factors and Development of Effective Prevention Strategies.* 2012 N.A.T.A 63<sup>rd</sup> Annual Meeting and Clinical Symposia, St. Louis, MO.

Thigpen CA. Integrating Patient-Oriented Outcomes into Clinical Education. *2012 N.A.T.A. 63<sup>rd</sup> Annual Meeting and Clinical Symposia, St. Louis, MO.*

Thigpen CA. Advanced Tract Course Summary 2012: The Evidence Based Shoulder Exam: How to do it, what it means and using it in your practice. *2012 N.A.T.A 63rd Annual Meeting and Clinical Symposia, St. Louis, MO.*

Bailey LB, Shanley E, Thigpen CA. Rehabilitative Musculoskeletal Ultrasound Imaging of Shoulder & Elbow In Throwing Athletes. *2012 APTA Combined Section Meeting. Chicago, IL. February 10, 2012.*

Thigpen CA. *Examination of the Kinetic Chain in the Overhead Athlete.* 1<sup>st</sup> Annual Howard Head Sports Medicine Symposium. Vail, CO. October 1, 2011.

Shanley E, Bailey L, Noonan TJ, Hawkins RJ, Thigpen CA. *Humeral Morphology, and Physical Maturity of Youth Baseball Pitchers.* ASSET Annual Meeting. White Sulphur Springs, WV. October, 2011.

Schlegel, TF, Thigpen, CA, Shanley, E, Hawkins, RJ. *Humeral Retrotorsion is Altered but Not Shoulder Rotation Range of Motion in Elite Quarterbacks Participating in the 2010-2011 NFL Combines.* ASES Annual Closed Meeting. White Sulphur Springs, WV. October, 2011.

Thigpen CA, Wilcox, RW. Shanley, E Kissenberth MJ, Hawkins RJ. *Evidenced Based Rehabilitation of Arthroscopic Rotator Cuff Repair.* American Society of Shoulder and Elbow Therapists Annual Shoulder Course. Steadman-Hawkins Clinics of the Carolinas. August 27-28th 2011.

Thigpen CA. *The Scapula in the Throwing Shoulder.* The Disabled Throwing Shoulder: Spectrum of Pathology, 10 Year Update. Lexington, KY. July 29, 2011.

Thigpen CA. *Rehabilitation after Shoulder Stabilization.* 8<sup>th</sup> Annual Steadman Hawkins Sports Medicine Symposium. June 10, 2011.

Thigpen CA. *Assessments of Scapular Adaptations in Pitchers.* Hawkins Society Meeting. Hilton Head, SC. May 2011.

Thigpen CA. *Effects of Head and Shoulder Posture on Scapular Function.* 3<sup>rd</sup> International Congress of Shoulder and Elbow Therapists Edinburgh, UK. September 7, 2010

Michener LA. McClure P. Thigpen, CA. *Rotator Cuff Tendinopathy: Current Understanding and Evidence-based Practice.* 2010 NATA Annual Meeting Philadelphia, PA. June 22, 2010.

Thigpen, CA Wilcox R. Leggin B. *Controversies in Rehabilitation Progression Following Rotator Cuff Repair: An Evidence-Based, Consensus Guideline by the American Society of Shoulder and Elbow Therapists.* APTA Combined Sections Meeting. San Diego, CA. February 12, 2010.

Thigpen, CA. Shaffer, MA. Sauers, E. McCluskey G. *Evidence-Based Rehabilitation Following Arthroscopic Anterior Stabilization of the Shoulder: A Consensus Guideline by the American*

*Society of Shoulder & Elbow Therapists*. 2009 NATA Annual Meeting San Antonio, TX. June 21, 2009.

Thigpen CA, Wilcox, RW. Warner, JP. Higgins L. *Evidenced Based Rehabilitation of Arthroscopic Rotator Cuff Repair*. American Society of Shoulder and Elbow Therapists Annual 2009 Shoulder Course. Brigham & Women's Hospital at Harvard Medical School. May 8, 2009.

Thigpen CA. *Evidence Based Review of Exercises to Prevent Shoulder Injury in Overhead Athletes*. ACSM Health & Fitness Summit's Preconference Course: (1 of 5) Atlanta, GA March 24, 2009.

Thigpen, CA. Gaunt, B. *Evidence-Based Rehabilitation Following Arthroscopic Anterior Stabilization of the Shoulder: A Consensus Guideline by the American Society of Shoulder & Elbow Therapists*. 2009 A.P.T.A Combined Sections Meeting. Las Vegas, NV February 11, 2009.

Thigpen, CA. Russell, A. Clark, MA. *Prevention of Shoulder Injuries In Overhead Athletes*. 2009 A.P.T.A Combined Sections Meeting. Las Vegas, NV February 9, 2009.

Thigpen CA, Buckley BD. *Prevention of ACL Injuries in Adolescents*. Jacksonville Sports Medicine Program. October, 2008.

Thigpen, CA. *Manual Therapy Approach to Cervico-throacic Dysfunction*. 2008 N.A.T.A. 59<sup>th</sup> Annual Meeting-Symposium. St. Louis, MO. June 17-21, 2008.

Thigpen, CA. Wilcox III, RB. Gaunt, B. Deshmukh, R. Young, S. *Evidence-Based Rehabilitation Following Rotator Cuff Repair*. 2008 American Society of Shoulder and Elbow Therapists Continuing Education Series. Jacksonville, FL. June 7, 2008.

Thigpen, CA. *Using and Interpreting Movement Assessments*. A.C.S.M. Health and Fitness Summit and Exposition. Long Beach, CA. March 23-26, 2008.

Thigpen CA. *Prevention of Adolescent Throwing Injuries*. Jacksonville Sports Medicine Program. March 13, 2008.

Thigpen, CA. *Transitional Movement Assessments*. A.C.S.M. Health and Fitness Summit and Exposition. Dallas, TX. March 22-23, 2007.

Thigpen, CA. *An Evidenced Based Approach to Fitness Assessment. An Evidence Based Review of the Effectiveness of Flexibility Training*. A.C.S.M. Health and Fitness Summit and Exposition. Dallas, TX. March 21, 2007.

Thigpen CA, *Prevention of Adolescent Throwing Injuries*. 2007 A.P.T.A Combined Sections Meeting. Boston, MA February 15, 2007.

Thigpen, CA. *Injury Prevention in Youth Sports*. 2007 F.P.T.A. Student Conference. February 3, 2007.

Thigpen CA, Michener LA. *Scapular Dysfunction: Assessment and Treatment*. *Shoulder Special Interest Group*. 2006 N.A.T.A. 57<sup>th</sup> Annual Meeting-Symposium. Atlanta, GA. June 14, 2006.

Thigpen CA. *Current Evidence to Guide the Clinical Assessment and Treatment of Scapular Dysfunction*. Triangle Orthopaedic Study Group. June, 2006.

Thigpen CA. *Mobilization of the Upper Extremity*: Continuing Education Course offered by Therapy Network Seminars. 2005-present.



Karas SG, Thigpen CA, Padua DA. “*A Three Dimensional Analysis of Shoulder Kinematics in Patients with Multidirectional Shoulder Instability*”. Royal North Shore Hospital. Sydney, NSW, Australia; July 26, 2005.

Thigpen CA. *Extracorporeal Shockwave Therapy: A Clinical Perspective*. Mid-Atlantic Athletic Trainers’ Association Annual Meeting. Virginia Beach, VA. May 21, 2005.

Thigpen CA. *From Novice to an Expert Clinician: The role of the clinician in the development of evidence based practice*. American Physical Therapy Association National Student Conclave. Charlotte, NC. October 22 2004.

Thigpen CA. *Current Concepts in Shoulder Rehabilitation*. Mid-Atlantic Athletic Trainers’ Association Annual Meeting. Virginia Beach, VA. May 22, 2004.

Thigpen CA. *Manual Therapy and Exercise Techniques in Shoulder Rehabilitation*. Mid-Atlantic Athletic Trainers’ Association Annual Meeting. Virginia Beach, VA. May 22, 2004.

Thigpen CA. *Shoulder Treatment and Evaluation: Sports Medicine Lectureship*. North Carolina Student Physical Therapy Association. Chapel Hill, NC. April 13, 2004.

Thigpen CA. *Muscle Balance and Core Stability: Its Importance in Musculoskeletal Health: Grand Rounds*. Department of Family Medicine. University of North Carolina, Chapel Hill, NC. October 27, 2003.

Hooker DN. Thigpen CA. *Evaluation and Treatment of Low Back Pain*. Johnson City Medical Center Continuing Education. Johnson City, TN. May 17-18, 2002.

Thigpen CA. *Post Professional Education in Physical Therapy*. East Tennessee State University: Alumni Return to the Classroom. Johnson City, TN. April 9, 2001.

Thigpen CA. *Functional Evaluation in Orthopedics*. East Tennessee State University: Alumni Return to the Classroom. Johnson City, TN. April 11, 1999.

## **AWARDS**

*2008 American Society of Shoulder & Elbow Therapists Founder’s Award*

*2007 N.A.T.A. Outstanding Doctoral Student Award Finalist (Oral)*

Thigpen, C.A., Padua, D.A., Michener, L.A., Guskiewicz, K.M. (Oral Presentation). Effects of Repetitive Overhead Reaching and Forward Head and Rounded Shoulder Posture on Scapular Kinematics and Muscle Activity in Healthy Shoulders. *2007 N.A.T.A. 58<sup>th</sup> Annual Meeting-Symposium*, Anaheim, CA. *Journal of Athletic Training* 42(2) S-15, 2007.

*2007 N.A.T.A. Outstanding Masters Student Award Finalist (Oral)*

Conner, L.E., Padua, D.A., Prentice, W.E., Thigpen, C.A., Mihalik, J.P. Scapula Anterior-Posterior Tilting During Humeral Elevation Correlates with Clinical Measures of Shoulder Internal Rotation and Posterior Shoulder Tightness (Oral Presentation). *2007 N.A.T.A. 58<sup>th</sup> Annual Meeting-Symposium*, Anaheim, CA. *Journal of Athletic Training* 42(2), S-14 2007.

2007 UNF Brooks College of Health Nursing & Physical Therapy Graduate Research Award  
Kasimer M, Sugden J, Smith AR, Thigpen CA *Effects of Mobilization on Scapular Kinematics in Individuals with Subacromial Impingement Syndrome*.

*2006 N.A.T.A. Outstanding Masters Student Poster*

Lynch SS, Prentice WE, Padua DA, Thigpen CA, Mynark RG. Exercise Intervention Improves Forward Head and Rounded Shoulder Posture In Collegiate Swimmers. 2006 N.A.T.A. 57<sup>th</sup> Annual Meeting-Symposium. Atlanta, GA. *Journal of Athletic Training* 41(2), 2006.

*2006 N.A.T.A. Outstanding Undergraduate Student Poster*

Geoger BM, Padua DA, Thigpen CA, Guskiewicz KM. High Pelvic Inclination Angle Affects Lower Extremity Muscle Strength. 2006 N.A.T.A. 57<sup>th</sup> Annual Meeting-Symposium. Atlanta, GA. *Journal of Athletic Training* 41(2), 2006.

2005 Susan P Baker Prize. Injury Prevention and Research Center University of North Carolina at Chapel Hill. Awarded for “Scapular Kinematics During Shoulder Rehabilitation Exercises: Full Can Vs. Empty Can” ( Awarded October 25, 2005). Thigpen CA, Padua DA, Morgan N, Kreps C, Karas SG.

## **SERVICE**

### **PROFESSIONAL SERVICE**

*Committee member:* A.P.T.A. Orthopedic Section: Shoulder Database Committee

*Committee member:* American Shoulder and Elbow Surgeons, American Orthopedic Society for Sports Medicine, and Arthroscopy Association of North America performance measures subspecialty committee

*Committee member:* American Shoulder and Elbow Surgeons Value Committee - Outcome Measurement Tools Subgroup

*Research Committee:* APTA Orthopedic Section, Imaging Special Interest Group Research Committee 2014- present

APTA Sports Physical Therapy Research Committee

*Chair:* 2013-present

*Member:* 2007-2012

*Free Communications Committee- NATA Research & Education Foundation- 2009-2015*

*Writing Panel:* AAOS Optimizing the Management of Full-Thickness Rotator Cuff Tears AUC 2012-2013

*Editorial Board:* APTA Move Forward- 2012-2014

*Past-President:* American Society of Shoulder and Elbow Therapists 2012

*President:* American Society of Shoulder and Elbow Therapists 2011

*President Elect:* American Society of Shoulder and Elbow Therapists 2010

*Education Chair:* American Society of Shoulder and Elbow Therapists 2006-2009

*Reviewer:* for APTA Combined Sections Orthopedic Abstracts 2007-present

*Reviewer:* *Journal of Orthopedic and Sports Physical Therapy*, *Journal of Sports Rehabilitation*, *American Journal of Sports Medicine*, *British Journal of Sports Medicine*, *Journal of Shoulder and Elbow Surgery*, *Arthroscopy*, *Sports Health*, *Manual Therapy*, *Physical Therapy*, *Journal of Athletic Training*, *Physiotherapy Theory and Practice*

*External Grant Reviewer, Patient Centered Outcomes Research Initiative- Cycle I (2012)*

*External Grant Reviewer, NATA Research and Education Foundation*

**PROFESSIONAL ASSOCIATIONS**

American Physical Therapy Association. 1996 to present  
 Sports Physical Therapy Section. 1996 to present  
 Orthopedic Physical Therapy Section 1996 to present

National Athletic Training Association. 1995-present  
 American Society of Shoulder and Elbow Therapists. 2004 – present  
 American College of Sports Medicine 1995; 2006 - 2011

**LICENSES/ CERTIFICATION**

Physical Therapy License	Tennessee (Inactive)	#5463
Physical Therapy License	North Carolina (Inactive)	#8188
Physical Therapy License	Florida (Inactive)	#23354
Physical Therapy License	South Carolina	#5861
Athletic Training Certification	NATA-BOC	#08022214
Athletic Training License	North Carolina (Inactive)	#800
Athletic Training License	Florida (Inactive)	#2237