

## **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 (2024) *Poster presented at American Physical Therapy Association's Combined Section Meeting, Boston MA.*

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:

Haley Hollingsworth, Christopher Schmidt, Macy Via, Emily Whitehurst:

The Effect of Ipsilateral Trunk Side Bending on the Active Knee Extension Test May 2025

Riley Hill, Shelby James, Iman Lat, Derek LeCheminant, Julia Seago

The Immediate Effect of Hip Mobilization on the Ober's Test: A Pilot Study May 2024

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 Juado.

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:**

Pro Bono Musculoskeletal Clinic for ASU employees 2019 to current

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 3<sup>rd</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> 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:**

Empowering Patients Through Education: A Crucial Role for Physical Therapy Professionals, Angelo State University, October 11, 2023 TX Course Approval 77921

Wound Vacs Don't Suck: Brief History & Basic Principles of NPWT. Angelo State University, September 21, 2023 TX Course Approval 77607

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

TX Course Approval 77472

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

