

James P. Fletcher, PhD, PT, ATC

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EDUCATION:

PhD Physical Therapy. May 2007; University of Central Arkansas; Conway, Arkansas.
MS Physical Therapy. December 1995; University of Central Arkansas; Conway, Arkansas.
BS Ed Biology, Secondary Education. May 1993; Missouri State University; Springfield, Missouri.
Accredited Sports Medicine & Athletic Training Curriculum completed as a minor.

EMPLOYMENT - Faculty (full-time):

 (Teaching experience listed at the end of this document)

Associate Professor; Department of Physical Therapy, University of Central Arkansas, Conway, Arkansas. August 2010 to present. **DPT Program Coordinator**, January 2015 to present. **Assistant Director of Clinical Education**, July 2008 to Oct 2012.

Assistant Professor; Dept of Physical Therapy, University of Central Arkansas, 2002 to 2010. Awarded tenure May 2008.

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

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

EMPLOYMENT – Clinical / Professional (part-time):

Physical Therapist & Athletic Trainer; Arkansas Children's Hospital - Adolescent Sportsmedicine; September 1998 to November 2012. 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; Director - Beth McKittrick-Bandy, PT,PCS,MBA.

Physical Therapist & Athletic Trainer; Arkansas Family Care Network - Physical Medicine; Little Rock, Arkansas. March 1996 to September 1999. Director - C. Michael DuPriest, PT,OCS,DC.

LICENSURE AND CERTIFICATION:

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

SCHOLARSHIP & RESEARCH: (since 1996)

Scholarship agenda consists of two related areas: 1) Psychometric properties of musculoskeletal and physical performance tests & measures used in physical therapy, including measurement of joint range of motion, muscle length, and muscle strength; 2. Use of reliable and valid physical performance tests (eg. strength, joint range of motion) in methodological and intervention research.

Published Articles (peer-reviewed):

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. ePub ahead of print May 2016.

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. 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.

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

National and Regional Presentations (peer-reviewed):

Juried 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 S, **Fletcher J**, Taylor J, Engle S)

Juried 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 R, Taylor J, **Fletcher J**, et al.)

Juried Poster – "Differences in Magnitude of Two Handheld Double Inclinometry Techniques in the Measurement of Lumbar Flexion Active Range of Motion." APTA Combined Sections Meeting, Indianapolis, IN; February 2015. (**Fletcher JP**). Abstract: *Journal of Orthopedic & Sports Physical Therapy*. 2015;45(1):A81.

Juried 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 N, Sence JB, Taylor JD, **Fletcher JP** [senior author]). Abstract: *Journal of Orthopedic & Sports Physical Therapy*. 2015;45(1):A112.

Juried 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 JP**, Campbell R, Fang J). Abstract: *Journal of Orthopedic & Sports Physical Therapy*. 2012;42(1):A39.

Juried 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 W, **Fletcher J**, Slater J, Stambaugh K, Carson J)

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 Incliniometry: 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) Abstract: *Journal of Orthopedic & Sports Physical Therapy*. 2008;38(1):A66.

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**). Abstract: *Journal of Orthopedic & Sports Physical Therapy*. 2004;34(1):A40.

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**). Abstract: *Physical Therapy*. 2000;76(5):s65.

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**).

Grant Activity:

NIH Research Challenge Grant: 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.

Current/Active Research Activity:

Fletcher JP, Richardson MB. Comparison of two double inclinometry techniques in the measurement of lumbar flexion active range of motion; manuscript in process.

Fletcher JP, Tiarks N, Taylor JD, Sense JB. The effect of varying elbow and shoulder joint position on shoulder extension in asymptomatic subjects; manuscript in process.

Tucker S, Fletcher JP, Taylor JT, Engle S. Comparison of open and closed kinematic chain exercise on shoulder rotation (rotator cuff) strength; manuscript in process.

SERVICE ACTIVITIES: (since 2000)

Service to the University of Central Arkansas:

- ◆ Information Technology Advisory Committee; Fall 2015 to present
- ◆ Athletic Committee member; Fall 2014 to present
- ◆ Department Property Manager (Inventory Controller); 1997 to present.
- ◆ Faculty sponsor for House on South college ministry (UCA student organization); 2002 to 2009; Fall 2013 to present.
- ◆ HLC Self-Study, Criteria 3 team member; Spring 2015 to Fall 2015
- ◆ Coordinator - CAPTE accreditation self-study for UCA DPT program; 2012 to 2014.
- ◆ Faculty Senate – Senator; 2008 to 2011. Faculty Affairs subcommittee, Chair 2010-2011.
- ◆ University Computing and Information Technology (UCIT) Committee; 2005 to 2008.
- ◆ UCA Teaching Excellence Award Committee; 2005 to 2007; chair 2006-2007.
- ◆ UCA residence hall freshman move-in volunteer; 1996-98, 2003- 2008.
- ◆ Technology Faculty Associates Advisory Board; 2003 to 2006.
- ◆ Physical Therapy Department website manager: [<http://uca.edu/pt>] 2002 to 2006.
- ◆ Provost's Instructional Technology Advisory Committee; 2000 to 2003.

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

- ◆ Promotions Committee; 2004 to 2006.
- ◆ Technology Ad Hoc Committee Chair; 2001 to 2003.
- ◆ Outstanding College Student Award Committee; 1997 to 2003.

Service to the UCA Department of Physical Therapy:

- ◆ DPT Program Coordinator; January 2015 to present
- ◆ Peer Evaluation Committee (peer review of teaching effectiveness); 2010 to present; Chair - 2010 to 2015
- ◆ Academic Progress Committee; 2015 to present
- ◆ Publications & Public Relations Committee; 2015 to present
- ◆ Clinical Education site visits; 2013 to present
- ◆ PhD Dissertation committee member (R Mathis-physical therapy, completed 2014; J Long-physical therapy; D Umland-psychology).
- ◆ Tenure & Promotion Committee; 2008 to present; Chair - Fall 2011.
- ◆ Faculty Search Committee; 2008 to 2012; 2014 to 2015.
- ◆ Budget & Equipment Committee; Chair - 2003 to 2015.
- ◆ PhD Program Committee (Admissions, Curriculum, Assessment) - 2009 to 2014.
- ◆ Keynote Address, UCA Physical Therapy Convocation. December 2001, August 2005, August 2014.
- ◆ Clinical Education Advisory Committee - 2008 to 2012
- ◆ Professional DPT Admissions Committee; 2004 to 2012.
- ◆ Thomas Meadows Memorial Scholarship Committee; 2000 to 2008.
- ◆ Clinical Education Appeals Committee; 2004 to 2006.
- ◆ Curriculum Planning and Assessment Committee; 1998 to 2006.
- ◆ Coordinator of Departmental Undergraduate Honors Program; 1996 to 2000.
- ◆ Ad Hoc Committees & Task Forces: Faculty Workload; Faculty Advancement; Scientific Review; PTC Space Utilization; Assessment of Student Professional Behavior; Criteria for Advancement of NTT Faculty; Curriculum Sequencing; Alumni Newsletter; various dates between Fall 2000 and present.

Service to the Profession of Physical Therapy & the Community:

- ◆ Arkansas Physical Therapy Association (ArPTA) – Vice President; 2015 to present; Nominating Committee, 2006-2009; Webmaster for the ArPTA; 2001 to 2012.
- ◆ Pro bono physical therapy services for members of the community; 1996 to present.
- ◆ American Cancer Society, Relay for Life team member; Conway, AR; 2013
- ◆ Arkansas Representative to the APTA Sports Physical Therapy Section (SPTS) for reporting state activities to the SPTS; 1999 to 2008.
- ◆ Copy/Publication Editor for APTA Sports Physical Therapy Section Home Study Courses and Monographs. 2004 to 2006.

PROFESSIONAL DEVELOPMENT: (since 2000)

Continuing Education:

- ◆ Optimize (ArPTA annual conference); Little Rock, AR. September 26-27, 2015 (11 hrs).
 - ◆ APTA Combined Sections Meeting; Indianapolis, IN. February 5-7, 2015 (10 hrs) Sessions on Orthopedic & Sports PT, Orthopedics Research Platforms, and Electrotherapeutics.
 - ◆ Course: Surgical Updates from the Surgeons; North Little Rock, AR. November 8, 2014 (6 hrs)
 - ◆ 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)
 - ◆ APTA Combined Sections Meeting, Chicago, IL; February 9-11, 2012. Sessions on Value in PT Practice, Orthopedic & Sports Research Platforms (spine, ankle-foot, shoulder), and Electrotherapeutics & ENMG. (14 hrs total)
 - ◆ Seminar: Bioness L300 & L300 Plus, Conway, AR. December 6, 2011. (2 hrs)
 - ◆ Seminar: Teaching Generation NeXt: Methods & Techniques for Today's Learners. Conway Regional Health System, 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)
 - ◆ APTA Combined Sections Meeting, Nashville, TN; February 7-9, 2008. Seminars on PT education, Orthopedics & Sports PT, and Electrotherapy. (12 hrs total)
 - ◆ 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)
 - ◆ Annual Seminars: Supervisory Skills, Diversity Skills, and Sexual Harassment. UCA Training & Development. Conway, AR. 3 hrs annually since 2005.
 - ◆ Course: Wellness Promotion in Physical Therapy. Arkansas Physical Therapy Association. Fall Conference - Little Rock, AR September 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)
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PROFESSIONAL MEMBERSHIPS:

- ◆ American Physical Therapy Association; January 1995 to present.
 - Education Section; 2014 to present
 - Sports Physical Therapy Section; 1996 to 2014.
 - ◆ National Athletic Trainers' Association; 1988 to 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.
 - ◆ Student Member Award. Sports Physical Therapy Section of the APTA; 1996.
 - ◆ Outstanding Student Award, Masters 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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TEACHING EXPERIENCE (most recent 15 yrs): all at the University of Central Arkansas, Dept of Physical Therapy

Curriculum/Program in parentheses: DPT, PhD

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

PTHY 6401 Kinesiology I (DPT) 2002-2016^b

PTHY 6402 Kinesiology II (DPT) 2002-2015^b

PTHY 7403 Physical Agents (DPT) 2013-2015^b

PTHY 7324 Theory & Practice of Evidence-Based Physical Therapy (PhD) 2004-2015^{b,c}

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

PTHY 7408 Clinical Electrophysiological Intervention (DPT) 2002-2013^b

PTHY 7505 Musculoskeletal Physical Therapy I (DPT) 2002,2003^a

Contributor to instruction in the following courses (most recent 10 yrs):

DPT program: PTHY 6340 Research Design in Physical Therapy, PTHY 6240 Pathology II, PTHY 6353 Independent Studies in Physical Therapy, PTHY 7103 Outcomes Assessment in Physical Therapy, PTHY 6104 Physical Therapy Research I, PTHY 6204 Physical Therapy Research II

PhD program: PTHY 7315 College Teaching in Physical Therapy

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