

James P. Fletcher, PhD, PT, ATC

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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 - Faculty (full-time): (Teaching experiences listed at the end of this document)

- 08/2010 to present - **Associate Professor**; Department of Physical Therapy, University of Central Arkansas, Conway, Arkansas. **Assistant Director of Clinical Education**, July 2008 to present.
 - 05/2002 to 08/2010 - **Assistant Professor**; Dept of Physical Therapy, University of Central Arkansas.
 - 08/2000 to 08/2002 - **Clinical Instructor II**; Dept of Physical Therapy, University of Central Arkansas.
 - 01/1996 to 08/2000 - **Clinical Instructor I**; Dept of Physical Therapy; University of Central Arkansas.
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EMPLOYMENT - Clinical / Professional (part-time):

09/1998 to present - **Physical Therapist & Athletic Trainer**; Arkansas Children's Hospital - Adolescent Sportsmedicine; Sports Physical Therapy and Athletic Training services to adolescents through the ACH Adolescent Center, ACH Rehab Services, and community outreach services to local athletic teams and events through ACH Sportsmedicine Plus; Director - Beth McKittrick-Bandy, PT,PCS,MBA.

03/1996 to 09/1999 - **Physical Therapist & 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; 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
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SCHOLARSHIP & RESEARCH: (since 1996)

Published Articles (peer-reviewed):

Taylor JD, **Fletcher JP** . Reliability of the 8-Repetition Maximum Test in Men and Women. *Journal of Science and Medicine in Sport*. [Epub ahead of print, Aug 2011] 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*. [Epub ahead of print, 08-2008] 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.

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

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

Liu H, **Fletcher J**. Analysis of Physicians' Referrals: Is Further Diagnosis Needed? *Journal of Orthopedic & Sports Physical Therapy*. 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. *Physical Therapy*. 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. *Journal of Orthopedic & Sports Physical Therapy*. 1996;23(1):84.

Peer-Reviewed Presentations:

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)

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 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**).

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:

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.

SERVICE ACTIVITIES: (since 1996)

Service to the University of Central Arkansas:

- ◆ Faculty Senate – senator representing College of Health & Behavioral Sciences; Fall 2008 to Spring 2011. Academic Affairs subcommittee, member 2008-2009. Faculty Affairs subcommittee, Chair 2010-2011.
- ◆ Faculty Grievance Panel (committee); Fall 2009 to Fall 2011.
- ◆ 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:

- ◆ Peer Evaluation Committee (for peer review of teaching effectiveness); Chair - Fall 2010 to present
- ◆ PhD Program Curriculum & Assessment Committee; PhD Admissions Committee - Fall 2009 to present.
- ◆ Budget & Equipment Committee; Chair - Fall 2006 to present.
- ◆ Clinical Education Advisory Committee - Fall 2008 to present
- ◆ Tenure & Promotion Committee; Fall 2008 to present; Chair - Fall 2011.
- ◆ Professional DPT Admissions Committee; Summer 2004 to present.
- ◆ Faculty Search Committee; Fall 2008 to 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.
- ◆ Clinical Education Appeals Committee; Summer 2004 to Summer 2006.
- ◆ Curriculum Planning and Assessment Committee; Fall 1998 to Summer 2006.
- ◆ Keynote Address, UCA Department of Physical Therapy Convocation. December 2001 and August 2005.
- ◆ Coordinator of Departmental Undergraduate Honors Program; Summer 1996 to May 2000.
- ◆ Ad Hoc Committees & Task Forces: Faculty Advancement; Assessment of Student Professional Behavior; Criteria for Advancement of Non-tenure Track Faculty; Curriculum Sequencing; Alumni Newsletter; various dates between Fall 2000 and the present.

* Department committees were restructured in Fall of 2006 and these committees became the Budget & Equipment Committee.

Service to the Profession of Physical Therapy & Community:

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

PROFESSIONAL DEVELOPMENT: (since 2000)

Continuing Education:

- ◆ Seminar: Bioness L300 & L300 Plus, Conway, AR. December 6, 2011.
- ◆ Course: Bridging the Gap of Therapy Services. Little Rock, AR. November 13, 2010.
- ◆ Course: Developing and Assessing Professional Behaviors Workshop. Conway, AR. September 5 & 12, 2008.
- ◆ Seminars on PT education, orthopedics, and electrotherapy. American Physical Therapy Association - Combined Sections Meeting, Nashville, TN; February 7-9, 2008.
- ◆ Workshop Course: 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.
- ◆ Seminars: Supervisory Skills, Diversity Skills, and Sexual Harassment. UCA Training & Development. Conway, AR. Fall 2005, 2006, Spring 2007-2010.

- ◆ 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.
 - ◆ Seminar: HIPAA Training, Arkansas Children's Hospital. Little Rock, AR. April 10, 2003.
 - ◆ Course: Sports Physical Therapy Section's Emergency Response. Harrison, AR; August 2002.
 - ◆ Seminars: UCA TechFest 2002; Attended virtual poster & platform presentations on best practices in teaching with technology; Conway, AR; April 2002.
 - ◆ Seminar: 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.
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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:

- ◆ Teaching Excellence Award Recipient (university-wide), University of Central Arkansas; 2005.
 - ◆ Finalist for the Teaching Excellence Award, University of Central Arkansas; 2004.
 - ◆ Outstanding Instructor Award, PTA program, for 1997 & 1998; presented by the respective PTA Classes.
 - ◆ 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 10 yrs): all at the University of Central Arkansas

Curriculum/Program in parentheses: DPT, t-DPT, PhD

Code: a=lab instructor; b=co-teacher; c=lab & lecture instruction; d=course coordinator & instructor; e=online

PTHY 6401 Kinesiology I (DPT) - Fall 2001^c, 2002-2011^{c,d}

PTHY 6402 Kinesiology II (DPT) - Summer 2001^c, Spring 2002-2012^{c,d}

PTHY 7408 Clinical Electrophysiological Intervention (DPT) - Summer 2002-2011^{c,d}

PTHY 7505 Musculoskeletal Physical Therapy I (DPT) - Fall 2001-2003^a

PTHY 7322 Evidence-Based Physical Therapy Practice (t-DPT, PhD) - Spring 2002^b, 2004^{d,e}, Summer 2004^{d,e}, Fall 2010^{d,e}

PTHY 7308 Upper Quarter and Cervical Spine (DPT, t-DPT, PhD) - Summer 2003^{c,d}

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

PTHY 6340 Research Design in Physical Therapy

PTHY 6240 Pathology II

PTHY 6353 Independent Studies in Physical Therapy

PTHY 7109 Outcomes Assessment in Physical Therapy

PTHY 7315 College Teaching in Physical Therapy: Problems and Issues

PTHY 7323 Efficacy in Physical Therapy Practice

Last updated: February, 2012