

CURRICULUM VITAE

James F. Villers, PT, DPT, FAAOMPT
Associate Clinical Professor
ASU Station #10923
Work phone: (325) 942-2547
Department of Physical Therapy, Angelo State University

Education: Hardin-Simmons University
Abilene, Texas
2013 to 2014
Post Graduate Doctor of Physical Therapy

University of Texas Medical Branch School of Health Professions
Galveston, Texas
1980 to 1982
Physical Therapy
Bachelor of Physical Therapy

Angelo State University
San Angelo, Texas
1978 to 1980
Pre-physical Therapy

Licensure Information/Registration Number:

Texas State Board of Physical Therapy Examiners, 1982 to present
License number: 10-3312-4

Certifications:

American Heart Association
BLS Instructor
October 25, 2018 to Present

Texas Consortium for Physical Therapy Clinical Education, Inc.
Clinical Instructor Certification
February 21, 2015 to present

APTA Credentialed Clinical Educator
September 22, 2012 to present

Fellow Designation
American Academy of Orthopedic Manual Physical Therapist
Under signature of The Manual Therapy Institute
July 15, 2011 to present

Employment and Positions Held:

Clinical Professor, Physical Therapy Graduate Faculty Non-tenured
Angelo State University San Angelo, TX 2023 to present

Associate Clinical Professor, Physical Therapy Graduate Faculty Non-tenured
Angelo State University San Angelo, TX 2017 to 2022

Assistant Clinical Professor, Physical Therapy Academic Coordinator of Clinical Education
Graduate Faculty Non-tenured Angelo State University San Angelo, TX 2012 to 2017

Contract Staff Physical Therapist West Texas Rehab Center San Angelo, TX
2012 to present

Adjunct Faculty, Physical Therapy Non-tenured Angelo State University
San Angelo, TX 2002 to 2012

Director of Adult Services West Texas Rehab Center San Angelo,
TX 2007 to 2012

Manager of Industrial Rehab Department West Texas Rehab Center San Angelo, TX
2003 to 2007

Owner and Operator Angelo Physical Therapy, Inc. San Angelo, TX 1996 to 2003

Co-owner and Operator Angelo Physical Therapy, Inc. San Angelo, TX
1990 to 1996

Director of Physical Therapy Shannon West Texas Memorial Hospital San Angelo, TX
1988 to 1990

Assistant Director of Physical Therapy Shannon West Texas Memorial Hospital San
Angelo, TX 1985 to 1988

Director of Physical Therapy West Coke County Hospital Robert Lee,
TX 1985

Assistant Director of Physical Therapy, Adult Section West Texas Rehabilitation Center
San Angelo, TX 1985 to 1985

Staff Physical Therapist West Texas Rehabilitation Center San
Angelo, TX 1982 to 1984

Peer Reviewed Publications:

Villers J, Cardenas A, Gipson T, Mann E. The immediate effect of adding lumbar mobilization to a static stretching program on hamstring range of motion: an exploratory study. J. Sports Sci. Med. (2022) 21: 253-259 DOI: <https://doi.org/10.52082/jssm.2022.253>

Villers JF, Burch J, Scheller M, Huang HH. Physical therapy prehabilitation on a reverse total shoulder replacement candidate: a case study. *J Phys Ther Sci.* 2020;32(2):197-205. doi:10.1589/jpts.32.197

Villers J, Atherton C. The immediate effect of thoracic manipulation on pressure pain threshold in acute lateral ankle sprains an exploratory investigation. <https://files.taylorandfrancis.com/2018-AAOMPT-conference-abstracts.pdf> Updated 2019; ID 31

Published Abstracts of Peer Reviewed Presentations:

Villers J, Seago J, Hill R, James S, Lat I, LeCheminant D. The immediate effect of lateral hip distraction on the Ober's test: a pilot study (2023) *Poster presented at Texas Physical Therapy Association's Annual Conference, Round Rock, TX.*

Villers J, Atherton C, Buchanan A, Seabourne T, Nicks K. The immediate effect of thoracic manipulation on pressure pain threshold in acute lateral ankle sprains: an exploratory investigation (2018) *Poster presented at American Academy Orthopedic Manual Physical Therapist's Annual Conference, Reno, NV*

Villers J, Thomas A, Cash L, Jurado. Rate of agreement between an experienced and novice tester in the application of a clinical diagnostic rule for subacromial impingement syndrome: a pilot study (2016) *Poster presented at Texas Physical Therapy Association's Annual Conference, Fort Worth, TX*

Wilson L, Villers J, Hutchinson T, Rezac S. Immediate effects of thoracic spine manipulation on upper extremity neural tension in symptomatic patients. (2015) *Poster presented at Texas Physical Therapy Association's Annual Conference, Arlington, TX.*

Peer Reviewed Scientific and Professional Presentations:

Scapular Stability in Lateral Elbow Tendinopathy, Angelo State University Physical Therapy Program Lunch and Learn, 1 CCU reviewed by Texas Physical Therapy Association (TX), October 13, 2020

Physical Therapy in Peru, Angelo State University Physical Therapy Program Lunch and Learn, 1 CCU reviewed by Texas Physical Therapy Association (64895TX), October 4, 2018

Neuro Dynamics and the Slump Test, Angelo State University Physical Therapy Program Lunch and Learn, 1 CCU reviewed by Texas Physical Therapy Association (63863TX), December 7, 2017

A Clinician's Guideline on Anatomy, Biomechanics, Examinations, and Interventions of the Foot and Ankle, 16 CCUs reviewed by Texas Physical Therapy Association (56657TX), October 4-5, 2014

Cervical Radiculopathy A Clinician's Guideline, Angelo State University Physical Therapy Program Lunch and Learn, 1 CCU reviewed by Texas Physical Therapy Association (55127TX), November 5, 2013

Non-Peer Reviewed Publications:

Non-Peer Reviewed Presentations:

In-service on First Rib Syndrome at West Texas Rehab Center 2019

Workstation Ergonomics: In-service for Angelo State University's Library Staff, November 12, 2019 1-hour lecture and demonstration

Workstation Ergonomics: In-service for Angelo State University's Office Coordinators, May 18, 2016 1.25 hours lecture and participation

Carpal Tunnel Syndrome In-service for Angelo State University's Library Staff, May 14, 2014 1-hour lecture and demonstration

Back Safety Class for Angelo State University Library Staff August 14, 2013, Lecture and demonstration 2 hrs.

Back Safety Class for the City of San Angelo Fire Department July 24-26, 2013, Lecture and demonstration total of 9 hrs.

Injury Prevention Back Education Course: City of San Angelo Fire Department and General Employees. January 19 to April 6, 2012, 6 courses: Lecture and Lab: 1 hour each

Funded/In Review Grant Activity:

Research Activity:

Student Capstone Paper Advisor:

Marissa Anderson, Allison Gibson, Joe Siddoway, Tyler Wilson

The Correlation Between Scapular and Wrist Strength and Endurance May 2023

Jessica Nodine, Kayla Lunceford, Alex Burhoe, Austin Ackerman, Harris Coleman

The Most Effective Static Stretch for Increasing an Ober Test. May 2022

Andrew Cardenas, Travis Gipson, Emily Man

The Immediate Effect of Adding Unilateral Lumbar PA Mobilization to a Static Stretching Program on Hamstring Range of Motion: A Randomized Clinical Trial. May 2021

Tyler J. Althof, Jacob C. Burtch, Young-In Steve Kim

The Immediate Effects of Inhibitory Kinesiotaping of the Hamstrings on Agonist and Antagonist Muscle Activation during a Lunge Maneuver. May 2019

Courtney Atherton, Allison “Allie Beth” Buchanan, and Tyler Seabourn,
The Immediate Effect of Thoracic Manipulation on Pressure Pain Threshold in Acute Lateral
Ankle Sprains an Exploratory Investigation. May 2018

Stephen Marquez, SPT, Stuart Redding, SPT, and Shelby Warick, SPT
The Reliability of Assessing Posterior Pelvic Tilt to Measure Hamstring Length during the
Passive Straight Leg Raise Test. May 2017

Heather Danielson, Nikita Rodrigues
The Immediate Effects of Thoracic High Velocity Low Amplitude Thrust on the Upper Limb Neuro
Dynamic Test 1 in an Asymptomatic Population- A RCT. May 2016

April Rew, Tevin Powers, Ben Schneider, Jessica Secoy
Investigation of the Immediate Effects of the Facilitated Oscillatory Release Technique versus
the Traditional Posterolateral Glide on Internal Rotation Range of the Asymptomatic Shoulder: A
Pilot Study May 2016

Andrew Thomas, Laura Sherrill, Jan Juardo.
Rate of Agreement Between Novice and Expert Clinicians Clinical Prediction Rule Application
for Subacromial Impingement Syndrome: A Pilot Study May 2015

Wilson, Laura. Immediate Effects of Thoracic Spine Manipulation on Upper Extremity Neural
Tension in Symptomatic Patients: Observation Study. May 2014.

Volkman, Ben. Postural Restoration and Periscapular Neuromuscular Re-education for
Rehabilitation Following Scapulothoracic Decompression Scapuloplasty to Correct Snapping
Scapula: A Case Report. May 2014.

Barker, Bryan. Evaluation and Treatment of Low Back Pain in a Sixteen-Year-old Female with
Flexion Rotation Syndrome Using Movement System Impairment Exercises and Body Weight
Supported Treadmill Training: A Case Report. May 2014.

Tran, Andy. Treatment of Whiplash-associated disorder with multimodal interventions: A Case
Report. May 2014.

Boyton, Josh. Application of a Knee Microfracture Protocol to a Hip Microfracture Procedure: A
Case Study. May 2013.

Khalfe, Adeeb. Application of Evidenced Based Strategies and Functional Training Following
a Rotator Cuff Repair in the Outpatient Orthopedic Physical Therapy Setting: A Case Study.
May 2013.

Dean, Catalin. Rehabilitation of Subacromial Impingement Syndrome Following an Exercise and
Manual Therapy Intervention Protocol: A Case Study. May 2013.

Continuing Education Workshops Conducted/Organized:

Department of Physical Therapy, Angelo State University’s Lunch and Learn Series (twice fall

and spring semesters), 2013 to present

A Clinician's Guideline on Anatomy, Biomechanics, Examination, and Interventions of the Foot and Ankle by Angelo State University's Doctor of Physical Therapy Program, October 4-5, 2014

Memberships in Scientific/Professional Organizations:

American Physical Therapy Association, 1981 to present
Texas Physical Therapy Association, 1981 to present
Orthopedic Section of American Physical Therapy Association, 1990 to present
American Academy of Orthopedic and Manual Physical Therapy, 2011 to present
Alumni Association-Lifetime Member UTMB School of Health Professions

Consultative and Advisory Positions Held:

Clinical Advisory Board, Angelo State University Physical Therapy Program
Angelo State University
1999 to 2012

Community Service:

Fields of Faith
Fall 2022

Kids Eat Free Belmore Baptist Church
Summer 2022, 2023

Goliad Elementary School Fall Festival volunteer
2021

Goliad Elementary School supervised Angelo State University Physical Therapy Association community project
2020

Mentorship for AAOMPT fellow in training, Jamie Gonzales, PT, DPT
2019 to 2021

Peru Medical Mission Trip
2018

Physical Therapist staffing of Physical Therapy Pro Bono Clinic at La Esperanza Clinic
2016 to 2018

Life Group Secretary
Glen Meadows Baptist Church
2016 to 2017

Texas Consortium for Physical Therapy Clinical Educators, Inc.

Ad Hoc Committee member for webpage revisions
2015 to 2017

Texas Consortium for Physical Therapy Clinical Educators, Inc. Ad Hoc Committee
member for Clinical Instructor training module
2015 to 2017

Formal Mentorship to Recent ASU DPT Graduates San Angelo
2015 to present

Glen Meadows Baptist Church
San Angelo, TX
Nominating Committee
2022 to 2025

Ordained Deacon
2003 to current

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

University:

Service on the Library Committee 2022-2023

Service on the International Education Committee 2021-2023

Workstation Ergonomic In-service for Angelo State University's Library Staff, November 12,
2019.

Co-chair of DPT Program's Pro Bono Musculoskeletal Clinic for Angelo State University
employees. 2019 to current

Advisory Committee Oral: Defense Border Security and Intelligence Department of Security
Studies for Benjamin Pendleton's Capstone Paper- A Comparative Look at the Intelligence
Efforts and Agencies of Five Eyes and Israel, November 23, 2016

Workstation Ergonomics In-service for Angelo State University's Office Coordinators, May
18, 2016 1.25 hours lecture and participation

Co-chair Committee for Angelo State University's Sports Medicine Clinic 2015 to 2017

Service on the Library Committee 2015-2016

Chair of Physical Therapy Clinical Advisory Board 2013 to 2017

Carpal Tunnel Syndrome In-service for Angelo State University's Library Staff, May 14, 2014

Service on the Faculty Research Enhancement Grants Committee 2013-2014

Service on the ADA Committee on Accessibility of Facilities and Services 2013-2014

Back Safety Class for Angelo State University's Library Staff August 14, 2013, 2 hours lecture and demonstration

Physical Therapy Program representative for Angelo State University's football recruits 1/26/13 1-hour presentation and Q/A.

Ergonomic assessment of Angelo State University's Liberians' work stations 10/9/12 6 hours verbal and written feedback

College:

Interprofessional Collaboration with the Masters of Athletic Training Program

Invited Instructor ASU, College of Health and Human Services, Department of Nursing, Transfers and Gait Training, September 3, 2015

True Blue Recruitment Event for the College of Health and Human Services April 4, 2014

Permian Basin High School Health Professions Recruitment 6/13/13 Lecture and Demonstration 3 hours

Department:

Lunch and Learn continuing education: coordinator 2015 to 2023

Coordinator for 3rd year students' career day 2020 to current

Study Abroad & Humanitarian Service proposal to Oaxaca Mexico for winter 2023

Sponsored DPT students for TPTA legislative day, Austin TX 2015, 2019, 2023

BLS instruction to 1st and 3rd year DPT students fall 2018 to current

Clinical Mentor to Floyd Huang, PT, PhD Fall Semester 2015

Recruitment presentation at the University of Texas at Austin: March 9, 2021

January 28, 2020, September 22, 2015, & February 25, 2014

Service on Standing Committees:

Scholarship Committee: 2015 to 2018

Faculty Peer Review Committee: 2013 to current/ Chair 2019-2021

Academic Committee: 2012 to current

Awards Committee 2012 to 2018

Service on Ad Hoc Committees:

Dr. Brian Huynh Memorial Scholarship Fall 2020

Alumni Committee Fall 2020- current

Ethics Committee Chaired Spring 2020 & 2022

Promotion Committee for Dr. Teresa Huckaby 2020

Active Shooter 2019-2020

Professionalism and Leadership 2018-2019

DPT Program's Musculoskeletal Clinic 2017 to 2019

Physical Therapy Department Office Coordinator Search Committee 2016

Technical Standards Committee 2015

Clinical Education Office Coordinator Search Committee 2015
Mission and Vision Committee 2013

Ad-Hoc Manuscript Reviewer

The Journal of Back and Musculoskeletal Rehabilitation (2021-present)

January 2023: Joint mobilization in addition to therapeutic exercise may effectively improve quality of life and function in knee osteoarthritis patients

February 2022: Spinal origin of the symptoms in a patient with Carpal Tunnel Syndrome diagnosis: a case report

April 2021: The physiotherapy for quadriceps muscle atrophy and weakness after knee surgery: A review

Honors and Awards:

Outstanding Faculty of the Year

Angelo State University, Department of Physical Therapy 2013, 2014, & 2019

Nominee for Faculty Excellence in Teaching Award

Angelo State University 2017 & 2023

Finalist for Faculty Excellence in Leadership/Service

Award Angelo State University 2016 & 2022

Outstanding Guest Lecturer

Angelo State University, Physical Therapy Program 2010

Ruby Decker Award for exemplary patient care and community service

Texas Physical Therapy Association 2010

Continuing Education Attended:

ASU DPT Student Research Day, Angelo State University, May 11, 2023

TX Course Approval 77472TX

A Lymph Therapists' Take on Swelling Management in the Non-Lymph

Population. Angelo State University, April 27, 2023 TX Course

Approval 77346

The Pain Equation: Treating Patients in Pain. Angelo State University,

February 9, 2023 TX Course Approval 76987

Jumping at the Chance: Plyometric Training in Older Adult Population,

Angelo State University, November 17, 2022 TX Course Approval

76631

Blood Flow Restriction Exercise: Why and When? Angelo State University,

October 6, 2022 TX Course Approval 76506

ASU DPT Student Research Day, Angelo State University, May 12, 2022

TX Course Approval 76133TX

2022 Combined Sections Meeting of the APTA, Virtual

Demonstrating Competencies in PT Referral for Imaging

Geriatric Low Back Pain: Current and Future Considerations

Cause of Achilles Tendon Pain? What to Evaluate with Your Next Pt.

Educating for Ethics & Prof. Lesions Learned During COVID-19
 Adapting: Curriculum Design for a New Generation of Adult Learners
 Getting to the Root of It: Not all Meniscus Tears are Created Equal
 Thoughts, Ideas, and Opinions that Make you a More Competent Clinician,
 Angelo State University, November 18, 2021 TX Course Approval
 75325

The Shoulder: Theory and Practice, The Manual Therapy Institute,
 June 26, 2021 TX Course Approval # 74847

ASU DPT Student Research Day, Angelo State University, May 13, 2021 TX
 Course Approval # 74857

The Use of Language in Diabetes Care, Angelo State University, March 11,
 2021 TX Course Approval # 748020

Blood Flow Restriction, Angelo State University, February 20, 2020.
 TX Course Approval #71617

Patient Driven Payment Model & Patient Driven Groupings Model, Angelo
 State University, November 7, 2019. TX Course Approval # 71071

Advances in Evaluation and Treatment of Chronic Pain, Angelo State
 University, October 26-27, 2019. TX Course Approval #70940

Unique Physical Therapy Practice Settings in the UK: Applications to PT's
 in the US. Angelo State University, October 7, 2019. TX Course
 Approval # 79841

ASU DPT Student Research Day, Angelo State University, May 9, 2019. TX
 Course Approval # 70980

Is Proprioception Deficit the Villain for Ankle Instability and Fall? Angelo
 State University, February 26, 2019. TX Course Approval # 70334

2018 American Academy of Orthopedic Manual Physical Therapy Annual
 Conference, Reno NV, November 7-11, 2018

Dry Needling Level 1 with Cadaver Lab, Optimal Dry Needling Solutions
 Hardin Simmons University, April 20-22, 2018, TX Course Approval
 # 64384

Treating Chronic Pain, Angelo State University, March 19, 2018, TX Course
 Approval # 64350

Neuro-dynamics and the Slump Test, Angelo State University, December 7,
 2017. TX Course Approval # 63863TX

DPT Class of 2017 Research Presentations, Angelo State University, May 11, 2017. TX Course
 Approval # 61738TX

“You Take My Breath Away” (Lung Disease Application to Physical Therapy), Angelo State
 University, April 25. 2017. TX Course Approval # 63027TX

2017 Combined Section Meeting of the APTA, San Antonio, TX. February 16-18, 2017.
 CSM17/REGIS
 Integrating a PT First Approach in Emerging Healthcare Models
 Update on Minimal Footwear: is Less More?
 A new Etiological Factor in Ankle Instability: Understanding Balance Training
 Best Treatment Approach for Subacromial Impingement Syndrome
 Articular Cartilage Repair and Postoperative Rehabilitation
 Managing the Recreational Runner from Head to Toe

Manual Therapy for the Lumbar Spine, Angelo State University, November 10, 2016. TX
 Course Approval #62523TX

2016 TPTA Annual Conference, Fort Worth, TX October 28-29, 2016. TX Course Approval # 1701025
 2016 Academic and Clinical Faculty Summit
 Visual-Vestibular Integration Post-Concussion
 Pediatric Athlete Upper Extremity Injuries
 Comprehensive Management of the Non-Elite Runner
 BPPV and Vestibular Rehab, Angelo State University, September 22, 2016. TX Course Approval #62574TX
 Ethics-Texas Physical Therapy, Innovative Educational Services, July 27, 2016 TX Course Approval # 60868TX
 CAPTE Self-Study Workshop, Next Convention, Nashville, TN. June 4-5, 2016.
 ACCCSSJ16/REGIS
 DPT Class of 2016 Research Presentations, Angelo State University, May 12, 2016. TX Course Approval # 61738TX
 Examination and Intervention for Persistent Pain Patients, Angelo State University, February 23, 2016. TX Course Approval # 61642TX
 2015 TPTA Annual Conference, Arlington, TX October 24-25, 2015. TX Course Approval # 1701025
 Evidence-Based Management of Femoroacetabular Impingement.
 Clinically Complex or Just Poor Clinical Reasoning?
 Persistent Pain Problems: Taking the Top Down Approach
 How to Fail Forward, Steven Gates, Angelo State University, April 28, 2015. TX Course Approval # 60261TX
 Clinical Instructor Certification-Part 2, Texas Consortium, February 21, 2015. TX Course Approval # 56122TX

 Clinical Instructor Certification-Part 1, Texas Consortium, February 20, 2015. TX Course Approval # 55966TX
 Cardiopulmonary Assessment for the Clinician, Angelo State University, September 16, 2014. TX Course Approval # 56706TX
 Thriving Beyond Criticism-Lunch and Learn. Steven Gates, Angelo State University, April 15, 2014. TX Course Approval # 55903TX
 Gait Speed and Its Implications- A Clinician's Guide, Dr. Heather Braden, Angelo State University, February 18, 2014. TX Course Approval # 55632TX
 What Makes a Chronic Wound? Midwest District, November 13, 2014. TX Course Approval # 1701025TX
 Ethical Decision Making and the Use of Social Media, Harriet Lewis PT, MS, Angelo State University, San Angelo, TX. December 13, 2013 TX Course Approval # 55292ETX
 From Classroom to Clinic-A Roadmap for Success, Hardin-Simmons University, Department of Department of Physical Abilene, TX, July 16-19, 2013 TX Course Approval# 54024A
 Defense of Case Reports and Research Project by the Graduating ASU DPT Class 2013, May9, 2013 TX Course Approval # 54240A
 Credentialed Clinical Instructor, APTA, Aliya Chaudry, PT, MBA, J.D. and Cathy Beck, PT, PhD, Langston University Campus in Oklahoma City, OK, September 21-22, 2012

Current Teaching Responsibilities in the Doctor Physical Therapy Program (in sequence, by quarter or semester):

PT 7353, Musculoskeletal Examination & Management I, Fall Year 2

PT 7556, Musculoskeletal Examination & Management II, Spring Year 2
PT 7220, Advance Topics Elective Study Abroad Oaxaca, Winter Year 3

