

Andy Waldhelm, PT, Ph. D, SCS, CSCS  
Assistant Professor, Department of Physical Therapy  
University of South Alabama  
5721 USA Drive North, HAHN 2011  
Mobile, AL 36688  
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(225) 328-3890 Cell

### **Education**

Aug 2004- May 2011            Doctorate of Philosophy in Kinesiology  
   Major: Biomechanics            Minor: Exercise Physiology  
   Dissertation: Assessing Core Stability: Developing Practical Models  
   Louisiana State University, Baton Rouge, LA

June 2003- Aug 2004            Doctorate of Philosophy in Kinesiology (Transferred)  
   University of Arkansas, Fayetteville, AR

Aug 2000- July 2002            Master's of Physical Therapy  
   Nova Southeastern University, Fort Lauderdale, FL

July 1997, June- July 1998    Non-major Coursework  
   University of Texas, Brownsville, TX

Aug 1996- Dec 1999    Bachelor's of Science in Education/Health Sciences  
   Baylor University, Waco, TX

### **Academic Employment**

June 2016- Current            Assistant Professor  
   University of South Alabama  
   Department of Physical Therapy

#### **Courses Taught:**

Fall 2018	PT 610	Principles of Research, Coursemaster
	PT 611	Research Proposal, Coursemaster
	PT 699	Sports Physical Therapy, Coursemaster
	PT 499	Senior Honors Project
Summer 2018	PT 635	Musculoskeletal Disorders V, Coursemaster
Spring 2018	PT 499	Senior Honors Project
	PT 612	Research Project, Coursemaster
	PT 625	Therapeutic Interventions, Coursemaster
	PT 613	Clinical Case Report
	PT 631	Musculoskeletal Disorders I, Coursemaster
	PT 632	Musculoskeletal Disorders II, Coursemaster
	PT 675	Comprehensive Capstone

Fall 2017	PT 610 PT 634 PT 611 PT 676 PT 499	Principles of Research, Coursemaster Musculoskeletal Disorders IV, Coursemaster Research Proposal, Coursemaster Sports Physical Therapy Senior Honors Project
Summer 2017	PT 635	Musculoskeletal Disorders V, Coursemaster
Spring 2017	PT 499 PT 604 PT 612 PT 613 PT 631 PT 632 PT 675	Senior Honors Project Pathophysiology I Research Project, Coursemaster Clinical Case Report Musculoskeletal Disorders I, Coursemaster Musculoskeletal Disorders II, Coursemaster Comprehensive Capstone
Fall 2016	PT 610 PT 633 PT 634 PT 611 PT 614	Principles of Research, Coursemaster Musculoskeletal Disorders III Musculoskeletal Disorders IV Research Proposal Measurement in PT
Summer 2016	PT 607 PT 635	Pathophysiology II, Coursemaster Musculoskeletal Disorders V

June 2012-May 2016                      Assistant Professor  
University of Incarnate Word  
School of Physical Therapy

Courses Taught:

Spring 2016	DPT 5521.03 DPT 7521.07 DPT 6115.06	Physical Therapy Reasoning II Physical Therapy Reasoning VI Professional Critical Self-Reflection III
Fall 2015	DPT 5312.01 DPT 5312.02 DPT 6115.06	Patient/Client Management I Patient/Client Management I Professional Critical Self-Reflection III
Summer 2015	DPT 6115.06	Professional Critical Self-Reflection II
Spring 2015	DPT 5322.01 DPT 5322.02 DPT 5115.06 DPT 8115.06	Patient/Client Management II Patient/Client Management II Professional Critical Self-Reflection I Professional Critical Self-Reflection IV
Fall 2014	DPT 5312.01 DPT 5312.02	Patient/Client Management I Patient/Client Management I

DPT 5115.06

Waldhelm A, Li L. Endurance tests are the most reliable core stability related measurements. 2012; 1, 121-128.

Li. L, Waldhelm A. Historical and Current Understanding of Core Stability 2011; 32, 1-9.

Waldhelm A, Li L. Core stability: history and current issues. 2010; 29(4), 477-480.

**Peer-Review Publications Under Review**

Waldhelm A, Gacek M, Davis H, Saia C, Kirby B. Acute effects of neural gliding on athletic performance.

Waldhelm A, Puckett A, Schwarz N, Gubler C. Effects of foot positioning on muscle activity during the heel-raise exercise.

Waldhelm A, St. Charles WL, Curtis RJ, Ramos C, Mitchell B. Rehabilitation of a

Waldhelm A, St. Charles WL, Curtis RJ, Ramos C, Mitchell B. Rehabilitation of a College Football Player Following a Scapular Fracture with Suprascapular Neuropathy, Southeast Athletic Trainers' Association Annual Conference, Atlanta, Ga, 2017.

Harms S, Waldhelm A, Gonzalez J, Ward T, Williamson A. Title: Barefoot Training Drills as Part of a Dynamic Warm-Up Reduces Initial Peak Ground Reaction Forces in Novice Runners, Combined Sections Meeting APTA, San Antonio, TX 2017.

Fisher R, Waldhelm A, Freeman V. Muscle Activation during Treadmill versus On-Ground Running, National Strength and Conditioning Association Annual

Waldhelm A, Li L, Heard D. Relationships between Athletic Performance and Measurements related to Core Stability in Young Athletes,

Title: Relationships between Measurements Associated with Core Stability and Injury in Female Collegiate Soccer Players  
Role: Primary Investigator  
Agency: Texas Society of Allied Health Professions  
Direct Costs: \$1500  
Funding Period: August 2014- May 2015  
Status: Not Funded

Title: Relationships between Measurements Associated with Core Stability and Injury in Female Collegiate Soccer Players  
Role: Primary Investigator  
Agency: Sports Section, American Physical Therapy Association  
Direct Costs: \$5000  
Funding Period: June 2014- May 2016  
Status: Not Funded

Title: The Effects of Minimalist Running Shoes on Lower Extremity Biomechanics  
Agency: Newton Running  
Gift: \$750  
Funding Period: January 2013

### **Internal**

Title: Start-up Funding: Sports Performance and Injury Assessment Equipment  
Role: Primary Investigator  
Agency: Capps Covey College of Allied Health Professions, University of South Alabama  
Direct Costs: \$46367.00  
Funding Period: January 2017  
Status: FUNDED

Title: Effects of Long-term Prophylactic ASO Ankle Brace Use on Ankle Muscle Strength, Balance and Power  
Role: Co-Investigator (PI: Gonzalez)  
Agency: School of Graduate Studies and Research, UIW  
Direct Costs: \$3000  
Funding Period: August 2015- July 2016  
Status: FUNDED

Title: Relationships between Golf Driving Mechanics and Performance and Core Stability  
Role: Primary Investigator  
Agency: School of Graduate Studies and Research, UIW  
Direct Costs: \$2240  
Funding Period: June 2014- May 2015  
Status: FUNDED

### **Service**

**University of South Alabama**

**University**

Oct 2018-current	Institutional Review Board B
Aug 2017- current	Scholarship Committee
Jan 2017-current	Reviewer Whiddon Scholarship Application

**College**

Aug 2017-Current	Academics Standards Committee-Graduate
April 2017-Jan 2018	Search Committee, Department of Speech Pathology and Audiology

**Department**



Sept 2012 Medical Volunteer for Rayburn Middle School football teams  
Oct 2012 Volunteer for Kinetic Kids Hootenanny Fundraiser

### **Clinical Employment**

Sept 2016-current Part-time Physical Therapist  
USA Faculty Clinic  
Mobile, AL

July 2016-current Part-time Physical Therapist  
Encore Sports Medicine/Murphy High School Athletics  
Mobile, AL

March 2015-May 2016 PRN Physical Therapist  
Mission Physical Therapy  
Orthopedic Outpatient Clinic  
San Antonio, TX

July 2010-May 2012 Clinic Director/Physical Therapist  
Triton Healthcare  
General Outpatient Clinic  
Denham Springs, LA

Sept 2009-July 2010 Staff Physical Therapist  
Greater Baton Rouge Physical Therapy  
Outpatient Orthopedic/Sports Medicine Clinic  
Physical Therapist for the Southern University Athletic Department  
Baton Rouge, LA

June 2009- Sept 2009 Travel Physical Therapist  
Delta Flex Travelers

Oct 2008- June 2009 Lead Physical Therapist  
Baker Physical Therapy  
Outpatient Orthopedic/Sports Medicine Clinic  
Baker, LA

Aug 2007-Oct 2008 Clinic Director  
Physiotherapy Associates  
Outpatient Orthopedic Clinic  
McComb, MS

April 2006-Aug 2007 PRN/Full-time Physical Therapist  
The Fontana Center  
Outpatient Orthopedic Clinic/ Occupational Medicine  
Lafayette, LA

Aug 2004-Dec 2006 Part-time Physical Therapist  
Triton Healthcare Inc.

Outpatient Clinic, Nursing Home, Home Health  
Denham Springs, LA

Aug 2003- Aug 2004 PRN Physical Therapist  
A. Yumang Rehab Services  
General Outpatient Clinic  
Springdale, AR

July 2002-June 2003 Staff Physical Therapist  
BenchMark Physical Therapy  
Outpatient Orthopedic Clinic  
Dalton, GA

**Other Teaching Experiences**

**Research/Dissertation Committees**

2018-Current Durdunji et al. Relationship between scapular stabilizer muscle strength and elbow stability in baseball pitchers (DPT Research Project, Primary Adviser)

2018-Current McElroy et al. Reliability of two single leg hamstrings bridge tests and their correlations with isokinetic testing (DPT Research Project, Primary Adviser)

2017- 2018 Witte et al. Reliability of two single leg sit to stand tests (DPT Research Project, Primary Adviser)

2017- 2018 Reid et al. Differences in Landing Mechanics between Drop Jump and Drop Tuck Jump in college Dryes and T j E M C

- 2014- Current Powell, C. Return to Sports Assessment Following ACL Reconstruction. (Dissertation, University of Texas-Austin, Dissertation Committee Member)
- 2014-2016 Harms et al. Are barefoot training drills as part of a dynamic warm-up able to reduce initial peak ground reaction forces in novice runners? (Capstone Project, Secondary Adviser)
- 2014-2016 Schulz et al. Differences in Elbow Stress between Two Overhead Baseball Pitching Techniques. (Capstone Project, Primary Adviser)
- 2014-2016 Holmes and Jaskinia. Alternative treatments for individuals with Multiple Sclerosis: A Systematic Review. (Capstone PrAdvie

- April 2014 Guest Lecture, ATHP 3130 Therapeutic Rehabilitation Lab, "Evaluation and Treatment Techniques for SIJ Dysfunction" UIW
- Oct 2013 Guest Lecture, ATHP 3330 Therapeutic Rehabilitation, "Core Stability" UIW
- Nov 2010 Guest Lecturer, Kin 3514 Biomechanics, "Angular Kinetics" LSU
- Oct 2010 Guest Lecturer, Kin 3514 Biomechanics, "Effect of Training and Exercise" LSU
- Oct 2005 Instructor, LSU Leisure class entitled "Exercise for Prevention and Management of Osteoporosis for Men and Women"

### **Awards**

- 2017 "Best Article of Issue," 7 (2)
- 2011 American College Sports Medicine's Biomechanics Interest Group Student Research Award

### **Professional Associations**

American Physical Therapy Association (Sports, Research Sections)  
 Alabama Physical Therapy Association  
 National Strength and Conditioning Association (Research Section)  
 National Athletic Trainers' Association

### **Reviewer**

The Journal of Strength and Conditioning Research  
 National Strength and Conditioning Association (Annual Conference Abstract Reviewer and Platform Presentation Judge)  
 International Journal of Sports Physical Therapy  
 Sports Health  
 Research Quarterly for Exercise and Sports  
 Journal of Sports Science  
 MOJ Yoga & Physical Therapy  
 International Journal of Exercise Sciences  
 World Federation of Athletic Training and Therapy 2015 (Abstract Reviewer)

### **Professional Licenses**

Alabama Physical Therapist PTH 7971  
 Texas Physical Therapist # 1215481  
 Texas License Athletic Trainer #AT5869

### **Certifications**

Sports Certified Specialist (APTA)  
 Certified Strength and Conditioning Specialist (NSCA)  
 American Red Cross First Responder  
 CPR/AED/ First Aid  
 Titleist' Performance Institute Certified Level 1

Functional Movement Systems Certified  
Selective Functional Movement Assessment Certified

**Professional Continuing Education**

, Academic Consulting Group, San Antonio, TX  
, APTA's Education Section, Indianapolis, IN

**2012**

University of St. Augustine, Little  
Rock, AR

; TPTA Annual Conference, San Antonio, TX  
; TPTA Annual Conference, San Antonio, TX  
, Jeannette McNeil, San Antonio, TX  
, Barbara Mills, San Antonio, TX  
, UTHSCSA, San Antonio, TX

**2011**

American College of Sports Medicine Annual Meeting Denver, CO  
Dallas, TX

**2010**

The Andrews Institute, Gulf Breeze, Florida  
American College of Sports Medicine Annual Meeting, Baltimore, MD

**2009**

Michael Voight PT, North American Sports  
Medicine Institute, San Antonio, TX

**2008**

; University of St. Augustine  
; Robert Donatelli, PT, Physiotherapy Associates

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, Robert Donatelli, PT, Atlanta, GA

Last revised: September 12, 2018