



David A. James, PT, DPT, OCS, SCS  
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Doctor of Physical Therapy Program, University of Colorado, Anschutz Medical Campus

### **Education:**

Doctor of Physical Therapy: University of Colorado Denver Aurora, Colorado	May 2010
Master of Science in Physical Therapy University of Colorado Health Sciences Center Denver, Colorado	May 2001
Bachelor of Arts: Kinesiology and Applied Physiology, Psychology University of Colorado Boulder Boulder, Colorado	1998

### **Licensure Information**

Physical Therapy Licensure State of Colorado license number: PTL 07633	2001- present
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### **Certifications:**

Board Certified Sports Clinical Specialist (SCS) American Board of Physical Therapy Specialists	2013 –present
Certified Emergency Medical Responder American Red Cross	2012 – present
Board Certified Orthopedic Clinical Specialist (OCS) American Board of Physical Therapy Specialists	2005-present
Sportsmetrics Certified Instructor Cincinnati Sports Medicine	2004-present

### **Employment and Positions Held**

#### **Academic/University Experience**

<b>Senior Instructor and Core Faculty Member</b> School of Medicine Department of Rehabilitative Science Physical Therapy Program University of Colorado Denver Anschutz Medical Campus Aurora, Colorado	<b>2015 -Present</b>
<b>Senior Instructor (0.3 FTE)</b> School of Medicine Department of Rehabilitative Science	<b>2006-2015</b>

Physical Therapy Program  
University of Colorado Denver Anschutz Medical Campus  
Aurora, Colorado

**Affiliate Faculty** **2002-2006**

Laboratory Instructor in musculoskeletal management courses  
School of Medicine Department of Rehabilitative Science  
Physical Therapy Program  
University of Colorado Health Sciences Center  
Aurora, Colorado

***Clinical Professional Experience***

**Sports and Orthopedic Physical Therapist** **2015- Present**

**Cascade Sports Injury Prevention and PT, Lakewood, CO**

Provide 20 hours per week of clinical patient/athlete management from evaluation through return to sport assessment for all body regions and across all levels of athletic aptitude for individuals of all ages.  
Ongoing community education through coach clinics, team in-services, state and regional athletic trainer association conferences.

**Sports and Orthopedic Physical Therapist** **2013-2014**

**Proaxis/ATI Physical Therapy, Denver and Westminster, CO**

Provide 34 hours per week of clinical patient/athlete management from evaluation through return to sport assessment for all body regions and across all levels of athletic aptitude for individuals of all ages.  
Ongoing community education through coach clinics, team in-services, state and regional athletic trainer association conferences.

**Sports Medicine Physical Therapy Supervisor** **2008-2013**

**Children's Hospital Colorado**

Supervision of satellite outpatient sports therapy clinics and associated clinical staff, budgeting, marketing and development.  
Performed yearly clinical competency and performance reviews on staff PT and PTA clinicians.  
Worked closely with department medical and surgical directors along with community high school ATCs for injury risk screening, injury reduction programs and athlete participation management.  
Provide 32 hours per week of clinical patient/athlete management from evaluation through return to sport assessment for all body regions and across all levels of athletic aptitude for individuals age 8-25 years old with 80% of case load being of high school age.  
Ongoing community education through coach clinics, team in-services, state and regional athletic trainer association conferences.  
Developed musculoskeletal screening tool and coordinated musculoskeletal portion of pre-participation sports physical exams for high school athletes of a large metro school district in coordination with medical staff.  
Department exceeded budgets and patient satisfaction excellence rating expectations every year since 2008.

Founded the sports PT department within the sports medicine program in conjunction with physicians and an ATC in 2007.

**Sports Medicine Physical Therapist**

**2007-2008**

Full-time clinical management of full caseload consisting of pediatric and adolescent patients with sports related injuries and rehabilitation across all body regions.

The Children's Hospital, Colorado

**Interim Clinic Director**

**2006-2007**

Took on budgeting, forecasting and marketing of new clinic in the absence of a full-time clinic director.

Managed full-time caseload of patients with varied orthopedic and sports related injuries from examination through discharge.

Physiotherapy Associates

Englewood, Colorado

**Staff Physical Therapist 2001-2006**

Managed full-time caseload of patients with varied orthopedic and sports related injuries in a busy corporate owned physical therapy practice from examination through discharge.

Physiotherapy Associates

Englewood, Colorado 2005-2006

Golden, Colorado 2003-2005

Centennial, Colorado 2001-2003

**Scholarly Agenda**

To advance clinical research in areas of female gymnastic injury risk factors and return to sport progression, as well as determinants of successful return to competitive sport following anterior cruciate ligament reconstruction.

**Peer Reviewed Publications:**

Sweeney EA, Howell DR, James DA, Potter MN, Provance AJ. Returning to Sport After Gymnastics Injuries. *Curr Sports Med Rep*. 2018 Nov; 17(11): 376-390.

Carry PM, Gala R, Worster K, Kanai S, Miller NH, James D, Provance AJ, Carollo JJ. Postural stability and kinetic change in subjects with patellofemoral pain after a nine week hip and core strengthening intervention. *Int J Sports Phys Ther*. 2017 Jun;12(3):314-323

Provance AJ, James D, Carry PM, Kanai S, Miller N, Worster K, Polousky JD, Carollo JJ. Functional, Kinematic, and Isokinetic Strength outcomes of a Hip Strengthening Program among Adolescent Females with Idiopathic Patellofemoral Pain: A Pilot Study. *J Athl Enhancement* 3:6 2014.

**Other Publications**

James, DA and Tiley, D. Rehabilitation of Gymnasts. In: Sweeney E ed. *Gymnastics Medicine: Evaluation, Management and Rehabilitation*. Switzerland: Springer Nature October 2019.

Comstock D, Dahab KS, James, DA. Epidemiology of Injury in High School Sports In: Caine D and Purcell L eds. *Injury in Pediatric and Adolescent Sports: Epidemiology, Treatment and Prevention*. 1<sup>st</sup> edition. Switzerland: Springer International; 2016.

James, DA. Functional Testing and Advanced Exercise Concepts for the Lower Extremity; e-Learning Module, Universal Musculoskeletal Curriculum, Evidence in Motion, Louisville, KY, 2013.

James, DA. Functional Testing and Return to Sport Assessment for the Lower Extremity; e-Learning Module, Universal Musculoskeletal Curriculum, Evidence in Motion, Louisville, KY, 2013.

Brotzman, S. Brent., Robert C. Manske, and Kay Daugherty. "The Arthritic Knee." *Clinical Orthopaedic Rehabilitation: an Evidence-based Approach*. Philadelphia, PA: Elsevier Mosby, 2011.

Brotzman, S. Brent., Robert C. Manske, and Kay Daugherty. "Total Knee Replacement Protocol." *Clinical Orthopaedic Rehabilitation: an Evidence-based Approach*. Philadelphia, PA: Elsevier Mosby, 2011.

**Peer Reviewed Professional Presentations:**

"Physical Therapists Can Order Imaging in Colorado: What You Need to Know."  
University of Colorado Marquette Challenge Spring April 27, 2019 (6 hours CEU category 1)  
"Imaging for Low Back Pain"  
2018 Rocky Mountain Annual Conference and PT Expo October 26<sup>th</sup> 2018.

"Imaging 101 For the Orthopedic and Sports PT"  
Colorado APTA Sports SIG August 10, 2017.

"Hip Rehab: how to hold them back after surgical intervention"  
2<sup>nd</sup> International Extreme Sports Medicine Congress. June 11 2016 Boulder, CO.

"Concussion and Mild TBI 2015"  
"Interdisciplinary Approach to Recognition and Management of Concussion"  
Marquette Challenge University of Colorado Anschutz Medical Campus  
November 7th 2015 Aurora, CO

"The Throwing Athlete"  
17<sup>th</sup> Annual TRIA Orthopedics and Sports Medicine Conference. Making a Mark: The Adolescent Athlete. Bloomington, MN June 2014.

"Thrower's Shoulder and Elbow Examination and Plyometric Progression"  
17<sup>th</sup> Annual TRIA Orthopedics and Sports Medicine Conference. Making a Mark: The Adolescent Athlete. Bloomington, MN June 2014.

"Integrating Manual Therapy and Exercise Prescription Across the Pediatric Population"  
APTA Colorado Chapter Annual Meeting April 2014.

"Elevating Exercise Progression"  
University of Colorado Anschutz Medical Campus Update Course April 2014.

"Epidemiology and Incidence of Injury in the Hockey Athlete"  
American College of Sports Medicine Alaska Regional Meeting September 2013

"Developing a Training Plan: Emergency Action Plans in Youth Hockey"  
American College of Sports Medicine Alaska Regional Meeting September 2013

"Recognition and Management of Concussion and mild TBI"  
Colorado APTA South East District Meeting June 2013

"Clinical Predictors for joint manipulation"  
Memorial Health Systems, Colorado Springs CO November 11<sup>th</sup> 2012

"Concussion recognition and Management including return to play"  
AHEC Medical Conference Vail, CO September 2012

- “Dynamic Warm up and Injury prevention”  
Rocky Mountain Athletic Trainers Association Regional Conference 2012
- “Lateral Ankle Injury Management and Injury Prevention”  
Rocky Mountain Athletic Trainers Association Regional Conference 2012
- “Algorithm for Shoulder Examination and Intervention”  
Colorado Hand Therapy Specialists 2012
- “The Overhead Athlete Return to Play”  
University Sports Medicine, Denver CO 2012
- “The Female Endurance Athlete: Injury Prevention, Physical Therapy and Return to competition”  
Marquette Challenge University of Colorado Anschutz Medical Campus  
October 28<sup>th</sup> 2011 Aurora, CO
- “Concussion in the Athlete: Return to Play”,  
AHEC Conference September 24<sup>th</sup> 2011 Vail CO
- “The Overhead Athlete Injury Prevention and Return to Sport”  
University of Colorado Sports Medicine for General Practitioners May 7<sup>th</sup> 2011
- “The Overhead Athlete Injury Prevention and Rehabilitation.”  
The Young Athlete Symposium Children’s Mercy Hospital Kansas City, MO February 4<sup>th</sup> 2011
- “Strategies for Anterior Knee Pain”  
The Young Athlete Symposium Children’s Mercy Hospital Kansas City, MO February 4<sup>th</sup> 2011
- “Dynamic Warm up and Stretching”  
The Children’s Hospital’s Coach’s clinic. July 2011
- “Classification and treatment of Low Back Pain in the Athlete”  
Rocky Mountain Athletic Trainers Association Clinical Symposium and Business Meeting. April 2010.

### **Continuing Education Workshops Conducted**

- “Sports Physical Therapy and the Gymnast: Where Do I Even Begin?”  
Complete Athlete Continuing Education  
Arvada, CO March 11<sup>th</sup>-12<sup>th</sup> 2017  
12 Contact hours category 1
- “Advanced Exercise Prescription and Progression”  
Complete Athlete Continuing Education  
Arvada, CO December 3<sup>rd</sup> -4<sup>th</sup> 2016  
8 Contact hours category 1
- “Spine Physical Therapy: Clinical Practice Guidelines and Beyond”  
Sponsored by University of Colorado  
UC Health Colorado Springs CO May 14-15 2016  
16 contact hours
- “Evidence Based Orthopedic Update: Spine Clinical Practice Guidelines”  
Sponsored by University of Colorado  
Avalanche Physical Therapy, Frisco CO February 2016  
One day 8 contact hour credit course.
- “Evidence Based Orthopedic Update: Clinical Practice Guidelines for the Spine and Hip”  
The University of Colorado Anschutz Medical Campus, Aurora, CO June 2015  
One day 8 contact hour credit course.
- “Evidence Based Orthopedic Update: Spine”

Sponsored by University of Colorado  
Grand Junction Community Hospital, Grand Junction CO November 2013  
One day 8 contact hour credit course.

“An Evidence Based Clinical Approach to the Shoulder Complex”  
Children’s Hospital Colorado, Colorado Springs, CO June 2013  
Two day 16 contact hour credit course.

“Evidence Based Orthopedic Update: Spine”  
The University of Colorado Anschutz Medical Campus, Aurora, CO 2012  
One day 8 contact hour credit course.

“Evidence Based Orthopedic update: Extremities”  
The University of Colorado Anschutz Medical Campus, Aurora, CO 2011  
One day 8 contact hour credit course.

“The Foot and Ankle: Evidence Based Practice for Examination and Intervention”  
The Memorial Health Systems, Colorado Springs, CO 2010  
Two day 16 contact hour credit course.

“The Knee: Evidence Based Practice for Examination and Intervention”  
Memorial Health Systems, Colorado Springs, CO 2009.  
Two day 16 contact hour credit course.

“The Shoulder: Evidence Based Practice for Examination and Intervention”  
Memorial Health Systems, Colorado Springs, CO 2009.  
Two day 16 contact hour credit course.

“The Lumbar Spine: Evidence Based Practice for Examination and Intervention”  
Memorial Health System, Colorado Springs, CO 2008.  
Two day 16 contact hour credit course.

“The Cervical Spine: Evidence Based Practice for Examination and Intervention”  
Memorial Health System, Colorado Springs, CO- 2007.  
Two day 16 contact hour credit course.

**Research Activity:**

“Injury Risk Factors in Female club gymnastics” Stuart E., James, DA

**Membership in Scientific/Professional Organizations:**

Member- American Physical Therapy Association- National and Colorado Chapters; Orthopedic and Sports Sections; Sports special interest group (SIG) Colorado.

Member- National Strength and Conditioning Association

Member – Psi Chi- Psychology National Honor Society

**Honors and Awards:**

Outstanding Clinical Instructor University of Colorado 2010

**Professional Development and Continuing Education Attended:**

33<sup>rd</sup> Annual Advances on the Knee, Shoulder and Sports Medicine Conference. 2018  
Cincinnati SportsMedicine Research and Education Foundation, Hilton Head, SC

APTA Combined Sections Meeting February 2018  
American Physical Therapy Association, New Orleans, LA

University of Colorado Sports Medicine Symposium September 2017  
University of Colorado Sports Medicine, Boulder, CO

University of Colorado Sports Medicine Symposium September 2016  
University of Colorado Sports Medicine, Boulder, CO  
Functional Dry Needling Level 2 Applications for Pain Management and Sports Injuries  
Regis University, Denver, CO 2016  
American Physical Therapy Association Combined Section meeting, February 2016  
Anaheim, CA  
University of Colorado Sports Medicine Symposium September 2015  
University Sports Medicine, Boulder, CO  
Functional Dry Needling Level 1 Application for Pain Management and Sports Injuries  
Kinetacore, Brighton, CO  
University of Colorado Sports Medicine Symposium September 2014  
University Sports Medicine, Boulder, CO  
17<sup>th</sup> Annual TRIA Orthopedics and Sports Medicine Conference. Making a Mark: The Adolescent Athlete. Bloomington, MN June 2014.  
American Physical Therapy Association Combined Section meeting, February 2014  
Las Vegas, Nevada  
University of Colorado Sports Medicine Symposium September 2013  
University Sports Medicine, Boulder, CO  
“Third Annual Pediatric Orthopedic and Sports Medicine Conference: Evidence Based Management of the Young Athlete” April 20-21, 2013  
Cincinnati Children’s Hospital Medical Center, Cincinnati Ohio  
“Update on Musculoskeletal Pain for Practicing Clinicians.” Steven George Presenter March 23, 2013  
Marquette Challenge, University of Colorado Anschutz Medical Campus  
Emergency Medical Responder Training.  
American Red Cross, Denver, CO October 2012.  
University of Colorado Sports Medicine Symposium September 2012  
University Sports Medicine, Boulder, CO  
“Evidence-Based Sports Physical Therapy Competencies.” July 2011  
Evidence In Motion, LLC  
University of Colorado Anschutz Medical Campus, Aurora, CO  
“27<sup>th</sup> Annual Advances on the Knee, Shoulder and Sports Medicine” May 2012  
Cincinnati Sports Medicine, Hilton Head, SC.  
American Physical Therapy Association Combined Sections Meeting February 2012  
Attended variety of coursework within sports and orthopedic sections.  
Chicago, IL  
Pre-conference CSM “Advances in Shoulder and Knee” February 2012  
APTA, George Davies, Chicago, IL  
University of Colorado Sports Medicine Symposium September 2011  
University Sports Medicine, Boulder, CO  
“Spinal Manipulation: 7<sup>th</sup> Annual Update: Level III” March 2010  
Peter Gibbons and Phillip Tehan Presenters  
University of Oklahoma Health Sciences Center, Tulsa, OK.  
“Manipalooza” May 2010  
Evidence in Motion, Aurora, CO  
“25<sup>th</sup> Annual Advances on the Knee, Shoulder and Sports Medicine” May 2010  
Cincinnati Sports Medicine, Hilton Head, SC

## **Current Teaching Responsibilities in this Entry-Level Physical Therapy Program**

### ***Spring Semester***

#### **Musculoskeletal Management I**

- Provide lectures specific to sports medicine content for the knee joint including patella-femoral pain and soft tissue pathology at the knee. (3 hrs.)
- Lead lab instructor for patellofemoral pain examination and management (2 hours)
- Lead lab instructor for exercise prescription and progression (2 hours)
- Provide lecture regarding imaging/radiology of lumbar spine and Lower Extremity
- Lab instructor in interactive lab setting for all lower quarter labs including examination, manual intervention and exercise prescription. (42 hrs)
- Proctor student competencies for physical examination, manual intervention and exercise prescription for each joint region of the lower quarter.
- Proctor final student practical examinations with verbal and written feedback.

### ***Summer Semester***

#### **Musculoskeletal Management II**

- Provide lectures on cervical spine anatomy, biomechanics and pathology. (4 hrs.)
- Lab instructor in interactive lab setting for all cervical spine content including examination, manual intervention (mobilization and high velocity thrust) and exercise interventions. (20 hrs)
- Provide lecture regarding imaging/radiology of cervico thoracic region (2 hrs)
- Proctor student competencies for physical examination, manual intervention and exercise prescription for each spinal region.
- Proctor final student practical examinations with verbal and written feedback

#### **Clinical Anatomy I**

- Lecture and develop examination questions for upper extremity MSK anatomy, arthrology and clinical anatomy and lower extremity clinical anatomy (8hrs)
- Anatomy lab dissection instruction, prosection provision, Cadaver practical set up and practical proctor: 15-20 hours per week.

#### **Clinical Anatomy II**

- Anatomy lab dissection instruction, prosection provision, Cadaver practical set up and practical proctor: 15-20 hours per week. (coincides with Anatomy I course).
- Review student prosection presentations

#### **Advanced Spine manipulation elective:**

- Instruct and evaluated students in advanced spinal manipulation in an interactive laboratory setting.

#### **Sports Medicine and Advanced MSK Exercise Elective: Co-course coordinator**

- Instruct, lecture and evaluate students regarding evaluation and treatment including the basic science of musculoskeletal disorders, sports medicine specific patients/issues and sports participation screening in interactive laboratory setting and lecture hall presentation.
- Provide specific lectures and lead interactive labs on the following content:
  - Sports physical therapy as a profession 1 hr
  - Injury risk assessment and screening in the overhead athlete 1hr
  - Injury risk assessment and screening for the lower quarter 2 hrs
  - Foundations of speed training 3 hours
  - Agility training across all sports 2 hours



- Plyometric training progression for rehabilitation and performance enhancement 2 hours
- Pre-participation sports physical examination/screens
- Sports psychology and physical therapy 1 hr

***Fall Semester***

**Musculoskeletal Management III:**

- Provide lectures on shoulder girdle anatomy, kinesiology, pathology and management content. (5 hrs.)
- Provide Lectures on Elbow anatomy, kinesiology, pathology and management. (4 hrs.)
- Lead Lab instructor in interactive lab setting for shoulder girdle and elbow examination, manual intervention and exercise intervention. (20 hrs)
- Proctor student competencies for physical examination, manual intervention and exercise prescription for each joint region of the upper quarter.
- Proctor final student practical examinations with verbal and written feedback.
- Provide lecture regarding Imaging/Radiology of upper extremity (2hrs)

**Examination and Evaluation II**

- Provide lecture on imaging modalities, fundamentals and indications (2 hrs)
- Provide lecture regarding basic imaging of upper and lower extremity (2 hrs)
- Proctor final student practical examinations with verbal and written feedback