

CURRICULUM VITAE

Michael Joseph MSPT, PhD.

Department of Kinesiology
The University of Connecticut
Storrs, Connecticut 06269
Office: (860) 486-8430
E-mail: Mickpt@sbcglobal.net

4029 Estate Judiths Fancy
Christiansted, USVI 00820
Cell: (340) 473-9300

Married: Beth Anne Joseph, June 3, 2006
Daughter: Allison Louise Joseph, born 10-29-07

EDUCATION

Boston University, 1991 – 1993,
General Studies.

MSPT, 1997. Springfield College
Department of Physical Therapy

Ph.D. 2008. The University of Connecticut, Department of Kinesiology.
Major Field of Study: Exercise Physiology
Major Field of Study: Injury Biomechanics.

Dissertation: MOLECULAR MEDIATORS OF TENDON HEALING: Histological and molecular analysis of the biceps tendon long head post-tenotomy.

EMPLOYMENT

January 2019- present

MJ Physical Therapy.

President and founder of pediatric physical therapy practice. Serving children and families in the US Virgin Islands.

September 2016- present

Rehabilitation Services of St Croix

Title: Physical Therapist

Fall 2008- Spring 2016

Department of Kinesiology, Doctor of Physical Therapy Program, The University of Connecticut, Storrs, CT.

Titles: **Professor, Department of Kinesiology, Physical Therapy Program**

Related duties: teaching, research and publication, service to the university.

Lines of Research: Tendon healing and adaptation
Biomechanics of injury prevention
Exercise Physiology & Rehabilitation

**Team Supervising Physical Therapist for Athletics, Sports Medicine
Department**

Related duties: Weekly physical therapy office hours along with as-needed consultation in which team physicians and team athletic trainers would seek consultation, evaluation, and treatment of a variety of musculoskeletal conditions affecting UCONN student athletes. Orthotic prescription.

Director of Clinical Research, Doctor of Physical Therapy Program:

Related duties: Organize the process in which Doctor of Physical Therapy (DPT) students meet the curriculum research requirement, a publishable manuscript, potentially arising from multiple interdisciplinary collaborations established with exercise science, biomechanics, engineering, psychology, nursing and medicine.

2004-2008,

Department of Kinesiology, University of Connecticut, Storrs, CT

Titles: **Graduate research assistant**

Related duties: Help implement all aspects of research occurring in The Human Performance Laboratory, Department of Kinesiology.

Graduate teaching assistant

Related duties: Teach portions of the undergraduate exercise science curriculum inclusive of Biomechanics and Applied Exercise Physiology.

2002 to 2004,

University of Connecticut Health Center, Farmington, CT

Titles: **Senior Physical Therapist**, Outpatient Division, Department of Physical Therapy

Related duties: Supervise physical therapy staff in sports physical therapy department, physical therapy liaison to Department of Orthopedic Medicine, ½ time appointment.

Research Facilitator, Department of Orthopedic Medicine

Related duties: Develop and implement automated outcomes measures for most frequent musculoskeletal surgeries, assist with data collection, manuscript preparation, ½ time appointment.

2000 to 2002,
Healthsouth Rehabilitation, (Purchased PTSMA)

Titles: **Physical Therapist**

Related duties: Evaluation and treatment of musculoskeletal conditions

Coordinator of Clinical Education, Northeast Region

Related duties: Implemented a "clinical ladder" in which physical therapists in over 40 clinics employed by Healthsouth could obtain a variety of advanced

certifications of competence in techniques advocated by Cyriax, McKenzie, and the AAOMPT.

1998-Present

Sports Medicine Consultant

Related duties: provide as needed physical therapy evaluation and intervention at the request of team physicians and in collaboration with team athletic trainers.

NHL 1998-2004

University of Hartford Athletics 1999-2004

Trinity College Athletics 2000-2004

USA tennis 2000-2003

The University of Connecticut Athletics 2004-present.

1997 to 2000,

Physical Therapy Sports Medicine Associates (PTSMA), Farmington, CT

Titles: **Physical Therapist**

Related duties: Evaluation and treatment of musculoskeletal conditions in an outpatient, orthopedic setting.

Coordinator of Continuing Education

Related duties: Organized continuing education opportunities for 17 physical therapy clinics in the Greater Hartford area, developed a curriculum mandatory for new clinicians to assure competency. I assumed this role in January 1999.

PUBLISHED MANUSCRIPTS

Injury Prevention / Sports Biomechanics:

Martinez JC, Mazerolle SM, Denegar CR, **Joseph MF**, Pagnotta KD, Trojian TH, DiStefano LJ. Female adolescent athletes' attitudes and perspectives on injury prevention programs. *J Sci Med Sport*. 2017 Feb;20(2):146-151.

Martinez JC, Denegar CR, **Joseph MF**, Mazerolle SM, Root HJ, Trojian TH, DiStefano LJ. Effects of a Shortened Duration Injury Prevention Program on Movement Technique in Female Adolescent Athletes: *Med Sci Sports Exerc*. 2016 May;48(5 Suppl 1):288

Joseph MF, Holsing KL, Tiberio D. Lower Extremity Kinematics of a Single Leg Squat With an Orthotic in Male and Female Collegiate Athletes. *J Appl Biomech*. 20:1118-1127, 2013.

Joseph MF, Holsing KL, Tiberio D. Lower Extremity Kinematics of a Single Leg Squat With an Orthotic in Male and Female Collegiate Athletes. *J Appl Biomech*. 20:1118-1127, 2013.

Joseph M, Tiberio D, Baird J, et al. Knee Valgus During Drop-Jumps in NCAA Division I Female Athletes: The effect of a medial post. *American Journal of Sports Medicine* 36:285-289, 2008.

Joseph MF, Rahl M, Sheehan J, Macdougall B, Horn E, Denegar CR, Trojian TH, Anderson JM, Kraemer WJ. Timing of Lower Extremity Frontal Plane Motion Differs Between Female and Male Athletes During a Landing Task. *Am J Sports Med*. 39(7):1517-21, 2011.

Earp JE, Kraemer WJ, Cormie P, Volek JS, Maresh CM, **Joseph MF**, Newton RU. Influence of muscle-tendon unit structure on rate of force development during the squat, countermovement, and drop jumps. *J Strength Cond Res*. 25(2):340-7, 2011.

Joseph MF, Craig R Denegar, Elaine Horn, Bradley MacDougall, et al. A 5° medial wedge reduces frontal but not sagittal plane motion during jump landing in highly trained women athletes. *Open Access Journal of Sports Medicine* 1;23-27, 2010.

Earp JE, **Joseph M**, Kraemer WJ, Newton RU, et al. Lower-body muscle structure and its role in jump performance during squat, countermovement, and depth drop jumps. *J Strength Cond Res*. 2010 24(6):1705, 2010.

Tendon Injury, Healing, Adaptation & Rehabilitation:

Lepley AS, **Joseph MF**, Daigle NR, Digiacomio JE, Galer J, Rock E, Rosier SB, Sureja PB. Gender differences in mechanical properties of the Achilles tendon: Longitudinal response to repetitive loading exercise. *J Strength Cond Res*. 2018 Jan 24. [Epub ahead of print] PubMed PMID:29373429.

Joseph MF, Histen K, Arntsen J, L'hereux L, Defeo C, Lockwood D, Scheer T, Denegar CR. Achilles Tendon Adaptation During Transition to a Minimalist Running Style. *J Sport Rehabil.* 2017 Apr;26(2):165-170.

Histen K, Arntsen J, L'Hereux L, Heeren J, Wicki B, Saint S, Aerni G, Denegar CR, **Joseph MF**. Achilles Tendon Properties in Minimalist and Traditionally Shod Runners. *J Sport Rehabil.* 2017 Apr;26(2):159-164.

Joseph MF, Denegar CR. Treating tendinopathy: Perspective on anti-inflammatory intervention and therapeutic exercise. *Clinics in Sports Med.* 34(2):363-375, 2015.

Barniak A, **Joseph MF**. Insulin resistance and tendinopathy. *Critical Reviews in Physical and Rehabilitation Medicine.* 27(1):35-41, 2015.

Joseph MF, Lillie KR, Bergeron DJ, Cota KC, Yoon JS, Kraemer WJ, Denegar CR. Achilles tendon biomechanics in response to acute intense exercise. *J Strength Cond Res.* 28(5):1181-6, 2014.

Joseph MF, Taft K, Moskwa, Denegar CR. Deep friction massage for the treatment of tendinopathy: A systematic review of a classic treatment in the face of a new paradigm of understanding. 21(4):343-53, 2012.

Joseph MF, Oneil B, Dilietto L, Crowley J. Incidence of tendinopathy in a young, healthy adult population. *Journal of Sport Rehabilitation.*4:914-919, 2012.

Joseph MF, Lillie KL, Begeron DJ, Denegar CR. Measuring Achilles tendon mechanical properties: a reliable, noninvasive method. *Journal of Strength Cond Res.*26:2017-20, 2012.

Joseph M, Maresh CM, Kraemer WJ, Nindl BC, Mazzocca AD. Histological and molecular analysis of the biceps tendon long head post-tenotomy. *The Journal of Orthopedic Research.* 27:1379-1385, 2009.

Exercise Physiology and Rehabilitation:

Joseph MF. Clinical evaluation and rehabilitation prescription for knee motion loss. *MASTERCLASS: Physical Therapy in Sport.* 13:54-66, 2012.

Looney DP, Kraemer WJ, **Joseph MF**, Comstock BA, Denegar CR, Flanagan SD, Newton RU, Szivak TK, DuPont WH, Hooper DR, Häkkinen K, Maresh CM. Electromyographical and Perceptual Responses to Different Resistance Intensities in a Squat Protocol: Does Performing Sets to Failure With Light Loads Produce the Same Activity? *J Strength Cond Res.* 2016 Mar;30(3):792-9.

Kraemer WJ, **Joseph M**, Volek J, Maresh CM. Endogenous Opioid Peptide Responses to Opioid and Anti-Inflammatory Medications following Eccentric Exercise-Induced Muscle Damage. *Peptides*. 31:88-93, 2010.

Spiering BA, W.J. Kraemer, J.M. Anderson, L.E. Armstrong, B.C. Nindl, J.S. Volek, D.A. Judelson, **M. Joseph**, J.L. Vingren, D.L. Hatfield, M.S. Fragala, J.Y. Ho, C.M. Maresh. Importance of elevated circulating hormones in modulating resistance exercise-induced protein kinase B signaling in fasted men. *Medicine and Science in Sports and Exercise* 40:239-248, 2008

Joseph M Fulkerson JP, Nissen CW, Sheehan J. Short Term Recovery After Anterior Cruciate Ligament Reconstruction: A prospective comparison of three autografts. *Orthopedics*. 29:243-248, 2006.

Joseph M, Riley SP. Evaluation and Treatment of Patellar Hypomobility. *NATA Journal* 8:46-48, 2006.

Theut P, Fulkerson JP, Armour E, **Joseph M**. Anterior Cruciate Ligament Reconstruction Utilizing The Central Quadriceps Free Tendon. *Orthopedic Clinics of North America* 34:31-39, 2004.

Lang JT, Kassan TO, Devaney LL, Colon-Semenza C, **Joseph MF**. Test-Retest Reliability and Minimal Detectable Change for the 10-Meter Walk Test in Older Adults With Parkinson's disease. *J Geriatr Phys Ther*. 2016 Oct-Dec;39(4):165-70.

Jensen CD, Stark JT, Jacobson LE, Powers JM, Leslie KL, Kinsella-Shaw JM, **Joseph MF**, Denegar CR. Implications of Thoracic Epidural Analgesia on Hospital Charges in Rib Fracture Patients. *Pain Med*. 2018 Jan 1;19(1):160-168.

Jensen CD, Stark JT, Jacobson LL, Powers JM, **Joseph MF**, Kinsella-Shaw JM, Denegar CR. Improved Outcomes Associated with the Liberal Use of Thoracic Epidural Analgesia in Patients with Rib Fractures. *Pain Med*. 2017 Sep1;18(9):1787-1794.

BOOK CHAPTERS

Joseph MF. Tissue Healing. In: *Therapeutic Modalities in Rehabilitation*. 4ed. Human Kinetics, Champaign IL, p57-74, 2016.

Joseph MF. Mechanobiology. In: *Therapeutic Modalities in Rehabilitation*. 4ed. Human Kinetics Champaign IL, p275-290, 2016.

Joseph MF. Applications of Exercise and Manual Therapy to Promote Repair. In: *Therapeutic Modalities in Rehabilitation*. 4ed. Human Kinetics Champaign IL, p291-302, 2016.

Cote M, **Joseph MF**, Mazzocca AD. Management of Biceps Tendinopathy. In: *American Academy of Orthopedic Surgeons: Annual Supplement*, 2013.

COURSES TAUGHT: UCONN KINESIOLOGY DEPARTMENT

PT-5454	Musculoskeletal Physical Therapy Evaluation and Intervention, 6 Credits (Cr)
PT-5430	Musculoskeletal Biomechanics, 3cr
PT-5436	Clinical Physiology, 3cr
PT-5420	Clinical Pathology: Implications for the Physical Therapist, 3cr
Kins-3500	Exercise Physiology, 3cr
Kins-3550	Applications in Exercise Physiology, 3cr
Kins-4000	Sports Biomechanics, 3cr
Kins-6500	Injury & Repair of Musculoskeletal Tissues, 3cr
Kins-6560	Research Design in the Physical Sciences, 2cr
Kins-6600	Quantitative Methods in Exercise Science Research, 3cr

INVITED LECTURES & SYMPOSIA

American College of Sports Medicine: National Meeting, Feature Symposium. Perspectives on injury prevention and musculoskeletal tissue healing, May 2016.

Special Delegation of Chinese Sport Administration: Musculoskeletal tissue healing, cell and tissue responses, November 2015.

Special Delegation of Chinese Sport Administration: Physical examination and intervention for common musculoskeletal injuries, November 2015.

Connecticut Physical Therapy Association Annual Meeting: Tendinopathy: Pathophysiology and the rationale for appropriate interventions. November 2015.

National Athletic Trainers Association: National Meeting, Feature Symposium. Mechanobiology, Cell Differentiation and Tendinopathy: from bench to bedside June 2014.

American College of Sports Medicine, National Meeting: From injury to repair, the effect of the inflammatory process on neural activation of skeletal muscle during the rehabilitation process. May 2014.

Special Delegation of Chinese Sport Administration: Tendon Pathology: New insights on therapeutic intervention based upon an evolved understanding of tendon pathophysiology, October 2014.

Connecticut Podiatric Medical Association Annual Seminar: Connective Tissue Injuries of the Foot and Ankle. March 2013

Special Delegation of Chinese Sport Administration: Mechanobiology as a master regulator of musculoskeletal health, October 2013.

American College of Sports Medicine, New England Fall conference, Mechanobiology, Tendinopathy and Therapeutic Intervention: Applications for the in-season athlete. November 2012.

National Strength and Conditioning Association, National Meeting: Adaptation of Tendon to Exercise. July 2012.

Connecticut Physical Therapy Association Manual Therapy Special Interest Group: The efficacious management of tendinopathy. May 2011.

Novacare Rehabilitation, Northeast symposia: Management of the stiff knee. January 2006.

Uconn Health Center Sports Medicine Annual Symposium: Physical Therapy Management of Common Knee Impairments. February, 2005.

American College of Sports Medicine Annual Meeting: Influence of Vicoprofen on Endogenous Opioid Peptides After a Muscle Damage Protocol. July 2004.

Uconn Health Center Sports Medicine Annual Symposium: Management of Common Shoulder Impairments. February, 2004.

Uconn Health Center Sports Medicine Annual Symposium: ACL injury prevention programs: which ones work. February 2003.

Uconn Health Center Sports Medicine Annual Symposium: Shoulder Rehabilitation for the Overhead Athlete. February 2003.

American Academy of Orthopaedic Surgeons Annual Meeting: Attainment of Benchmarks Following ACL Reconstruction: A prospective comparison of three autografts. February 2002.

American Academy of Orthopedic Surgeons-ACL 2001: Rehabilitation of Quadriceps Tendon ACL Reconstruction. February 2001.

University of Hartford East Conference Athletic Trainer Meeting: Efficacy of Accelerated Rehabilitation for ACL Reconstructions. May, 2001.

West Point Fellows Day: Instrumented Laxity Examination of Quadriceps Tendon ACL Reconstructions: 1 year follow-up. May, 2001.

University of Hartford Sports Medicine Symposium: Knee ligament examination including instrumented laxity measures. May 1999.

AWARDS

Doctoral Dissertation Fellowship Award, The University of Connecticut, 2008.
Distinguished Clinician Educator Award, Healthsouth Rehabilitation Corporation, 2002.
Outstanding Student Scholar Award, Boston University, 1993.

PROFESSIONAL SERVICE

Associate Editor, *Journal of Strength and Conditioning Research*, 2009 to present.
Editorial board member, *World Journal of Orthopedics*, 2015-2018
Invited manuscript reviewer:

Medicine and Science in Sports and Exercise
American Journal of Sports Medicine
Journal of Bone and Joint Surgery
Journal of Orthopaedic Research
Physiotherapy Theory and Practice

Invited grant reviewer, Center for Health, Intervention and Prevention, University of Connecticut, 2008 to present.

Student member search committee, Department head, Physical Therapy Department, University of Connecticut, 2007.

COMMUNITY SERVICE

Connecticut Autism Action Coalition: 2011 - 2016

President, board of directors, CT families for effective autism treatment 2010- 2016

Board of directors, AZ Academy 2016- 2017

LICENSURE

Physical therapy license, VI-220, 2016 - Current
Physical therapy license CT-5890, 1997 – Current

REFERENCES

John P Fulkerson MD, referring physician and colleague: Patelladoc@aol.com
Robert A Arciero MD, referring physician and colleague: Arciero@uchc.edu
Carl M Maresh PhD, doctoral advisor and department head: Maresh.15@osu.edu