

## **Curriculum Vitae**

### **JOHN STEMM**

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## **Education**

- 1997      **Master of Physical Therapy**, Philadelphia College of Pharmacy & Science
- 1997      **Bachelor of Science in Health Science**, Philadelphia College of Pharmacy & Science
- 1993      **Master of Education in Athletic Training/Sports Medicine**, Temple University
- 1990      **Bachelor of Science in Athletic Training**, Mankato State University

## **Work Experience**

- 5/23-Present      **Director of Primus Sports Therapy**  
McBride Orthopedic Hospital and Clinic, Oklahoma City, OK
- Supervise all daily operations of clinic
  - Provide physical therapy evaluation and treatment for sports and orthopedic injuries from all populations
  - Designed and contracted the building of new space. Managed budget, acquisition of equipment and supplies for new clinic
  - Consult with physicians in the management of sports related injuries, rehabilitation and return to play
  - Event coverage in outreach program
- 5/21-5/23      **Staff Physical Therapist**  
McBride Orthopedic Hospital and Clinic, Oklahoma City, OK
- Provide physical therapy evaluation and treatment for sports and orthopedic injuries from all populations
  - Supervise and instruct student physical therapists

- Event coverage in outreach program

3/10-2/21

**Director of Athletic Training and Physical Therapy**

Oklahoma State University Athletic Department, Stillwater, OK

- Coordinates all aspects of medical care for athletic department's 16 athletic teams
- Coordinates and recruit members of a comprehensive athletic health care team
- Supervises ten assistant athletic trainers, seven graduate assistants, two insurance coordinators
- Act as account guardian for the athletic training budget
- Conducts annual graduate assistant athletic trainer recruitment
- Supervise the daily operation of six athletic training facilities
- Maintain all athletic training department equipment and facilities

8/06-3/10

**Associate Director of Athletic Training**

Oklahoma State University Athletic Department, Stillwater, OK

- Assist Director of Sports Medicine in operations of Athletic Training Department
- Recruit, hire, orient and supervise Graduate Assistant Athletic Trainers
- Recruit, interview and assist in hiring of new Staff Athletic Trainers
- Recruit, interview and assist in hiring of new Team Orthopedist and Team Family Practice physician
- Assist in designing sports medicine center in new Athletic Village
- Assist in implementing policy and conducting drug testing for institution, Big XII and NCAA
- First Assistant Football Athletic Trainer and Athletic Trainer for

Men's and Women's Golf

- Assist with practice and game medical treatment for football program
- Assist in the day-to-day medical treatment for football program
- Coordinate travel for sports medicine team during football season

10/01-2/21

**Rehabilitation Coordinator/Assistant Athletic Trainer**

Oklahoma State University Athletic Department, Stillwater, OK

- Athletic Trainer for Football, Men's and Women's Golf
- Coordinate physical therapy services for 400+ student-athletes
- Provide treatment and rehabilitation to post surgical and time loss injuries for all 16 Division I team's
- Coordinate and schedule physician's visits, diagnostic testing and surgery
- Created and implemented sports related head injury program and policy
- Proficient in Impact testing and data analysis
- Consult with team physician in the management of sports related head injury
- Perform all functional testing and exercise progression
- Assist in coordinating and conducting pre-season physical examinations
- Clinical Coordinator of Clinical Education for numerous physical therapy programs
- Schedule, supervise and instruct student physical therapists
- Approved Clinical Instructor for undergraduate athletic training program

9/02-5/14

**Strength and Conditioning Coach**

Men's Golf Program, Oklahoma State University

- Design and implement a strength and conditioning program

- 10/01-7/04      **Staff Physical Therapist**  
Oklahoma State University Wellness Center, Stillwater, OK
- Provide physical therapy evaluation and treatment for sports and orthopedic injuries from all populations
  - Schedule, supervise and instruct student physical therapists
- 3/99-10/01      **Staff Physical Therapist**  
Tulane Institute of Sports Medicine, New Orleans, LA
- Provide physical therapy evaluation and treatment for sports and orthopedic injuries from all populations
  - Supervise and instruct student physical therapists
  - Event coverage in outreach program
  - Coordinated and conducted clinical research
- 6/97-3/99      **Director of Physical Therapy**  
Windom Area Hospital, Windom, MN
- Provide physical therapy evaluation and treatment for sports and orthopedic injuries from all populations
  - Supervise 1 physical therapist and 1 support staff
  - Maintain operational budget for the Physical Therapy Department
  - Developed, funded and implemented an Athletic Training Outreach Program to local high school
  - Participated in departmental strategic planning
- 8/94-6/96      **Assistant Athletic Trainer**  
Drexel University, Philadelphia, PA
- Provided athletic training services for Women's Soccer, Men's Basketball and Baseball
- 8/93-6/94      **Head Athletic Trainer**  
Council Rock High School, Newtown, PA
- Provided athletic training services for a high school that had 2,700

students grades 10-12

- Coordinated medical coverage for athletic events; participated in event management and scheduling

8/91-6/93      **Graduate Assistant, Athletic Trainer**  
Northeast Physical Therapy, Philadelphia, PA

9/92-12/92      **Teaching Assistant**  
Temple University Physical Therapy Program

8/90-7/91      **Athletic Trainer**  
Wayzata Physical Therapy, Plymouth, MN

### **Continuing Education**

Feburary 2025	Combined Section Meeting, APTA, Houston, TX
April 2023	ICCUS Society Annual Meeting. Jacksonville, FL
February 2023	Combined Section Meeting, APTA, San Diego, CA
December 2021	<i>Evidence-Based Treatment of the Foot and Ankle: An Update</i> , Online Course
December 2021	<i>Sports Hernia Injury, Rehabilitation and Prevention</i> , Online Course
December 2021	<i>Performance Enhancement in the Terminal Phases of Rehabilitation</i> , Online Course
December 2021	<i>Graston Technique: treating Movement Dysfunction through Functional Testing, Graston Technique and Adjunctive Therapies</i> , Online Course
December 2021	<i>Effective Intervention Strategies for the Management of Patellofemoral Pain</i> , Online Course
December 2021	<i>Achilles Tendinosis and Graston Techniques: Evidence-Based Treatment</i> , Online Course
November 2021	<i>Return to Sport of the Overhead Athlete</i> , Online Course
November 2021	<i>The Athlete Movement System: Spine</i> , Online Course
November 2021	<i>The Athlete's Hip: Evaluation of Groin Pain</i> , Online Course
November 2021	<i>Clinically Relevant Meniscus Pathology and Treatment</i> , Online Course
November 2021	<i>Advanced Rehab for Baseball Pitcher to Improve ROM and Strength</i> , Online Course
November 2021	<i>Current Concepts in Knee Rehabilitation</i> , Online Course
November 2021	<i>Secrets to engineering Athletic Performance: Youth to Professionals</i> , Online Course
November 2021	<i>Ethics for Physical and Occupational Therapy Professionals</i> , Online Course
November 2021	<i>Femoroacetabular Impingement Syndrome Part 2: Complex Systems Approach</i> , Online Approach

November 2021	<i>Femoroacetabular Impingement Syndrome Part 1: An update for Clinicians</i> , Online Course
October 2021	The Symptomatic SI Joint: Clinical Examination, Diagnosis and Treatment, Oklahoma City, OK
December 2019	<i>Myofascial Tissue: What we now know and how that influences interventional decisions</i> , Online Course
December 2019	<i>An Evidence Based Approach for the Treatment of SLAP Lesions</i> , Online Course
December 2019	<i>Evolving Concussion Prevention and Care Across the Life Span</i> , Online Course
July 2019	Sports Manual Therapy Certification, Institute of Athlete Regeneration, Stillwater, OK
July 2019	ICCUS Society Annual Meeting. Boston, MA
July 2019	American Orthopaedic Society for Sports Medicine, Boston, MA
May 2019	NCAA Injury Surveillance Program, Indianapolis, IN
May 2019	Big XII Sports Medicine Symposium, Dallas, TX
July 2018	ICCUS Society Annual Meeting. San Diego, CA
July 2018	American Orthopaedic Society for Sports Medicine, Annual Meeting, San Diego, CA
May 2018	Big XII Sports Medicine Symposium, Dallas, TX
February 2018	Combined Section Meeting, APTA, New Orleans, LA
December 2017	<i>Oklahoma Ethics for Physical Therapists and Physical Therapy Assistants</i> . Online Course
May 2017	Big XII Sports Medicine Symposium, Dallas, TX
February 2017	Combined Section Meeting, APTA, San Antonio, TX
May 2016	Big XII Sports Medicine Symposium, Dallas, TX
January 2016	Sooner Sports Medicine Symposium, Norman, OK
December 2015	<i>Oklahoma Ethics for Physical Therapists and Physical Therapy Assistants</i> . Online Course
May 2015	Big XII Sports Medicine Symposium, Dallas, TX
February 2015	Combined Section Meeting, APTA, Indianapolis, IN
May 2014	Big XII Sports Medicine Symposium, Dallas, TX
January 2014	Sooner Sports Medicine Symposium, Norman, OK
December 2013	<i>Oklahoma Ethics for Physical Therapists and Physical Therapy Assistants</i> . Online Course
July 2013	ICCUS Society Annual Meeting. Chicago, IL
July 2013	American Orthopaedic Society for Sports Medicine, Annual Meeting, Chicago, IL
May 2013	Big XII Sports Medicine Symposium, Dallas, TX
February 2013	<i>Functional Dry Needling, Level I, Applications for Management of Movement Impairment, Pain and Sports Injuries</i> . Kinetacore, Knoxville, TN
June 2012	NATA National Convention, St. Louis, MO
May 2012	Big XII Sports Medicine Symposium, Dallas, TX

January 2012	Sooner Sports Medicine Symposium, Norman, OK
December 2011	<i>Oklahoma Ethics for Physical Therapists and Physical Therapy Assistants</i> . Online Course
July 2011	<i>DJ Ortho Athletic Training &amp; Sports Medicine Symposium</i> , Vista, CA
May 2011	Big XII Sports Medicine Symposium, Dallas, TX
February 2011	Combined Section Meeting, APTA, New Orleans, LA
May 2010	ICCUS Society Annual Meeting. Austin, TX
May 2010	Big XII Sports Medicine Symposium, Dallas, TX
February 2010	Combined Section Meeting, APTA, San Diego, CA
February 2010	<i>Athletic Hip Injuries</i> . SPTS Pre-Conference Course. Combined Section Meeting, APTA, San Diego, CA
January 2010	Sooner Sports Medicine Symposium, Norman, OK
December 2009	<i>Ethics-Oklahoma Physical Therapy</i> . Online Course
July 2009	ICCUS Society Annual Meeting. Keystone, CO
July 2009	American Orthopaedic Society for Sports Medicine, Annual Meeting, Keystone, CO
May 2009	Big XII Sports Medicine Symposium, Dallas, TX
February 2009	Combined Section Meeting, APTA, Las Vegas, NV
January 2009	Sooner Sports Medicine Symposium, Norman, OK
May 2008	Big XII Sports Medicine Symposium, Dallas, TX
February 2008	Combined Section Meeting, APTA, Nashville, TN
January 2008	<i>Ethics and Jurisprudence: A Practical Application</i> . Online Course
July 2007	<i>TPI Level One Workshop</i> , Titleist Performance Institute, Nashville, TN
May 2007	Big XII Sports Medicine Symposium, Dallas, TX
February 2007	Combined Section Meeting, APTA, Boston, MA
December 2006	Sports Physical Therapy Section, Team Concept Conference, Las Vegas, NV
June 2006	NATA National Convention, Atlanta, GA
May 2006	Oklahoma Athletic Trainers Association, Annual Meeting, Stillwater, OK
February 2006	Combined Section Meeting, APTA, San Diego, CA
July 2005	ICCUS Society Annual Meeting. Keystone, CO
July 2005	American Orthopaedic Society for Sports Medicine, Annual Meeting, Keystone, CO
May 2005	Big XII Sports Medicine Symposium, Dallas, TX
February 2005	Combined Section Meeting, APTA, New Orleans, LA
May 2004	Big XII Sports Medicine Symposium, Dallas, TX
February 2004	Combined Section Meeting, APTA, Nashville, TN
June 2003	NATA National Convention, St. Louis, MO
May 2003	Big XII Sports Medicine Symposium, Dallas, TX
February 2003	Combined Section Meeting, APTA, Tampa, FL
February 2003	<i>Back to Golf</i> , Pre-Conference Seminar, Tampa, FL
January 2003	<i>Concussion Management in the Athlete</i> , Sooner Sports Medicine Symposium, Oklahoma City, OK

June 2002	NATA National Convention, Dallas, TX
May 2002	Big XII Sports Medicine Symposium, Dallas, TX
June 2001	NATA National Convention, Los Angeles, CA
June 2001	<i>The McConnell Patellofemoral Treatment Plan</i> , New Orleans, LA
June 2000	NATA National Convention, Nashville, TN
February 2000	Combined Sections Meeting, APTA, New Orleans, LA
November 1999	<i>Arthropraxis: Manual Therapy of the Lumbar Spine and SI Joint</i> Athens, GA
November 1999	<i>Advances in Clinical Education: Advances in Knee and Shoulder Rehabilitation</i> , New Orleans, LA
September 1999	<i>McKenzie: Cervical and Thoracic Spine (part B)</i> , New Orleans, LA
July 1999	<i>Biodex Clinical Rehabilitation Seminar for the Advancement of Clinical Effectiveness in Rehabilitation Medicine</i> , New Orleans, LA
June 1999	<i>Current Concepts of the Shoulder: Home Study Course</i> Sports Physical Therapy Section
October 1998	<i>Reaching for New Heights in Shoulder Rehabilitation</i> , Edina, MN
September 1998	<i>Financial Budgeting for Non-Financial Professionals</i> , Windom, MN
March 1998	<i>Criticism &amp; Discipline Skills for Managers</i> , Souix Falls, SD
December 1997	<i>McKenzie: Lumbar Spine (part A)</i> , Minneapolis, MN
November 1997	<i>Mandated Medicare Reporting</i> , Minneapolis, MN
January 1996	Eastern Athletic Trainers Association Conference, Philadelphia, PA
January 1995	Eastern Athletic Trainers Association Conference, Philadelphia, PA
January 1994	Eastern Athletic Trainers Association Conference, Philadelphia, PA
June 1991	NATA National Convention, New Orleans, LA

### **Publications and Original Research**

Jacobson, Bert, H. Smith, D., Warren, A., Glass, R., Kline, C., Fedick, J., **Stemm, J.D.**  
Assessment of the Effectiveness of a Sublingual, Ergogenic Spray on Muscle Strength  
and Power. (2009). *Journal of Strength and Conditioning Research*. 23: 2326-2330.

**Stemm, J.D.** & Jacobson, B.H (2007). Comparison of Land and Aquatic-Based Plyometric  
Training on Vertical Jump Performance. *Journal of Strength and Conditioning  
Research* 21(2) 239-241.

Jacobson, B.H., Kolb, T., Smith, D., **Stemm, J.D.**, Warren, A., O'Brien, M. Effect of Liquid  
Crystal Semi-Conductor Energy Patches on Strength and  
Endurance in  
Collegiate Football Players: American College of Sports Medicine 54<sup>th</sup> Annual  
Meeting, New Orleans, LA, May 2007

Jacobson, B.H., & **Stemm, J.D.** Balance and Postural Sway Comparisons Among Golfers  
Grouped by Skill Levels. Accepted: American College of Sports Medicine 53<sup>rd</sup>  
Annual Meeting, Denver, CO, May 2006



- Stemm, J.D.**, Jacobson, B.H., & Royer, T.D (2006). Comparison of Stability and Weight Shift Among Golfers Grouped by Skill Levels. Provisionally accepted for publication *Perceptual and Motor Skills*.
- Jacobson, B.H. & **Stemm, J. D.** (2006) Balance and postural sway comparisons among golfers grouped by skill levels. *Medicine and Science in Sports and Exercise*. 38(5): S420
- Jacobson, B.H., **Stemm, J.D.**, Redus, B.S., Goldstein, D.F., Kolb, T (2006). Swing Tempo in Lateral and Anterior/Posterior Weight Shift Comparison in Golfers Grouped by Skill. *Medicine and Sports in Sports and Exercise* 37. S125
- Stemm, J.D.**, Epler, M., Couch, C., Smith, K (2006). Chronic Seroma in the Posterior Leg Compartment of a College Football Player Following a Direct Contact Injury. *Orthopedics* (29)4: April
- Jacobson, B.H., & **Stemm, J.D.** Swing Tempo in Lateral and Anterior/Posterior Weight Shift Comparisons in Golfers Grouped by Skill. American College of Sports Medicine National Meeting, Nashville, TN, May 2005
- Jacobson, B.H., **Stemm, J.D.**, Redus, B.S., Goldstein, D.F., Kolb, T (2005). Center of Vertical Force and Swing Tempo in Selected Groups of Elite Collegiate Golfers. *The Sport Coaching Journal* 1(2): Winter.
- Jacobson, B.H., & **Stemm, J.D.** Consistency Comparisons of Center of Gravity Deviation and Swing Tempo in Elite College Golfers. American College of Sports Medicine Central States Chapter Annual Meeting, Kansas City, MO, September 2004
- Stemm, J.D.**, Green, LB., Royer, T. (2001). An Investigation of Motor Control: The Static and Dynamic Balance of Golfers. *Journal of Athletic Training* 6(2): Suppl April-June.
- Stemm, J.D.** (2000). Patellofemoral Joint Pain. *Athletic Equipment Managers Association Journal* 6(1).
- Stemm, J.D.**, Kane, J., Showalter, S., & Miller, P. Thesis Defense: Effects of Problem-Based Learning Methods and Traditional Lecture-Based Methods of Test Performance Scores in a Physical Therapy Kinesiology Course. Philadelphia College of Pharmacy and Science's Faculty and Student Body, Philadelphia, PA, February 1997
- Stemm, J.**, Owen, M.G., Kimura, I., & Sitler, M. Poster Presentation: Effects of Aquatic Simulated and Dry Land Plyometrics on Vertical Jump Height. Eastern Athletic Trainers Association Conference, Philadelphia, PA, January 1994

**Stemm, J.D.**, Owen, MG., Kimura, I., & Sitler, M. Thesis Defense: Effects of Aquatic Simulated and Dry Land Plyometrics on Vertical Jump Height. Temple University's Health, Physical Education and Recreation Department Faculty and Student Body, Philadelphia, PA, May 1993

### ***Invited Presentations***

Dry Needling in Sport. ICCUS Annual Meeting, AOSSM Conference, Chicago, IL, July, 2013

Extra-Articular Hip Pain. Combined Section Meeting, Pre-Conference Educational Symposium-Athletic Hip Injuries, San Diego, CA, February, 2010

Assessment and Management of a Sports-Related Head Injury. Combined Section Meeting, Emergency Management and Return to Play Considerations in Sports-Related Head Injuries. Las Vegas, NV, February 2009

Hip Flexor Strain: When It Becomes an Ethical Dilemma. Case Study. Big XII Sports Medicine Symposium, Dallas, TX, May 2009

Current Rehabilitation Techniques in Ulnar Collateral Ligament Reconstruction.  
Omaha Sports Medicine Alliance Annual Conference, Omaha, NE July 2006  
Non-Surgical Rehabilitation for Elbow Pathology. Omaha Sports Medicine Alliance Annual Conference, Omaha, NE July 2006

Proximal Hip Function and its Relationship to Knee Pathology. Oklahoma Athletic Trainers' Association State Meeting, Stillwater, OK, May 2006

Alternative and Complimentary Therapies in Sports Medicine: Combined Section Meeting, An Evolving New Era of Health Care-Educational Symposium, San Diego, CA, February 2006

Return to Sports Following Rotator Cuff Repair. Sports Physical Therapy Section, Team Concept Conference, Las Vegas, NV December, 2006

Functional Return Guidelines for Football. Sports Physical Therapy Section, Team Concept Conference, Las Vegas, NV December, 2006

Proximal Hip Function and its Relationship to Knee Pathology. Combined Section Meeting, Educational Symposium-Knee Rehabilitation from the Ground Up and the Trunk  
Down, New Orleans, LA, February 2005

The Phasic Approach to Golf Conditioning. National Golf Coaches Association National Convention, Orlando, FL, February 2004

Shoulder Proprioception and Neuromuscular Control Training Techniques. Oklahoma Athletic Trainers Association's State Meeting, Oklahoma City, OK, January 2003

Seroma Formation Post Sub-Periosteal Hematoma in a College Football Player: Case Study. Big XII Sports Medicine Symposium, Dallas, TX, May 2003

Peripheral Joint Mobilization. Oklahoma Athletic Trainers Association's State Meeting, Oklahoma City, OK, January 2002

An Investigation of Motor Control: The Static and Dynamic Balance of Golfers. NATA National Convention- Scheduled Oral Presentation: Postural Control Session, Los Angeles, CA, June 2001

Shoulder Proprioception and Neuromuscular Control Training Techniques. NATA National Convention, Nashville, TN, June 2000

Importance of Stretching. Crescent City Classic Road Race: Heart and Sole Expo New Orleans, LA, March 2000

Isokinetics in the Overhead Athlete. Biodex Medical Systems: Isokinetic Testing Procedures and Data Interpretation, New Orleans, LA, October 2000

Common Sports Related Injuries. Southwest Minnesota Regional EMT Meeting Windom, MN, September 1997

### **Affiliations**

National Athletic Trainers' Association  
American Physical Therapy Association  
Sports Physical Therapy Section Member  
Oklahoma Athletic Trainers' Association  
ICCUS Society Member

### **Certification**

National Athletic Trainers Association #129020031

### **Licensure**

Oklahoma State Board of Medical Licensure and Supervision #APT3509  
Oklahoma State Board of Medical Licensure and Supervision #AT310