

Andy Waldhelm, PT, Ph. D, SCS, CSCS
Assistant Professor, Department of Physical Therapy
University of South Alabama
5721 USA Drive North, HAHN 2011
Mobile, AL 36688
(251) 445-9243 Office
(225) 328-3890 Cell

Education

Aug 2004- May 2011 Doctorate of Philosophy in Kinesiology
Major: Biomechanics Minor: Exercise Physiology
Dissertation: Assessing Core Stability: Developing Practical Models
Louisiana State University, Baton Rouge, LA

June 2003- Aug 2004 Doctorate of Philosophy in Kinesiology (Transferred)
University of Arkansas, Fayetteville, AR

Aug 2000- July 2002 Master's of Physical Therapy
Nova Southeastern University, Fort Lauderdale, FL

July 1997, June- July 1998 Non-major Coursework
University of Texas, Brownsville, TX

Aug 1996- Dec 1999 Bachelor's of Science in Education/Health Sciences
Baylor University, Waco, TX

Academic Employment

June 2016- Current Assistant Professor
University of South Alabama
Department of Physical Therapy

Courses Taught:

Fall 2018	PT 610	Principles of Research, Coursemaster
	PT 611	Research Proposal, Coursemaster
	PT 699	Sports Physical Therapy, Coursemaster
	PT 499	Senior Honors Project
Summer 2018	PT 635	Musculoskeletal Disorders V, Coursemaster
Spring 2018	PT 499	Senior Honors Project
	PT 612	Research Project, Coursemaster
	PT 625	Therapeutic Interventions, Coursemaster
	PT 613	Clinical Case Report
	PT 631	Musculoskeletal Disorders I, Coursemaster
	PT 632	Musculoskeletal Disorders II, Coursemaster
	PT 675	Comprehensive Capstone

Fall 2017	PT 610 PT 634 PT 611 PT 676 PT 499	Principles of Research, Coursemaster Musculoskeletal Disorders IV, Coursemaster Research Proposal, Coursemaster Sports Physical Therapy Senior Honors Project
Summer 2017	PT 635	Musculoskeletal Disorders V, Coursemaster
Spring 2017	PT 499 PT 604 PT 612 PT 613 PT 631 PT 632 PT 675	Senior Honors Project Pathophysiology I Research Project, Coursemaster Clinical Case Report Musculoskeletal Disorders I, Coursemaster Musculoskeletal Disorders II, Coursemaster Comprehensive Capstone
Fall 2016	PT 610 PT 633 PT 634 PT 611 PT 614	Principles of Research, Coursemaster Musculoskeletal Disorders III Musculoskeletal Disorders IV Research Proposal Measurement in PT
Summer 2016	PT 607 PT 635	Pathophysiology II, Coursemaster Musculoskeletal Disorders V

June 2012-May 2016 Assistant Professor
University of Incarnate Word
School of Physical Therapy

Courses Taught:

Spring 2016	DPT 5521.03 DPT 7521.07 DPT 6115.06	Physical Therapy Reasoning II Physical Therapy Reasoning VI Professional Critical Self-Reflection III
Fall 2015	DPT 5312.01 DPT 5312.02 DPT 6115.06	Patient/Client Management I Patient/Client Management I Professional Critical Self-Reflection III
Summer 2015	DPT 6115.06	Professional Critical Self-Reflection II
Spring 2015	DPT 5322.01 DPT 5322.02 DPT 5115.06 DPT 8115.06	Patient/Client Management II Patient/Client Management II Professional Critical Self-Reflection I Professional Critical Self-Reflection IV
Fall 2014	DPT 5312.01 DPT 5312.02	Patient/Client Management I Patient/Client Management I

DPT 5115.06

Waldhelm A, Li L. Endurance tests are the most reliable core stability related measurements. 2012; 1, 121-128.

Li. L, Waldhelm A. Historical and Current Understanding of Core Stability 2011; 32, 1-9.

Waldhelm A, Li L. Core stability: history and current issues. 2010; 29(4), 477-480.

Peer-Review Publications Under Review

Waldhelm A, Gacek M, Davis H, Saia C, Kirby B. Acute effects of neural gliding on athletic performance.

Waldhelm A, Puckett A, Schwarz N, Gubler C. Effects of foot positioning on muscle activity during the heel-raise exercise.

Waldhelm A, St. Charles WL, Curtis RJ, Ramos C, Mitchell B. Rehabilitation of a

Waldhelm A, St. Charles WL, Curtis RJ, Ramos C, Mitchell B. Rehabilitation of a College Football Player Following a Scapular Fracture with Suprascapular Neuropathy, Southeast Athletic Trainers' Association Annual Conference, Atlanta, Ga, 2017.

Harms S, Waldhelm A, Gonzalez J, Ward T, Williamson A. Title: Barefoot Training Drills as Part of a Dynamic Warm-Up Reduces Initial Peak Ground Reaction Forces in Novice Runners, Combined Sections Meeting APTA, San Antonio, TX 2017.

Fisher R, Waldhelm A, Freeman V. Muscle Activation during Treadmill versus On-Ground Running, National Strength and Conditioning Association Annual

Waldhelm A, Li L, Heard D. Relationships between Athletic Performance and Measurements related to Core Stability in Young Athletes,

Title: Relationships between Measurements Associated with Core Stability and Injury in Female Collegiate Soccer Players
Role: Primary Investigator
Agency: Texas Society of Allied Health Professions
Direct Costs: \$1500
Funding Period: August 2014- May 2015
Status: Not Funded

Title: Relationships between Measurements Associated with Core Stability and Injury in Female Collegiate Soccer Players
Role: Primary Investigator
Agency: Sports Section, American Physical Therapy Association
Direct Costs: \$5000
Funding Period: June 2014- May 2016
Status: Not Funded

Title: The Effects of Minimalist Running Shoes on Lower Extremity Biomechanics
Agency: Newton Running
Gift: \$750
Funding Period: January 2013

Internal

Title: Start-up Funding: Sports Performance and Injury Assessment Equipment
Role: Primary Investigator
Agency: Capps Covey College of Allied Health Professions, University of South Alabama
Direct Costs: \$46367.00
Funding Period: January 2017
Status: FUNDED

Title: Effects of Long-term Prophylactic ASO Ankle Brace Use on Ankle Muscle Strength, Balance and Power
Role: Co-Investigator (PI: Gonzalez)
Agency: School of Graduate Studies and Research, UIW
Direct Costs: \$3000
Funding Period: August 2015- July 2016
Status: FUNDED

Title: Relationships between Golf Driving Mechanics and Performance and Core Stability
Role: Primary Investigator
Agency: School of Graduate Studies and Research, UIW
Direct Costs: \$2240
Funding Period: June 2014- May 2015
Status: FUNDED

Service

University of South Alabama

University

Oct 2018-current	Institutional Review Board B
Aug 2017- current	Scholarship Committee
Jan 2017-current	Reviewer Whiddon Scholarship Application

College

Aug 2017-Current	Academics Standards Committee-Graduate
April 2017-Jan 2018	Search Committee, Department of Speech Pathology and Audiology

Department

Sept 2012 Medical Volunteer for Rayburn Middle School football teams
Oct 2012 Volunteer for Kinetic Kids Hootenanny Fundraiser

Clinical Employment

Sept 2016-current Part-time Physical Therapist
USA Faculty Clinic
Mobile, AL

July 2016-current Part-time Physical Therapist
Encore Sports Medicine/Murphy High School Athletics
Mobile, AL

March 2015-May 2016 PRN Physical Therapist
Mission Physical Therapy
Orthopedic Outpatient Clinic
San Antonio, TX

July 2010-May 2012 Clinic Director/Physical Therapist
Triton Healthcare
General Outpatient Clinic
Denham Springs, LA

Sept 2009-July 2010 Staff Physical Therapist
Greater Baton Rouge Physical Therapy
Outpatient Orthopedic/Sports Medicine Clinic
Physical Therapist for the Southern University Athletic Department
Baton Rouge, LA

June 2009- Sept 2009 Travel Physical Therapist
Delta Flex Travelers

Oct 2008- June 2009 Lead Physical Therapist
Baker Physical Therapy
Outpatient Orthopedic/Sports Medicine Clinic
Baker, LA

Aug 2007-Oct 2008 Clinic Director
Physiotherapy Associates
Outpatient Orthopedic Clinic
McComb, MS

April 2006-Aug 2007 PRN/Full-time Physical Therapist
The Fontana Center
Outpatient Orthopedic Clinic/ Occupational Medicine
Lafayette, LA

Aug 2004-Dec 2006 Part-time Physical Therapist
Triton Healthcare Inc.

Outpatient Clinic, Nursing Home, Home Health
Denham Springs, LA

Aug 2003- Aug 2004 PRN Physical Therapist
A. Yumang Rehab Services
General Outpatient Clinic
Springdale, AR

July 2002-June 2003 Staff Physical Therapist
BenchMark Physical Therapy
Outpatient Orthopedic Clinic
Dalton, GA

Other Teaching Experiences

Research/Dissertation Committees

2018-Current Durdunji et al. Relationship between scapular stabilizer muscle strength and elbow stability in baseball pitchers (DPT Research Project, Primary Adviser)

2018-Current McElroy et al. Reliability of two single leg hamstrings bridge tests and their correlations with isokinetic testing (DPT Research Project, Primary Adviser)

2017- 2018 Witte et al. Reliability of two single leg sit to stand tests (DPT Research Project, Primary Adviser)

2017- 2018 Reid et al. Differences in Landing Mechanics between Drop Jump and Drop Tuck Jump in college Dryes and T j E M C

- 2014- Current Powell, C. Return to Sports Assessment Following ACL Reconstruction. (Dissertation, University of Texas-Austin, Dissertation Committee Member)
- 2014-2016 Harms et al. Are barefoot training drills as part of a dynamic warm-up able to reduce initial peak ground reaction forces in novice runners? (Capstone Project, Secondary Adviser)
- 2014-2016 Schulz et al. Differences in Elbow Stress between Two Overhead Baseball Pitching Techniques. (Capstone Project, Primary Adviser)
- 2014-2016 Holmes and Jaskinia. Alternative treatments for individuals with Multiple Sclerosis: A Systematic Review. (Capstone PrAdvie

- April 2014 Guest Lecture, ATHP 3130 Therapeutic Rehabilitation Lab, "Evaluation and Treatment Techniques for SIJ Dysfunction" UIW
- Oct 2013 Guest Lecture, ATHP 3330 Therapeutic Rehabilitation, "Core Stability" UIW
- Nov 2010 Guest Lecturer, Kin 3514 Biomechanics, "Angular Kinetics" LSU
- Oct 2010 Guest Lecturer, Kin 3514 Biomechanics, "Effect of Training and Exercise" LSU
- Oct 2005 Instructor, LSU Leisure class entitled "Exercise for Prevention and Management of Osteoporosis for Men and Women"

Awards

- 2017 "Best Article of Issue," 7 (2)
- 2011 American College Sports Medicine's Biomechanics Interest Group Student Research Award

Professional Associations

American Physical Therapy Association (Sports, Research Sections)
 Alabama Physical Therapy Association
 National Strength and Conditioning Association (Research Section)
 National Athletic Trainers' Association

Reviewer

The Journal of Strength and Conditioning Research
 National Strength and Conditioning Association (Annual Conference Abstract Reviewer and Platform Presentation Judge)
 International Journal of Sports Physical Therapy
 Sports Health
 Research Quarterly for Exercise and Sports
 Journal of Sports Science
 MOJ Yoga & Physical Therapy
 International Journal of Exercise Sciences
 World Federation of Athletic Training and Therapy 2015 (Abstract Reviewer)

Professional Licenses

Alabama Physical Therapist PTH 7971
 Texas Physical Therapist # 1215481
 Texas License Athletic Trainer #AT5869

Certifications

Sports Certified Specialist (APTA)
 Certified Strength and Conditioning Specialist (NSCA)
 American Red Cross First Responder
 CPR/AED/ First Aid
 Titleist' Performance Institute Certified Level 1

Functional Movement Systems Certified
Selective Functional Movement Assessment Certified

Professional Continuing Education

, Academic Consulting Group, San Antonio, TX
, APTA's Education Section, Indianapolis, IN

2012

University of St. Augustine, Little
Rock, AR

; TPTA Annual Conference, San Antonio, TX
; TPTA Annual Conference, San Antonio, TX
, Jeannette McNeil, San Antonio, TX
, Barbara Mills, San Antonio, TX
, UTHSCSA, San Antonio, TX

2011

American College of Sports Medicine Annual Meeting Denver, CO
Dallas, TX

2010

The Andrews Institute, Gulf Breeze, Florida
American College of Sports Medicine Annual Meeting, Baltimore, MD

2009

Michael Voight PT, North American Sports
Medicine Institute, San Antonio, TX

2008

; University of St. Augustine
; Robert Donatelli, PT, Physiotherapy Associates

2e 0cNf [(;)-2 (U)Gian Cnstc 20(i)-2W (w)2h (a)1r Gon t G Un Cns;pulation

, Robert Donatelli, PT, Atlanta, GA

Last revised: September 12, 2018