

Joseph H. Smith, PhD, ATC

(707)-595-0180 • DrJosephSmithPhD@gmail.com • LinkedIn

CLINICAL PROFESSOR / CERTIFIED ATHLETIC TRAINER / ORTHOPEDIC TECHNOLOGIST

Five years as college lecturer, and nearly twenty years of progressive experience in practical application, research, presentation, instruction in Sports Medicine and Orthopedic clinical procedures providing the highest quality education, service and healthcare to patients, athletes, and students.

Core competencies include:

- Curriculum Development and Instruction
- Student Mentor/Advisor
- Self-Initiative/Independent Worker
- Interpersonal Skills/Communication
- Community Involvement/Events
- Therapeutic Modalities
- Sports Medicine: Teams/Individuals
- Orthopedic Technologist
- Injury Treatment and Prevention
- Assessment and Rehabilitation
- Health and Wellness
- Emergency Medical Technician
- Vision
- Forward Thinker
- Innovation
- Creativity
- Diligence
- Professionalism
- Community Service

EDUCATION

UNIVERSITY OF HAWAII — Honolulu, HI

Doctor of Philosophy – Education: Kinesiology & Rehabilitation Science Specialty - 2017

Master of Science – Kinesiology & Rehabilitation Science - 2005

UNIVERSITY OF CALIFORNIA — Santa Barbara, CA

Bachelor of Arts – East Asian Studies and Exercise & Health Science, Magna Cum Laude – 2002

PROFESSIONAL EXPERIENCE

Athletic-Medic

Clinical Professor / Consultant (04/2020 - Present)

Provide athletic training education and clinical services to patients, students, and athletes with the highest quality of care.

Selected accomplishments:

- Conduct feasibility studies and program direction.
- Coordinate clinical experiences and internships and foster relationships with preceptors and contracted sites.
- Train and educate clinical competencies and core standards of athletic training domains.
- Incorporate orthopedic specialty skills, pediatric expertise, and emergency medical techniques.
- Provide contracted athletic training and emergency medical care services.

Stanford University Medical Center – Pediatric Orthopedic & Sports Medicine Center

Certified: Athletic Trainer, Orthopedic Technologist, Orthopedic Physician Extender, and EMT (02/2016-04/2020)

Coordinated with orthopedic surgeons and sports medicine physicians to provide surgical and clinical care including initial patient assessments and examinations to formulate clinical diagnosis, clinical note dictations, maintained electronic medical records, interpreted radiographs with patients, determined treatment plans, established and assisted with orthopedic clinical procedures, while collaborating with community services, and orthopedic and sports medicine center.

Selected accomplishments:

- Administered clinical care to post surgery patients including casting, bracing, orthopedic technology applications, suture removal, and wound management.
- Supported clinics with emergency and immediate sports medicine care, ensuring best practices for optimal outcome.
- Established, provided and oversaw outreach and educational programs and resources for sports medicine for coaches, community members and new strategic partners.
- Assisted with Sports Performance and Motion Analysis Assessments, and with injury prevention exercises.

Stanford University – Stanford, CA

Certified Athletic Trainer (01/2016 – 04/2020)

Head trainer for collegiate men's lacrosse team. Supervised and administered emergency sports care, injury evaluation, referrals, treatment and prevention of athletic injuries and illnesses. Maintained inventory of all sports medicine supplies and documentation on all aspects of operations. Advised coaches on athlete training.

Selected accomplishments:

- Collaborated with physicians, rehabilitated and reconditioned injured athletes utilizing various modalities, physical agents and therapeutic devices and interventions.
- Applied injury prevention screening and individualized programs to ensure resilience and maximum performance throughout the regular season and post-season competition.

Orthopedic Associates, LLC – Dr. Darryl Kan, Honolulu, HI

Head Athletic Trainer – Performance Rehab Ortho (PRO) (07/2013- 01/2015)

Conducted treatment, rehabilitation and training services resulting from injury, surgery or illness for various patients including collegiate, professional and Olympic athletes. Directed sports injury prevention, sports performance and joint preservation programs and services. Collaborated with physicians, therapists, sports medicine professionals, and medical staff on optimal health and rehabilitation programs.

Selected accomplishments:

- Integrated technology, latest research and evidence-based clinical tools to create, adjust and implement rehabilitation, training programs and assessments in one-on-one and group patient care.
- Improved systems and environment for effective delivery of sports medicine services and orthopedic care through integrating peri-operative protocols into rehabilitative program design.

JACO Physical Rehabilitation, LLC, Honolulu, HI

Certified Athletic Trainer – (09/2004- 01/2015)

Developed innovative programs and projects that promoted and elevated the standard of care. Coordinated with therapists for specific pathology treatments. Assisted with administrative procedures: updating website, videography, marketing, patient care, and research and development for best practices.

Selected accomplishments:

- Designed the JACO Run Analysis and Performance Testing program, as well as ongoing innovations to the JACO Fit Wellness delivery system.
- Primary therapist for athlete injury assessment, treatment and prevention for on-site competitions.

University of Hawaii – Department of Kinesiology & Rehabilitation, Honolulu, HI

Lecturer/Instructor/Doctoral Graduate Assistant Trainer (08/2013 – 08/2017)

Developed curriculum and taught variety of courses based on latest research; evaluated and graded students; designed exams; counseled and mentored undergraduate students during office hours, while matriculating as a doctoral student, conducting research, completing coursework, and preparing for exams and dissertation.

Selected accomplishment:

- Courses included: Strength and Conditioning; Emergency Care and First Aid; Personal Health and Wellness; Principles of Sports Medicine; Athletic Injury Management; Exercise and Sports Physiology + Laboratory; Orthopedic Evaluation of Lower Extremity; and Orthopedic Evaluation of Upper Extremity and Spine.
- Served community organizations, members and individuals by conducting athletic training, exercise physiology and biomechanical analysis services.
- Mentored, guided and supported graduate-level students with research applications, writing, pedagogical application, vision and ethics.
- Designed and completed novel research for clinical athletic training application, exercise physiology testing and performance, body composition analysis.

University of California – Department of Orthopedic Surgery, San Francisco, CA

Head Athletic Trainer/ Human Performance Coordinator/ PlaySafe Program Manager (09/2006 – 04/2011)

Led athletic training services for patients and clients including collegiate and professional athletes and performers for care, treatment, rehabilitation and prevention. Managed and coordinated UCSF PlaySafe Program, for patients and athletes including budgeting, inventory, training rooms, as well as sports medicine care and application for high school athletic programs. Collaborated with commissioners of athletics, principals, athletic directors, orthopedic surgeons, and primary care sports medicine physicians.

Selected accomplishment:

- Developed the UCSF Athletic Training Program and Human Performance Center as manager of outreach and clinical services.
- Designed and presented lectures, clinics, and workshops for the annual UCSF Primary Care Sports Medicine Conference and UCSF Athletic Training Conference.
- Licensed EMT for athletic teams, organizations and events, including football and rugby competitions.
- Designed patient education and marketing material, and organized medical coverage for various events: San Francisco Marathon, Escape from Alcatraz Triathlon, San Francisco Nike Women's Marathon, Golden Gate Rugby events, Chase Corporate Challenge, cycling races and other events.
- Acted as Athletic Injury Expert and exercise physiologist in UCSF Human Performance Center providing injury prevention and performance improvement services.

University of Hawaii – Department of Kinesiology & Rehabilitation, Honolulu, HI

Lecturer/Instructor/Graduate Assistant Trainer & Research Assistant (08/2003 – 05/2005)

Developed curriculum and taught multiple semesters of upper division sections of Emergency Care and First Aid course, including administrative procedures, grading and syllabus. Conducted seminars in athletic training, rehabilitation and performance. Facilitated activity courses in strength and conditioning.

Selected accomplishment:

- Primary Physical Therapy assistant in University of Hawaii Physical Therapy Institute
- Developed Hawaii Anaerobic Run Test (HART).
- Primary research assistant for nationally funded research project investigating endurance athletes' adaptation to cyclic variations in altitude conditioning (CVAC).
- Administered various laboratory physiological testing such as VO2 max testing pulmonary functioning & spirometry, hematological data requisition and interpretation, heart rate variability, electrocardiogram, oxygen saturation, anaerobic power and lactate analysis, and isokinetic strength.

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Established reputation as exceptional Athletic Trainer (1999– 2003) with University of California at Santa Barbara.

CERTIFICATIONS

Certified Athletic Trainer (National Athletic Trainers' Association Board of Certification)

Certified Orthopedic Physician Extender (American Society of Orthopedic Professionals)

Certified Orthopedic Technologist (National Board of Certification for Orthopedic Technologists)

Registered Orthopedic Technologist (American Society of Orthopedic Professionals)

Nationally Registered & Licensed Emergency Medical Technician (NREMT, California Licensure)

Basic Life Support Healthcare Provider (American Heart Association)

ImPACT Trained Athletic Trainer (ImPACT Applications)

Ambulance Driver Certificate (California DMV)

NPI: 1275998098

Community Emergency Response Team 2015 (Woodside Fire Department)

Certified Strength & Conditioning Specialist 2002 (National Strength & Conditioning Association)

Paediatric + Advanced Life Support 2009 (San Francisco Paramedic Association)

Incident Command Systems 100, 200, 700 (CCSF & Emergency Management Institute)

EMT Clinicals 2008 (American Medical Response & King-American Ambulance)

EMT Certification Course 2008 (Napa Valley College)

PUBLICATIONS

- Boyd C, Policy J, Grambo L, *Smith J*. Acute Septic Sacroiliitis Secondary to Trauma in a Teenage Basketball Player. EC Orthopaedics. June 2019.
- *Smith JH*, DePhillipo NN, Chan C, Pun S, Azizi S, McCabe A, Beverine C, Orendurff M. The Lower Extremity Grading System (LEGS) to Evaluate Baseline Lower Extremity Performance in High School Aged Athletes. International Journal of Sports Physical Therapy, June 2018.
- *Smith JH*, DePhillipo NN, Chan C, Pun S, Azizi S, McCabe A, Beverine C, Orendurff M. A Brief Lower Extremity Grading System (LEGS) to Evaluate Baseline Lower Extremity Analytics in High School Aged Athletes. American Society of Biomechanics, August 2017.
- Orendurff M, Villarosa BS, *Smith JH*, Chan C, Hintze C, Dinglasan K, Peterson K. Unique Balance Domains for BESS and Y-Balance Tests. American Society of Biomechanics, August 2017.
- *Smith JH*, DePhillipo NN, Kimura IF, Kocher M, Hetzler R. Prospective Functional Performance Testing and Relationship to Lower Extremity Injury Incidence in Adolescent Sports Participants. International Journal of Sports Physical Therapy, April 2017.
- DePhillipo NN, *Smith JH*, Kimura IF, Hetzler RK, Parke EA, Stickley CD. Efficacy of the Drop Jump Video Test in Assessing Risk for Acute Lower Extremity Injury. FWATA, April 2015.
- Kimura IF, Stickley CD, Lentz M, Wages JJ, Izanagi K, Hetzler RK. Validity and reliability of the Hawaii Anaerobic Run Test. Journal of Strength and Conditioning Research. 2014; 28(5):1386-1393 (*MASTER'S THESIS*)
- Runner's World – UCSF RunSafe Clinic article 2009.
- San Francisco Magazine – UCSF RunSafe Clinic article 2009.
- Hetzler RK, Kimura IF, Haines K, LaBotz M, *Smith JH*. A Comparison of Bioelectrical Impedance and Skinfold Measurements in determining minimum Wrestling Weights in High School Wrestlers. Journal of Athletic Training. 2006; Jan-Mar 41(1): 46-51.
- Hetzler RK, Kimura IF, Haines K, LaBotz M, *Smith JH*. Author's Response. Journal of Athletic Training. 2006: Oct-Dec; 41(4): 356.
- Feeley BT, Muller MS, Allen AA, Granchi CC, Pearle AD. Isometry of medial collateral ligament reconstruction. Knee Surgery, Sports Traumatology, Arthroscopy. 2009: Sep 17(9): 1078-82. (Illustrations)
- Feeley BT, Muller MS, Sherman S, Allen AA, Pearle AD. Comparison of posterolateral corner reconstructions using computer-assisted navigation. Arthroscopy. 2010. Aug 26(8): 1088-95. (Illustrations)

CONFERENCE PRESENTATIONS

- California Athletic Trainer's Association Clinical Symposium 2019
Applying Emergency Medical & Orthopedic Technology into Athletic Training Practice
- Stanford Medicine Pediatric Orthopedic & Sports Medicine Conference 2017
Orthopedic Splinting & Bracing
- Stanford Medicine Outreach Seminar 2017
Advanced Injury Management for Secondary School Athletic Trainers
- University of Hawaii Advanced Orthopedic Assessment Course 2014
Running Biomechanical & Physiological Assessment
- California Athletic Trainers' Association Clinical Symposium 2011
Anterior Cruciate Ligament Injury Prevention & Rehabilitation

- JACO Rehabilitation Seminar 2010
Running Physiology + Mechanics
- San Francisco Marathon Exposition 2010
Sports Medicine + Science for the Marathoner
- Northern California Outrigger Canoe Paddlers' Association Seminar 2010
Sports Medicine + Science in Outrigger Paddling
- UCSF Primary Care Sports Medicine Conference 2010
Core Stability Live-On-Screen Demonstration
Sideline Emergency Management
- San Francisco Marathon Exposition 2009
Sports Medicine + Science for the Marathoner
- Television The History Channel: Stan Lee's Superhumans Program 2009
Exercise Physiology "Ultramarathon Man" Segment
- Television Good Morning America 2009
Exercise Physiology Segment
- UCSF Primary Care Sports Medicine Conference 2009
Core Stability, Assessment, and Training
- UCSF Primary Care Sports Medicine Conference 2008
Patient Education & Rehabilitation for the Shoulder
Patient Education & Rehabilitation for the Knee
- UCSF Primary Care Sports Medicine Conference 2006
Anterior Cruciate Ligament Synergetic Rehabilitation
Taping & Bracing for Athletic Injuries

AWARDS + ACHIEVEMENTS

Santa Barbara Triathlon Competitor 2016

Oahu North Shore Swim Series Competitor 2014, 2015

Napa Valley Marathon Competitor 2011

Tour De Korea Cycling Race Competitor, South Korea 2010

Catalina Crossing Outrigger Canoe Race Competitor 2008

Hawaii State Cycling 2x Champion (Criterium 2005, 2006)

Hawaii All-Star Baseball Athletic Trainer, Japan 2006

Team Award, DEMRR Hawaii 2006

Green Gulch Farm Zen Center Organic Farm Apprenticeship 2011

Zen Training for the Welfare of the World, Tassajara Zen Mountain Center 2012

Jukai Bodhisattva Initiation Ceremony with Tenshin Reb Anderson Roshi, Green Dragon Zen Temple 2012

UCSF WINGS Grant Recipient 2008 + 2009

Phi Beta Kappa, UCSB 2002

Dean's List, UCSB 2000-2002

Magna Cum Laude, UCSB 2002

Athletic Training Intern of the Year Trophy, UCSB 2001-2002