

## Curriculum Vitae

Sterling Eckert, PT, DPT, CSCS  
Angelo State University  
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**Education:** Texas Tech University Health Science Center  
Lubbock, Texas  
From 2022-Present  
Doctor of Science (ScD) Rehabilitation Sciences  
Education Track  
Projected Graduation: Fall 2025

Angelo State University  
San Angelo, Texas  
From 2017-2020  
Physical Therapy  
Doctor of Physical Therapy/2020

Angelo State University  
San Angelo, Texas  
From 2014-2016  
Exercise Science  
Bachelor of Science/2016

**Licensure Information/Registration Number:** Texas Physical Therapy License, #1331611

**Certifications:** Sustained Athlete Fitness Exam (SAFE) Certified Provider  
University of South Dakota  
2024- Present

Acceptance and Commitment Therapy (ACT) Certified Provider  
Integrative Pain Science Institute  
2023-Present

Titleist Performance Institute (TPI) Medical Level 2 Provider  
2021-Present

Selective Functional Movement Assessment (SFMA) Level 1 Certified  
2021-Present

Certified Strength and Conditioning Specialist (CSCS)  
National Strength and Conditioning Association (NSCA)  
2019-Present

**Employment and Positions Held:** Director of Clinical Education (DCE)  
Assistant Clinical Professor  
Angelo State University  
San Angelo, Texas  
From 2024 to Present

PRN Physical Therapist  
FYZICAL Therapy & Balance Center  
San Angelo, Texas  
From 2024 to Present

Staff Physical Therapist/Clinical Education Coordinator  
FYZICAL Therapy & Balance Center  
San Angelo, Texas  
From 2020-2024

Faculty  
Geriatric Certification Program  
Evidence in Motion (EIM)  
San Antonino, Texas  
From 2023- Present

PRN Physical Therapist  
San Angelo Nursing and Rehab  
San Angelo, Texas  
From 2020-Present

Research Assistant (RA)  
Angelo State University DPT Program  
San Angelo, Texas  
From 2018-2020

Substitute Teacher  
San Angelo Independent School District (SAISD)  
San Angelo, Texas  
Spring 2017

Supplemental Instructor (SI)  
Human Anatomy  
Angelo State University Biology Department  
San Angelo, Texas  
From 2015-2016

### **Peer-Reviewed Publications:**

Atkins LT, Van Bastian TJ, **Eckert SD**, Hofmann TR, Pierce EL, Richards J, Selfe J, Callaghan MJ. Criterion Validity and Reliability of Knee Frontal Plane Projection Angles Measured Using the Technique Application. *Journal of Sport Rehabilitation*. 31(6):797-802, 2022.

### **Research Activity:**

Moyer H, **Eckert S.** (co-primary investigators) The Effects of Community Balance Programs on Fall Risk and Student-Engagement with Older Adults. Project in Progress: 2023 – Current.

### **Non Peer Reviewed Publications:**

**Eckert S.**, Moyer H. Pushing Our Patients: How Perturbation Training Proves Useful in Post-Stroke Rehabilitation. Case Study, *Geri Notes September 2023 Issue*

### **Continuing Education Workshops Conducted:**

Psyched Up PTs: How Psychosocial Factors Benefit Physical Therapy Examination.  
Course Instructor  
August 10th, 2023, 1.0 CCU, TPTA Approval 77603TX

APTA Geriatrics September Journal Club Webinar: Pushing Our Patients: The Benefits of Perturbation Training  
Webinar Presenter  
1.5 contact hours APTA Geriatrics Online, September 19, 2023

### **Membership in Scientific/Professional Organizations:**

Member, American Physical Therapy Association: 2017 to Present

Member, *APTA Geriatrics*: 2023 to Present.

- Member, *Balance & Falls Special Interest Group*
  - *Special Projects Liaison 2023 to present*
- Member, *Cognitive & Mental Health Special Interest Group*
- Member, *Health Promotion & Wellness Special Interest Group*

Member, *Academy of Orthopedic Physical Therapy*: 2023 to Present

- Member, *Foot & Ankle Special Interest Group*
- Member, *Pain Special Interest Group*

Member, *Academy of Education*: 2023 to Present

- Member, *Anatomy Educators Special Interest Group*
- Member, *Clinical Education Special Interest Group*

Member, Texas Physical Therapy Association: 2017 to Present

Member, International Academy of Orthopedic Medicine (IAOMUS): 2022 to Present

Member, Titleist Performance Institute (TPI): 2021 to Present

Member, National Strength and Conditioning Association: 2019 to Present

Member, Angelo State Physical Therapy Association: 2017 to 2020

### **Community Service/Volunteer:**

Member- APTA Geriatrics Logo Use Task Force  
APTA Geriatrics  
2024 to Present

Member- National Senior Games Task Force  
APTA Geriatrics  
2023 to Present

Member- Special Project CSM 2024  
Balance Falls Tri-alliance  
APTA Geriatrics Balance & Falls SIG  
2023 to Present

Member- National Falls Awareness and Preventions Week Task  
Force  
APTA Geriatrics  
2023 to Present

Practical Exam Volunteer- Neuromuscular Exam & Management  
Angelo State University DPT Program  
Fall 2023

Member – Exploratory Task Force on Mobility Screen  
APTA Geriatrics  
2023 to Present

Member- Outcome Measures Selection Subcommittee  
APTA Geriatrics Exploratory Task Force on Mobility Screen

2023 to Present

Clinical Instructor- Angelo State University Musculoskeletal  
Practicum  
2023

APTA National Key Contact- US Congressional District 11  
2023 to Present

Practical Exam Volunteer- Musculoskeletal Exam & Management  
Angelo State University DPT Program  
2023

Practical Exam Volunteer- Neuromuscular Exam & Management  
Angelo State University DPT Program  
2022

Practical Exam Volunteer- Musculoskeletal Exam & Management  
Angelo State University DPT Program  
2021

Practical Exam Volunteer- Neuromuscular Exam & Management  
Angelo State DPT Program  
2021

“Fight the Fall” Fall Awareness Volunteer  
FYZICAL Therapy and Balance Centers  
2020 to Present

Youth Ministry Leader  
Sacred Heart Cathedral Church of San Angelo  
2019 to Present

Altar Server Instructor  
Traditional Latin Mass Community of San Angelo  
2018 to Present

RCIA Instructor  
Sacred Heart Cathedral Church of San Angelo  
2018 to Present

Ramps for Texas Volunteer  
Angelo State University Physical Therapy Association  
2017 to 2020

Catholic Outreach Services Volunteer  
Catholic Diocese of San Angelo  
2016 to Present

Knights of Columbus Volunteer  
Catholic Diocese of San Angelo  
2016 to Present

Emergency Medicine Volunteer  
Shannon Hospital San Angelo  
2014 to 2017

**Honors and Awards:**

Volunteer/Service Leader of the Year  
FYZICAL Therapy & Balance Center  
December 2022

Character Award  
FYZICAL Therapy & Balance Center  
December 2021

Office Environment Award  
FYZICAL Therapy & Balance Center  
December 2020

Clinical Excellence Award  
Angelo State University DPT Program  
August 2020

Outstanding Service Award  
Angelo State University DPT Program  
August 2020

YMCA 3<sup>rd</sup> Grade Coach Award  
Parents of San Angelo YMCA  
February 2019

Mary T Simpson Award  
San Angelo Area Foundation  
July 2014

Volunteer of the Month

Shannon Hospital- Emergency Department  
October 2016

Ben Norton Athlete of the Year  
San Angelo Lake View  
May 2014

Citizen of the Year  
San Angelo Lake View  
May 2014

**Continuing Education Attended within the last 10 years:**

Sustained Athlete Fitness Exam (SAFE) Certification 2.0 CCUS: University of South Dakota, Vermillion, SD, September 2024

Certified Exercise Expert For Aging Adults Course 2 16.0 CCU's; University of North Texas, Fort Worth, Texas, August 2024

Angelo State DPT Research Day 3.0 CCU; Angelo State University, San Angelo, Texas, May 2024

Certified Exercise Expert For Aging Adults Course 1 16.0 CCU's; University of North Texas, Fort Worth, Texas, April 2024

Evidence-Based Management of Parkinson's Disease Across the Continuum 8.0 CCU Angelo State University; San Angelo, Texas, April 2024

All Rise! Floor Transfer Training is Now in Session! 1.0 CCU Angelo State University; San Angelo, Texas, April 2024

Shoulder Arthroplasty Management 1.0 CCU Angelo State University; San Angelo, Texas, March 2023

Manual Therapy for the Brain: Incorporating Pain 1.0 CCU Neuroscience with Hands-on Techniques Angelo State University, San Angelo, Texas, February 2024

Let's Talk About Sex, Baby! 1.0 CCU Angelo State University; San Angelo, Texas, December 2023

Vestibular Dysfunction Module 1: Anatomy, Physiology, & BPPV 4.0 CCU; Vestibular Educators, December 2023

Vestibular Dysfunction Module 2: Oculomotor Examination & Peripheral/Central Dysfunction 5.0 CCU; Vestibular Educators, December 2023

A Lymph Therapist's Take on Swelling Management in Non-Lymph Populations 1.0 CCU  
Jessica Ayers PT, DPT, CLT  
April 2023

Acceptance and Commitment Therapy (ACT) for Chronic Pain.  
Integrative Pain Science Institute. Joseph Tatta, PT, DPT, CNS  
May 2023

Differential Diagnosis and Musculoskeletal Management of the Hip.  
Internal Academy of Orthopedic Medicine (IAOMUS). Kasey Miller, PT, DPT, FAAOMT;  
February 2023

A Complete Clinician's Approach to Musculoskeletal Management of the Foot and Ankle.  
Internal Academy of Orthopedic Medicine (IAOMUS). Valerie Phelps, PT, ScD, OCS,  
FAAOMT  
December 2022

Jumping at the Chance: Plyometric Training in Older Adult Populations.  
Heidi Moyer PT, DPT, GCS, GEEAA  
November 2022

Selective Functional Movement Assessment (SFMA) Level 1 Course.  
Dr. Greg Rose & Dr. Kyle Kiesel  
August 2021

Concussion: An Evidenced Based Course for Maximal Results.  
Brian Werner, PT, MPT  
March 2021

Senior Balance- Balance & Vestibular Examination Level 1 & 2 Courses.  
Brian Werner, PT, MPT  
January 2021



Classification-based Treatment for Temporomandibular Disorders.  
Julie Devahl, PT, DPT, OCS  
TPTA Conference 2018

Concussion Bootcamp: Clinical Evaluation and Management.  
Emily Middleton PT, DPT, OCS, SCS, CSCS  
TPTA Conference 2018

Get out of the Aging Lane: Social & “Fun”ctional Activities for Seniors.  
Preston Tyree, B.CH.E , MBA & Nicole Volek, LPTA  
TPTA Conference 2018

Evidence Based Approach to Assessment and Interventions of Children with ASD.  
Yasser Salem, PT, PhD, NCS, PCS & Venita Lovelace Chandler, PT, PhD  
TPTA Conference 2018

### **Teaching Responsibilities:**

PT 7261 Acute Care Practicum; Course Coordinator (Fall  
2024 – Present)

PT 7550 Fundamentals of Physical Therapy Examination; Lab  
Team Teacher (Fall 2024-Present)

PT 7655 Neuromuscular Exam and Management; Lab Team  
Teacher (Fall 2024- Present)

### **Unpaid Teaching Experience:**

Invited Speaker/Content Expert  
Mobility  
National Falls Awareness Week Kickoff Campaign  
APTA Geriatrics  
The 5M’s  
Summer 2024

Guest Lecturer  
2 Day Vestibular Boot Camp  
Neuromuscular Exam & Management  
Angelo State University DPT Program  
Fall 2023

Lab/Lecture Assistant  
Balance and Falls  
Neuromuscular Exam & Management

Angelo State University DPT Program  
Fall 2023

Lab Assistant  
Clinical Anatomy  
Angelo State University DPT Program  
Summer 2023

Lab Assistant/Practical Exam Set Up  
Neuroanatomy Angelo State University DPT Program  
Spring 2023