

CURRICULUM VITAE

Sarah J. de la Motte, PhD, ATC

EDUCATION & TRAINING

2008-present, Post-Doctoral Fellowship, Injury Prevention Research Laboratory, Uniformed Services University of the Health Sciences, Bethesda, MD 20814

Conduct research on musculoskeletal injury risk and injury prevention, assist with clinical research design and implementation, perform data collection and analysis, organize and assist with grant writing and scholarly publications.

2008, PhD, Rehabilitation & Movement Science, *Magna Cum Laude*, Virginia Commonwealth University, Richmond, VA 23284

2004-2008, Research Assistantship, Sports Medicine Research Laboratory – Virginia Commonwealth University, Richmond, VA 23284

Established research on lower extremity biomechanics related to functional ankle instability; headed meta-analysis projects on balance, strength, and proprioceptive deficits related to functional ankle instability; led online course Introduction to Medical Terminology; advised graduate students on research projects related to lower extremity.

2002, MA, Biomechanics/Athletic Training, San Diego State University, *Cum Laude*, San Diego, CA 92128

2000, BA, Sport Science/Athletic Training, *Magna Cum Laude*, University of the Pacific, Stockton, CA 95211

PEER-REVIEWED PUBLICATIONS

Arnold BL, Linens SW, **de la Motte SJ**, Ross SE. Concentric evertor strength deficits are associated with functional ankle instability: a meta-analysis. *J Athl Train*. 44(6): 653-662.

Beutler AI, **de la Motte SJ**, Marshall SW, Padua DA, Boden BP. Muscle strength and qualitative jump-landing differences in male and female military cadets: the JUMP-ACL study. *J Sports Sci Med*. 2009; 8: 663-671.

Arnold BL, **de la Motte SJ**, Linens SW, Ross SE. Ankle instability is associated with balance impairments: a meta-analysis. *Med Sci Sports Exerc*. 2009; 41(5): 1048-1062.

Abstracts & Presentations

Padua DA*, Marshall SW*, Beutler AI†, DiStefano LJ*, DiStefano MJ*, de la Motte SJ†, Goss D, de la Motte SJ, Arnold BL, Ross SE, Pidcoe PE. Kinesio® tape at the ankle increases hip adduction during dynamic balance in subjects with functional ankle instability. Poster Presentation. 2009 *NATA 60th Annual Meeting & Clinical Symposia*, San Antonio, TX. *Journal of Athletic Training* 44(Supplement), 2009.

de la Motte SJ, Arnold BL, Ross SE. Ankle rotational torque is significantly lower in FAI subjects on the Star Excursion Balance Test. Oral Presentation. *American College of Sports Medicine Annual Meeting*, Seattle, WA. *Med Sci Sports Exerc* 41(5) Supplement1:148, 2009.

de la Motte SJ, Arnold BL. Effect of proprioceptive measures on detecting functional ankle instability: a meta-analysis. Poster Presentation. *NATA 59th Annual Meeting-Symposium*, St. Louis, MO. *Journal of Athletic Training* 43(3): S-108, 2008.

de la Motte SJ, Arnold BL. Individuals with ankle instability have decreased postural sway. Oral Presentation. *Proceedings Southeast Chapter of the American College of Sports Medicine*, Charlotte, NC. Abstract O18, 2005.

RESEARCH

2008-present, Research Assistant, Marshall SW, Padua DA, Beutler AI, Guskiewicz KM, Garrett WE, Tokish JT, DeBerardino T, Pyne S, Yu B, Kirkendall D. Epidemiology of Jump Landing Movements and ACL injury. NIH R01 AR050461-01.

2008, 3-D analysis of a functional reach test in subjects with functional ankle instability. Dissertation, Virginia Commonwealth University, Richmond, VA 23284

2005, Research Assistant, Onate JA. Lower Extremity Assessment Program for Collegiate Athletes: NCAA LEAP. NIH R03 AR054031-02.

2002, Thesis, The effects of lacrosse protective equipment on supine cervical alignment.

HONORS & AWARDS

2008 NATA Outstanding Doctoral Research Presentation Award. Poster Presentation. *NATA 59th Annual Meeting & Clinical Symposia*, St. Louis, MO

2008, Honored Speaker, Virginia Commonwealth University School of Education Commencement

2002, Graduate Student Research Award, Far West Athletic Trainer's Association

Dean's List, Fall 1996-Spring 2000, Fall 2000-Spring 2002, and Fall 2004-December 2008

CLINICAL ATHLETIC TRAINING EXPERIENCE

2003, Athletic Trainer, St. Mary's High School, Stockton, CA 95029

Responsible for athletic training coverage of junior varsity and varsity football. Supervised athletic training students, provided injury treatment and rehabilitation, and practice and game coverage.

2002-2004, Athletic Trainer, Pacific Athletic and Industrial Rehabilitation, Stockton, CA 95029

Provided treatment and rehabilitation of sports and industrial related injuries in an outpatient physical therapy setting.

2002-2003, Intern Athletic Trainer, University of the Pacific, Stockton, CA 95211

Provided athletic training services for Division I university athletic teams. Primary sport responsibilities included women's soccer, and men's volleyball. Supervised athletic training students and assessed clinical proficiencies.

2000-2002, Graduate Assistant Athletic Trainer, University of California, San Diego 92093

Primary sport coverage for men's soccer, women's basketball, men's and women's cross country and track. Supervised athletic training students and assessed clinical proficiencies in conjunction with San Diego State University's CAAHEP accredited program.

TEACHING EXPERIENCE

2006-2008, Instructor, Introduction to Medical Terminology, Virginia Commonwealth University

Administered and directed online course for first and second year students in the Department of Health & Human Performance.

2000-2002, Approved Clinical Instructor, San Diego State University, 92128

Supervised approximately 5 undergraduate athletic training students and monitored clinical experiences; documented student clinical experiences; assisted with competency exams.

2002-2004, Approved Clinical Instructor, University of the Pacific

Supervised approximately 5 undergraduate athletic training students; monitored and documented clinical experiences; assisted with competency exams.

2002, Lecturer, Athletic Training Seminar

Lectured undergraduate athletic training students on special topics related to clinical practice.

SERVICE ACTIVITIES

Professional

2009-present, Reviewer, NATA Convention Program Committee

2009-present, Reviewer, Journal of Athletic Training

2008-Present, Academic Session Moderator, NATA Annual Meeting & Clinical Symposia

Moderator, Mid-Atlantic Athletic Trainers' Association Annual Meeting (2007-present)

NATABOC Qualified Examiner (2000 to 2007)

University

2009-2010, NIH FelCom Representative, Post-Doctoral Fellows' Association, Uniformed Services University, Bethesda, MD 20814

SERVICE ACTIVITIES CONTINUED

University Continued

2009, Liaison to Faculty/Administration, Post-Doctoral Fellows' Association, Uniformed Services University, Bethesda, MD 20814

2009, Department of Family Medicine Representative, Post-Doctoral Fellows' Association, Uniformed Services University, Bethesda, MD, 20814

2006-2008, Graduate Honor Council Board Member, Virginia Commonwealth University, Richmond, VA, 23284

Community

2007-2008, Membership Advisor, Kappa Alpha Theta, Epsilon Psi Chapter, University of Richmond

CERTIFICATIONS

2000-present, National Athletic Trainer's Association Board of Certification, Certified
#080002209

2008, American Red Cross, CPR for the Professional Rescuer

2009, Functional Movement Screen, Certified Examiner

MEMBERSHIPS

National Athletic Trainer's Association, Certified Member, Member #980965

American College of Sports Medicine, Member # 660563