

KIMBERLY DETWILER, MS, ATC

kdetwiler@sdsu.edu

EDUCATION

A.T. Still University, Mesa, AZ

October 2018 – December 2022

- Doctorate in Athletic Training
- Elective tracks: Education & Leadership, Orthopedics, Rehabilitation

The University of Oregon, Eugene, OR

September 2005 – June 2007

- MS Human Physiology with emphasis in Athletic Training, Cum Laude

San Diego State University, San Diego, CA

August 2002 – May 2005

- BS in Kinesiology, emphasis in Athletic Training, Cum Laude with distinction
- President of Future Athletic Trainers' Society student club 2004-2005

Modesto Junior College, Modesto, CA

September 2000 – June 2002

- A.S. in Sports Medicine

TEACHING EXPERIENCE

San Diego State University, San Diego, CA

May 2022 – Present

Coordinator of Clinical Education, Lecturer

Masters of Athletic Training Program

- Classes taught include: Prophylactic Interventions in Athletic Training, Prevention and Care of Athletic Injuries, Biopsychosocial Theories and Strategies in Athletic Training, Musculoskeletal Interventions for the Lower Extremity lecture and lab, Musculoskeletal interventions for the Upper Extremities lab, Prevention and Care of Athletic Injuries, Musculoskeletal Diagnostics for the Head, Neck, and Spine lecture and lab, Essentials of Corrective Exercise Training, Athletic Training Clinical Internship, Athletic Training Clerkship.
- Clinical Education Coordinator duties include: assisting the Program Director with program assessment an management, monitoring student learning outcomes and assessment according to CAATE standards, mentor athletic training students, coordinate students' clinical experiences, preceptor education, and clinical site evaluation.
- Chair the following Program committees: Clinical Education Committee, Placement Committee, Assessment Committee, and Admissions Committee.

University of Utah, Salt Lake City, UT

Fall 2021, Spring 2022

Adjunct Professor

- Transition to Practice in Athletic Training – an asynchronous online course taught remotely for the University's Master of Athletic Training Program. Spring 2022
- Advanced Evidence Based Practice – an asynchronous online course taught remotely for the University's Master of Athletic Training Program. Fall 2021

San Diego State University, San Diego, CA

August 2020 – December 2020

Preceptor

- Responsible for educating, mentoring, and developing a virtual relationship with two students from SDSU's athletic training program during the COVID-19 pandemic. Multiple weekly meetings (approximately 5 hours per week) to discuss and evaluate clinical skills and competencies and discuss topics relevant to the athletic training profession.
- Developed virtual assignments and assessments so students were able to demonstrate competence in required skills to meet the standards of the ATP despite virtual environment

The University of La Verne, La Verne, CA

August 2007 – February 2011

Assistant Professor of Movement and Sports Science in CAATE - Accredited AT Program

- Classes taught included: Therapeutic Modalities, Evaluation and Assessment of Head and Spine Injuries, Therapeutic Exercise and Rehabilitation, Athletic Training Practicum III, Techniques and Observations in Athletic Training
- Area of research: Job quality of the collegiate certified athletic trainer

Assistant Athletic Trainer, Approved Clinical Instructor

- Responsible for athletic training services for intercollegiate softball team

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- Assist in administration of pre-participation physical exams
 - Direct communication with coaches, administration, parents, team physicians, and other medical professionals
 - Preceptor for CAATE-Accredited AT Program

The University of Oregon, Eugene, OR

August 2005 – June 2007

Graduate Teaching Fellow, Certified Athletic Trainer

- Instructor for Human Physiology department's sports medicine courses
- Supervised and mentored pre-med, pre-physical therapy, and human physiology undergraduate students during observations with football team
- Assisted other graduate teaching fellows in teaching Human Physiology courses
- Provided athletic training services for all University of Oregon intercollegiate football (2005-2006) and University of Oregon club sports (2006-2007)

PROFESSIONAL EXPERIENCE

Children's Hospital Colorado, Denver, CO

June 2021 – Present

Athletic Trainer

- Responsible for coordinating the provider's clinic including rooming patients, history taking, initial examination, obtaining imaging, DME fitting and instruction, managing patient and provider concerns and needs, triage phones and patient portal messaging, assisting other providers and staff with their clinics, ensuring high quality patient care.
- Recently appointed Director of the AT Residency program which involves leading the process for hiring an AT resident, directing and coordinating didactic and clinical experiences, and mentoring.
- Proficient in EPIC electronic medical record system

CU Sports Medicine (UC Health), Denver, CO

March 2020 – May 2021

Athletic Trainer

- Responsible for coordinating the provider's clinic including rooming patients, history taking, obtaining imaging, DME fitting and instruction, managing patient and provider concerns and needs, triage phones and patient messaging, assisting other providers and staff with their clinics, ensuring high quality patient care.
- Directly responsible for point-person duties for an orthopedic surgeon and a foot and ankle surgeon, provide assistance to other athletic trainers' clinics for sports medicine providers and other specialty surgeons.
- Other responsibilities included: Patient iQ super-user, Orthopedic Task Force member, AT liaison for Denver University athletics and any professional athletes from the local Denver teams. Proficient in EPIC electronic medical record system

The University of Colorado, Boulder, CO

August 2017 – March 2020

Head Athletic Trainer for Track and Field and Cross-Country

- Responsible for providing, coordinating, and managing health care for the University's intercollegiate cross country and track and field teams, including but not limited to prevention, assessment, treatment, management, and rehabilitation of athletic injuries
- Supervise and mentor two athletic training fellows and a staff of student interns
- Provide healthcare in a team approach alongside the department's dietitians, strength coaches, team physicians, mental health professionals, coaches, and others.
- Preceptor for AT students completing immersive rotations for their universities at University of Colorado
- Maintain effective communication between all members of the health care team, coaches, academics staff, and strength and conditioning staff
- Administrative duties including insurance authorizations, maintenance of department vehicle, ordering of equipment and supplies, coordinating schedules for outside providers, and facilitating referral of patients for medical care

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- Assist in administration of pre-participation physical examinations
 - Proficient in Presagia and EPIC electronic medical record systems as well as Sync Think concussion assessment platform

The University of Texas, Austin, TX

February 2011 – August 2017

Assistant Athletic Trainer

- Responsible for providing, coordinating, and managing health care for the University's intercollegiate softball team
- Worked directly with the University of Texas Athletics team physicians daily. Responsibilities included presenting the case to the physician and working with the physician to establish a plan of care which may include imaging, lab work, referral to a specialist, etc.
- Participated in an integrated health care system referring athletes within a network of specialty physicians, including working with St. David's Medical Center for emergency care
- Maintained effective communication with coaching staff, strength coaches, academic staff, dieticians, mental health professionals, outside physicians, and other providers
- Preceptor for AT Program at the University, mentored and instructed athletic training students, assisted with teaching courses and proctoring practical examinations in the Athletic Training Program as needed
- Developed and implemented arm care program for the softball team to prevent shoulder injuries in the fall of 2016 resulting in no new shoulder injuries that year
- Developed and implemented performance vision training program
- In 2014, developed proposal for policies and procedures for Big 12 umpire safety.

PUBLICATIONS

Mazerolle S, Pitney W, Goodman A, Eason C, Spak S, Scriber K, Voll C, **Detwiler K**, et al. National Athletic Trainers' Association Position Statement: Facilitating Work Life Balance in Athletic Training Practice Settings. *J Athl Train*. 2018;53(8):796-811.

Appelbaum LG, Lu Y, Khanna R, & **Detwiler, KR**. The effects of sports vision training on sensorimotor abilities in collegiate softball athletes. *Athletic Training and Sports Health Care*. May 2016.

Secondary School Value Model. NATA Secondary School Athletic Trainers' Committee and the NATA Committee on Revenue. 2015.

NATA News: "Separating Stereotype from Reality: Study Examines Life in the Collegiate Setting," July 2010 cover story, listed as one of the top ten initiatives in 2010 (non-peer-reviewed)

NATA News: Multiple articles related to activities of the NATA's Young Professionals' Committee

PROFESSIONAL PRESENTATIONS

NATA Annual Meeting: Featured presenter and/or learning lab leader

- *Achilles Heel No Longer! Prevention Strategies and Specific Interventions for Achilles Tendon Injury in Elite Athletes*. Feature Presentation, Presenter, NATA annual meeting in Las Vegas, NV, June 27, 2019
- *Principles of PNF: Perfecting your Technique for Optimal Outcomes*. Learning Lab Presenter and lab leader, NATA annual meeting in Baltimore, MD, June 23, 2016
- *Introduction to Muscle Energy: Demystifying the Art and Science of Manual Therapy*. Learning lab leader, NATA Annual Meeting in St. Louis, MO, June 26, 2015
- *The Business of Athletic Training: Documentation for your Business*. Speaker, pre-conference workshop at the NATA Annual Meeting in St. Louis, MO, June 25, 2012
- *The Business of Athletic Training: Documentation for your business*. Speaker, SWATA Annual Meeting in Houston, TX, July 14, 2011
- *Examining Workload Stressors in the Collegiate Setting*. Speaker, session at the NATA Annual Meeting in Philadelphia, PA, June 22, 2011
- *The Business of Athletic Training: Documentation for your Business*. Speaker, pre-conference workshop at the NATA Annual Meeting, in New Orleans, LA, June 19, 2011

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NATA Annual Meeting: Secondary speaker or learning lab assistant

- *Upper Extremity Proprioceptive Neuromuscular Facilitation: Emphasis on Strengthening Including Eccentric Techniques.* Learning Lab assistant, NATA annual meeting in New Orleans, LA, June 28, 2018
- *Rethinking Hip Mobilizations: Expanding the use of a common treatment technique to optimize clinical decision making.* Learning Lab assistant, NATA annual meeting in Houston, TX, June 27, 2017
- *Lower Extremity PNF: Eccentric and Deceleration Techniques.* Learning Lab Assistant, NATA Annual Meeting in St. Louis, MO, June 24, 2015
- *A Hands-On Approach to Evaluating and Treating Myofascial Trigger Points.* Learning Lab assistant, NATA Annual Meeting in Las Vegas, NV, June 26, 2013
- *Shoulder Biomechanics: A problem solving approach.* Learning Lab assistant, NATA Annual Meeting in San Antonio, TX, June 20, 2009

Other Presentations

- *Local and National Involvement.* Oregon State University ATP Networking Seminar, April 22, 2020
- *Vision Training for Elite Athletes.* NATA webinar, December 10, 2014
- *Conflict Resolution in the Workplace.* Young Professionals session speaker, NATA Annual Meeting in Las Vegas, NV, June 25, 2013
- *Proprioceptive Neuromuscular Facilitation, Selected Upper Extremity Techniques for the Athletic Trainer.* Learning lab assistant, NATA Annual meeting in Las Vegas, NV, June 25, 2013
- *Core Strength and Injury Prevention.* Speaker, Texas Girls Coaches Association Convention in Arlington, TX, July 12, 2012
- *Starting Your Career: Being a Young Professional and Getting Involved.* Speaker/faculty member, Collegiate Sports Medicine Foundation Student Leadership Workshop, Ft. Lauderdale, FL, May 2010
- *PNF: Proprioceptive Neuromuscular Facilitation.* Presented to physicians and physiotherapists at Sports Medicine Conference "Curso de Medicina Deportiva" in Tegucigalpa, Honduras while on a mission trip with Athletes in Action, June 2009
- *Guest speaker* at CSU Fullerton ATEP meeting. Topics included graduate school and professional involvement, September 2008
- *FWATA Student Session Keynote: Getting Involved in YOUR Profession.* Speaker, Far West Athletic Trainer's Association in Burlingame, CA
- *Promoting the Profession of Athletic Training.* Graduate student presenter, Northwest Athletic Trainers' Association annual meeting, March 2007

PROFESSIONAL SERVICE

Board of Certification for the Athletic Trainer (BOC): Board of Directors, Athletic Trainer Director, January 2015 - December 2022

NATA Specialty Awards Committee: District 7 representative, March 2018 - June 2022

NATA work group for Continuous Quality Improvement (CQI): Member, Fall 2017 - Fall 2018

NATA Work-Life Balance Position Statement: Writing team, 2013 - 2018

NATA Students' Committee: Mentor, June 2014 - June 2017

NATA Term Limits Work Group: Member, October 2013 - December 2014

SWATA College/University Athletic Training Committee: Member, August 2013 - June 2015

NATA Hall of Fame Committee: Member, August 2012 - June 2015

NATA Secondary School Value Model: Project team member, July 2012 - May 2014

NATA Annual Meeting and Clinical Symposia: Helped Convention Planning Committee by reviewing presenters' session proposals for the NATA Annual Meeting in 2012, 2017, 2018

NATA VisionQuest: Work group member, October 2009 - February 2011

NATA Strategic Implementation Team (SIT): Member, June 2008 - June 2011

NATA's "AT Services Guidelines" document development team: Member, January 2009 - November 2009

Capitol Hill Day Participant: 2008, 2009, 2016

NATA Young Professionals' Committee: Inaugural Chair, December 2007 - June 2012

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PROFESSIONAL MEETINGS/CONFERENCES ATTENDED

NATA Clinical Symposia and Expo: annual attendance 2007-2019
NATA Joint Committee Meeting: 2015, 2016, 2017
SWATA Annual Meeting: 2011, 2013
FWATA Annual Meeting: 2004, 2005, 2008, 2009
NATA Educators Conference: 2009

PROFESSIONAL MEMBERSHIPS

National Athletic Trainer's Association: Certified Member. 2003-Present
Also included district AT associations for Districts 8, 10, 6, and 7
National Strength and Conditioning Association: Certified Member. 2005-Present
National Academy of Sports Medicine: Member. 2004-Present

CREDENTIALS

Colorado Department of Regulatory Agencies. Licensed Athletic Trainer. August 2017 - Present. #AT.0001754
Board of Certification: Certified Athletic Trainer. 2005 - Present. #060502134
NPI Number: 1265496194
National Strength and Conditioning Association: Certified Strength and Conditioning Specialist. 2005 - 2020
Texas Advisory Board of Athletic Trainers. Licensed Athletic Trainer. February 2011 - February 2018. #AT4964
Adult/Infant/Child CPR and AED for the Professional Rescuer, First Aid Certified: 2003-Present

ADDITIONAL QUALIFICATIONS

Dry Needling (Structure and Function): Since January 2018
Myofascial Decompression: Since December 2016
Selective Functional Movement Assessment (SFMA): Since September 2016
Blood Flow Restriction: Since July 2016
MET: Fundamentals of Spinal Evaluation and Management, Michigan State University: May 2014
Active Release Therapy (ART): Since September 2011
Graston: University of Oregon, in-service. Since 2006
Strengthsfinders top five: Responsibility, Discipline, Belief, Relator, Learner

AWARDS AND HONORS

Distinguished Alumnus, San Diego State University, Department of Exercise and Nutritional Sciences. 2020
NATA Foundation doctoral scholarship recipient: Pete Demers Memorial Scholarship, 2020
Rocky Mountain Athletic Trainers' Association scholarship recipient: 2019
President's Scholarship, AT Still University Doctorate in Athletic Training program: 2018
Preceptor of the Year: University of Texas Athletic Training Program, April 2016
NATA College and University Athletic Trainers Committee Division I "Above and Beyond" award recipient:
June 2008
Athletic Trainer of the Month: Oregon Athletic Trainers' Society, October 2006
NATA Foundation Undergraduate Scholarship recipient: 2004

OTHER ACTIVITIES

Miramonte Ranch Homeowners Association Board member: January 2021 - Present
Finance team member, Gospel Life Church: 2020 & 2021
Volunteer and Member, Gospel Life Church: 2018 - 2021
Volunteer, The Austin Stone Church: 2013 - 2016
Volunteer, Athletes in Action ministry at the University of Texas at Austin: 2012 - Present
Mission Trip with Athletes in Action organization to Tegucigalpa, Honduras. June 2009