

James P. Fletcher PhD, PT, AT-Ret

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EDUCATION:

PhD Physical Therapy. 2007; University of Central Arkansas; Conway, AR.

MS Physical Therapy. 1995; University of Central Arkansas; Conway, AR.

BS Education-Biology. 1993; Missouri State University; Springfield, MO. Completed Accredited Athletic Training Curriculum

EMPLOYMENT - Faculty Appointments (full-time):

 Teaching experience listed at the end of this document

Professor; Department of Physical Therapy, University of Central Arkansas. August 2017-present.

Associate Professor; Department of Physical Therapy, University of Central Arkansas. August 2010-2017.

DPT Program Coordinator, 2015-2017. Assistant Director of Clinical Education, 2008-2012.

Assistant Professor; Dept of Physical Therapy, University of Central Arkansas, 2002-2010. **Tenured May 2008.**

Clinical Instructor II; Dept of Physical Therapy, University of Central Arkansas. 2000-2002.

Clinical Instructor I; Dept of Physical Therapy; University of Central Arkansas. 1996-2000.

EMPLOYMENT – Clinical (part-time):

Physical Therapist & Athletic Trainer; Arkansas Children's Hospital - Adolescent Sportsmedicine; Sports Physical Therapy and Athletic Training services to adolescents through ACH Rehab Services and community outreach services to local athletic teams and events through ACH Sportsmedicine Plus. 1998 - 2012.

Physical Therapist & Athletic Trainer; Arkansas Family Care Network - Physical Medicine; Little Rock, Arkansas. 1996 - 1999.

LICENSURE AND CERTIFICATION:

- Physical Therapy License # PT 1754, Arkansas State Board of Physical Therapy; 1996 to present
- Credentialed APTA Physical Therapy Clinical Instructor Educator; 2004.
- Athletic Training License # AT 147, Arkansas State Board of Athletic Training; 1996 to Jan 2020 (voluntary inactive status)
- Athletic Training Certification # 069302659; NATA Board of Certification; 1993 to Jan 2020 (voluntarily retired the credential)

SCHOLARSHIP & RESEARCH:

Primary scholarship agenda: 1) Psychometrics of musculoskeletal and physical performance tests & measures used in physical therapy 2) Use of reliable and valid physical performance tests in methodological and intervention research 3) collaborator in PhD dissertation research.

Published Articles (peer-reviewed):

- Flowers M, Yates C, **Fletcher J**, Lowe L. Does Dosing of Pediatric Experiential Learning Impact the Development of Clinical Reasoning, Self-efficacy, and Critical Thinking in DPT Students? *J Allied Health*. 2020;49(3):196.
- **Fletcher JP**, Taylor JD, Carroll C, Richardson MB. Comparison of Two Handheld Digital Dual Inclinometry Techniques in the Measurement of Lumbar Flexion Active Range of Motion. *J Sport Rehab*. June 2020 (e-pub). 2021;30(2):339-42.
- Mathis RA, Taylor JD, **Fletcher JP**, Bandy WD, Cade T. Time Course of Muscle Strength Changes in Response to Exercise Training in People with Type 2 Diabetes. *Cardiopulmonary Physical Therapy*. 2016;27(4):133-139.
- Taylor JD, **Fletcher JP**, Mathis RA, Cade WT. The Effect of Moderate Versus High Intensity Exercise Training on Physical Fitness and Physical Function in People with Type 2 Diabetes: a Randomized Clinical Trial. *Physical Therapy*. 2014;94(12):1720-1730.
- Taylor JD, **Fletcher JP**. Correlation Between the 8-Repetition Maximum Test and Isokinetic Dynamometry: A Concurrent Validity

- Study. *Physiotherapy Theory & Practice*. 2013;29(4):335-41.
- Taylor JD, **Fletcher JP**. Reliability of the 8-Repetition Maximum Test in Men and Women. *Journal of Science and Medicine in Sport*. 2012;15(1):69-73.
 - Liu H, **Fletcher JP**, Garrison MK, Holmes CF. Bilateral absence of quadrates femoris and semimembranosus. *International Journal of Anatomical Variation*. 2011;4:40-42.
 - Taylor JD, **Fletcher JP**, Tiarks J. Impact of physical therapist-directed exercise counseling combined with fitness center-based exercise training on muscular strength and exercise capacity in people with type 2 diabetes: a randomized clinical trial. *Physical Therapy*. 2009;89:884-892.
 - Liu H, **Fletcher J**. Surface projection of the radial tunnel under the supinator muscle: A cadaver study. *Advances in Physiotherapy*. 2009;11(4):234-241.
 - **Fletcher JP**, Bandy WD. Intrarater reliability of CROM™ measurement of cervical active range of motion in persons with and without neck pain. *Journal of Orthopedic & Sports Physical Therapy*. 2008;38(10):640-645.
 - **Fletcher JP**, Bandy WD. Unique Positioning for Using Elastic Resistance Band in Providing Strengthening Exercise to the Muscles Surrounding the Ankle. *North American Journal of Sports Physical Therapy*. 2007;2(1):51-54.
 - Liu H, **Fletcher J**. Analysis of Physicians' Referrals: Is Further Diagnosis Needed? *North American Journal of Sports Physical Therapy*. 2006;1(1):10-15.
 - Holmes C, Wilcox D, **Fletcher J**. Effect of a Modified, Low-Dye Medial Longitudinal Arch Taping Procedure on the Subtalar Joint Neutral Position Before and After Light Exercise. *Journal of Orthopedic & Sports Physical Therapy*. 2002;32(5):194-201.
 - Holmes CF, **Fletcher JP**, Blaschak MJ, Schenck RC. Management of Shoulder Dysfunction with an Alternative Model of Orthopedic Physical Therapy Intervention. *Journal of Orthopedic & Sports Physical Therapy*. 1997;26(6):347-354.

Published Chapters (peer-reviewed):

- **Fletcher JP**. Range of Motion. In: Bandy WM, Sanders B. eds. Therapeutic Exercise for Physical Therapist Assistants. Philadelphia: Lippincott, Williams & Wilkins. 2001, 2007 (2nd ed), 2013 (3rd ed).
- **Fletcher JP**, Bandy WD. Management of Flexibility and Range of Motion of the Lower Extremity in the Athlete. In: Wilk K ed. Current Concepts in the Rehabilitation of the Knee: 2004 SPTS Home Study Course. Sports Physical Therapy Section. May 2004.

National and Regional Presentations (juried/peer-reviewed); since 2000:

- Poster – Pediatric Experiential Learning Dosing Impact on DPT Students' Self-Efficacy, Clinical Reasoning, and Critical Thinking. APTA CSM, Denver, CO, February 15, 2020. (Flowers, Clenin, Norris, Yates, **Fletcher**, Lowe).
- Poster – Analysis of Gait Propulsion during the Ankle and Forefoot Rockers Using Video and Pressure Mapping; OPTimize Conference, NLR, AR, October 5, 2019 AND APTA CSM, Denver, CO, February 15, 2020. (Dockery, Forbush, Garrison, **Fletcher**, Tucker, Rainey).
- Platform – Analyzing Gait Propulsion during the Ankle and Forefoot Rockers Using Video, Pressure Mapping, and Electromyography; OPTimize Conference, NLR, AR, October 5, 2019. (Dockery, Forbush, Garrison, **Fletcher**, Tucker, Rainey)
- Poster - APTA CSM, Denver, CO, February 15, 2020.
- Poster – Comparing Internal Rotation Shoulder AROM in the 90° Scaption Position vs. 45° Scaption Position, with and without Scapular Motion. OPTimize Conference, NLR, AR, October 5, 2019. (Batterton, Charlson, Christopher, Hernandez, Johnson, **Fletcher** [senior author])
- Platform – "The Effects of 6-week Open and Closed Chain Resistance Tubing Programs on Scapular Upward Rotation". NATA Clinical Symposia and Expo, Houston, TX; June 29, 2017. (Tucker, **Fletcher**, Taylor, Engle)
- Platform – "The Effects of 6-week Open and Closed Chain Resistance Tubing Programs on Shoulder Torque and Power". NATA Clinical Symposia and Expo, St. Louis, MO; June 26, 2015. (Tucker, **Fletcher**, Taylor, Engle)
- Poster – "Time Course of Muscle Strength Changes in Response to Exercise Training in People with Type 2 Diabetes". APTA NEXT Conference, National Harbor, MD; June 5, 2015. (Mathis, Taylor, **Fletcher**, et al.)
- Poster – "Differences in Magnitude of Two Handheld Double Incliniometry Techniques in the Measurement of Lumbar Flexion Active Range of Motion." APTA Combined Sections Meeting, Indianapolis, IN; February 2015. (**Fletcher**).
Abstract: Journal of Orthopedic & Sports Physical Therapy. 2015;45(1):A81.
- Poster – "The Effect of Varying Forearm, Elbow and Shoulder Position on Glenohumeral Extension Range of Motion Measures of Asymptomatic Subjects in the Supine and Prone Positions." APTA Combined Sections Meeting, Indianapolis, IN; February 2015. (Tiarks, Sence, Taylor, **Fletcher** [senior author]).
Abstract: Journal of Orthopedic & Sports Physical Therapy. 2015;45(1):A112.
- Platform – "Comparison of the Cervical Range-of-Motion Device and 2 Goniometric Techniques in the Measurement of Cervical Lateral Flexion Active Range of Motion: Reliability of Measurements and Differences in Magnitude." APTA Combined Sections Meeting, Chicago, IL; February 2012. (**Fletcher**, Campbell, Fang).
Abstract: Journal of Orthopedic & Sports Physical Therapy. 2012;42(1):A39.
- Poster – "Comparison of Effects between Wii Bowling and Conventional Lunge on Knee Flexibility and Quadriceps Activity - A Pilot Study." APTA Combined Sections Meeting, Chicago, IL; February 2012. (Wang, **Fletcher**, Slater, Stambaugh, Carson)

- **Platform** – The impact of physical therapist-directed exercise counseling combined with fitness center-based exercise training on muscular strength and exercise capacity in people with type 2 diabetes: a randomized clinical trial. APTA Combined Sections Meeting, Las Vegas, NV; February 2009. (Taylor JD, **Fletcher JP**, Tiarks J).
- **Platform** – “Cervical Active Range of Motion Measurements Obtained by Handheld Double Inclinometry: Test-Retest Reliability and Minimal Detectable Change on Individuals With and Without Neck Pain.” ArPTA Spring Meeting, Little Rock, AR; April 2008. (**Fletcher JP**, Bandy WD)
- **Platform** – “Surface Anatomy of the Inter-compartmental Foramen of the Low Leg: A Cadaver Study.” ArPTA Spring Meeting, Little Rock, AR; April 2008. (Liu H, **Fletcher JP**, Schoultz M, et al.).
- **Poster** - “Comparison of Acupuncture and Electroacupuncture Interventions in Older Patients with Stroke.” Southern Gerontological Society Annual Meeting, Atlanta, GA; April 2008. (Wang Y, Liu H, Cheng L, **Fletcher JP**).
- **Poster** - “Reliability of Measurement of Cervical Spine Active Range of Motion Using Three Clinical Tools on Adults With and Without Neck Pain.” APTA Combined Sections Meeting, Nashville, TN; February 2008. (**Fletcher JP**, Bandy WD)
Abstract: *Journal of Orthopedic & Sports Physical Therapy*. 2008;38(1):A66.
- **Poster** - “Surface Anatomy of Radial Tunnel: Cadaver Study” APTA Combined Sections Meeting, Boston, MA; February 2007. (Dailey M, Liu H, **Fletcher JP**, Hoskinds J).
- **Poster** - “Perceptions of College Students to the Current Physical Therapy Profession and Professional Education Process” APTA Combined Sections Meeting, New Orleans, LA; February 2005. (Prati V, Liu H, **Fletcher JP**).
- **Poster** - “Analysis of Physicians’ Referrals: Is Further Diagnosis Needed?” APTA Combined Sections Meeting, Nashville, TN; February 2004. (Liu H, **Fletcher JP**). **Abstract:** *Journal of Orthopedic & Sports Physical Therapy*. 2004;34(1):A40.
- **Poster** - “The Relationship Between Posterior Reach and Its Component Movements at the Shoulder Joint During Active Range of Motion.” APTA Combined Sections Meeting, New Orleans, LA; February 2000. (Delcomyn S, Ha M, **Fletcher J**).
Abstract: *Physical Therapy*. 2000;76(5):s65.

Grant Activity:

- Multiple internally funded grants ranging from \$400 - \$1,500 to fund travel research presentations (University Research Council) and faculty development grants for pedagogy development (UCA Center for Teaching Excellence).
- NIH Research Challenge Grant Proposal: Liu H, Frank A, Wang W, **Fletcher J**, McGee M, Xie D, Rainet J. “Comparison of Three Tai Chi Exercise Interventions on Prevention of Falls among Older Adults with Multiple Medical Conditions.” \$85,358; submitted April 2009, not funded.

SERVICE ACTIVITIES: (since 2000)

Service to the UCA Department of Physical Therapy:

- Curriculum Planning and Assessment Committee; 1998-2006; 2020-present
- Faculty Search Committee; 2008-2012; 2014-15; 2019-20; Chair- 2020-21.
- Academic Progress Committee; 2015-present
- Department Social Media Coordinator; 2018 - present
- DPT Admissions Committee; 2004-2012; 2016-present
- Publications & Public Relations Committee; 2015-present
- Peer Reviewer (for teaching effectiveness); 2010-present
- Tenure & Promotion Committee; 2008-present; chair 2011, 2018
- Clinical Education site visits; 2013-present
- PhD in Physical Therapy Dissertation committee member (R Mathis completed 2014; T Floyd completed 2017; L Dockery completed 2019; M Flowers completed 2019; N Tiarks completed 2019; L Petrisin in progress; J Long in progress)
- DPT Program Coordinator; 2015-2017
- Peer Evaluation Committee (peer review of teaching effectiveness); Chair - 2010-2015
- Budget & Equipment Committee; Chair – 2003-2015.
- Coordinator of CAPTE accreditation self-study for UCA DPT program; 2012-2014.
- PhD Program Committee (Admissions, Curriculum, Assessment); 2009-2014.
- Keynote Address, UCA Physical Therapy Convocation. December 2001, August 2005, August 2014.
- Clinical Education Advisory Committee; 2008-2012
- Thomas Meadows Memorial Scholarship Committee; 2000-2008.
- Clinical Education Appeals Committee; 2004-2006.

Ad Hoc Committees & Task Forces: Covid-19 Planning; DPT Curriculum Mapping; Faculty Workload Policy; Faculty Advancement; Scientific Review; Assessment of Student Professional Behavior; Criteria for Faculty Advancement; Curriculum Sequencing; Alumni Newsletter; dates ranging from Fall 2000 to present.

Service to the College of Health & Behavioral Sciences and the University of Central Arkansas:

- Department Property Manager (Inventory Controller); 1997-present.
- College Curriculum Committee; 2019 - present
- HPAW Residential College Task Force; 2018-2020
- Faculty sponsor for UCA Disc Golf Club (UCA student organization); 2018-2020
- Faculty sponsor for College City student ministry (UCA student organization); 2002-2009; 2013-2019.
- Information Technology Advisory Committee; 2015-2017
- Tenure & Promotion Committee for Dept Exercise & Sports Science; 2015-2016
- University Athletic Committee member; 2014- 2016
- HLC Self-Study, Criteria 3 team member; 2015
- College Rep to the Graduate Dean Search Committee; 2013-2014
- Faculty Senate – Senator; 2008-2011. Faculty Affairs subcommittee, Chair 2010-2011.
- University Computing and Information Technology (UCIT) Committee; 2005-2008.
- UCA Teaching Excellence Award Committee; 2005-2007; chair 2006-2007.
- Technology Faculty Associates Advisory Board; 2003-2006.
- Physical Therapy Department website manager: [<http://uca.edu/pt>] 2002-2006.
- Promotion Committee; 2004-2006.
- Provost's Instructional Technology Advisory Committee; 2000-2003.
- Technology Ad Hoc Committee Chair; 2001-2003.
- Outstanding College Student Award Committee; 1997-2003.

Service to the Profession of Physical Therapy & the Community:

- Pro bono physical therapy services for members of the community; 1996-present.
 - External Reviewer for Promotion; Missouri State University, Dept of Physical Therapy; Fall 2019
 - American Cancer Society, Relay for Life team member; Conway, AR; 2013, 2016, 2017, 2018
 - Arkansas chapter of the American Physical Therapy Association
 - o Vice President 2 yr term; 2015-2016;
 - o Nominating Committee, 2006-2009; Website manager; 2001-2012.
 - Arkansas Rep to the APTA Sports PT Section (SPTS) for reporting state activities to the SPTS; 1999-2008.
 - Copy/Publication Editor for APTA Sports Physical Therapy Section Home Study Courses and Monographs. 2004-2006.
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PROFESSIONAL DEVELOPMENT: (since 2000)

Continuing Education:

- Conference: APTA Combined Sections Meeting (virtual). February-March, 2021 (10 hrs)
- Conference: OPTimize (ArPTA annual conference); North Little Rock, AR. October 5-6, 2019 (11 hrs)
- Conference: OPTimize (ArPTA annual conference); Little Rock, AR. September 29-30, 2018 (10 hrs)
- Conference: APTA NEXT Exposition & Conference; Nashville, TN. June 9-11, 2016 (10 hrs)
- Conference: OPTimize (ArPTA annual conference); Little Rock, AR. September 26-27, 2015 (11 hrs).
- Conference: APTA Combined Sections Meeting; Indianapolis, IN. February 5-7, 2015 (10 hrs)
- Course: Surgical Updates from the Surgeons; North Little Rock, AR. November 8, 2014 (6 hrs)
- Conference: APTA Educational Leadership Conference; Kansas City, MO. October 9-11, 2014. (13 hrs)
- Course: CAPTE Self-Study Workshop, Conway, AR. December 10, 2012. (7 hrs)
- Course: Therapeutic Modalities in Rehabilitation, Little Rock, AR. October 5, 2012. (6 hrs)
- Seminar: Musculoskeletal Ultrasound Imaging, Conway, AR. March 9, 2012. (3 hrs)
- Conference: APTA Combined Sections Meeting, Chicago, IL; February 9-11, 2012. (14 hrs)
- Seminar: Bioness L300 & L300 Plus, Conway, AR. December 6, 2011. (2 hrs)
- Seminar: Teaching Generation NeXt: Methods & Techniques for Today's Learners. Conway, AR. August 26, 2011. (2.5 hrs)
- Course: Bridging the Gap of Therapy Services. Little Rock, AR. November 13, 2010. (5 hrs)
- Seminars: Professionalism in Physical Therapy (modules 1 & 2). APTA Learning Center online. December 3, 2009. (4 hrs)
- Course: Developing and Assessing Professional Behaviors Workshop. Conway, AR. September 5 & 12, 2008. (12 hrs)
- Conference: APTA Combined Sections Meeting, Nashville, TN; February 7-9, 2008. (12 hrs)
- Course: Blackboard Learning System Conversion, Conway, AR. May 7-10, 2007. (20 hrs)
- Course: Radiology and Biomechanics of the Cervical and Lumbar Spine. Conway, AR. October 7, 2006. (5 hrs)

Course: Wellness Promotion in Physical Therapy. AR Physical Therapy Association. Little Rock, AR Sept 24-25, 2004. (12 hrs)
Course: APTA Physical Therapy Clinical Instructor Educator Credentialing. Conway, AR. April 2-3, 2004. (15 hrs)
Seminar: HIPAA Training, Arkansas Children's Hospital. Little Rock, AR. April 10, 2003. (3 hrs)
Course: Sports Physical Therapy Section's Emergency Response. Harrison, AR; August 16-18, 2002. (18 hrs)
Course: Protecting Human Research Subjects; UCA Office of Sponsored Programs; Conway, AR; Fall 2001. (6 hrs)
Course: Teaching Evidence-Based Practice in Professional Rehab Curricula; Boston University, June 1-2, 2001. (9 hrs)

PROFESSIONAL MEMBERSHIPS:

- American Council of Academic Physical Therapy (ACAPT); Nov 2020-present
 - American Physical Therapy Association (APTA) & Arkansas Chapter; January 1995-present.
Education Academy; 2014-present
Sports Physical Therapy Academy; 1996-2014.
 - National Athletic Trainers' Association; 1988-1998.
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HONORS AND AWARDS:

- Teaching Excellence Award Recipient (university-wide), University of Central Arkansas; 2005.
 - Top 5 Finalist for the Teaching Excellence Award (university-wide), University of Central Arkansas; 2004.
 - Sports Physical Therapy Section Student Member Award (APTA); 1996.
 - Outstanding Student in Physical Therapy Program. UCA Department of Physical Therapy; 1995.
 - Summa Cum Laude Honors and ranking honor graduate; Missouri State University; May 1993.
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GRADUATE COURSE TEACHING EXPERIENCE (since 2002): University of Central Arkansas, Physical Therapy

Curriculum/Program in parentheses: DPT, PhD

Code: a=contributing instructor; b=lab & lecture instruction and/or course coordinator; c=fully online

PTHY 6401 Kinesiology I (DPT) 2002-2021^b

PTHY 6402 Kinesiology II (DPT) 2002-2021^b

PTHY 7403 Physical Agents (DPT) 2013-2020^b

PTHY 7213 Analysis & Synthesis of Physical Therapy Practice (DPT) 2018-2020^a

PTHY 7114 Research Practicum (DPT) 2016-2021^b

PTHY 7324 Theory & Practice of Evidence-Based Physical Therapy (PhD) 2004-2018^{b,c}

PTHY 7315 College Teaching in Physical Therapy (PhD) 2014-2019^a, 2020^{b,c}

PTHY 7385 Teaching Practicum in Physical Therapy Education (PhD) 2013^b

Last updated: 03/2021