

James P. Fletcher, PhD, PT, ATC

ADDRESS:

Work: Department of Physical Therapy
201 Donaghey Ave, PTC 321
Conway, AR 72035
ph: 501-450-5556 fax: 501-450-5822
e-mail: fletcher@uca.edu

Home: 17 E. Chateau Estates Drive
Greenbrier, AR 72058
ph: 501-733-5380 (cell)

EDUCATION:

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

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

BS Ed Biology - Education. 1993; Missouri State University; Springfield, Missouri. Accredited Sports Medicine & Athletic Training Curriculum completed as a minor.

EMPLOYMENT - ACADEMIA (full-time):

 (Teaching experiences listed at the end of this document)

- 05/08 to present - **Assistant Professor (tenured)**; Department of Physical Therapy, University of Central Arkansas, Conway, Arkansas. **Assistant Director of Clinical Education**, July 2008 to present.
- 08/02 to 05/08 - **Assistant Professor (tenure-track)**; Department of Physical Therapy, University of Central Arkansas, Conway, Arkansas.
- 08/00 to 08/02 - **Clinical Instructor II**; Department of Physical Therapy, University of Central Arkansas, Conway, Arkansas.
- 01/96 to 08/00 - **Clinical Instructor I**; Department of Physical Therapy; University of Central Arkansas; Conway, Arkansas.

EMPLOYMENT - CLINICAL / PROFESSIONAL (part-time):

09/98 to present - **Licensed Physical Therapist & Licensed Athletic Trainer**; Arkansas Children's Hospital - Adolescent Sportsmedicine; Clinical services to adolescents at the ACH Adolescent Center and outreach services to local athletic teams and events; Rehab Director - Beth McKittrick-Bandy, PT,PCS,MBA.

09/00 to 10/07 - **Technology, website, and print/digital media consultation & production (contract)** for the following private practice rehab companies - OHCRS, MH Neurodiagnostics, and ENMG Associates.

03/96 to 09/99 - **Licensed Physical Therapist & Licensed Athletic Trainer**; Arkansas Family Care Network - Physical Medicine; Little Rock, Arkansas. Rehab Director - C. Michael DuPriest, PT,OCS,DC.

LICENSURE AND CERTIFICATION:

- Credentialed APTA Physical Therapy Clinical Instructor Educator; April 2004.
- Physical Therapy License # PT 1754, Arkansas State Board of Physical Therapy; May 1996.
- Athletic Training License # AT 147, Arkansas State Board of Physical Therapy; December 1996.
- Athletic Training Certification # 069302659; NATA Board of Certification; June 1993

SCHOLARSHIP & RESEARCH: (since 1996)

Published Articles (peer-reviewed):

Taylor JD, **Fletcher JP**, Tiarks J. A randomized clinical trial of 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. *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*. 2008 [Epub ahead of print] (hardcopy in press).

Fletcher JP, Bandy WD. Intrarater reliability of CROM™ measurement of cervical active range of motion in persons with and without neck pain. *J Orthop Sports Phys Ther*. 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. *J Ortho Sports Phys Ther*. 2002;32(5):194-201.

Abstracted Article - Holmes CF, **Fletcher JP**, Blaschak MJ, Schenck RC. Management of Shoulder Dysfunction with an Alternative Model of Orthopedic Physical Therapy Intervention. IN: Shephard RJ, et al. eds. *The Yearbook of Sports Medicine*. St. Louis: Mosby. 1998.

Holmes CF, **Fletcher JP**, Blaschak MJ, Schenck RC. Management of Shoulder Dysfunction with an Alternative Model of Orthopedic Physical Therapy Intervention. *J Ortho Sports Phys Ther*. 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. 2nd ed. Philadelphia: Lippincott, Williams & Wilkins. 2007.

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. Indianapolis, IN: Sports Physical Therapy Section. May 2004.

Fletcher JP. Range of motion. In: Bandy WM, Sanders B. eds. Therapeutic Exercise. Philadelphia: Lippincott, Williams & Wilkins. 2001.

Published Abstracts (peer-reviewed):

Fletcher JP, Bandy WD. Reliability of Measurement of Cervical Spine Active Range of Motion Using Three Clinical Tools on Adults With and Without Neck Pain. *J Orthop Sports Phys Ther*. 2008;38(1):A66.

Liu H, **Fletcher J**. Analysis of Physicians' Referrals: Is Further Diagnosis Needed? *J Orthop Sports Phys Ther*. 2004;34(1):A40.

Delcomyn S, Ha M, **Fletcher J**. The Relationship Between Posterior Reach and Its Component Movements at the Shoulder Joint During Active Range of Motion. *Phys Ther*. 2000;76(5):s65.

Holmes CF, Blaschak MJ, **Fletcher JP**, Schenck RC. Management of Shoulder Dysfunction with an Alternative Model of Orthopedic Physical Therapy Intervention. *J Ortho Sports Phys Ther*. 1996;23(1):84.

Fletcher J, Stone S, Deen D, Koty D, Peck J. Perceived Stress and Coping in Master of Science Physical Therapy Students. *Phys Ther*. 1996;76(5):s65.

Professional Presentations:

Juried 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).

Juried 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)

Juried 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.).

Juried 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**).

Juried 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)

Juried Poster - "Surface Anatomy of Radial Tunnel: Cadaver Study" APTA Combined Sections Meeting, Boston, MA; February 2007. (Dailey M, Liu H, **Fletcher JP**, Hoskinds J).

Juried 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**).

Juried Poster - "Analysis of Physicians' Referrals: Is Further Diagnosis Needed?" APTA Combined Sections Meeting, Nashville, TN; February 2004. (Liu H, **Fletcher JP**).

Juried Platform - "Using Digital Video for Teaching Psychomotor Skills." UCA TechFest 2002, Conway, AR; April 2002. (**Fletcher JP**, Holmes CF).

Juried Platform - "Use of Technology/Multimedia Carts to Aid Teaching and Learning in Physical Therapy Education." UCA TechFest 2001, Conway, AR; April 2001. (Holmes CF, **Fletcher JP**, Mendelson B).

Juried 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**).

Invited Speaker - "Electrotherapy Pain Management Techniques"; Continuing education course for Physical Therapist Assistants, Conway, AR; Spring 1996. (**Fletcher JP** - sole presenter)

Juried Poster - "Management of Shoulder Dysfunction with an Alternative Model of Orthopedic Physical Therapy Intervention." APTA Combined Sections Meeting, Atlanta, GA; February, 1996. (Holmes CF, **Fletcher JP**).

Grants:

Extramural: Liu H, Frank A, Wang W, **Fletcher J**, McGee M, Xie D, Rainet J. NIH Research Challenge Grant: "Comparison of Three Tai Chi Exercise Interventions on Prevention of Falls among Older Adults with Multiple Medical Conditions." Submitted April 2009, under review.

SERVICE ACTIVITIES: (since 1996)

Service to the University of Central Arkansas:

- ◆ Faculty Senate - senator representing College of Health & Behavioral Sciences; Fall 2008 to present. Academic Affairs committee, member 2008-2009. Committee on Committees, member 2009-2010.
- ◆ Faculty Grievance Panel (committee); Fall 2009 to present.

- ◆ Department Property Manager (Inventory Control); Spring 1997 to present.
- ◆ Faculty sponsor for MBSF college ministry (a UCA student organization); Fall 2002 to Spring 2009.
- ◆ University Computing and Information Technology (UCIT) Committee; Fall 2005 to Spring 2008.
- ◆ UCA Teaching Excellence Award Committee; Fall 2005 to Spring 2007; chair 2006-2007 AY.
- ◆ UCA Freshman dormitory move-in volunteer at State, Conway, & Carmichael Residence Halls; August 1996-98, 2003-2008.
- ◆ College representative to the Technology Faculty Associates Advisory Board; Fall 2003 to Spring 2006.
- ◆ Webmaster for PT Department website: [<http://www.uca.edu/pt>] Spring 2002 to Spring 2006.
- ◆ College representative to the Provost's Instructional Technology Advisory Committee; Fall 2000 to Spring 2003.

Service to the College of Health & Behavioral Sciences at UCA:

- ◆ Promotions Committee; Fall 2004 to Spring 2006.
- ◆ Technology Ad Hoc Committee Chair; Fall 2001 to Spring 2003.
- ◆ Outstanding College Student Committee; Spring 1997 to Spring 2003.
- ◆ Senator from College of Health and Applied Sciences. Non-Tenure Track Faculty Senate; May 1998 to May 2000.

Service to the UCA Department of Physical Therapy:

- ◆ Budget & Equipment Committee; Chair - Fall 2006 to present.
- ◆ Tenure & Promotion Committee; Fall 2008 to present.
- ◆ Professional DPT Admissions Committee; Summer 2004 to present.
- ◆ Faculty Search Committee; Fall 2008 to present.
- ◆ Ad Hoc Committees/Task Forces: Faculty Search; Evaluation of Teaching Effectiveness; Promotions & Advancement; Assessment of Student Professional Behavior; Curriculum Sequencing; Alumni Newsletter; various dates between Fall 2000 and the present.
- ◆ Thomas Meadows Memorial Scholarship Committee; Fall 2000 to Spring 2008.
- ◆ *Budget Planning and Advisory Committee; Chair - Fall 2003 to Summer 2006.
- ◆ *Computer & IT Committee; Fall 1997 to Summer 2006. Chair - Fall 2002 to Summer 2006.
- ◆ *Inventory Committee; Chair - Fall 1997 to Summer 2006.
- ◆ Clinical Education Appeals Committee; Summer 2004 to Summer 2006.
- ◆ Curriculum Planning and Assessment Committee; Fall 1998 to Summer 2006.
- ◆ "Convocation Address", UCA Department of Physical Therapy Convocation. December 2001, August 2005.
- ◆ Coordinator of Departmental Undergraduate Honors Program; Summer 1996 to May 2000.
 - * Department committees were restructured in Fall of 2006 and these 3 committees became the Budget & Equipment Committee.

Service to the Community:

- ◆ Address the needs of the community through the provision of physical therapy services at Arkansas Children's Hospital; Fall 1998 to present.
- ◆ Pro bono physical therapy services for members of the community; Spring 1996 to present.

Service to the Profession of Physical Therapy:

- ◆ Arkansas Physical Therapy Association - Nominating Committee. Member; 2006-2009; Chair, 2007-2009.
- ◆ Webmaster for the Arkansas Physical Therapy Association (<http://www.arpta.org>); Spring 2001 to present.
- ◆ Arkansas Representative to the APTA Sports Physical Therapy Section (SPTS) for reporting relevant state events & information to the SPTS; Fall 1999 to Spring 2008.
- ◆ Copy/Publication Editor for APTA Sports Physical Therapy Section Home Study Courses and Monographs. January 2004 to January 2006.

CLINICAL & ACADEMIC DEVELOPMENT: (since 2000)

Continuing Education:

- ◆ Ongoing work toward sports clinical specialization in an outpatient sports physical therapy facility (see employment).
 - ◆ Seminars on PT education, orthopedics, and electrotherapy. American Physical Therapy Association - Combined Sections Meeting, Nashville, TN; February 7-9, 2008.
 - ◆ Workshop - Blackboard Learning System Conversion, Conway, AR. May 7-10, 2007.
 - ◆ Course: Radiology and Biomechanics of the Cervical and Lumbar Spine. Conway, AR. October 7, 2006.
 - ◆ Workshops: Supervisory Skills, Diversity Skills, and Sexual Harassment. UCA Training & Development. Conway, AR. Fall 2005, Fall 2006, Spring 2007, Spring 2008.
 - ◆ Course: Wellness Promotion in Physical Therapy. Arkansas Physical Therapy Association. Fall Conference - Little Rock, AR September 24-25, 2004.
 - ◆ Course: APTA Physical Therapy Clinical Instructor Educator Credentialing. Conway, AR. April 2-3, 2004.
 - ◆ Workshop - HIPAA Training, Arkansas Children's Hospital. Little Rock, AR. April 10, 2003.
 - ◆ Course: Sports Physical Therapy Section's Emergency Response. Harrison, AR; August 2002.
 - ◆ UCA TechFest 2002; Attended virtual poster & platform presentations on best practices in teaching with technology; Conway, AR; April 2002.
 - ◆ UCA Technology Faculty Associates Program, August 2001 - present.
 - ◆ Workshop - Protecting Human Research Subjects; UCA Office of Sponsored Programs; Conway, AR; Fall 2001.
 - ◆ Course: Teaching Evidence-Based Practice in Rehabilitation Professional Curricula; Boston University, May 2001.
 - ◆ Workshop - WebCT Intermediate/Advanced; UCA Division of Continuing Education; Conway, AR; Fall 2000.
 - ◆ Workshop - WebCT Conference and Training; Univ of Missouri, Columbia, MO; May 2000.
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PROFESSIONAL MEMBERSHIPS:

- ◆ American Physical Therapy Association; January 1995 to present.
Sports Physical Therapy Section; Fall 1996 to present.
 - ◆ National Athletic Trainers' Association; December 1988 to March 1998.
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HONORS AND AWARDS:

- ◆ 2005 Teaching Excellence Award Recipient, University of Central Arkansas; April 2005.
 - ◆ Top 5 Finalist for the 2004 University of Central Arkansas Teaching Excellence Award; April 2004.
 - ◆ Outstanding Instructor Award for the 1998 Fall Semester; presented by the '98-'99 PTA Class; December 1998.
 - ◆ Outstanding Instructor Award for the 1997 Fall Semester; presented by the '97-'98 PTA Class; December 1997.
 - ◆ 1995 Student Member Award. Sports Physical Therapy Section of the APTA; February 1996.
 - ◆ Outstanding Student Award, Physical Therapy Program. UCA Department of Physical Therapy; December 1995.
 - ◆ Summa Cum Laude Honors and ranking honor graduate; Missouri State University; May 1993.
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TEACHING EXPERIENCE (most recent 10 yrs): all at the University of Central Arkansas

Curriculum/Program in parentheses: PTA, MSPT, DPT, t-DPT, PhD
Code: a=lab instructor; b=lecturer; c=lab & lecture; d=course coordinator

PTHY 6401 Kinesiology I (DPT) - Fall 2001^c, 2002-2008^d
PTHY 6402 Kinesiology II (DPT) - Summer 2001^c, Spring 2002-2009^d
PTHY 7510 Clinical Electrophysiological Exam & Intervention (DPT) - Summer 2002-2008^d
PTHY 7505 Musculoskeletal Physical Therapy I (DPT) - Fall 2001-2003^a
PTHY 7322 Efficacy in Physical Therapy Practice (DPT, t-DPT, PhD) - Spring 2002^b, 2004^d

PTHY 7308 Upper Quarter and Cervical Spine (DPT, t-DPT, PhD) - Summer 2003^d
PTHY 5330 Electrotherapy (MSPT) - Spring 1997^a, 1998-2000^d
PTHY 6300 Orthopaedic Physical Therapy I (MSPT) - Summer 1996-2000^a
PTHY 2210 Introduction to Kinesiology (PTA) - Summer 1998-2000^d
PTHY 2230 Electrotherapy for Assistants (PTA) - Spring 2001^d
PTHY 2330 Therapeutic Exercise for Assistants (PTA) - Spring 2001^c

Last updated:10/31/2009