

CURRICULUM VITAE

Kendra L. Nicks, PT, ScD, COMT
ASU Station #10923
San Angelo, TX 76909
(325) 942-2250
Doctor of Physical Therapy Program, Angelo State University

Education: School of Allied Health Sciences, Texas Tech University Health Science Center
Lubbock, TX
From 2003 to 2009
Physical Therapy
Doctorate of Science/2009

University of Texas Southwestern Medical School
Dallas, TX
From 1993 to 1995
Physical Therapy
Bachelor of Science/1995

Angelo State University
San Angelo, TX
1989 to 1992

Licensure Information/Registration Number: Texas License, #1099406

Certifications: Certified Orthopedic Manual Therapy of the Spine
IAOM-US
2008

Therapeutic Pain Specialist Certification
International Spine and Pain Institute
2018

Certification in Personalized Blood Flow Restriction Rehabilitation
Owens Recovery Institute
2019

Employment and Positions Held: Associate Professor
Graduate Faculty
Tenure
Angelo State University
San Angelo, TX
From 2018 to Present

Associate Clinical Professor
Graduate Faculty
Non-tenure
Angelo State University
San Angelo, TX
From 2016 to 2018

Assistant Clinical Professor
Graduate Faculty
Non-tenure
Angelo State University
San Angelo, TX
From 2012 to 2016

PRN Physical Therapist
Shannon Medical Center
San Angelo, TX
2013-Present

PRN Physical Therapist
Rolling Plains Community Hospital
Sweetwater, TX
2014-2015

PRN Physical Therapist
West Texas Rehab Center
San Angelo, TX
2014- Present

Supervising Therapist
Golden Plains Memorial Hospital
Borger, TX
From 2009 to 2012

Rehab Manager
Olney Hamilton Hospital
Olney, TX
From 2007 to 2009

Clinical Instructor

Physical Therapy Assistant Program
Tarrant County Junior College
Fort Worth, TX
From 2004 to 2007
Staff Physical Therapist
Axis Management
Weatherford, TX
From 2004 to 2007

Staff Physical Therapist
Healthsouth
Waco, TX
From 2004 to 2004

Staff Physical Therapist
RehabCare Group
Waco, TX
From 2003 to 2004

Clinical Instructor
Physical Therapy Program
Texas Tech University Health Science Center
Amarillo, TX
From 2002 to 2012

Staff Physical Therapist
Northwest Healthcare
Amarillo, TX
From 2002 to 2003

Director of Rehab
Community Therapy Systems
Tulia, TX
From 1999 to 2002

Clinical Instructor
Physical Therapy Assistant Program
Amarillo College
Amarillo, TX
From 1999 to 2000

Staff Physical Therapist
Pro Step Rehab
Tulia, TX

From 1998 to 1999

Staff Physical Therapist

ONR

Weatherford, TX

From 1997 to 1998

Staff Physical Therapist

Weatherford Healthcare

Weatherford, TX

From 1996 to 1997

Staff Physical Therapist

Plaza Medical Center

Fort Worth, TX

From 1995 to 1996

Peer Reviewed Publications:

Nicks, K. Davis, C. Cox, M. Reid, R. Bennett, A., Immediate Effects of Blood Flow Restriction on the Gluteus Maximus Muscle Activation; Poster Presentation at APTA CSM, Denver, CO, February 16, 2019.

Curtis, D., Huang, H-H., Nicks, K.: Patient deception education: Longitudinal effects and format delivery with physical therapy students; platform presentation at the Southwestern Psychological Association Annual Convention, Frisco, TX, April 3-5, 2020.

Ahmed, S.S., Giardina, M., Nicks, K., Huang, H-H., Physical therapy examination and management of a 48-year-old male with vertigo and cervicgia secondary to Chiari malformation. *Physiotherapy Theory and Practice*, 2018

Nicks, K., Barnett, S., Cummings, S., Huang, H-H., Huckaby, T., Moore, K.: The effects of kinesio tape® application on median nerve tension and grip strength in healthy subjects 30 minutes and 24 hours after application; poster presentation at the 2017 Texas Physical Therapy Association Annual Conference, Corpus Christi, TX, October 26-29, 2017.

Huckaby TL., Roberson J., Denney T., Schultz J., Herring C., Nicks K., Parker A., Atkins LT. Influence of weighted back squat depth on lower limb muscle activation in college football athletes. Poster Presentation at NSCA National Conference Las Vegas, NV July 2017.

McMillan, L., Coleman, K., Deegan, S., Rew, A., Nicks, K., Hung, Y-J., Huang, H-H.: Dog-Assisted Therapy in the Rehabilitation Clinic: A Single-Subject Case Study; poster presentation at the Texas Physical Therapy Association Annual Conference 2016, Fort Worth, TX, October 27-30, 2016

Curtis, D. A., Huang H-H, & Nicks K. Beliefs and attitudes toward patient deception: An intervention for change. Talk presented at the 61st Annual Southwestern Psychological Association Conference, Wichita, KS (2015, April).

Non-Peer Reviewed Presentations:

Kendra Nicks, *Prevention of Diabetic Foot Ulcers*, Diabetic Support Group, Golden Plains Community Hospital, 2010.

Funded/In Review Grant Activity:

Nicks, K. N., Huang H-H, Hung Y-J, Curtis D. The Investigation of the Effects of Animal-assisted Therapy on Neurological and Postsurgical Orthopedic Rehabilitation, 2016.

Other Scholarly Products:

Nicks K, Weise, S. The Immediate Effects of Blood Flow Restriction on the Gluteus Maximus Muscle, 2018 FREP Submission, not funded.

Textbook Review:

Clinical Tests for the Musculoskeletal System by Klaus and Johannes Buckup 2017

Research Activity:

Weise, S. Nicks K. Physical Therapy Management of Post-Surgical Meniscus Repair Using Both Land- Based and Water-Based Treatment Approaches: A Case Report

Ko, M-S, Nicks K. Administration Of A Medial Patellofemoral Ligament Reconstruction Protocol To Increase Functional Strength And Range Of Motion For A Twenty-Five Year Old Female With Range Of Motion And Strength Deficits: A Case Report

Nicks, K. Moore K. Use of the Dynavision D2 Visuomotor System as a Dynamic Balance Intervention for a 100-Year-Old Alzheimer's Patient in the Inpatient Rehabilitation Setting: A Case Report

Nicks, K. Hung Y-J. Early Intervention for the Hemiplegic Upper Extremity in Acute Stroke: An Acute Care Case Report

Danielson, H. Rodrigues, N. Nicks, K. 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

Nicks, K. Huang, H. Moore, K. Huckaby, T. Cummings, S. Barnett, S. The effect of kinesioTape application on median nerve tension and grip strength.

Nicks, K. Huckaby, T. Parker, A. Atkins, L. Denny, T. Roberson, J. Schultz, J. An analysis of Muscle Activation an Weight Distributions Changes at Various Depths of BackSquat

Continuing Education Workshops Conducted/Organized:

Kendra Nicks, BFR applications and techniques, Angelo State University Lunch and Learn, Feb 2019

Kendra Nicks, *Screening and Prevention of ACL Tears in Female Athletes*, Amarillo, TX and Wichita Falls, TX, 2007 to 2008

Kendra Nicks, *Current Treatment Options for Complex Regional Pain Syndrome*, Midwest District Meeting San Angelo TX, 2014

A Clinician's Guide to Anatomy, Biomechanics, Examination and Interventions of the Foot and Ankle, San Angelo TX, 2014

Clinical Interventions for Chronic Pain, Lunch and Learn, Angelo State University, San Angelo TX, 2016

Membership in Scientific/Professional Organizations:

International Academy of Orthopedic Manual Physical Therapists, 2003 - 2009

American Physical Therapy Association, #154809, 1993 – 1996, 2012 to present

Consultative and Advisory Positions Held: Clinical Consultant

Throckmorton High School Athletic Department
2007 to 2008

Clinical Consultant

Millsap High School Athletic Department
2004 to 2007

Community Service: Facilitator –Balance and Fall Risk Reduction Program at Baptist

Retirement Center

San Angelo, TX

2018

Facilitator – Development of Balance and Fall Risk Reduction Program at

New Haven Assisted Living Center

San Angelo, Tx

2017

Volunteer – WTRC events including Spring Chicken 5K, Brady Shrimp Peel and Sonora Sensation

San Angelo, Brady, Sonora

2017

Clinical Instructor – La Esperanza Faculty Mentored Pro Bono Clinic-
Supervise students providing pro bono physical therapy
San Angelo, TX
2016- 2017

Consultant - Sterling City High School Athletics
Sterling City
2016-2017

Community Health and Fitness Course Instructor
Roby
2013-2016

Consultant-Roby High School Athletics
Injury prevention and management
2013-current

Guest Lecture- Human Anatomy
Roby High School
2015

Principal Lecturer – *Benefits of Aquatic Therapy*
Borger Noon Lions Club
2009

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

Program: Academic Advisor, DPT Students
Physical Therapy Program
2012 to present

Member Curriculum Committee
2016-2019
Member, Awards Committee
2013 to present

Member, Academic Committee
2012 to present

Member, Peer Review Committee
2012 to present

Interviewer
Admissions Committee

2012 to present

University: Tenure and Promotion Committee
2019-present

Faculty Advisor to Angelo Student Undergrad Therapy Association
2016-2018

Faculty Senator
2015-2018

University Affairs Committee
2015- 2018

Ad Hoc Committee for development of OP for NTT annual review and
promotion
2017

CHHS Curriculum Committee
2015

Guest Lecturer for Athletic Training Program
Topic: Spinal Traction
Fall 2012

Member, General Scholarship Committee
2013-2014

Member, Space Planning Committee
2014-2015

Member, FREP
2014-2015

Honors and Awards: Nominee for Gary and Pat Rogers Distinguished Faculty Award
2018

Nominee for Gary and Pat Rogers Distinguished Faculty Award
2017

Nominee President's Award for Excellence in Teaching
2016

Professor of the Program
2015, 2017

Nominated for TPTA William Gould Award
2015

Dean's List
University of Texas Southwestern Medical School
1993 to 1995

Continuing Education Attended:

Explain Pain, Ohio State University, Columbus OH, 2017
Optimizing Exercise, TPTA, Ft Worth TX, 2016
Cervicogenic Headache, TPTA, Ft Worth TX, 2016
Managing the Complex Orthopedic Patient, TPTA, Ft Worth TX, 2016
Functional Approach to Proprioceptive Neuromuscular Facilitation, Hardin Simmons, Abilene TX, 2016
Evidence Based Management of Athletic Spinal Pathology, TPTA, Arlington TX, 2015
Persistent Pain Problems, TPTA, Arlington TX, 2015
Dynamics of Human Gait and Clinical Implications, ASU, San Angelo TX, Sept 2015
Hip Dysfunction in the Running Athlete, TPTA Oct 2014
Manips for Chicks, TPTA Oct 2014
Ethics for the PT/PTA team TPTA Oct 2014
A Clinician's Guide on Anatomy, Biomechanics, Examination and Interventions of the Foot and Ankle, ASU, San Angelo TX, Oct 2014
Thriving Beyond Criticism ASU, San Angelo, TX April 2014
Cardiopulmonary Assessment for the Clinician ASU, San Angelo TX, Sept 2014
Gait Speed and Its Implications- A clinician's Guide ASU, San Angelo TX Feb 2014
Cervical Radiculopathy- A clinician's Guide, ASU, San Angelo TX, Nov 2013
From Clinic to Classroom- A Roadmap for Success, Hardin-Simmons University, Abilene, July 16-19, 2013
Combined Sections Meeting, APTA, San Diego, CA, January 20 – 24, 2013
Ethics and Professional Responsibility, CEUworld.com – June 29, 2011
Blueprint for OASIS Accuracy, Dallas, TX – Dec 8-9, 2010
Outpatient Therapy CPT/ICD-9 Coding, Billing and Documentation for Rehab Reimbursement, Amarillo, TX – Dec 3, 2010
Neuromuscular Rehabilitation Evaluation and Treatment Strategies, Amarillo, TX – Sept 25, 2010
EMTALA, Health.edu- Aug 12, 2010
Evaluation, Management & Treatment Strategies for the Physically Active, Lubbock, TX- July 8-9, 2010
Objective Testing Protocols, Worksteps- Aug 6, 2009
EMTALA, Health.edu-Jun 8, 2009
Annual DFW Sports Medicine Symposium, Arlington TX- Mar 27-29, 2009

13th annual Scientific Inquiries in Physical Therapy Practice, Hardin-Simmons- Feb 20, 2009

Ethics and Your Professional Responsibility, Hardin-Simmons- Jan 29, 2009

Differential Diagnosis and Manual Therapy of the Wrist and Thumb, Austin TX – Jan 26-28, 2007

Current Teaching Responsibilities in the Entry-level Physical Therapy Program (in sequence, by term):

PT 7550 – Fundamentals of PT Exam, Fall Year 1

PT 7152 – Introduction to Therapeutic Exercise, summer, Year 2

PT 7353 – Musculoskeletal Examination & Management I, fall, Year 2

PT 7556 – Musculoskeletal Examination & Management II, spring, Year 2

PT 7655 – Neuromuscular Examination & Management, fall, Year 3