

Yo-Rong Chen Ph.D., LAT, ATC (US & Taiwan), CSCS

EDUCATION

Doctor of Philosophy in Rehabilitation Sciences

Texas Tech University Health Sciences Center: Lubbock, Texas

Degree Conferred May 2021; Attended Sep 2016 - May 2021

Academia Emphases: Clinical Science and Biomechanics

Research Emphases: Rehabilitation in Human Performance and Musculoskeletal Tissue Dysfunction

Master of Athletic Training

Texas Tech University Health Sciences Center: Lubbock, Texas

Degree Conferred May 2016; Attended May 2014 - May 2016

Major: Athletic Training

Master of Physical Education

National Taiwan Sport University: Taoyuan, Taiwan

Degree Conferred June 2012; Attended September 2010 - June 2012

Major: Athletic Training and Health

Emphasis: Exercise Physiology

Bachelor of Science

National Taiwan Sport University: Taoyuan, Taiwan

Degree Conferred June 2010; Attended September 2006 - June 2010

Major: Athletic Training and Health

Emphasis: Athletic Training

PROFESSIONAL EXPERIENCE

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| 2021-Present | Angelo State University
Department of Health Science Professions
Assistant Professor |
| 2016-2021 | Texas Tech University Health Sciences Center
School of Health Profession
Master of Athletic Training and Doctor of Physical Therapy Programs
Teaching and Research Assistant |
| 2014-Spring | National Taiwan Normal University, Taiwan
Martial Art Taekwondo, Gymnastics, Track and Field
Team Athletic Trainer |
| 2014-Summer | Taiwanese National Taekwondo Junior - U.S.A. Open
Team Athletic Trainer |

2012-2014	Taiwan Athletic Trainers' Society Administrative Assistant
2010-2012	Taiwan National Science Council Program Research Assistant
2008-2014	Xin Chuan Community College, Darfon, and Quisda Corporations, Taiwan Fitness instructor in Strength and Conditioning, Pilates, Yoga, Aerobic Dancing, and Spinning

TEACHING EXPERIENCE

Angelo State University

Master of Athletic Training, Course Instructor

- Rehabilitation of Musculoskeletal Injuries Lecture and Lab, AT6325 (Fall 21, 22, 23)
- Introduction to Clinical Education Lecture and Lab, AT6300 (Summer 22, 23)
- Therapeutic Modalities Lecture and Lab, AT6315 (Spring 22, 23)
- Athletic Training Research Project I, AT6175 (Fall 22, 23)
- Athletic Training Research Project II, AT6176 (Spring 21, 22, 23)
- Clinical Experience III, AT6215 (Fall 21)

Health Science Professions Undergrad, Course Instructor

- Healthcare Research and EBP, HSP4350 (Fall 21, Spring, Summer, and Fall 22,23)
- Statistical Techniques for HSP, HSP4337.2sections (Fall 22, 23, and Spring 23)
- Healthcare Ethics and Legal Issues, HSP4335 (Fall 23)
- Human Anatomy and Physiology I Lab, HSP 2101 (Fall 21, Spring 22)
- Introduction in Health Science Profession, HSP 2305 (Fall 21)

Doctoral Physical Therapy Program (Guest Lecture and Lab)

- Musculoskeletal Examination and Management I, PT 7353 (Fall and Spring 22, 23)
Guest Lecture: Diagnostic Musculoskeletal Ultrasound and Clinical Application

Texas Tech University Health Sciences Center

Master of Athletic Training Program (MAT), Adjunct Instructor

- Therapeutic Interventions (Fall 20) (A Hybrid class)
- Athletic Training Review (Spring 2018, 20)
- Therapeutic Modalities (Fall 19)

Master of Athletic Training Program (MAT), Teaching Assistant

- Functional Anatomy Lab (Summer 17, 18, 19) with Guest Lecture in Ankle & Foot, and Knee
- Spine and Head Evaluation Lab (Summer 17, 18) with Guest Lecture in Thoracic
- Research Methods (Fall 17, 18) with Guest Lecture in Reliability & Validity, and Variability
- Lower Extremity Evaluation (Spring 17) with Guest Lecture in Ankle & Knee Injuries
- Upper Extremity Evaluation (Fall 16, 17) with Guest Lecture in Elbow Injuries

Doctor of Physical Therapy Program (DPT), Teaching Assistant

- Functional Anatomy Lab (Summer 17, 18, 19, 20)
- Therapeutic Exercise (Spring 19)

Sciences of Physical Therapy Program, Teaching Assistant

- Radiology Anatomy (Spring 21)

Texas Tech University

Undergrad Athletic Training Program in Kinesiology, Guest Lecture in

- Contemporary Treatment for Plantar Fasciitis (Fall 18)
- Introduction of Rehabilitation (Spring 17)
- Screening and Corrective Exercise (Spring 17)

Kainan University, Taoyuan, Taiwan

Kinesiology Program, Adjunct Instructor

- Care and Prevention of Athletic Injuries (Fall & Spring 11, 12, 13)

Shih Hsin University, Taipei, Taiwan

Collegiate Sports Department, Guest Lecture

- Preventions of Athletic Injuries (Spring 11)

SCHOLARLY ACTIVITIES

Peer-Reviewed Publication

- Ward A, Drusch A, **Chen YR**, Ouellette M, Brismee J-M, Hooper T, Wilford K, Seeber G.H., Sizer, Philip S. Effect of Verbal Instructions on Trunk Muscle Activity during Volitional Preemptive Abdominal Contraction. *Journal of Bodywork and Movement Therapies*. Volume 37, January 2024, Pages 332-343.
- (Under Reviewing) **Chen YR**, Hooper TL, Munger L, James CR, Pendergrass T, Gunnell L. Instrument-Assisted Soft Tissue Mobilization Treatment Effects on Tissue Properties and Range of Motion between Plantar Fasciopathy and Healthy Groups. Dec 13rd, 2023. *Journal of Manipulative and Physiological Therapeutics*.

Peer-Reviewed Conferences Presentation

- HC. Lu, K. Natesan, A. Likness, **YR. Chen**, & C.R. James (2023) Dynamic Stability Differences between Pre- and Post-Obstacle Steps during Obstacle Crossing in Young Adults, Oral Presentation, South Central American Society of Biomechanics, Fort Worth, TX.
- HC. Lu, K. Natesan, A. Likness, **YR. Chen**, N. Kumar, S. Sawyer, & C.R. James (2023) Comparison of Inter-Segment Coordination between Young Adult Males and Females during Obstacle-Crossing, Poster Presentation, Gait and Clinical Movement Analysis Society, High Point, NC.
- Lu H, Natesan K, Likness A, **Chen YR**, Kumar N, Sawyer S, and James CR (May 20-May 21, 2021) Effect of Arm Constraint on Leading Limb Inter-Segment Coordination Stability During Obstacle Crossing in Young Adults. Poster Presentation, Human Movement Variability Conference, Omaha, NE.
- Lu H, Natesan K, Likness A, **Chen YR**, Kumar N, Sawyer S, and James CR (June 9-11, 2021) Comparisons of Inter-Segment Coordination Stability between Leading and Trailing Obstacle-Crossing Limbs During Walking in Young Adults. Poster Presentation, Gait and Clinical Movement Analysis Society, West Chester, PA.
- Lu H, Natesan K, Likness A, **Chen YR**, Kumar N, Sawyer S, and James CR (2021) Comparisons of Inter-Segment Coordination Stability between Leading and Trailing Obstacle-Crossing Limbs During Walking in Young Adults. Poster Presentation, Endowed Lecture Series, Lubbock, TX.
- **Chen YR**, Kapila J, Hooper TL, Munger L, James CR, Pendergrass T, and Gunnell L. The Differences in Site-Specific Tissue Stiffness between Healthy and Plantar Fasciopathy Groups. Selected Oral Presentation

- and 2nd Award Poster Presentation, Texas Tech University Health Sciences Center Graduate School of Biomechanical Sciences Student Research Week, March 9th-11th, 2021, Lubbock, Texas.
- **Chen YR**, Hooper TL, Munger L, James CR, Pendergrass T, Gunnell L. Tissue Stiffness Comparison between Plantar Fasciopathy and Control Groups After an Instrument-Assisted Soft Tissue Mobilization Treatment. Poster and Pitch Video Presentations, Texas Tech University Health Sciences Center, Endowed Lecture Series Virtual Poster Showcase, March 4th, 2021, Lubbock, Texas.
 - **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Y Balance Test Performance Variability? Poster Presentation, Texas Society of Allied Health Professions Annual Conference; September 19-20, 2019, Lubbock, Texas.
 - **Chen YR**, Munger LR, Hooper TL, James CR. Movement Strategy Change Y Balance Test Performance Variability. Poster Presentation, National Athletic Trainers Association Foundation Free Communications Program; June 24-26, 2019, Nevada, Vegas.
 - **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Directional Balance Reach Test Performance Variability? Poster Presentation, American College of Sports Medicine 66th Annual Meeting; May 28-June 1, 2019, Orlando, Florida.
 - **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Y Balance Test Performance Variability? Oral Presentation, 2019 South Central ABS Meeting; April 12-13, Plano, TX. (Awarded 2nd Place in Graduate Student Category)
 - **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Directional Balance Test Performance Variability? Poster Presentation, 31st Annual Student Research Week Regional Conference at Texas Tech University Health Sciences Center; March 22, 2019, Lubbock, TX. (Awarded 1st Place in the Division, School of Health Professions)
 - Stanley R, **Chen YR**, Sizer PS, Loveless A, Penrose LL. Soft Tissue Mobilization for Lumbopelvic Pain in the Third Trimester of Pregnancy., Oral Presentation, Ralph J. Anderson, MD, TAOG Resident Research Day, Texas Obstetricians and Gynecologist Society; September 2018, Galveston Annual Meeting, Texas.
 - Stanley R, **Chen YR**, Sizer PS, Loveless A, Penrose LL. Soft Tissue Mobilization for Lumbopelvic Pain in the Third Trimester of Pregnancy. Poster Presentation, District XI Annual Meeting, ACOG; September 2018, Galveston, Texas.
 - Pendergrass TJ, Munger L, Allen B, **Chen YR**, James CR. ACL Deficiency, When Should Non-Surgical Management be Considered? Poster Presentation, Texas Tech University Health Sciences Center 2018 Endow Lecture Series; September 13, 2018. Lubbock, TX.
 - Dendy DW, James CR, Brooks T, Hooper TL, Lierly M, Dewan BM, **Chen YR**. Case Study: Effectiveness of an ACL Program During a Recreational Softball Season for a Young Girl. Poster Presentation, Texas Tech University Health Sciences Center 2018 Endow Lecture Series; September 13, 2018. Lubbock, TX.
 - **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Y Balance Test Performance Variability? - A Pilot Study. Poster Presentation, Southwest Athletic Trainers' Association 64th Annual Symposium; July 19-21, 2018. Arlington, TX, USA.
 - **Chen YC**, Kapila J, Cooper K, Yang HS, Sanchez J, Dendy D, James CR and Diab M, Gait Analysis in Uncommon Orthopedic Presentations of Charcot-Marie-Tooth Disease in Brothers. Oral Presentation, South Central American Society of Biomechanics Conference; March 31-April 1, 2017, Dallas, TX.
 - Kapila J, **Chen YC**, Cooper K, Yang HS, Sanchez J, Dendy D, James CR and Diab M, Regional Peak Plantar Pressure Measures, Gait Speed and Clinical Examination in Patients with Charcot-Marie-Tooth Disease with a Pes-Planovalgus Presentation. Oral Presentation, South Central American Society of Biomechanics Conference; March 31-April 1, 2017. Dallas, TX.
 - "Analysis of the Changes of Body Composition and Physiological Responses during Weight Loss Process in Judo Athletes", Master Dissertation of National Taiwan Sports University.
 - **Chen YC**, Huang CH, Lin TL. The Effects of Rapid Weight Loss on Core Temperature among Judo Athletes Before Competition. Oral Presentation, 9th International Sports Science Conference; June 25-28, 2012,

Malaysia.

- **Chen YC**, Huang CH. Effects of early limiting weight-bearing on regain of ROM and decrease of swelling after ACL Reconstruction – A Case Report. Poster Presented, Northeast Asia Conference on Kinesiology; May 20- 23, 2011, Korea.

Grant Application

Student Research Projects and Presentations

Angelo State University, 2023 Spring, Undergraduate Student

- Park Y and Chen YR. Differences in Depressive Symptoms between Childhood versus Adulthood diagnosis of Attention-Deficit Hyperactivity Disorder. Angelo State University Graduate Symposium, Spring 2023, Texas, USA.

Angelo State University, 2023 Spring, Graduate Student

- Lowrance K. and Chen YR. Patellar Tendon Stiffness Differences Between Patellofemoral Syndrome Subjects and Healthy Individuals. Angelo State University Graduate Symposium, Spring 2023, Texas, USA.
- Roman-Kastler O. and Chen YR. Differences in Hypertrophy of the Lower Extremity Muscles Between Males and Females After Blood Flow Restriction-Training. Angelo State University Graduate Symposium, Spring 2023, Texas, USA.
- Roberson KW, Chen YR. Correlation between Y-Balance Testing Composition Scores and Body Mass Index in Division II Collegiate Athletes. Angelo State University Graduate Symposium, Spring 2023, Texas, USA.

Angelo State University, 2022 Spring Graduate Student

- Lopez Y and Chen YR. Reliability of Hamstring, Patella, and Achilles Tendons Tissue Stiffness Measurements. Angelo State University Graduate Symposium, Spring 2022, Texas, USA.
- Santiago B and Chen YR. Short-Term Effects of Cupping Therapy on Hamstring Stiffness and Perceived Pain. Angelo State University Graduate Symposium, Spring 2022, Texas, USA.

Student Research Grant

Angelo State University, 2023 Fall

- Graduate Research Fellowship Grant Award: Leigh Anne Dycus. Research Title: The Diagnostic Accuracy Analysis of the Lower Quarter Y-Balance Test in Men's DII Collegiate Football Athletes.

Angelo State University, 2023 Spring

- Single Semester Undergraduate Faculty-Mentored Grant Award: Yoojean Park. Research Title: Differences in Depressive Symptoms between Childhood versus Adulthood diagnosis of Attention-Deficit Hyperactivity Disorder.

PROFESSIONAL SERVICES

Angelo State University

- **Faculty Senate**
 - Fall 23-Present
- **Institutional Review Board Committee Member**
 - Fall 22-Present
- **Baptist Student Ministry Organization Faculty Advisor**
 - Fall 23-Present

Angelo State University (Continue)

- **International Student Event Coordinator**

- Spring 22, 23 (Board Game Time at Plaza Verde. Every other Saturday 2-4 PM)
- Fall 21, 22 (Thanksgiving Meal Gathering at Lake House/ BSM Building)

College of Graduate Studies and Research

- **Thesis Committee Service**
- MacKinnon C, Master in Industrial and Organizational Psychology, Graduate Thesis Defense, The impact of transformational leadership on collegiate athlete performance, Apr 13th, 2023
- Shock L, Master in Security Studies and Criminal Justice, Graduate Comprehensive Exam, Nov 17th, 2022

Archer College of Health and Human Services

- **Curriculum Committee**
- Fall 22

Department of Health Science Professions

- **Athletic Training Culture/Study Abroad Program Coordinator**
- Fall 22

Department of Health Science Profession Undergrad Student Advisor

- **Advising HSP Physical Therapy Allied Health Students**
- Fall 21- Present

Department of Health Science Profession Recruitment Events

- Spring 23, Junior Visit Day
- Fall 22, Academic Open House for Student Recruitment
- Spring 22, Junior visit day
- Fall 21, Senior visit day

Texas Tech Health Sciences Center-Interprofessional Event

- **Tornado Disaster Day for Patients Triage Practice Event Facilitator**
- Spring 21, 22, 23

TTUHSC Ph.D. in Rehabilitation Sciences Student Recruitment Committee

- **On-Campus/ Online Laboratory, Research, and Program Introduction**
- Fall 2016-Spring 2020

TTUHSC Master of Athletic Training Program Committee

- **Student Enrollment Committee**
- Fall 2018- Spring 2020

TTUHSC Master of Athletic Training Program Committee

- **New Core Faculty Recruitment Committee**
- Spring 2019

PROFESSIONAL CONFERENCE PRESENTATION | TRANSLATION

- West Texas Sports Medicine Society 3rd Athletic Training Symposium, “Treatments for Plantar Fasciitis”, Feb 2nd, 2019, Lubbock, Texas, USA.
- 11th Sports Medicine Conference, “Contemporary Treatment for Plantar Fasciitis”, Texas Tech University Health Sciences Center, July 14, 2018, Lubbock, Texas, USA.
- Taiwanese Athletic Trainer Association, Topic: NATA position statement of Heat Illness Prevention & Spinal Injuries, July 9-10, 2016, Taichung City, Taiwan.
- Translator in International Conferences of Athletic Training and Injury Prevention, Topic: Building an Injury Resilient Athlete-Screening and Interventions. 17th-19th June 2016, Taoyuan, Taiwan.
- The Influence of Changing of Hydration on Core Temperature, March 12-20, 2012, Beijing Sport University/ Chengdu Sport University, China.

PROFESSIONAL DEVELOPMENT

08/2023	Digital Accessibility Training Course
08/2023	Best Practice in Online Teaching Course
06/2023	National Athletic Trainers’ Association 74 th Symposia & AT Expo, Indianapolis, IN (On Domain)
05/2023	Completed Culturally Responsive Approaches to Serving Hispanic Students (CRASH) Course
04/2023	Hawkgrip Instrumental Soft Tissue Mobilization Technique Training
07/2022	South West Athletic Training Association Convention, Arlington, Texas.
06/2022	National Athletic Trainers’ Association 73 rd Symposia & AT Expo, Philadelphia, PA (On Domain)
10/2021	Angelo State University Master Teacher Series- Faculty Learning Commons
09/2019	42nd Texas Society of Allied Health Professions Annual Conference; Lubbock, TX
06/2019	National Athletic Trainers’ Association 70 th Clinical Symposia & AT Expo, Las Vegas, NV
05/2019	American College of Sports Medicine 66 th Annual Meeting; Orlando, FL
04/2019	South Central American Society of Biomechanics Conference; Plano, TX (Awarded 2 nd Place in Graduate Student Category)
03/2019	TTUHSC 31st Annual Student Research Week Regional Conference; Lubbock, TX (Awarded 1st Place in the Division, School of Health Professions)
09/2018	TTUHSC, 2018 Endow Lecture Series; Lubbock, TX
07/2018	Southwest Athletic Trainers' Association 64th Annual Symposium; Arlington, TX
03/2017	South Central American Society of Biomechanics Conference; Dallas, TX
06/2012	9 th International Sports Science Conference; Kuala Lumpur, Malaysia
05/2011	Northeast Asia Conference on Kinesiology, Seoul, Korea

PROFESSIONAL CLINICAL EXPERIENCE

Ballet Lubbock

Team Athletic Trainer

2018-2021 Lubbock Entertainment Performing Arts Association

Texas Tech University

Volunteer Athletic Trainer

Fall 2019 Track and Field

Texas Tech University Health Sciences Center

Intern Student in Master of Athletic Training

Spring 2016 TTU Track & Field, ATS

Fall 2015 TTU Women Basketball, ATS

Summer 2015 TTU Women Volleyball & Soccer, Strength and Conditioning

Texas Tech University Health Sciences Center

Spring 2015 Lubbock Sports Medicine Ortho Clinic, ATS

Fall 2014 Lubbock Cooper High School, ATS

National Taiwan Normal University, Taiwan

Team Athletic Trainer

Spring 2014 Martial Art Taekwondo, Gymnastic, Track and Field

Taiwanese National Taekwondo Team, Las Vegas

Team Athletic Trainer

Summer 2014 USA Open for Junior Athletes

University of Georgia

Intern Student Funded by Ministry of Education in Taiwan

Summer 2010 Football, Gymnastic, Swimming and Diving, and Equestrian, ATS

National Taiwan Sports University

Intern Student in Athletic Training and Health Program

2008-2010 Division I Martial Arts in Judo & Taekwondo, ATS

Main Athletic Training Center, ATS

National High School and Collegiate Sports Events, ATS

CERTIFICATION | QUALIFICATIONS

United States

2018-Present	Dry Needling, TTUHSC Sponsored Course Certified Technique Provider	Effective: 05/16/2018
2016-Present	Board of Certification, Inc. (BOC), National Athletic Training Certification Certification Number: 2000023672	Expires: 12/31/2025
2016-Present	Texas Advisory Board of Athletic Trainers – State Athletic Training License License Number: AT6934	Expires: 10/31/2024
2016-Present	Functional Movement Screen™ Certified Technique Provider	Effective: 08/09/2016

CERTIFICATION | QUALIFICATIONS

United States (Continue)

2016-Present	M2 Graston Technique - Graston® Technique Certified Technique Provider	Effective: 11/15/2015
2015-Present	American Red Cross Basic Life Support Certificate ID: 002Q509	Expires: 08/02/2025
2015-Present	National Provider Identifier Number (NPI) NPI #: 1730638776	Effective: 05/01/2015
2012-Present	Certified Strength and Conditioning Specialist, National Strength and Conditioning Association Certification Number: 201276718	Expires: 12/31/2025
Taiwan		
2012-Present	Taiwanese Certified Athletic Trainer Certification Number: 101001	Expires: 03/15/2024
2012-Present	EMT-1, Taiwan First Aid Emergency Association Certification ID: 0910032380	Expires: 02/01/2025

AWARDS | HONOR

Texas Tech University Health Sciences Center, Lubbock, TX

2018	Study Abroad Competitive Scholarship
2016-2017	President's Scholarship
2015-2016	School of Health Professions Recruitment Scholarship
2014-2015	School of Allied Health Sciences Student Scholarship

Helen Hodges Educational Charitable Trust

2015-2016	Graduate Student Scholarship Recipient
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COMMUNITY INVOLVEMENT

Ballet San Angelo, San Angelo, TX

2021-Present	Community Athletic Care Workshop with dancers and parents Topic 1: The story behind Pain Topic 2: Myofascial Tension Release Lab
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Shannon Sports Medicine

Fall 21- Present	Football games coverage as a certified athletic trainer
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The Vessel Church, San Angelo, TX

2021-Present	Member of worship and hospitality teams
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Redeemer Church, Lubbock, TX

2018-Present Bible Study Group Leader for International Students

Special Olympic, West TX District

2014-Present First Aid Volunteer

Track and Field, Basketball, Bowling

Lubbock Heart Walk

2018 Volunteer Participant TTUHSC Student Group
Sports Medicine Interesting Group

Multiple Sclerosis Walk, Lubbock, TX

2016 Volunteer Participant TTUHSC Student Group
Athletic Training Student Association

Buffalo Springs Lake Half-Ironman/ Triathlon, Lubbock, TX

2014 First Aid Athletic Training Student Volunteer