

Patrick S. Pabian PT, DPT, SCS, OCS, CSCS

University of Central Florida
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Education

- Doctor of Physical Therapy. Post-professional degree. University of St. Augustine for Health Sciences, St. Augustine, Florida. April 2007.
- Bachelor Science in Physical Therapy. Bradley University, Peoria IL. August 2000.

Professional Work Experience

- *Interim Program Director*. University of Central Florida. Department of Health Professions. Program in Physical Therapy. May 2011 to present.
- *Academic Coordinator of Clinical Education (ACCE) / Instructor*. University of Central Florida. Department of Health Professions. Program in Physical Therapy. February 2008 to present
- *Staff Physical Therapist*. Orlando Sports Medicine Group. Orlando, FL. August 2003 to present.
- *Adjunct Instructor*. University of Central Florida. Department of Health Professions. Program in Physical Therapy. Orlando, FL. August 2007 to February 2008.
- *Center Coordinator of Clinical Education (CCCE)*. Orlando Sports Medicine Group. Orlando, FL. October 2004 to February 2008.
- *On-site Physical Therapist*. Florida Hospital Sports Medicine & Rehabilitation at Universal Studios. Orlando, FL. December 2002 to August 2003.
- *Staff Physical Therapist*. Florida Hospital Sports Medicine & Rehabilitation at Celebration Health. Celebration, FL. January 2002 to August 2003.
- *Staff Physical Therapist*. Orthopedic Institute of Illinois / Great Plains Sports Medicine & Rehabilitation. Peoria, IL. September 2000 to January 2002.
- *Staff Physical Therapist*. St. Margaret's Hospital. Spring Valley, IL. August 2000 to September 2000.

Specialty Practice Qualifications

- Board Certified Orthopedic Clinical Specialist (OCS). American Board of Physical Therapy Specialties. July 2009.
- Board Certified Sports Clinical Specialist (SCS). American Board of Physical Therapy Specialties. July 2005.
- Certified Strength and Conditioning Specialist (CSCS). National Strength and Conditioning Association. September 2001.

Research Qualification

- Research Fellowship. University of Central Florida. College of Health & Public Affairs.
 - Research Mentor: Dr. Gerald Smith PT, PhD.
 - August 2009 to June 2010.

Clinical Education Qualifications

- APTA Credentialed Advanced Clinical Instructor. APTA Clinical Instruction Education & Credentialing Program. August 2008.
- APTA Credentialed Clinical Instructor. APTA Clinical Instruction Education & Credentialing Program. April 2008.

Educational Leadership Training

- Institute for Academic Leadership. Department Chairs Workshop. Florida State University. September 25-28, 2011.
- Program Director's Workshop. University of Central Florida, College of Graduate Studies. September 23, 2011.
- New Administrator's Workshop. University of Central Florida, Faculty Affairs, Office of Academic Affairs. August 19, 2011.
- New Director Orientation. University of Central Florida, College of Health & Public Affairs. August 9, 2011.

Publications:

- **Pabian P**, Rothschild C, Schwartzberg R. (2011) Rotator cuff repair: considerations of surgical characteristics and evidence based interventions for improving muscle performance. *Physical Therapy Reviews*. 16(5); 374-387.
- **Pabian P**, Kolber M, McCarthy J. (2011) Post-rehabilitation strength and conditioning of the shoulder: An interdisciplinary approach. *Strength and Conditioning Journal*. 33(3); 42-55.
- Hanney WJ, Kolber MJ, Schack-Dugre J, Negrete R, **Pabian P**. (2010) The Influence of Education and Exercise on Neck Pain. *American Journal of Lifestyle Medicine*. 4(2); 166-175.
- **Pabian P**, Hanney WJ. (2008) Functional Rehabilitation after medial meniscus repair in a high school football quarterback: a case report. *North American Journal of Sports Physical Therapy*. 3(3); 161-169.
- **Pabian P**. (2012) RICE Therapy. *Encyclopedia of Lifestyle Medicine and Health*. Sage Publications. Thousand Oaks, CA (In press).
- **Pabian P**. (2012) Range of Motion. *Encyclopedia of Lifestyle Medicine and Health*. Sage Publications. Thousand Oaks, CA (In press).

Research

- A descriptive study of concussions in collegiate intramural athletics. **PI: Pabian** (under IRB review).
- Short-Term Outcomes of Total Knee Arthroplasty: An Analysis of Physical Performance, Functional Gains, and Quality of Life. **PI: Pabian** (in data collection).
- Tibiofemoral laxity changes in the acute to subacute stages of rehabilitation from ACL reconstruction. **PI: Pabian** (in data collection).
- The Relationship of Isokinetic Strength Profile to Pitching Velocity Characteristics in Collegiate Baseball Pitchers. **PI: Pabian**. (in data collection).
- Isokinetic Strength Profiles of Patients 11-13 Weeks Post ACL Reconstruction: An Analysis Based on Graft Type and Gender. **PI: Pabian**. 2011.
- The Relationship of Isokinetic Strength Profile to Pitching Velocity Characteristics in High School Aged Baseball Pitchers. **PI: Pabian**. 2011.

- A Typical High School Strength & Conditioning Program: An Analysis of Attendance and Performance. **PI: Pabian**. 2011.
- Return to Golf Following Rotator Cuff Repair: Current Trends of Physical Therapists. **PI: Pabian**. 2011.
- Emergency Response Training and Preparedness of Physical Therapists. **PI: Pabian** 2010.
- An Analysis of Isokinetic Profiles of Patients 8-9 Weeks Post ACL Reconstruction: An Early Strength Comparison by Graft Type. **PI: Pabian** 2010.
- Physical Therapists' Perceptions of Treating Patients with Prosthetic Limb(s): A Survey Study. **PI: Pabian**. 2009.

Sponsored / Funded Research:

- "The training of professional practice in a physical therapy clinical education program"
Florida Consortium of Clinical Education. 2010 FCCE Research Grant. 2010-2011
(**Pabian, PS** – Principle Investigator) Funded - \$1000

Proposal Preparation

- "Physical Therapy Intervention for Health Promotion and Facilitation of Physical Activity in the 45-64 Year-Old Population: A Pilot Study"
Florida Physical Therapy Association. Linda Crane Research Grant 2011-2012
(**Pabian, PS** – Principle Investigator) Unfunded - \$4000
Accepted, unfunded
- "Recovery of Hamstring Strength & Return to Activity after ACL Reconstruction with Semitendinosus and Gracilis Autograft"
Sports Section of APTA. Sports Physical Therapy Section Legacy Fund. 2010-2011
(**Pabian, PS** – Principle Investigator) Unfunded - \$5000
Accepted, unfunded

Professional Presentations (peer reviewed)

- An Analysis of Isokinetic Profiles of Patients 8-9 Weeks Post ACL Reconstruction: An Early Strength Comparison by Graft Type. (Abstract). APTA Combined Sections Meeting. February 2011
- Synovial Chondromatosis: A differential diagnosis for shoulder impingement and adhesive capsulitis. (Abstract). APTA Combined Sections Meeting. February 2012.

Professional Presentations (non-peer reviewed)

- An Analysis of Isokinetic Profiles of Patients 8-9 Weeks Post ACL Reconstruction: An Early Strength Comparison by Graft Type. Orlando Orthopedic Sports Medicine Update, July 2010.
- Isokinetic Strength Profiles of Patients 11-13 Weeks Post ACL Reconstruction: An Analysis Based on Graft Type and Gender. (Abstract). Orthopedic Update for Allied Healthcare Professionals, July 2011.
- The Relationship of Isokinetic Strength Profile to Pitching Velocity Characteristics in High School Aged Baseball Pitchers. (Abstract). Orthopedic Update for Allied Healthcare Professionals, July 2011.
- A Typical High School Strength & Conditioning Program: An Analysis of Attendance and Performance. (Abstract). Orthopedic Update for Allied Healthcare Professionals, July 2011.

- Return to Golf Following Rotator Cuff Repair: Current Trends of Physical Therapists. (Abstract). Orthopedic Update for Allied Healthcare Professionals, July 2011.
- The Recognition, Assessment and Management of Sports-Related Concussions: A Review of the Literature and Educational Guide for Clinicians. (Abstract). Orthopedic Update for Allied Healthcare Professionals, July 2011.
- Emergency Response Training and Preparedness of Physical Therapists. (Abstract). Orlando Orthopedic Update for Allied Healthcare Professionals, July 2011.

Additional Continuing Education Presentations

- “Clinicals & Cadavers: A Multifaceted Workshop for Physical Therapists.” University of Central Florida. Program in Physical Therapy. June & July 2011.
- “Rehab Management of Rotator Cuff Pathology in the Elderly.” University of Central Florida Rehab Symposium. November 2007.
- “Scapular Stabilization.” Shoulder Concepts: Florida Hospital Celebration Health. May 2003.
- “Injury Prevention in the Young Athlete.” Orthopedic Institute of Illinois, January 2001.

Professional Service:

- Academic Council of the American Physical Therapy Association. Representative for the University of Central Florida’s Program in Physical Therapy. 2011 to present.
- Assembly District Representative. East Central District of Florida Physical Therapy Association. 2010-2012.
- Strength and Conditioning Journal. Manuscript Reviewer. May 2010 to present
- Physical Therapy Reviews. Manuscript Reviewer. May 2010 to present
- American Board of Physical Therapy Specialties, Specialization Academy of Content Experts, Item Writer, Sports Physical Therapy: January 2009 to present.
- Federation of State Boards of Physical Therapy, Item Writer, National Physical Therapy Examination, July to October 2009.

University of Central Florida Service

- Graduate Council. College of Health & Public Affairs. 2011 to present
- Faculty Council. College of Health & Public Affairs. 2010 to present
- Technology Advisory Committee. College of Health & Public Affairs. 2009-2011
- Faculty Senate PA Committee. University of Central Florida. 2009-2011.
- Professional Conduct Committee. Program in Physical Therapy. Committee Chair. 2010 to present
- Research Committee. Program in Physical Therapy. 2010 to present
- Petitions & Grievances Committee. Program in Physical Therapy. 2008 to 2011.
- Curriculum Committee. Program in Physical Therapy. 2008-2011.
- Retention & Advancement Committee. Program in Physical Therapy. 2008-2011.
- UCF Student Athlete Career Panel. UCF Athletics. April 2010, February 2011.

University Teaching / Instruction: Graduate Courses

- Orthopedic Physical Therapy (1cr) – Spring 2009 to present
- Orthopedic Physical Therapy Lab (2cr) – Spring 2009 to present
- Radiology / Imaging for Physical Therapy (3cr) – Fall 2008 to present
- Clinical Kinesiology (2cr)– Summer 2008 to present
- Clinical Kinesiology Lab (2cr)–Summer 2008 to present

- Clinical Education I (3cr)– Fall 2008 to present
- Advanced Clinical Education I (6cr)– Summer 2009 to present
- Advanced Clinical Education II (4cr)– Fall 2009 to present
- Advanced Clinical Education III (4cr)– Spring 2010 to present
- Primary Care for Physical Therapy (2cr)– Fall 2009 to Fall 2010.
- Therapeutic Exercise Lab (2cr)– Spring 2008
- Physical Assessment Lecture (1cr)– Fall 2007 to Fall 2009
- Physical Assessment Lab (2cr)– Fall 2007 to Fall 2009

Additional Educational Experiences & Training

- Self-Study Workshop. American Physical Therapy Association: Department of Accreditation. October 2011.
- Specialization Academy of Content Experts II. Item Writing Workshop. National Board of Medical Examiners: American Board of Physical Therapy Specialties. February 2011.
- Specialization Academy of Content Experts II. Item Writing Workshop. National Board of Medical Examiners: American Board of Physical Therapy Specialties. February 2010.
- Physical Therapy Roundtable Research Forum. Spine Matrix, Inc. January 2010.
- Specialization Academy of Content Experts I. Item Writing Workshop. National Board of Medical Examiners: American Board of Physical Therapy Specialties. February 2009.
- Federation of State Boards of Physical Therapy. Item Writing Workshop. July 2009.
- American Physical Therapy Association Combined Sections Meeting. February 2009-2012.
- Sports Physical Therapy Section. Team Concept Conference. December 2008.
- Doctor of Physical Therapy student practicum mentor: Academic Practicum PT 780. Boston University Fall 2008.
- North American Sports Medicine Institute (NASMI): attended Upper Quarter Injuries, Lower Quarter Injuries, Functional Exercise, and Foundations / Competencies in Sports Physical Therapy by the May 2003 to June 2005.
- University of St. Augustine. E1- Extremity Evaluation & Manipulation. June 2003.
- University of St. Augustine. S1- Spinal Evaluation & Manipulation. August 2003.
- American Orthopaedic Society for Sports Medicine. Annual Meeting. July 2002.
- “The Ten Habits of Highly Effective People” by Stephen R. Covey. January 2000.

Organizations & Professional Memberships

- Specialization Academy of Content Experts. American Board of Physical Therapy Specialties. 2008 to present
- Florida Consortium of Clinical Educators: 2008 to present
- American Physical Therapy Association (APTA): 2000 to present
- Florida Physical Therapy Association: 2004 to present
- APTA Education Section: 2009 to present
 - Clinical Education Special Interest Group
 - Academic Faculty Special Interest Group
- APTA Sports Physical Therapy Section: 2000 to present
 - Strength & Conditioning Special Interest Group
- American Red Cross. Certified CPR / AED and First Aid Instructor: 2008-2010.
- National Strength & Conditioning Association: 2000 to 2004.