

Phillip Page, PhD, PT, ATC, LAT, CSCS, FACSM
Phillip.Page@FranU.edu
225.241.8735

Education

Louisiana State University (2006-2009) Baton Rouge, LA

PhD in Kinesiology

Dissertation: *A comparison of isotonic and elastic resistance on trapezius muscle balance in overhead athletes*

Louisiana State University Medical Center (1992-1994) New Orleans, LA

Bachelor of Science in Physical Therapy

Mississippi State University: Graduate Assistant Athletic Trainer (1990-1992) Starkville

Master of Science in Physical Education (Exercise Physiology)

Thesis: *Posterior Rotator Cuff Strengthening using Thera-Band in a Functional Diagonal Pattern in Collegiate Baseball Pitchers*

Louisiana State University: Student Athletic Trainer (1985-1990) Baton Rouge, LA

Bachelor of General Studies (Concentration in Athletic Training)

Academic Experience

Franciscan Missionaries of Our Lady University (August 2019 – Present) Baton Rouge, LA

Professor / Research Director for Doctorate in Physical Therapy Program

Core Faculty Member

Promoted to Full Professor May 2024

Promoted to Associate Professor May 2021

Fran U Classes Taught:

Course Number & Name	Course Content	Teaching Terms	
DPTH 7324 Foundations of Human Movement	Exercise Physiology / Gait Assessment	Summer 2019, 20, 21, 22, 23, 24, 25	Course Developer
DPTH 7225 Physical Therapy Interventions	Therapeutic Exercise / Biophysical Agents	Fall 2019, 20, 21, 22	Course Developer
DPTH 7411 Structural & Functional Anatomy 1	Biomechanics of Upper Quarter	Fall 2019, 20, 21, 22, 23, 24,	Co-teacher
DPTH 7412 Structural & Functional Anatomy 2	Biomechanics of Lower Quarter	Spring 2020, 21, 22, 23, 24, 25	Co-teacher
DPTH 7741-2 Scholarly Project 1 - 2	Scholarly Project Development	Spring 2020, 21, 22, 23, 24, 25 Fall 2020, 21, 22, 23	Course Developer
DPTH 7743 Scholarly Project 3	Research Elective for Scholarly Project	Spring 2021, 22, 23, 24, 25	Course Developer
IPGC 6315 Biostatistics & Epidemiology	Interdisciplinary statistics and Epidemiology	Spring 2020, 21, 24	Course Coordinator 2021,

			2024; Revised course 2024
DPTH 7285 / 7280L Advanced Clinical Practice Sports Physical Therapy	Elective for Sports Specialty Certification	Fall 2020, 2022, 2023, 2024	Course Developer; Coordinator 2022.
IPGC 6320 Research Methods	Interdisciplinary research design	Fall 2020, 22, 23	Facilitated Course Revision 2022
IPGC 6330 Evidence-Informed Practice	Interdisciplinary research design and statistics	Fall 2024	Course Developer (replaced 6320)
DPTH 7283 Advanced Clinical Practice: Dry Needling	Introduction & Certification in Dry Needling (hybrid)	Spring 2021	Assisted in course development and administration
MHCA 5355 Population Health & Managerial Epidemiology	Population Health and Epidemiology	Spring 2019, 20 Fall 2020	Course Developer

Fran U Service:

Departmental

- DPT Program Executive Committee (2020-present)
 - DPT Job Fair Coordinator (April 2021-present)
 - Continuing Education Coordinator (December 2021-present)
 - DPT Website / Newsletter Coordinator (August 2021-present)
 - Student worker coordinator (June 2021-present)
- DPT Research Committee chairman (2020-present)
 - DPT Research Day (April 2021-present)
 - Journal Club Coordinator (August 2021-present)
- DPT Budget Committee (August 2022-present)
- DPT Clinical Education Committee (2020-2022)
- DPT Faculty search committees (May, 2020; April, 2021)
- DPT Open House (Fall 2021, 2022, Summer 2023)
- Exam Item Writing Workshop (2023)
- DPT Olympics (Spring 2021-present)

University

- FranU Team Leader, Cardiac Emergency Response Team (2024-present)
- FranU Research & Scholarship Council
 - Chair (2021-present)
 - SHP representative (2020-2024)
- FranU IRB committee member (2019-present)
- FranU Graduate Council member (2023-present)
- FranU CITE Learning Community: Graduate Research (August 2020 – present)
- FranU Turkey Bowl Fundraiser Co-coordinator and chef (Fall 2019-present)
- FranU Tech Committee (August 2023-2024)
- FranU ProBono Clinic task force member (2019-present)
- FranU Strategic Message “Pillars” Workgroup (2024)
- FranU MHA Program Advisory Board member (2019-2021)
- FranU Open House (Fall 21, Spring 22, Spring 23)
- HOSA Sports Medicine Judge (Spring 2021)

External Service

- Coordinator for Tulane Orthopedic Grand Rounds (August 2020-present)
- Research Liaison with OLOL Clinical Research (August 2021-present)

Tulane University Medical School (July 2011-present) *New Orleans, LA*
Adjunct Instructor in Department of Orthopedics

Tulane School of Professional Advancement (July 2020-present) *New Orleans, LA*
Adjunct Instructor: Masters in Sport: Sports Performance Health Enhancement (Online SPMD 6320)

Louisiana State University Department of Kinesiology (2010-2017) *Baton Rouge, LA*
Adjunct Instructor: Athletic Training Rehabilitation

Wichita State University (2008 – 2019) *Wichita, Kansas*
Graduate Faculty / Practicing Professional

LSU Medical Center Department of Physical Therapy (1997-1998) *New Orleans, LA*
Clinical Faculty

Tulane University Department of Exercise Science (1996-1998) *New Orleans, LA*
Instructor: Exercise Physiology; Athletic Training UESS 372 (1998)

Professional Experience

Performance Health: TheraBand/Biofreeze/Cramer Products (1998-2019) *Akron, Ohio*
Global Director of Education and Research

Managed international clinical research and professional education.

Developed and taught professional continuing education courses:

- Scrape, Tape & Move: IASTM, Kinesiology Tape & Exercise Prescription
- TheraBand Kinesiology Taping Method
- Evidence-based Active Care for Older Adults
- Active Care for Physical Therapists [Basic & Advanced levels]
- Hip School for Osteoarthritis & Joint Replacement
- The Janda Approach to Chronic Musculoskeletal Pain [Basic & Advanced]
- Bands, Balls, & Balance: Functional Progression Train the Trainer
- First Step to Active Health/ Standing Strong Fall Prevention: Train the Trainer

Benchmark Physical Therapy Consulting (2001 – present) *Baton Rouge, LA*
Professional Continuing Education Provider & Industry Consultant
Owner of outpatient physical therapy clinic (2001-2004)

Tulane Institute of Sports Medicine (2011-2014) *New Orleans, LA*
Physical Therapist, PRN
Human Performance Lab / Biomechanics Consultant

New Orleans Saints Professional Football Club (1999-2000) *New Orleans, LA*
Team Physical Therapist

Tulane Medical School, Department of Orthopaedics (1996-1998) *New Orleans, LA*
Physical Therapist/ Director of Sports Rehabilitation / Center Coordinator for Clinical Education

HealthSouth Sports Medicine and Rehabilitation (1994-1996) Metairie, LA
Physical Therapist / Clinical Coordinator / Center Coordinator for Clinical Education

Sports Team Affiliations

Tulane University Athletics (2022-present) New Orleans, LA
Sports Science Consultant

Dutchtown High School (2001-2005) Prairieville, LA
Team Physical Therapist / Strength & Conditioning Consultant

New Orleans Saints Professional Football Club (1999-2000) New Orleans, LA
Team Physical Therapist

Tulane University Athletic Training (1996-1998) New Orleans, LA
Team Physical Therapist

New Orleans Storm Professional Soccer Team (1998) New Orleans, LA
Team Physical Therapist

Redeemer-Seton High School (1992-1996) New Orleans, LA
Athletic Trainer Volunteer

USA Olympic Track and Field Trials (1992) New Orleans, LA
Athletic Trainer Volunteer

Mississippi State University Athletic Training (1990-1992) Starkville, MS
Graduate Assistant Athletic Trainer: Baseball & Football

Seattle Seahawks Professional Football Club (1989-1990) Kirkland, WA
Student Athletic Trainer Training Camp Assistant

Louisiana State University Athletic Training (1985-1990) Baton Rouge, LA
Student Athletic Trainer: Football, Baseball*, Basketball*, Tennis, Swimming
*Head Student Athletic Trainer

Licensure and Certification

Licensed Physical Therapist: Louisiana LSBPT #2276 (1994-present)

Certified Athletic Trainer: NATABOC #09-0582 (1990-present)

Licensed Athletic Trainer: Louisiana LSBME #J00077 (1990-present)

Certified Strength and Conditioning Specialist: NSCA #200013965 (2000-present)

POCUS-MSK Ultrasound Certification (June 2024-present)

CPR Certification: AHA (Jan 2024-present)

CITI Training: Biomedical Research; IRB Member Certificates (2019-present)

Quality Matters: Online Education Training Certificate (2019-present)

CLEAR Basic: National Certified Investigator & Inspector (2018-)

Emergency Medical Technician: Basic (1986-1991)

Awards and Honors

Service Awards

Tab Blackburn Hall of Fame / Lifetime Achievement Award: American Academy of Sports Physical Therapy (2025)

Mace Bearer: FranU Spring Graduation (2024)

Franciscan Service Award: FranU (Fall, 2023)

Dave Warner Distinguished Service Award: APTA-Louisiana (2022)

APTA Service Award – 30 years : APTA-Louisiana (2022)

Louisiana Physical Therapy Association: 25 year membership award (2019)

SEATA Sponsors Award: Southeastern Athletic Trainers Association (2018)

Global Leadership Award: Exercise is Medicine, ACSM (2017)

NATA Service Award – 25 years : NATA (2011)

Lifetime Excellence in Education Award: Sports Physical Therapy Section, APTA (2011)

Fellow: ACSM American College of Sports Medicine (2010)

Above and Beyond Award: Hygenic Corporation (2010)

Scholarship Awards

Best Poster Presentation: (Co-I) APTA-Louisiana Fall Meeting (2023)

Best Faculty Research: FranU Research & Scholarship Showcase (2023)

Best Platform Presentation: (Co-I) APTA-Louisiana Fall Meeting (2021)

Best Platform Presentation: FranU Research & Scholarship Showcase (2021)

ICCUS Society: Sports Rehabilitation Research Membership (2015)

First Place, Research Presentations: Louisiana Physical Therapy Association (1995)

Research Excellence Award: LSU Physical Therapy School (1994)

Clinical Scholarship: HealthSouth Corporation (1992)

Otho Davis Post Graduate Scholarship: National Athletic Trainers Association (1991)

First Place, Student Writing Contest: National Athletic Trainers Association (1990)

First Place, Student Writing Contest: Southeastern Athletic Trainers Association (1989)

Advisory Board & Committee Service

International Boards

- International Society of Clinical Rehabilitation Specialists Board of Directors (2009-2018)
- International Council on Active Aging Scientific Advisory Board (2007-2012)

National Boards

- Orthopaedic Summit (OSET): Research Committee Co-Chair (2021-2024)
- Aplastic Anemia / Myelodysplastic Syndrome (AAMDS) Foundation Research & Education Council (2017-2019)
- AAMDS Patient Advisory Committee on Clinical Trials (PACCT+) Management Team (2015-2019)
- APTA Business Leaders Roundtable (2013-2018)
- APTA Foundation: Research Scientific Advisory Committee (2007-2014)
- Sport and Spine Rehab Clinical Research Foundation Board of Advisors (2013-2020)
- International Tennis Performance Association Advisory Board (2012-2013)
- NCOA Falls Free Coalition (2006-2012)
- EASY Exercise Prescription Tool Task Force (ACSM) (2005-2009)
- National Blueprint to Increase Physical Activity in Older Adults (2002-1010)
- Rehabilitation Engineering Research Center National Advisory Panel (2002-2008)
- New Active Green Environment (New AGE) Advisory Panel (2003-2008)

State/Local Boards

- **Louisiana Physical Therapy Board:** Member (9/18/18 - present)
 - Technology Committee Member (2021-2024)
 - Legislative Task Force Member (2018-2024)
 - Rules Revision Committee (2019-2023)
 - Continuing Education Committee (2019-2025)
 - Website Development Task Force (2019-2022)
 - Advisory Committee Member (2018)
- Louisiana Fall Prevention Coalition (2009-2010)
- Cypress Heights Academy Advisory Board (2005-2007)
- Louisiana Active Aging Partnership (2006-2007)

Professional Memberships & Service

- **American Physical Therapy Association** (1992-present)
 - Academy of Sports PT Member (Formerly Sports Section) (1994-present)
 - Member of Research Committee (2023-present)
 - Vice Chair of Research Committee (2013-2019)
 - Research Section Member (2000-present)
 - Education Section Member (2009-present)
 - Orthopedics Section Member (2002-2019)
 - Private Practice Section member (2008-2019)
 - Geriatrics Section Member (2002-2019)
 - Exercise & Aging Task Force (2007-2009)

- **APTA-Louisiana (formerly LPTA)** (1992-present)
 - Governmental Affairs Committee (2018-present)- Baton Rouge Rep (2024-present)
 - Research Committee member (2020-present)
 - La PT Board Representative (2019-present)
 - Louisiana Sports Medicine Society Liaison (1996-2003)
 - Practice Committee Member (1998-1999)
 - Worker's Compensation Task Force (1998-1999)
- **Louisiana Athletic Trainers Association** (1985-present)
 - Research & Education Committee (2014-2019)
 - Chairman, Research Committee (1999- 2001)
 - Chairman, Publicity Committee (1994-1997)
 - Editor, Newsletter (1994-1997)
 - Ethics Committee (1997-1999)
- **American College of Sports Medicine** (1999-2024)
 - Fellow Member (2010-present)
 - Strategic Health Initiative : Aging & Physical Activity (2004-2010)
 - Research Review Committee (2011-2018)
 - Exercise is Medicine Education Committee/Work Group (2013-2019)
- **Federation of State Boards of Physical Therapy (FSBPT)** (2019-present)
 - Member
 - National PT Board Exam Item Writer (2023-current)
- **ICCUS Society** (2015-present)
 - Annual meeting program committee chair (January 2018-present)
 - IJSPT Journal Club Co-host (2022-present)
- **American Institute of Ultrasound Medicine** (2023-present)
 - Affiliate Member
- **International Society for Hip Preservation** (2022-present)
 - Affiliate Member
- **Sigma Xi Scientific Research Honor Society** (2025-present)
 - Member
- National Athletic Trainers Association (1986-2024)
 - Public Relations Liaison (1994-1997)
- Orthopedic Summit (OSET)
 - Co-chair OSET Research Committee (2021-2024)
- National Strength & Conditioning Association (1999-2020)
- Louisiana Sports Medicine Society (1995-2003)
 - Charter Member
 - Executive Director (1998-2003) & Program Committee Chair
 - Executive Committee Member (1995-2003)
- International Society of Clinical Rehabilitation Specialists (2009-2016)
 - Board of Directors (2014-2016)

- International Council on Active Aging (2004-2010)
 - Advisory Board Member (2007-2010)
- International Dance & Exercise Association (IDEA) (1999-2010)
- International Society on Aging & Physical Activity (2000-2018)
- Medical Fitness Association (2007-2011)

Editorial Boards

International Journal of Sports Physical Therapy

Senior Associate Editor (2025-present)
Editor (2020-2024)
IJSPT Board of Directors Advisory Board (2020-present)
Assistant Editor (2009-2020); Journal Club Co-Host (2022-present)
Peer reviewer

AskAnything.com (2022-present)

Scientific Journal of Sport & Performance Sports [Medicine](#) Section Editor (2022-present)

FranU Nurse Anesthesiology Journal [Editorial Board](#) (2022-present)

Journal of Performance Health Research Editor-in-Chief (2017-2019)

Active Aging Today (Human Kinetics) "Special Populations" column editor (2009-2012)

[Greatist.com:](#) Expert (2012-2019)

Community Service

- Volunteer Ambassador: Be the Match National Bone Marrow Registry Program (2014-2019)
- Cypress Heights Academy Fathers Club Co-Founder (2005-2007)

Peer Review Service

Journal Peer Reviewer (30 Verified Reviews)

- Applied Physiology, Nutrition & Metabolism
- American Journal of Physical Medicine & Rehabilitation
- American Journal of Preventive Medicine
- Archives of Physical Medicine and Rehabilitation
- BMC Musculoskeletal Disorders
- Experimental Gerontology
- FranU Nurse Anesthesiology Journal
- International Journal of Sports Physical Therapy

- Journal of Aging & Physical Activity
- Journal of Athletic Training
- Journal of Exercise Science
- Journal of Human Kinetics
- Journal of Shoulder & Elbow Surgery
- Journal of Sports Science and Medicine
- Journal of Strength & Conditioning Research
- Medicine Science Sports & Exercise
- Motor Control
- Strength & Conditioning Journal
- Scandinavian Journal of Public Health
- Sports Health
- Ultrasound

Grant Reviewer

- American College of Sports Medicine Foundation
- APTA Sports Section
- APTA Foundation

Professional Development/Continuing Education

- **Musculoskeletal Ultrasound**
 - Point-of-Care Musculoskeletal Ultrasound Certification: POCUS Academy (2024)
 - Point-of-Care Ultrasound Fundamentals Certificate: POCUS Academy (2023)
 - Pearls & Pitfalls in MSK Ultrasound Technique and Diagnosis: Sonoskills (2023)
 - Elastography in MSK Ultrasound: Sonoskills (2023)
 - Current Concepts in Radiology for PT (Boissonnault). APTA-LA Fall Meeting (2023)
- **Research Methods / Grant Writing**
 - FranU/McAllister & Quinn Grant Writing Workshop (2024)
 - MedBridge: Rehabilitation Research Certification (2023)
- **Sports/ Orthopedic Rehabilitation**
 - Spring Sports Symposium (APTA-LA)- New Orleans (2025)
 - Orthopaedic Summit (OSET) -Las Vegas (2024)
 - Orthopaedic Summit (OSET) -Boston (2023)
 - Tulane Orthopedics Andrews Endowed Lecture: Foot & Ankle in Sports: Anderson (2023)
 - Orthopaedic Summit (OSET) -Boston (2022)
 - Orthopaedic Summit (OSET) -Las Vegas (2021)
 - Tulane Orthopedics Andrews Endowed Lecture: Hip in Sports: Byrd (2021)
 - Orthopedic Summit (OSET)-Virtual (2020)
 - Functional Taping for Musculoskeletal Pain: Doerr (2017)
 - Physical Therapy Management of Knee & Shoulder Dysfunction: Schuemann (2016)
 - IASTM, Taping & Exercise Prescription: Scrape Tape & Move: Voight (2015)
 - Selective Functional Movement Assessment (SFMA): Voight (2013)
 - Assessment and Rehabilitation of Shoulder Disorders: Manske (2011)
 - 7th World Congress on Low Back and Pelvic Pain (2010)
 - Functional & Kinetic Treatment with Rehabilitation, Proprioception & Movement (FAKTR-PM): Hyde & Doerr (2009)

- IASTM Graston Technique M1: Hyde (2008)
- Bruegger Concept to Musculoskeletal Pain: Foerster (2008)
- Kinesiotaping I, II, III + Certification: DeBono (2008)
- Neurodevelopmental Kinesiology: Kolar (2007)
- Functional Stabilization: Liebenson / McGill (2007)
- Hip School: Haupt (2005)
- Manual Medicine in Orthopedic Rehabilitation: Kolar & Lewit (Prague, 2003)
- Muscle Imbalance Syndromes: Advanced Course: Janda (2001)
- Therarobics: Paarup (2001)
- Specialty Conference on Aging & Physical Activity: ACSM (2000)
- Muscle Imbalance Syndromes: Janda (2000)
- Step By Step: Functional Orthopedic Rehabilitation: Gailey (1999)
- Aquatic Physical Therapy for Sports Related Injuries: McNamara (1999)
- Advances in Knee & Shoulder Rehabilitation: Wilk (1997)
- Muscle Imbalance Syndromes: Sarhmann (1997)
- Advances in the Knee and Shoulder: Cincinnati Sports Medicine (1997)
- Clinical and Scientific Rationale for Modern Manual Therapy: Grimsby (1996)
- Examination and Rehabilitation of the Knee and Shoulder: Davies (1996)
- Foot and Ankle I : HealthSouth (1996)
- Current Trends in Knee Management: Mangine (1995)
- Mechanical Neck and Back Pain: Porterfield & DeRosa (1995)
- Injuries in Baseball: HealthSouth (1995)
- Functional Orthopaedics I: Johnson (1994)

- **Biomechanics**

- Noraxon User Meeting (2024)
- Noraxon User Meeting (2022)
- Clinical Application of Surface EMG: Kassman (2003)
- Computerized Balance Assessment: Clinical Integration Seminar: Neurocom (2002)

- **Academics / Leadership**

- AI Tools in the Workplace (2025)
- APTA CAPTE Preparation (2025)
- EXXAT Training (2023)
- Item Writer Workshop. Federation of State Boards of Physical Therapy (2023, 2024)
- Coding & Relative Value Seminar: Fearon (1999)
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- **Regulatory/Administrative**

- Extra Mile Conference: Louisiana (2025)
- Federation of State Boards of Physical Therapy Annual Meeting (2019)
- Federation of State Boards of Physical Therapy Annual Meeting (2018)
- Basic Training for Regulatory National Certified Investigator & Inspectors: CLEAR (2018)

- **Professional Meetings**

- APTA Combined Sections
- APTA-Louisiana Symposium
- National Athletic Training Association Annual Meeting
- Sports Section TCC
- American College of Sports Medicine Annual Meeting

Patents

[**US Patent # 8944976**](#) Exercise Device: Stretch Strap (2015)

Research Productivity Metrics

(As of May 1, 2025)

[**Web of Science**](#): 64 Publications; 1180 Citations; H Index = 14; Verified Peer Reviews = 38

[**Google Scholar**](#): 5629 Citations; H Index = 28; i10-index= 42

[**ResearchGate**](#): 99 Publications; 2317 Research Interest Score; 3189 Citations; 192461 Reads; H Index = 22; 72 Recommendations

ORCID ID: <https://orcid.org/0000-0002-7510-9372>

Web of Science Researcher: [AAN-5227-2020](#)

SCOPUS: [7101869938](#)

ERCommons: phillippage

Grants & Funding

Intramural Proposals

Franciscan Missionaries of Our Lady University

\$385,180 as Primary Investigator

\$248,138 as Co-Investigator

2026 Endowed Professorship (Co-investigator with Jaime Caillet)

Advancing Clinical Education with Clarius Mobile Ultrasound Technology: \$72,795

2026 Endowed Professorship (Co-investigator with Mari Kantrow)

Enhancing Movement in Geriatric and Neurological Patients: \$6646

2025 Endowed Professorship (Sr. Ann Young Prof / Sr Henrietta Didesse Prof)

Primary Investigator: *Advanced Health Professions Research Technology & Innovation: \$156,946*

2024 Endowed Professorship (Sr. Althea Jonis Professorship)

Primary Investigator: *Mapping Brain Function During Therapeutic Interventions to Reduce Pain & Improve Function: \$32,540*

2023 Endowed Professorship (Sr Rose Fitzgerald Professorship)

Primary Investigator: *Advancing Rehabilitation Research Technology: \$65,357*

2023 Endowment Grant (Co-investigator with Kelly Rodriguez)

Error Augmentation via Mechanical Resistance: Applications for Physical Therapy Intervention: \$27,143

2022 Endowed Professorship (Sr Julie O'Donovan Professorship)
Primary Investigator: *Advancing Biomechanical Analysis in Human Movement Research: \$81,798*

2022 Endowment Grant (Co-investigator with Jeffrey Thompson)
Musculoskeletal Ultrasound Simulation in DPT Education: \$16,792

2022 Endowment Grant (Co-investigator with Jaime Caillet)
Integrating Musculoskeletal Ultrasound into DPT Education: \$54,285

2021 Endowed Professorship (Sr Jean Renaux Professorship)
Primary Investigator: *Enhancing Biomechanical Analysis in Human Movement Research: \$26,619*

2021 Endowment Grant (Co-investigator with Albert Swafford)
Real Time Direct Assessment of Cardiopulmonary Function: \$51,977

2021 Endowment Grant (Co-investigator with Kelly Rodriguez)
Integrating Virtual Reality in Physical Therapy Education and Research: \$15,000

2021 Endowment Grant (Co-investigator with Michael Ludwig)
Utilizing Portable Musculoskeletal Ultrasound for Physical Therapy Education: \$3500

2020 Endowed Professorship (Sr Magdalen O'Donovan Professorship)
Primary Investigator: *Biomechanical Evaluation of Human Movement System using Kinematics: \$21,920*

Extramural Proposals

Louisiana Board of Regents Departmental Enhancement Grant (2023)
Enhancing Education of Entry Level Physical Therapists Using Musculoskeletal Ultrasound, \$143,800 requested; not funded
Role: PI

NIH: National Center for Complementary and Integrative Health RFA-AT-22-003 (2023)
Differentiating dysfunctional fascia through multimodal ultrasound imaging in patients with myofascial pain, \$2,040,908 requested; not funded
Role: PI

Foundation for Woman's Hospital (2023)
Woman's Hospital Pilot Study – Bringing Exercise to Cancer Survivors: \$15,000 awarded
Role: Co-investigator

Launchpad Innovation Pilot Award (2023)
Impact of Activity and Mobility Promotion (AMP) on inflammation, cognitive-motor function and fall risk in clinical patients: an observational study: \$30,000, not funded
Role: PI

Launchpad Innovation Pilot Award (2022)
Bringing Exercise to Survivors in Baton Rouge (BETS-BR): Award Finalist, \$30,000, not funded
Role: PI

Louisiana HealthWorks Commission (2021)
Graduate Health Professions Students' Perceptions of Using an Ultrasound Simulator to Learn High-Risk Procedures Involving Needles
Role: Co-investigator: \$50,000, not funded

Louisiana Physical Therapy Association (1997)
Hamstring Imbalances in Sacroiliac Dysfunction: \$600
Role: Primary Investigator

Current Research

Principal Investigator: *Does intermittent pneumatic compression change soft tissue pain and stiffness?* FranU IRB expedited approval #2023-053 (Exp 7/13/26)

Principal Investigator: *Lower extremity muscle activation amplitudes during intrinsic and extrinsic perturbations on an unstable surface.* FranU IRB expedited approval #2021-052 (Exp 4/8/27)

Principal Investigator: *Quantifying Movement (Kinematic and Electromyographic) Variables of the Upper Extremity using an Immersive Virtual Reality Application.* FranU IRB expedited approval #2021-054 (Exp 3/5/27)

Principal Investigator: *Description of the Physical Therapy Workforce in Louisiana.* FranU IRB Exempt approval #2022-059

Principal Investigator: *A Doppler ultrasound comparison of effectiveness of brachial artery occlusion between blood flow restriction devices.* FranU IRB expedited approval #2023-042 (Exp 4/26/26)

Principal Investigator: *Measuring energy expenditure during virtual reality gaming: a pilot study.* FranU IRB expedited approval #2022-057 (Exp 4/19/28)

Principal Investigator: *Does Percussion massage affect peripheral blood flow?* FranU IRB expedited approval #2022-065 (Exp 4/19/28)

Principal Investigator: *Use of bioimpedance analysis to assess the acute changes in cellular water levels in the lower extremity of healthy, normal individuals after using Normatec intermittent pneumatic compression.* FranU IRB expedited approval #2022-047 (Exp 4/19/28)

Co-investigator: *Evaluation of scapular muscle activation and kinematics.* FranU IRB expedited approval #2023-044 (Exp 6/12/25)

Co-investigator: *Incorporating musculoskeletal ultrasound into graduate physical therapy education: a retrospective analysis.* (PI: Michael Ludwig). FranU IRB exempt approval #2022-.

Co-investigator: *Impact of Activity and Mobility Promotion (AMP) on inflammation, cognitive-motor function and fall risk in clinical patients: an observational study* (PI: Guillaume Spielmann, PhD) LSU IRB approved #5171

International Research Collaborations

Tulane Performance Institute Research Collaboration (2024-present)
New Orleans, LA

Tulane Fascia Institute Research Collaboration (2023-2024)
New Orleans, LA

International Research Group in Prevention and Health in Exercise and Sport (PHES) (2019-present)
University of Valencia, Spain

Sixth Affiliated Hospital of Sun Yat-sen University Dept. of Rehabilitation Medicine (2019-present)
Guangzhou, China

Memorial University of Newfoundland Human Kinetics & Recreation (2019-present)
St. Johns, Newfoundland, Canada

Student Research Committees

[Quantifying the Deceleration Index Using the 1080 Sprint Device: A Pilot Study.](#) Abby Trahan & Hannah Vicknair. Doctoral Scholarly Project Committee **Chair**. ProQuest Dissertation [31940736]. Franciscan Missionaries of Our Lady University; 2025.

[The Relationship Between Unilateral Jumping Power and Strength in Ankle, Knee, and Hip Muscle Groups.](#) William Guidry & Steven Wronkoski. Doctoral Scholarly Project Committee **Chair**. ProQuest Dissertation [31994018]. Franciscan Missionaries of Our Lady University; 2025.

[A Doppler Ultrasound Comparison Of The Effectiveness Of Brachial Artery Occlusion Between Blood Flow Restriction Devices: A Pilot Study.](#) Ross O'Connor & Lee Davis. Doctoral Scholarly Project Committee **Chair**. ProQuest Dissertation [31143160]. Franciscan Missionaries of Our Lady University; 2024.

[Reliability of scapular kinematic measures using inertial motion units.](#) Tanner Pool. Doctoral Scholarly Project Committee **Chair** [31234787]. Franciscan Missionaries of Our Lady University; 2024.

[Validation of Digitsole Pro Smart Insoles for Gait Analysis.](#) Bailie Marsh. Doctoral Scholarly Project Committee **Chair**. Franciscan Missionaries of Our Lady University ProQuest Dissertations Publishing, 2023. 30485336.

[Use Of Bioimpedance Analysis to Assess the Acute Changes in Fluid Compartment Volume Levels in the Leg of Healthy, Normal Individuals After Using Normatec Intermittent Pneumatic Compression.](#) Alexa Lonibos & Ryder Matherne. Doctoral Scholarly Project Committee. Franciscan Missionaries of Our Lady University ProQuest Dissertations Publishing, 2023. 30488770.

[Validation of Predicted Oxygen Consumption During Aerobic Exercise While Using Blood Flow Restriction.](#) Danielle Rankin. Doctoral Scholarly Project Committee **Chair**. Franciscan Missionaries of Our Lady University ProQuest Dissertations Publishing, 2023. 30485504.

[Nebulized Dexmedetomidine for Direct Laryngoscopy](#). Seth Crnko & Hannah Crnko. Doctoral Scholarly Project Committee. Franciscan Missionaries of Our Lady University ProQuest Dissertations Publishing, 2023. 30524609.

[Dynamic Neuromuscular Stabilization \(DNS\) Pain Relief Outcomes in Patients with Chronic Musculoskeletal Pain: A Scoping Review](#). Micah Fontenot & Miranda Bickford. Doctoral Scholarly Project Committee **Chair**. Franciscan Missionaries of Our Lady University DPT Program.

[Comparison of magnesium sulfate versus lidocaine and their efficacy in preventing sympathetic nervous system response to direct laryngoscopy](#). Amy Cantey & Tawni Neu. Doctoral Scholarly Project Committee. Franciscan Missionaries of Our Lady University ProQuest Dissertations Publishing, 2022. 29257428.

[Lower extremity muscle activation amplitudes during intrinsic and extrinsic perturbations on an unstable surface](#). Mattie Cranfield. Doctoral Scholarly Project Committee **Chair**. Franciscan Missionaries of Our Lady University ProQuest Dissertations Publishing, 2022. 29170296.

[Physical activity in COVID-19 survivors](#). Haleigh Giglio. Doctoral Scholarly Project Committee **Chair**. Franciscan Missionaries of Our Lady University ProQuest Dissertations Publishing, 2022. 29206111.

[Quantifying kinematic variables using immersive virtual reality](#). Samuel Mancil. Doctoral Scholarly Project Committee **Chair**. Franciscan Missionaries of Our Lady University ProQuest Dissertations Publishing, 2022. 29206840.

[Treatment of acute soft tissue injury using ice: a systematic review](#). Christy Brown & Kaleigh McKean. Doctoral Scholarly Project Committee. Franciscan Missionaries of Our Lady University, Proquest Dissertations Publishing, 2021. 28865127.

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[A scoping review of real-time performance data tracking in professional rugby athletes](#). Austin Hughes, SPT. Doctoral Scholarly Project Committee **Chair**. FranU (Baton Rouge). January 2021.

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[Theraband CLX gold reduces knee width index but increases gluteus medius activity during the barbell back squat](#). Masters Thesis submitted by Leah Vardy for Master of Science in Kinesiology from Memorial University (Newfoundland, Canada). September 2020

Publications & Presentations

Peer-Reviewed Publications

1. Manske RC, Wolfe C, Page P, Voight M. [Diagnostic musculoskeletal ultrasound in the evaluation of the triceps tendon](#). *Int J Sports Phys Ther.* 2025;20(6):911-917. doi:10.26603/001c.138464
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Manuscripts in Progress

1. Labbe A, Foret W, Troy M, **Page P**, Savoie F. Kinematic sequencing of the football pass using inertial motion analysis. 2025. *Int J Sports Phys Ther.* Manuscript in Review.
2. Thompson J, **Page P** et al. Innovative musculoskeletal ultrasound methodology to measure cervical intervertebral disc height is reliable and valid against MRI. 2023. *Int J Sports Phys Ther.* Manuscript in Review.

Peer-Reviewed Published Abstracts/Presentations

1. **Page P**, Labbe A, Savoie F. Comparing Kinematic Sequencing in Pitcher & Quarterbacks. (Abstract) *J Orthop Sports Phys Ther.* 2025; (Poster Presented at the APTA Combined Sections Meeting, Houston Texas, February 13, 2025).

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50. **Page P**. A survey of decision-making and utilization of elastic resistance among rehabilitation professionals. (Abstract). *J Orthop Sports Phys Ther.* 2004. 33(2):A61-62.
51. **Page P**. Chronic neck pain in a collegiate swimmer. *J Athl Train.* 2003. 38(2):S63-4.
52. **Page P**, McNeil M, Topp R. A comparison of three types of resistive exercise torques. (Abstract). *Proceedings of the World Congress of Physical Therapy*, June 2003. Barcelona, Spain
53. **Page P**. Janda's Sensorimotor Training Program for musculoskeletal pain. (Abstract). *Proceedings of the World Congress of Physical Therapy*, June 2003. Barcelona, Spain
54. **Page P**. Survey of use of elastic resistance. (Abstract). *J Orthop Sports Phys Ther.* 2003. 33(2):A61-2.
55. **Page P**. Chronic low back pain in a professional football kicker (Abstract). *J Athl Train.* 2002. 37(2):S12.

56. **Page P**, Nelson K, Labbe A, Snyder P, Ross O. Force requirements to perform exercises with a weight-and-pulley circuit and with elastic tubing. (Abstract). *J Athl Train.* 2001. 35(2):S91.
57. **Page P**, McNeil M, Labbe A. Torque characteristics of two types of resistive exercise. (Abstract). *Phys Ther.* 2000. 80(5):S69.
58. **Page P** & Labbe A. Predicted versus actual torque of elastic and pulley resistance. (Abstract). *Phys Ther.* 2000. 80(5):S34.
59. **Page P** & Labbe A. Torque characteristics of elastic resistance and weight-and-pulley exercise. (Abstract). *Med Sci Sports Exerc.* 2000. 32(5):S151.
60. **Page P**, Labbe A, Topp R. Clinical force production of Thera-Band elastic bands. (Abstract). *J Orthop Sports Phys Ther.* 2000. 30(1):A47.
61. **Page P** & Stewart G. Hamstring strength imbalances in athletes with chronic sacroiliac dysfunction. (Abstract). *J Orthop Sports Phys Ther.* 2000. 30(1):A47.
62. **Page P**, Wake V, Rice J. Thera-Band contract-relax versus static stretching on ankle dorsiflexion. (Abstract). *J Orthop Sports Phys Ther.* 2000. 30(1):A47.
63. **Page P** & Stewart G. Shoulder taping in the management of impingement of the athlete. (Abstract). *Med Sci Sports Exerc.* 1999. 31(5):S208
64. **Page P**. Re-entry program for swimmer's shoulder: A case report. *J Athl Training.* (Abstract). 1999. 34(2):S-49.

Peer Reviewed Research Presentations

1. Kantrrow M, **Page P**. Analysis of Louisiana Physical Therapy Graduates Minimum Data Set 2024 Survey. Poster Presentation. APTA-Louisiana Fall Meeting. Baton Rouge LA. August 16, 2024. **[First Place, Faculty Poster Presentation]**
2. Trahan A, Vicknair H, **Page P**. Quantifying the Deceleration Index Using The 1080 Sprint Device: A Pilot Study. Poster Presentation. APTA-Louisiana Fall Meeting. Baton Rouge LA. August 16, 2024. **[First Place, Student Poster Presentation]**
3. **Page P**, Nelson K. Analysis of the physical therapy workforce in Louisiana 2023-4 with artificial intelligence. Poster Presentation. APTA-Louisiana Fall Meeting. Baton Rouge LA. August 16, 2024.
4. OConnor ,R, Davis L, **Page P**. Doppler Ultrasound Comparison of the Effectiveness of Brachial Artery Occlusion Between Blood Flow Restriction Devices. Poster Presentation. APTA-Louisiana Fall Meeting. Baton Rouge LA. August 16, 2024.
5. Bell D, Darnell M, Page A, **Page P**. Effectiveness of exercise program on health-related fitness outcomes in cancer survivors: a pilot study. (Poster) APTA-Louisiana Spring Symposium. Lafayette LA. March 22, 2024. **[First Place, Poster Presentation]**
6. **Page P**, Vicknair H, Doskey L. Does Localized Intermittent Pneumatic Compression Change Soft Tissue Pain and Stiffness? (Poster) APTA-Louisiana Spring Symposium. Lafayette LA. March 22, 2024.
7. Pool T, **Page P**. Reliability of Scapular Kinematic Measures using Inertial Motion Units. (Poster) APTA-Louisiana Spring Symposium. Lafayette LA. March 22, 2024.
8. Trahan A, Vicknair H, **Page P**. Assessment of Structure and Biomechanics of Fascia Using Ultrasound, Elastography, and Mechanomyography: A Scoping Review (Platform) APTA-Louisiana Spring Symposium. Lafayette LA. March 22, 2024.
9. **Page P**, Labbe A. Comparing Kinematic Sequencing in Pitcher & Quarterbacks. Poster Presented at the FranU Fall Research & Scholarship Showcase. Baton Rouge LA, December 1, 2023.

10. **Page P**, Seal L. Instrumented Analysis of Scapular Kinematics: A Scoping Review. Poster Presented at the FranU Fall Research & Scholarship Showcase. Baton Rouge LA, December 1, 2023.
11. Vicknair H, Doskey L, **Page P**. Does Localized Intermittent Pneumatic Compression Change Soft Tissue Pain and Stiffness? Poster Presented at the FranU Fall Research & Scholarship Showcase. Baton Rouge LA, December 1, 2023.
12. Peaslee K, **Page P**. Pre- and post-total hip arthroplasty gait analysis in a patient with a 4-level ACDF and T1-sacrum spinal fusion. Poster Presented at the FranU Fall Research & Scholarship Showcase. Baton Rouge LA, December 1, 2023.
13. Foret W, **Page P**. Ultrasound-Guided Dry Needling: An Effective Treatment for Chronic Regional Pain Syndrome (CRPS) - A Scoping Review. Poster Presented at the FranU Fall Research & Scholarship Showcase. Baton Rouge LA, December 1, 2023.
14. Rankin D, **Page P**. Total knee arthroplasty and the screw home mechanism of the knee: a scoping review. Poster Presented at the FranU Fall Research & Scholarship Showcase. Baton Rouge LA, December 1, 2023.
15. Ludwig M, Caillet J, Swafford A, Thompson J, **Page P**. Incorporating musculoskeletal ultrasound into graduate physical therapy education: a retrospective analysis. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge LA. August 25, 2023.
16. **Page P**. Pathomechanical Analysis of Movement: A Clinical Decision-Making Algorithm for Gait Analysis. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge LA. August 25, 2023.
17. Thompson J, **Page P**. Musculoskeletal ultrasound image measurements of cervical intervertebral disc height are valid compared to MRI. (Platform) APTA-Louisiana Fall Meeting. Baton Rouge LA. August 25, 2023.
18. Trahan A, Vicknair H, **Page P**. Humeral Torsion Assessment using Musculoskeletal Ultrasound: A Scoping Review. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge LA. August 25, 2023.
19. **Page P**, Swafford A. Developing a Knowledge-Confidence Index in Physical Therapy Students.. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge LA. August 25, 2023.
20. Rankin D, **Page P**. Total knee arthroplasty and the screw home mechanism of the knee: a scoping review. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge LA. August 25, 2023. **[First Place, Best Poster]**
21. Dubois G, Jackson J, Kantrow M, **Page P**. Comparing Roami walkers and standard rolling walkers while navigating stairs: a pilot study. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge LA. August 25, 2023.
22. **Page P**, Swafford A. Developing a Knowledge-Confidence Index in Physical Therapy Students. Poster presentation. FranU Research & Scholarship Showcase. April 2023. **[First Place, Best Faculty Poster]**
23. **Page P**. Pathomechanical Analysis of Movement: A Clinical Decision-Making Algorithm. Poster presentation. FranU Research & Scholarship Showcase. April 2023.
24. Trahan A, Vicknair H, **Page P**. Humeral Torsion Assessment using Musculoskeletal Ultrasound in Athletes: A Scoping Review. Poster presentation. FranU Research & Scholarship Showcase. April 2023.
25. Ludwig M, Caillet J, Swafford A, Thompson J, **Page P**. The D-MaSKUS project: Incorporating Diagnostic Musculoskeletal Ultrasound into Graduate Physical Therapy Education: A proposal and pilot data. Poster presentation. FranU Research & Scholarship Showcase. April 2023.
26. Marsh B, **Page P**. Validation of Digitsole Pro smart insoles for gait analysis. (Platform presentation). APTA-Louisiana Spring Symposium. Lafayette, LA. March 17, 2023. **[First Place, Best Research]**

27. Thompson JA, Brismee JM, **Page PA**, Hooper TL, Sobczak S, Rosendahl-Garcia KM. Reliability of cervical disc height measurements using musculoskeletal ultrasound. (Platform presentation). APTA-Louisiana Fall Meeting. Baton Rouge, LA. August 26, 2022. [First Place, Best Platform]
28. **Page P**. Pathomechanical assessment of movement dysfunction in physical therapy. (Platform presentation). APTA-Louisiana Fall Meeting. Baton Rouge, LA. August 26, 2022.
29. Menzies S, Nelson T, **Page P**, Amous O. Description of the physical therapy workforce in Louisiana. (Poster presentation). APTA-Louisiana Fall Meeting. Baton Rouge, LA. August 26, 2022. [First Place, Best Student Presentation]
30. Rankin D, **Page P**, Johannsen N. Validation of predicted oxygen consumption during aerobic exercise while using blood flow restriction. (Poster presentation). APTA-Louisiana Fall Meeting. Baton Rouge, LA. August 26, 2022.
31. Marsh B, **Page P**. Validation of Digitsole® Pro Smart Insoles for temporal gait analysis. (Poster presentation). APTA-Louisiana Fall Meeting. Baton Rouge, LA. August 26, 2022.
32. Mancil K, **Page P**. Quantifying the kinematic and electromyographic variables in the upper extremity using a virtual reality application. (Poster presentation). APTA-Louisiana Fall Meeting. Baton Rouge, LA. August 26, 2022.
33. Foret B, **Page P**. Kinematics and kinetics of quarterback throwing mechanics: a scoping review. (Poster presentation). APTA-Louisiana Fall Meeting. Baton Rouge, LA. August 26, 2022.
34. Clark M, Ayala A, Nelson K, Peaslee K, **Page P**. Determining the factors of success in private practice. (Poster presentation). APTA-Louisiana Fall Meeting. Baton Rouge, LA. August 26, 2022.
35. Cranfield M, **Page P**. Lower extremity muscle activation amplitudes during intrinsic and extrinsic perturbations on an unstable surface. Virtual platform presentation. FranU Research & Scholarship Showcase. April 2022.
36. Thompson JA, **Page PA**, Hooper TL, Sobczak S, Rosendahl-Garcia KM, Brismee JM. New musculoskeletal ultrasound methodology to measure cervical disc height is reliable and valid. Virtual platform presentation. FranU Research & Scholarship Showcase. April 2022.
37. Ludwig M, **Page P**. Augmenting anatomy education with virtual reality. Virtual poster presentation. FranU Research & Scholarship Showcase. April 2022.
38. Cranfield M, **Page P**. Lower extremity muscle activation amplitudes during intrinsic and extrinsic perturbations on an unstable surface. APTA-Louisiana Spring Meeting. Baton Rouge, LA. March 18, 2022. [Winner, Best Platform presentation]
39. Booth K, Short A, Nelson T, Kantrow C, **Page P**. What is the incidence of burnout in physical therapy students in Louisiana? (Platform presentation). APTA-Louisiana Spring Meeting. Baton Rouge, LA. March 18, 2022.
40. Henderson A, Alphonso E, Caillet J, Ludwig M, **Page P**. Does forward shoulder posture influence muscle activation amplitude and strength during external rotation and shoulder elevation exercises? (Platform presentation). APTA-Louisiana Spring Meeting. Baton Rouge, LA. March 18, 2022.
41. Giglio H, Johannsen N, **Page P**. Physical activity in COVID-19 survivors. (Platform presentation). APTA-Louisiana Spring Meeting. Baton Rouge, LA. March 18, 2022.
42. **Page P**. Electromyographic evaluation of transverse plane instability balance training exercise. (Platform presentation) APTA-Louisiana Fall Meeting. Baton Rouge. August 27, 2021.
43. **Page P**. Clinical Interpretation of Inferential Statistics. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge. August 27, 2021.
44. **Page P**, Mistretta C, Thompson J, Brittain K. Musculoskeletal Clinical Practice Guidelines Recommended Therapeutic Interventions. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge. August 27, 2021.

45. Alston J, Morris D, **Page P**. What are the attitudes and behaviors of PTs and PTAs toward self-care: Survey of Louisiana licensed therapists. (Poster) APTA-Louisiana Fall Meeting. Baton Rouge. August 27, 2021.
46. **Page P**. [Technological advances in movement analysis](#). Virtual platform presentation. FranU Research & Scholarship Showcase. April 2021. [Winner, First Place Presentation]
47. **Page P**. [Clinical inference from inferential statistics](#). Virtual poster presentation. FranU Research & Scholarship Showcase. April 2021.
48. **Page P**. [Beyond levels of evidence: Critical appraisal for research quality](#). Virtual poster presentation. FranU Research & Scholarship Showcase. April 2021.
49. Thompson J, **Page P**, Hooper T, Sobczak S, Rosendahl-Garcia K, Anderson D. [Reliability of cervical disc height using magnetic resonance imaging](#). FranU Research & Scholarship Showcase. April 2021.
50. Conley J, Ludwig M, **Page P**, Thompson J. [The effect of lateral resistance applied using the TheraBand® VECTOR on muscle activation during a squat: a pilot EMG analysis](#). FranU Research & Scholarship Showcase. April 2021.
51. David C, Page A, **Page P**. [Whole body vibration for rehabilitation in women's health populations: a scoping review](#). FranU Research & Scholarship Showcase. (First Place Student Research Presentation) April 2021.
52. Nguyen J, Thompson J, **Page P**. [A pilot study to determine the effect of acute balance warm up on clubhead speed in recreational golfers](#). FranU Research & Scholarship Showcase. April 2021.
53. Conley J, Ludwig M, **Page P**. The effect of lateral resistance applied using the TheraBand® VECTOR on muscle activation during a squat: a pilot EMG analysis. Louisiana Physical Therapy Association Spring Symposium. March 2021.
54. Nguyen J, Thompson J, **Page P**. A pilot study to determine the effect of acute balance warm up on club head speed in recreational golfers. Louisiana Physical Therapy Association Spring Symposium. March 2021.
55. David C, Page A, **Page P**. Whole-body vibration for rehabilitation in women's health populations: a scoping review. Louisiana Physical Therapy Association Spring Symposium. March 2021.
56. Seal L, **Page P**. Does blood flow restriction change forearm muscle activation amplitudes after strengthening exercise in the upper extremity? Poster Presentation. Louisiana Physical Therapy Association. October, 2020.
57. **Page P**, Thigpen C, Voight M. Critical Appraisal of Scientific Literature: Research Statistics. APTA Combined Sections Meeting. February 2020. Denver, CO.
58. **Page P**, Thigpen C, Voight M. Building better researchers, writers, readers and reviewers. APTA Combined Sections meeting. January 2019. Washington DC.
59. **Page P**. Foundations of Therapeutic Exercise Dosing. APTA Combined Sections meeting. January 2019. Washington DC.
60. **Page P**. Balance Exercise Dosing and Progression. APTA Combined Sections. February, 2017. San Antonio TX.
61. Bishop BN, Greenstein J, E Topp R, Genovese J, Etnoyer-Slaski J, Bishop B, **Page P**, Greenstein J. Comparing Adhesion over Five Days Between Three Brands of Elastic Therapeutic Tape. Western Institute of Nursing's Research. April, 2016.
62. Etnoyer-Slaski JL, Topp R, **Page P**. Comparing Adhesion over Five Days between Three Brands of Elastic Therapeutic Tape. Poster Presentation at: Parker Seminars; January 14-16, 2016; Las Vegas, NV

63. **Page P**, Rogers M. Balance Training for the Older Athlete. National Strength & Conditioning Association Annual Conference. Las Vegas, NV. July 12, 2013.
64. **Page P**, Bishop B. Clinical Research in Private Practice. APTA Private Practice Section Meeting. Washington DC. November 2, 2010.
65. **Page P**. Standing Strong for Fall Prevention. Medical Fitness Association South Regional Meeting. Baton Rouge LA. April 22, 2010.
66. Frank C, **Page P**. Dynamic neuromuscular stabilization and athletic performance. APTA Combined Sections Meeting. Chicago, IL. February 8, 2012.
67. **Page P**. Hip School. A Scientifically-based exercise program for hip osteoarthritis. National Athletic Trainers Association. Anaheim, California. June 30, 2007.
68. **Page P**. Current concepts in the rehabilitation of functional ankle instability. American College of Sports Medicine. 54th annual meeting. New Orleans LA. May 30, 2007.
69. **Page P**. The Scientific Basis of Elastic Resistance Training. National Strength and Conditioning Association Annual Meeting. Washington DC. July, 2006.
70. **Page P**. A Toolkit for Wellness Programs. American Physical Therapy Association Annual Meeting. Orlando FL. June, 2006
71. **Page P**. Current Concepts in Rehabilitation of the Cervical Spine. National Athletic Trainers Association Annual Meeting. Atlanta, GA. June, 2006.
72. **Page P**. Functional Joint Instability: Current Concepts in Proprioceptive Rehabilitation. National Athletic Trainers Association Annual Meeting. Atlanta, GA. June, 2006.
73. **Page P**, Toto P. The Active Aging Toolkit: The First Step to Active Health. American Occupational Therapy Association Annual Meeting. Charlotte NC. April 2006.
74. **Page P**, Toto P. Functional Exercise Progression. American Occupational Therapy Association Annual Meeting. Charlotte NC. April 2006.
75. **Page P**. Standing Strong. American Physical Therapy Association Combined Sections Meeting. San Diego CA. February 2, 2006
76. **Page P**. The First Step to Active Health: Addressing Obesity in Older Adults. APTA Combined Section Meeting. New Orleans, LA. February 2005.
77. **Page P**, Rogers M. First Step to Active Health for Physical Therapists. APTA Boston. June 2005.
78. **Page P**. Janda's Sensorimotor Training Program. Presented at the National Athletic Trainers Association. Baltimore, June 2004.
79. **Page P**, Rogers M, Himes C, Pallay R. The Active Aging Toolkit: Follow-up. Presented at the American College of Sports Medicine, Indianapolis, June 3, 2004.
80. **Page P**, Kreig J, Pariser G. 2004. Effect of a textured surface on postural stability. Poster presentation at the Louisiana Physical Therapy Association fall meeting 2004. New Orleans, LA.
81. **Page P**, Manning M. The Janda Approach to Chronic Musculoskeletal Pain. Presented at the American Academy of Physical Medicine & Rehabilitation. Chicago, IL. October, 2003.
82. **Page P**. The Janda Approach to Muscle Imbalances. Presented at the National Athletic Trainers Association. St. Louis, June 2003.
83. **Page P**. Creative uses of elastic resistance. Presented at the National Athletic Trainers Association. St. Louis, June 2003.
84. **Page P**, Rogers M, Topp R, Rimmer J. Addressing the National Blueprint. The Active Aging Toolkit for Healthcare Providers. Presented at the American College of Sports Medicine Annual Meeting. San Francisco, CA. May 29, 2003.

85. **Page P.** Functional Exercise Progression. National Athletic Trainers Association. June, 2001. Los Angeles, CA.
86. **Page P.** Predicted versus actual torque production of Thera-Band® tubing and Lojer® pulley resistance. Poster presented at the Louisiana Physical Therapy Association Fall Meeting. September, 1999. New Orleans, LA.
87. **Page P**, Labbe A. Torque characteristics of two types of resistive exercise. Presented at the Louisiana Physical Therapy Association Fall Meeting. September, 1999. New Orleans, LA.
88. Labbe A, **Page P**, Topp R. Clinical force production of Thera-Band® elastic bands. Poster presented at the Louisiana Physical Therapy Association Fall Meeting. September, 1999. New Orleans, LA.
89. Nelson K, **Page P**, Labbe A, Snyder P, Ross O. Force requirements to perform exercises with differing resistance of both weight and pulley circuit and Thera-Band®. Poster presented at the Louisiana Physical Therapy Association Fall Meeting. September, 1999. New Orleans, LA.
90. **Page P.** Subscapularis Trigger Point Presenting as Adhesive Capsulitis. Presented at the Louisiana Physical Therapy Association Fall Meeting. September, 1997. New Orleans, LA.
91. **Page P.** Hamstring Imbalances in Sacroiliac Dysfunction. Poster presentation at Louisiana Physical Therapy Association Fall Meeting. September, 1997. New Orleans, LA.
92. **Page P.** Shoulder Taping in the Treatment of Impingement in the Athlete. Poster presentation at Louisiana Physical Therapy Association Fall Meeting. September, 1997. New Orleans, LA
93. DeLamatre J & **Page P.** Atypical Presentation of Hamstring Pain in a Track Athlete. Poster presentation at Louisiana Physical Therapy Association Fall Meeting. September, 1997. New Orleans, LA
94. **Page P.** Dynamic Unilateral Postural Stability in Knee Patients Following Integrated Rehabilitation: A Pilot Study. Presented at the Louisiana Physical Therapy Association Fall Meeting. September, 1996. New Orleans, LA.
95. **Page P.** Dynamic Unilateral Postural Stability in Lumbar Patients: A Pilot Study. Presented at the Louisiana Physical Therapy Association Fall Meeting, October, 1995. New Orleans, LA.
96. **Page P.** Developing an In-season Maintenance Routine for the Pitching Shoulder. Presented at the Louisiana Physical Therapy Association Fall Meeting. October, 1995. New Orleans, LA.
97. **Page P.** Developing an In-season Maintenance Routine for the Pitching Shoulder. Presented at the SEC Sports Medicine Symposium. March, 1995. Memphis, TN.
98. **Page P.** Posterior Rotator Cuff Strengthening Using Thera-Band in a Functional Diagonal Pattern in Collegiate Baseball Pitchers. Poster presentation at LPTA Fall meeting. October, 1993. New Orleans, LA.
99. **Page P.** Effectiveness of Posterior Rotator Cuff Strengthening Using Thera-Band in a Functional Diagonal Pattern in Comparison to Traditional Isotonic Strengthening of Collegiate Baseball Players. Presented at SEATA. July, 1992. Jackson, MS.

Published Research Abstracts

1. Bishop B, Greenstein J, Etnoyer-Slaski J, **Page P**, Topp R. Effect of Biofreeze®, TheraBand® kinesiology tape, or the combination of products, on acute low back pain and disability (Abstract). J Perform Health Res. 2018. 2(2):7
2. Greenstein J, Etnoyer-Slaski J, Bishop B, **Page P**, Topp R. Immediate and short-term effect of Biofreeze® versus placebo on acute neck pain and disability (Abstract). J Perform Health Res. 2018. 2(2):8-9

3. Etnoyer-Slaski J, Topp R, Greenstein J, Bishop B, **Page P**. Complimentary management of chronic neck and/or low back pain with a multimodal non-pharmacological Pain Relief Kit (Abstract). *J Perform Health Res.* 2017. 1(2):2-3.
4. Greenstein J, Etnoyer-Slaski J, Bishop B, **Page P**, Topp R. Immediate and short-term effect of Biofreeze® versus placebo on acute neck pain and disability (Abstract). *J Perform Health Res.* 2017. 1(2):4-5.
5. Colado JC, Fritz N, **Page P**. Effects of Biofreeze® topical analgesic on functional performance, body composition, and pain when applied before resistance training in overweight older women with non-specific chronic lumbar pain (Abstract). *J Perform Health Res.* 2017. 1(2):5.
6. Bishop B, Greenstein J, Etnoyer-Slaski J, **Page P**, Topp R. Effect of Biofreeze®, TheraBand® Kinesiology Tape, or the combination of products on acute low back pain and disability (Abstract). *J Perform Health Res.* 2017. 1(2):5-6.
7. Voight M, **Page P**. Reliability and validity of the TheraBand® Xactstretch™ kinesiology tape hexagon elongation indicators (Abstract). *J Perform Health Res.* 2017. 1(2):10.
8. Labbe A, Voight M, **Page P**. Pilot study to demonstrate the effectiveness and efficiency of clinicians applying different brands of kinesiology tape with 25% and 50% tension (Abstract). *J Perform Health Res.* 2017. 1(2):11-12.
9. Etnoyer-Slaski J, Bishop B, Greenstein J, **Page P**, Topp R. A comparison between lace-up, single upright, and double upright ankle braces on ankle range of motion, functional performance, and satisfaction of brace characteristics in female and male collegiate soccer players (Abstract). *J Perform Health Res.* 2017. 1(2):13.
10. ALOODARA SJ, **Page P**, Behm DG. 2016. Eccentric and concentric jumping performance during augmented jumps with elastic resistance: a meta-analysis (Abstract). *J Performance Health.* 1(1):10.
11. ALOODARA SJ, **Page P**, Behm DG. 2016. Muscle activation comparisons between elastic and isoinertial resistance: a meta-analysis (Abstract). *J Performance Health.* 1(1):10.
12. Bishop BN, Greenstein J, Slaski JE, **Page P**, Topp R. 2016. The effect of Biofreeze® on the adhesion and performance of TheraBand® Kinesiology Tape (Abstract). *J Performance Health.* 1(1):67-8.
13. Greenstein J, Bishop B, Slaski JE, **Page P**, Topp R. 2016. A comparison of adhesion properties and skin sensation between TheraBand® kinesiology tape combined with Biofreeze® and RockTape combined with RockSauce Chill (Abstract). *J Performance Health.* 1(1):68-9.
14. Greenstein J, Bishop B, Slaski JE, **Page P**, Topp R. 2016. The effect of TheraBand kinesiology tape on post-manipulation pain and range of motion (Abstract). *J Performance Health.* 1(1):71-2.
15. Topp R, **Page P**, Maloney P, Jaeger E, Labbe A, Stewart G. 2016. Comparing torque generated by TheraBand CLX elastic resistance and isotonic resistance (Abstract). *J Performance Health.* 1(1):8-9.
16. Tyler T, Schmitt B, Squitieri S, Hobson T, **Page P**. 2016. The usability and satisfaction rating of the Thera Pearl for home treatment. (Abstract). *J Performance Health.* 1(1):63-4.
17. Voight M, **Page P**. 2016. The impact of hip abduction elastic-resisted neuromuscular feedback on frontal plane knee kinematics in female volleyball athletes: a pilot study. (Abstract). *J Performance Health.* 1(1):11-12.
18. Voight M, **Page P**, Labbe. Force-elongation characteristics of the TheraBand CLX. (Abstract). 2015. Proceedings of the 17th Annual TRAC Meeting. Vancouver BC. July 29-31. p 5.
19. Tyler T, **Page P**, Topp R. Usability, outcomes, and compliance of the Theraband CLX resistance band for home exercise during physical therapy (Abstract). 2015. Proceedings of the 17th Annual TRAC Meeting. Vancouver BC. July 29-31. p 9.
20. Labbe A, Savoie B, **Page P**, Rogers M (Abstract). 2015. Proceedings of the 17th Annual TRAC Meeting. Vancouver BC. July 29-31. p 24.

21. Topp R, Etnoyer-Slaski JL, Bishop B, **Page P**, Greenstein J (Abstract). 2015. Proceedings of the 17th Annual TRAC Meeting. Vancouver BC. July 29-31. p 19.

Textbooks / Chapters

1. Forster J, **Page P**. 2022. Instrument-Assisted Myofascial Therapy. Singing Dragon.
2. **Page P**. 2021. Impaired posture and function. In Musculoskeletal Interventions: Techniques for Therapeutic Exercise. (4th ed). Hoogenboom et al. (Eds). McGraw Hill.
3. **Page P**, Ellenbecker T. 2020. Strength Band Training. Human Kinetics (3rd ed): Champaign IL.
4. **Page P**. 2018. Clinical Kinesiology of the Shoulder: Foundations for Therapeutic Exercise. Academy of Orthopedic Physical Therapy Home Study Course.
5. **Page P**, Bishop, Falsone S. 2016. Alternative therapies in sports physical therapy. In APTA Sports Physical Therapy Section Musculoskeletal Home Study Course (Manske R, Ed).
6. **Page P**. Impaired posture and function. In, Musculoskeletal Interventions. Techniques for Therapeutic Exercise. 3rd Ed. (Hoogenboom B et al, Ed). pp. 135-147. 2014.
7. **Page P**. Translating evidence into practice. (Manske R, Ed.). Chapter 6 in APTA Sports Physical Therapy Section Home Study Course. 2012.
8. **Page P**, Frank C, Lardner R. Assessment and Treatment of Muscle Imbalance: The Janda Approach. Human Kinetics. Champaign, IL, 2010.
9. **Page P**, Rogers M. Balance Training in the Aging Athlete. In Rehabilitation of the Aging Athlete. (Cuoco A, Ed.). APTA Sports Physical Therapy Section Home Study Course. 2006.
10. Labbe A, **Page P**, Morris C. Rehabilitation the surgical lumbar spine patient. In Morris C (ed) Low Back Syndrome: Integrated Clinical Management. 2006. McGraw Hill: New York. Pp. 727-740.
11. Manning M, **Page P**. 2005. Spine Injuries. In Davis MF, et al (eds) Expert Guide to Sports Medicine. American College of Physicians: Philadelphia. Pp. 339-354.
12. **Page P**. 2004. Army Field Training Guide. Quick Series/Luxart Publisher.
13. **Page P**. 2004. Elastic Tubing Exercises. Quick Series/Luxart Publisher.
14. **Page P** and Ellenbecker T (Eds.) Scientific and Clinical Application of Elastic Resistance. Human Kinetics: Champaign, IL. 2003.

International Workshops & Presentations

1. **Page P**. Sports Rehabilitation. Galgotias University School of Allied Health Sciences, Dangaur, India. November 19, 2024 (Virtual Synchronous Lecture).
2. **Page P**. A Lecture on Pain: Memorial University, Newfoundland St. Johns Canada. March 11, 2021.
3. **Page P**. The Janda Approach to Muscle Imbalance Syndromes. Shanghai, China. Sept. 7-10, 2019.
4. **Page P**. TRAC Research Conference. Dublin Ireland. July 21-23, 2019.
5. **Page P**. Kinesiology Taping: Myths and Mythbusters. Nov 3, 2018. Canadian Society of Exercise Physiology. Niagara Falls, Canada.
6. **Page P**. TheraBand Train the Trainer. April 24-25, 2018. Athens, Greece.
7. **Page P**. Balance Exercise Dosing and Progression. ICCUS Society Meeting. May 5, 2017. Atlantis, Bahamas.

8. **Page P.** Torque production of elastic resistance compared to isotonic resistance. ICCUS Society Meeting. May 6, 2017. Atlantis, Bahamas
9. **Page P.** Performance Health Academy Train the Trainer: Latin America. Buenos Aires, Argentina. March 1-2, 2017.
10. **Page P.** Performance Health Product Portfolio. Patterson National Sales Meeting. Sydney, Australia. January 22-23, 2017.
11. **Page P.** An introduction to TheraBand CLX. SportTec Tokyo Japan. August 3-5, 2016.
12. **Page P.** TRAC Research Conference. Copenhagen Denmark. July 21-23, 2015.
13. **Page P**, Falsone S. Alternative therapies on sports therapy. Artz Symposium II. Montabaur, Germany. February 27, 2016.
14. **Page P.** An introduction to TheraBand CLX and Kinesiology Taping. Seoul, Korea. January 16, 2016
15. **Page P.** An introduction to TheraBand CLX and Kinesiology Taping. Tokyo, Japan. January 18, 2016
16. **Page P.** An introduction to TheraBand CLX and Kinesiology Taping. Hong Kong. January 13, 2016
17. **Page P.** TRAC Research Conference. Vancouver BC, Canada. July 29-31, 2015.
18. **Page P.** TheraBand Kinesiology Taping Method. European Train the Trainer. Cologne, Germany. June 10, 2015.
19. **Page P.** Exercise is Medicine: Friend or Foe of Physical Therapy. World Congress of Physical Therapy. Singapore. May 2, 2015. Audio recording here:
<http://www.wcpt.org/congress/panel/exercise-is-medicine>
20. **Page P.** The science behind elastic resistance training. From rehab to performance. Canadian Society of Exercise Physiology. St. John's Newfoundland. October 25, 2014.
21. **Page P.** The science behind Biofreeze pain relief. Istanbul, Turkey. October 13, 2014.
22. **Page P.** Exercise programming for older adults with disabilities. Health Forum Japan. Osaka, Japan. December 13, 2013.
23. **Page P.** Exercise programming for older adults with disabilities. Health Forum Japan. Tokyo, Japan. December 12, 2013.
24. **Page P.** Sensorimotor Training: A “global” approach for balance training. October 19, 2013. Presented at the 7th International Congress on Physical Therapy. San Jose, Costa Rica.
25. **Page P.** The EASY Tool for Physical Activity. October 18, 2013. Presented at the 7th International Congress on Physical Therapy. San Jose, Costa Rica.
26. **Page P.** Assessment and Treatment of Muscle Imbalance: Janda’s Crossed Syndromes. (Keynote speaker) October 18, 2013. Presented at the 7th International Congress on Physical Therapy. San Jose, Costa Rica.
27. **Page P.** Janda Approach to Muscle Imbalance & Chronic Pain Syndromes. Santiago, Chile. Sept. 24-26, 2013.
28. **Page P.** TRAC Research Conference. Moscow, Russia. August 2-4, 2013
29. **Page P.** Thera-Band Academy Train the Trainer. Bad Soden, Germany. June 7-8, 2013.
30. **Page P.** Assessment and Treatment of Muscle Imbalance. The Janda Approach. Santiago, Chile. Sept. 30-Oct 1, 2012.
31. **Page P.** Thera-Band Academy Train the Trainer. Bogota, Colombia. Sept.21, 2012.
32. **Page P.** TRAC Research Conference. St. Johns, Newfoundland Canada. July 23-25, 2012.
33. **Page P.** Thera-Band Academy Train the Trainer. Moscow, Russia. June 13, 2012.

34. **Page P**, Bishop B. Functional Exercise Progression for Military and Special Forces. Russian Army Sports Club. Moscow, Russia. June 7-8, 2012.
35. **Page P**. The clinical application of Thera-Band products. Asia-Pacific Distributor Meeting. Ipoh, Malaysia. May 11, 2012.
36. **Page P**. Thera-Band Academy Train the Trainer. Nanchang, China, November 14, 2011.
37. **Page P**. Assessment and Treatment of Muscle Imbalance: The Janda Approach. First National Congress of Physical Therapy. China Association of Rehabilitation Medicine. Nanchang, China. November 12-13, 2011
38. **Page P**. Assessment and Treatment of Muscle Imbalance: The Janda Approach. (Keynote Speaker) Beijing Sport University. November 10, 2011
39. **Page P**. Assessment and Treatment of Muscle Imbalance: The Janda Approach. Korean Society for Sports Physical Therapy. Korea University. Seoul, South Korea. November 5-6, 2011
40. **Page P**. The scientific and clinical application of elastic resistance. Hospital Universidad Catolica. October 27, 2011. Santiago, Chile.
41. **Page P**. The scientific and clinical application of elastic resistance. Universidad de Chile. October 25, 2011. Santiago, Chile.
42. **Page P**. Bands, Balls & Balance. Innovations in Rehabilitation Physical Therapy Congress. Guatemala City. October 20, 2011.
43. **Page P**. Bands, Balls & Balance. Thera-Band Academy Train The Trainer. Dusseldorf, Germany. September 15, 2011.
44. **Page P**. Bands, Balls & Balance. Thera-Band Academy Train The Trainer. Mexico City, Mexico. January, 2011.
45. **Page P**. The science of Biofreeze Topical Analgesic. Biofreeze International Dealer Meeting. Cairo, Egypt. October, 2010.
46. **Page P**. Bands, Balls & Balance. Thera-Band Academy. Mumbai, India, September, 2010.
47. **Page P**. Bands, Balls & Balance. Thera-Band Academy. Pune, India, September, 2010.
48. **Page P**. Bands, Balls & Balance. Thera-Band Academy Train The Trainer. New Delhi, India, September, 2010.
49. **Page P**. Bands, Balls & Balance. Thera-Band Academy Train The Trainer. Dusseldorf, Germany. March, 2010.
50. **Page P**. Sensorimotor Training. 5th National Congress of Association of Sports Physiotherapists. Ankara, Turkey. Oct. 22, 2009.
51. **Page P**. The Scientific and Clinical Application of Elastic Resistance Training in Sports Rehabilitation. 5th National Congress of Association of Sports Physiotherapists. Ankara, Turkey. Oct. 22, 2009.
52. **Page P**. Management of chronic musculoskeletal pain in upper and lower extremities: The Janda Approach. Warsaw, Poland. Sept.11-12, 2009.
53. **Page P**. TRAC Research Conference. Cancun, Mexico. July 25-27, 2009.
54. **Page P**. Functional Progression of elastic and balance training exercises. First International Congress on Polish Rehabilitation. Warsaw Poland. Sept. 10, 2009.
55. **Page P**. Functional Training for Older Adults. German National Gymnastics Festival. Frankfurt, Germany. June 4, 2009.
56. **Page P**. Muscle Imbalance in Sports. German National Gymnastics Festival. Frankfurt, Germany. June 4, 2009.

57. Rogers M, **Page P**, Takeshima N. First Step to Active Health: An Evidence Based program now Translated into Japanese. International Society on Aging and Physical Activity. Tsukuba, Japan. July 28, 2008
58. **Page P**, Rogers M. Functional Resistance Training for Older Adults. Abilities Care Network. Tokyo, Japan. July 25, 2008.
59. Rogers M, **Page P**. First Step to Active Health. Hiroshima Prefecture Gymnasium. Hiroshima, Japan. July 24, 2008.
60. Rogers M, **Page P**. Functional Resistance Training for Older Adults. Nagoya City University Medical School. Nagoya, Japan. July 22, 2008
61. **Page P**. TRAC Research Conference. Budapest, Hungary. July 24-26, 2007
62. **Page P**. Functional joint instability: Current concepts in proprioceptive rehabilitation. India Physical Therapy Association. Kolkatta, India. February 2007.
63. **Page P**. Bands, Balls & Balance. India Physical Therapy Association. Kolkatta, India. February 2007.
64. **Page P**. Bands, Balls & Balance. Guangzhou, China. September 2006.
65. **Page P**. The Scientific Application of Elastic Resistance in Rehabilitation Medicine. Urumqi, China. September 2006.
66. **Page P**. The Scientific Application of Elastic Resistance in Sports Training and Rehabilitation. Nanjing, China. September 2006.
67. **Page P**, Rogers M. Hip School. CanFit Pro. Toronto, Canada. August, 2006.
68. Rogers M, **Page P**. Standing Strong. CanFit Pro. Toronto, Canada. August, 2006.
69. **Page P**, Rogers M. Functional Band Training. CanFit Pro. Toronto, Canada. August, 2006.
70. **Page P**. Bands, Balls & Balance. Mexico City, Mexico. Nov. 8, 2005
71. **Page P**. Train the Trainer. Mexico City, Mexico, Nov. 9, 2005
72. **Page P**. The Janda Approach to Chronic Musculoskeletal Pain. Nottingham, England. September 2005.
73. **Page P**, Rogers M. Standing Strong. CanFit Pro. Toronto, Canada. August, 2005.
74. **Page P**, Rogers M. Functional Band Training. CanFit Pro. Toronto, Canada. August, 2005.
75. **Page P**. Bands Balls & Balance. Rio de Janeiro; Sao Paulo; Porto Allegre, Brazil. June 2005.
76. **Page P**. Sensorimotor Training. Sao Paulo, Brazil. June 2005
77. **Page P**. Strength Band Training. Rio de Janeiro, Brazil. June 2005.
78. **Page P**. Train the Trainer. Rio de Janeiro, Brazil. June 2005.
79. **Page P**. Sensorimotor Training: Adding Proprioceptive exercise to your programs. Deutches Turnfest. Berlin, Germany. May, 2005.
80. **Page P**. Train the Trainer. Hong Kong. April 2005
81. **Page P**. Bands, Balls & Balance. Hong Kong. April 2005
82. **Page P**. Strength Band Training. Asian Association of Sport & Fitness Professionals. Beijing, China. April 2005
83. **Page P**. Stability & Balance Training in Fitness. Asian Association of Sport & Fitness Professionals. Beijing China. April 2005
84. **Page P**. Bands Balls & Balance. Japan Federation of Sports & Fitness. Tokyo, Japan. August 2004.
85. **Page P**. The Janda Approach. Daegu University. Dageau, Korea. August 2004.

86. **Page P.** Scientific & Clinical Application of Elastic Resistance. Seoul, Korea. August 2004.
87. **Page P.** TRAC Research Conference. Prien, Germany. July 26-27, 2004.
88. **Page P.** The First Step to Active Health. International Conference on Therapeutic Exercise. Salzburg, Austria. July 2004.
89. **Page P.** Bands Balls & Balance. Bad Schwalbach, Germany. April 2004.
90. **Page P.** Scientific & Clinical Application of Elastic Resistance. Rehabilitation & Training Congress. Kolding, Denmark. October, 2003.
91. **Page P.** Sensorimotor Training. Rehabilitation & Training Congress. Kolding, Denmark. October, 2003.
92. **Page P.** Functional Exercise Progression. Bands Balls & Balance. Sept.10, 2003. Sydney Australia.
93. **Page P.** Functional Exercise Progression. Bands Balls & Balance. Sept. 7, 2003. University of Queensland, Australia.
94. **Page P.** Functional Exercise Progression. Bands Balls & Balance. Sept. 6, 2003. Melbourne Australia.
95. **Page P.** Sensorimotor training. Rehabilitation Congress 2002. Sept. 21, 2002. Krakow, Poland.
96. **Page P.** Exercise programming for chronic disease. International Conference on Therapeutic Exercise. August 10, 2002. Toronto, Canada.
97. **Page P.** TRAC Research Conference. Toronto, Canada. Aug 6-7, 2002
98. **Page P.** Back to the Basics: Bands, Balls & Balance Workshop. Singapore Sports Council. July 13, 2002. Singapore
99. **Page P.** Back to the Basics: Bands, Balls & Balance Workshop. City University. July 10, 2002. Hong Kong.
100. **Page P.** Bands, Balls & Balance. Nanyang Polytechnic School. July 12, 2002. Singapore.
101. **Page P.** Back to the Basics: Bands, Balls & Balance Workshop. Japan Athletic Trainers Organization. July 6-7, 2002. Tokyo, Japan.
102. **Page P.** Clinical application of the exercise ball: An evidence-based approach. Japan Physical Therapy Association. July 4, 2002. Shizuoka, Japan.
103. **Page P.** Back to the Basics: Bands, Balls, & Balance. April, 2002. Hadamar, Germany.
104. **Page P.** Functional Exercise Progression. Workshop of Myoskeletal Medicine. April 26, 2002. Prague, Czech Republic.
105. **Page P.** Back to the Basics: Bands, Balls, & Balance. April, 2002. Ottawa, Ontario, Canada.
106. **Page P.** TRAC Research Conference. Prague, Czech Republic. August 14-15, 2001.
107. **Page P.** Functional Exercise Progression: An International Approach. (Presenter and coordinator). August, 2001. Prague, Czech Republic.
108. **Page P.** Functional Exercise Progression. March 2001. Melbourne, Australia.
109. **Page P.** Functional Exercise Progression 2. March 2001. Brisbane, Australia
110. **Page P.** Functional Exercise Progression 2. March 2001. Sydney, Australia
111. **Page P.** Scientific Functional Progression. Korean Athletic Trainers Association (KATA). May 12, 2000, Kyung Hee University, Seoul, Korea.
112. **Page P.** Scientific Functional Progression: Korean Physical Therapy Association (KPTA). May 13-14, 2000. Seoul, Korea.

113. **Page P.** Scientific Functional Progression. Presented at Shoppers Home Health. October, 1999. Kingston, Ontario, Canada.
114. **Page P.** The Scientific Basis of Elastic Resistance Exercise. Presented at the Thera-Band Sales Meeting. September, 1999. Hadamar, Germany.
115. **Page P.** Functional Progression in Sports Rehabilitation. Presented at Shoppers Home Health. April, 1999. Toronto, Canada.
116. **Page P & Page A.** Sports Physical Therapy in America. Presented at Tbilisi Medical Academy. October 2, 1997. Tbilisi, Georgia (Former Soviet Union).

Invited Presentations/Webinars

1. **Page P.** Advances in motion capture in the clinic. APTA-Louisiana Spring Sports Symposium. New Orleans LA. March 22, 2025.
2. **Page P.** Don't be a dumbbell: Re-thinking therapeutic exercise prescription. Presented at the 2024 Noraxon User Meeting. New Orleans LA. September 20, 2024.
3. **Page P**, Hoogenboom B, Campbell A, Voight M. Journal Club: Clinicians guide to critical appraisal. Platform presentation at Orthopaedic Summit; Las Vegas NV. September 16, 2024.
4. **Page P.** Physical therapy for tennis elbow. Platform presentation at Orthopaedic Summit; Las Vegas NV. September 13, 2024.
5. **Page P.** Eccentric exercise for tennis elbow. Platform presentation at Orthopaedic Summit; Las Vegas NV. September 16, 2024.
6. **Page P.** Assessment of the hip: Where are we in 2024? Patient-reported outcome measures for hip pathology: Update. Platform presentation at Orthopaedic Summit; Las Vegas NV. September 16, 2024.
7. **Page P.** Quantifying the Deceleration Index Using the 1080 Sprint Device: A Pilot Study. ICCUS Society 22nd Annual Meeting. Denver CO. July 11, 2024.
8. **Page P.** [How to read a journal article.](#) MikeReinold.com August 2023.
9. **Page P.** Pathomechanics of Gait. (Webinar). Tennessee Orthopedic Alliance. June 14, 2023.
10. **Page P**, Labbe A. Kinematic sequencing of hip-shoulder separation in pitchers and quarterbacks. ICCUS Society 21st Annual Meeting. Jacksonville FL. April 28, 2023.
11. **Page P.** Functional anatomy of the foot and ankle. Tulane Orthopedics / Andrews Endowed Sports Medicine Lectureship. New Orleans LA. April 22, 2023.
12. **Page P.** [Integrating technology in clinical gait analysis.](#) Noraxon Educational Webinar. April 6, 2023.
13. **Page P.** Integrating technology in clinical gait analysis. Noraxon User Meeting. Phoenix, AZ. Oct. 7, 2022.
14. **Page P.** Analyzing exercise prescription with surface EMG. Noraxon User Meeting. Phoenix, AZ. Oct. 7, 2022.
15. **Page P.** The stiff hip. OSET Orthopaedic Summit. Boston MA, September 22, 2022.
16. **Page P.** Integrating technology from research to practice: Pathomechanical assessment. OSET Orthopaedic Summit. Boston MA, September 22, 2022.
17. **Page P.** [Rehab Statistics: Making Better Clinical Decisions with Applied Biostatistics.](#) IJSPT Educational Series Webinar. April 2022.
18. **Page P.** Rehab Statistics. APTA-Louisiana State Meeting. Lafayette, LA. March 19, 2022.
19. **Page P.** [IJSPT Peer Reviewer Workshop.](#) IJSPT Educational Series Webinar. Sept. 2021.

20. **Page P.** Making the case for modalities. ICCUS Society 19th Annual Meeting. Nashville TN. July 7, 2021.
21. Labbe A, **Page P.** Pathokinematic analysis of a collegiate running back after ACL revision. ICCUS Society 19th annual Meeting. Nashville TN. July 7, 2021.
22. **Page P.** COVID-19: Epidemiology, pathophysiology, and implications for the Physical Therapy practitioner. LPTA 2020 Fall Symposium Online Program.
23. **Page P.** As the pendulum swings: the good and bad of modalities for pain management. LPTA 2020 Spring Symposium Online program.
24. **Page P.** [Advanced clinical applications for sEMG in shoulder rehabilitation](#). MTrigger. December, 2019.
25. **Page P.** How to balance 'evidence' with 'practice.' ICCUS Meeting. Boston, MA. July 10, 2019.
26. **Page P.** TheraBand Elastic Resistance Exercise Dosing. NovaCare Philadelphia Sports Medicine Meeting. Philadelphia PA. July 14, 2018.
27. **Page P.** Breaking Bad Research. ICCUS Meeting. San Diego. July 10, 2018.
28. **Page P.** Kinesiology Taping: Can you handle the TRUTH? APTA Sports Section Team Concept Conference. December 2, 2017. Las Vegas NV
29. **Page P.** The role of exercise in physical therapy. Exercise is Medicine / ACSM Annual Meeting. May 31, 2017. Denver CO.
30. **Page P**, Moffat M, Stoutenberg M, Davis I, Dunn S. Exercise is Medicine in Physical Therapy. APTA Combined Sections. February, 2017. San Antonio TX.
31. **Page P.** Clinical Research 101. AAMDS PACCT 2016. Washington DC. Sept. 24, 2016.
<https://www.youtube.com/watch?v=sDaM2gE-65E>
32. **Page P.** Clinical Significance in Research. ICCUS Society. July 7, 2016. Colorado Springs, CO
33. **Page P.** Functional progression in spinal rehabilitation of the athlete. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec 5, 2015.
34. **Page P.** Spinal muscle imbalance syndrome in athletes. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. December 5, 2015.
35. **Page P.** Scrape Tape & Move. Walter Reed Medical Center. September 3, 2015. Bethesda, MD.
36. **Page P.** Kinesiology Taping: What's the clinical significance? ICCUS Society. July 7, 2015. Orlando, FL.
37. **Page P.** TheraBand Kinesiology Tape Method. Medbridge; available online
38. **Page P**, Labbe A. The Janda Approach to Movement Dysfunction and Functional Exercise Progressions. Parker Seminars. Las Vegas NV. Jan 30, 2015.
39. **Page P**, Bishop B. Core training for adolescent athletes. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec 6-7, 2013.
40. **Page P**, Lorenz D. Proprioception training in the lower extremity. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Nov. 30, 2012.
41. Meira E, **Page P.** Examination of the athlete's hip. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Nov. 30, 2012.
42. **Page P.** Functional Exercise Progression. American Chiropractic Association Rehab Council. Las Vegas NV. April 31, 2012.
43. **Page P**, Bishop B. Functional Exercise Progression. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec. 1, 2011.

44. Bishop B, **Page P**. Proprioceptive exercise for the lower extremity. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec 3, 2011.
45. **Page P**, Labbe A, Stewart G. Management of Cervicogenic Headaches. NATA Annual Meeting. New Orleans, LA. June 19, 2011.
46. **Page P**, Labbe A. Introduction to the Janda Approach for Muscle Imbalance Syndromes. APTA Combined Sections Meeting. New Orleans, LA. Feb.8, 2011.
47. **Page P**. Non-operative management of shoulder instability. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec. 3, 2010.
48. **Page P**, Labbe A. Proprioceptive rehabilitation for the shoulder. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec. 3, 2010.
49. **Page P**, Labbe A. Functional progression of shoulder rehabilitation. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec. 3, 2010.
50. Page P, Labbe A. Functional and Kinetic Treatment with Rehabilitation, Provocation and Motion. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec. 2, 2010.
51. **Page P**. Functional Exercise Progression for Rotator Cuff Repair. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec. 3, 2009.
52. **Page P**, Bishop. KinesioTaping for Muscle Imbalance. APTA Sports Physical Therapy Section Team Concept Conference. Las Vegas, NV. Dec. 2, 2009.
53. **Page P**. A Toolkit for Fall Prevention. Louisiana Falls Prevention Conference. Lafayette LA. June 16, 2009.
54. **Page P**, Rogers M. Standing Strong. Louisiana Falls Prevention Conference. Lafayette LA. June 16, 2009.
55. **Page P**. Keynote: What you can do to implement falls prevention in your communities and healthcare settings. Louisiana Falls Prevention Conference. Lafayette LA. June 16, 2009.
56. **Page P**. Best Practices: Preventing Falls through Physical Activity. Louisiana Falls Prevention Conference. Lafayette LA. June 15, 2009.
57. **Page P**. Gain with Pain: Exercise Programming for Chronic Pain. International Council on Active Aging Annual Conference. San Antonio, Texas. Dec. 5, 2008.
58. **Page P**, Rogers M. First Step to Active Health for Diabetes. International Council on Active Aging Annual Conference. San Antonio, Texas. Dec. 5, 2008.
59. **Page P**, Rogers M. First Step to Active Health for Knee Osteoarthritis. International Council on Active Aging Annual Conference. Las Vegas NV. Dec. 5, 2007.
60. **Page P**, Frank C. Integrating the Janda Approach with Kinesiotaping. Kinesiotaping Annual Meeting. Austin TX. May 5, 2007.
61. **Page P**. Delivering successful exercise programs in senior centers. National Council on Aging. Chicago IL. March 8, 2007.
62. **Page P**. Muscle imbalances in older adults. ICAA Annual Meeting. Las Vegas, NV. November, 2006.
63. **Page P**, Rogers M. Hip School. ICAA Annual Meeting. Las Vegas, NV. November, 2006.
64. **Page P**. Implementing Successful Wellness Programs. AAHSA Annual Meeting. San Francisco, CA. November 2006.
65. **Page P**, Rogers M. Hip School: A new exercise program for hip osteoarthritis. International Council on Active Aging. Orlando, FL Dec. 2005.
66. **Page P**, Rogers M. First Step to Active Health. Medical Fitness Association. Orlando, FL Dec. 2005.

67. **Page P.** Standing Strong. American Association of Home Services for the Aging. San Antonio, TX. Nov. 2005.
68. **Page P.** First Step to Active Health. Central States ACSM. Kansas City, MO. Oct. 21, 2005.
69. **Page P.** Sensorimotor Training. Central States ACSM. Kansas City, MO. Oct. 20, 2005.
70. **Page P.** Developing Exercise Interventions for Breast Cancer. Brooke Army Medical Center. San Antonio Texas. May 2005.
71. Rogers M, **Page P.** Standing Strong: Balance and Fall Prevention for Older Adults. American Society on Aging/National Council on Aging Meeting. Philadelphia PA. March 2005.
72. Rogers M, **Page P.** Standing Strong: Balance and Fall Prevention for Older Adults. International Council on Active Aging. Orlando, FL. December 2004.
73. **Page P**, Rogers M. Functional Band Training for Older Adults. International Council on Active Aging. Orlando, FL. December 2004.
74. Pallay B, Himes C, **Page P.** The Active Aging Toolkit. American Academy of Family Physicians Meeting. Orlando FL. October 2004.
75. **Page P**, Goldstein M. Addressing the National Blueprint: The Active Aging Toolkit for Physical Therapists. Presented at the American Physical Therapy Association, Chicago, July 3 2004.
76. **Page P.** A Scientifically-based Exercise Program for Older Adults: The First Step to Active Health. Presented at the American Society on Aging. San Francisco, April, 2004.
77. **Page P.** Healthy Aging: The Active Aging Toolkit. Presented at the Healthier US Summit. Baltimore, April 2004.
78. **Page P.** Functional Exercise Progression. United States Olympic Training Center. Colorado Springs, CO. December, 2003.
79. **Page P.** Functional Exercise Progression. Athletes Performance Institute. Tempe, AZ. November, 2003.
80. **Page P.** The First Step to Active Health. La. Association of Exercise Physiologists. Baton Rouge, LA, November 2003.
81. **Page P.** Stretch and strengthen for posture. LSU Student Rec Center. May, 2003.
82. **Page P.** The role of the sensorimotor system in musculoskeletal pain syndromes. Wichita State University Kinesiology and Sports Sciences Department Special Lecture. April 15, 2003. Wichita, Kansas.
83. **Page P.** Rehabilitation of the overhead athlete. Houston Orthopaedic Symposium. April 13, 2003. Houston, Texas.
84. **Page P.** The scientific and clinical application of elastic resistance. LSU Health Sciences Center School of Physical Therapy. March 17, 2003. New Orleans, LA.
85. **Page P.** Clinical applications of the exercise ball: An evidence-based approach. National Athletic Trainers Association. June, 2002. Dallas, TX.
86. **Page P.** The Janda Approach to Fibromyalgia. Baton Rouge Fibromyalgia Support Group. Feb. 28, 2002. Baton Rouge, LA
87. **Page P.** Balls & Balance for Senior Olympians. East Jefferson Wellness Center. Feb, 2002. Metairie, LA.
88. **Page P.** Lower Body Muscle Imbalances: The Janda Approach. La. Sports Medicine Society. December, 2001. New Orleans, LA.
89. Louisiana Sports Medicine Society Annual Meeting. Program Coordinator: December 10-11, 2000. New Orleans, LA.

90. **Page P.** Exercise Programming for Older Adults. Medical Fitness Association. November, 2000. New Orleans, LA.
91. **Page P.** Peak Performance for Golf. NovaCare. September, 2000. Cleveland, Ohio
92. **Page P.** PNF For Athletic Trainers. LATA Winter Meeting. January 9, 2000. Lafayette, LA.
93. **Page P.** Clinical Solutions in Today's Rehabilitation Environment. Doing More With Less. MedTrade, New Orleans, LA. November 3, 1999
94. **Page P.** The Scientific Basis of Elastic Resistance Exercise. Presented at the LPTA New Orleans District Meeting. October 20, 1999.
95. **Page P.** Functional Progression in Sports Rehabilitation. Presented at LATA Summer Symposium, June 25, 1999. Lafayette, LA.
96. **Page P.** Concepts in Sports Rehabilitation: A Systematic Approach and Functional Progression. October 10, 1998. New Orleans, LA.
97. **Page P.** Aquatic Rehabilitation. Presented at the Louisiana Sports Medicine Society 4th Annual Meeting. December 12, 1998. New Orleans, LA.
98. **Page P.** The Spine: Anatomy and Physiology. Presented at Columbia-Dautrive Hospital Sports Medicine Seminar. July 16, 1997. New Iberia, LA.
99. **Page P.** Creative Solutions in Rehabilitation. Presented at Practical Applications in Sports Medicine VII. June 8, 1997. Palm Springs, CA.
100. **Page P.** Rehabilitation of Exercise Injuries. Presented at Women: Sports and Exercise. March 28, 1997. New Orleans, LA.
101. **Page P.** Case Studies in Shoulder Rehabilitation. Presented at LSUMC Department of Physical Therapy Upper Extremity Course. February 23, 1997. New Orleans, LA.
102. **Page P.** Neurophysiologic Basis of Athletic Rehabilitation. Course presented at Southeastern Louisiana University. January 12, 1997. Hammond, LA.
103. **Page P.** Conservative Management of Lumbopelvic Dysfunction in Athletes. Presented at the Louisiana Sports Medicine Society 3rd Annual Meeting, December, 1996. New Orleans, LA.
104. **Page P.** Hip Injuries in Athletics. Presented at the LATA Summer Symposium. June 19, 1996. Covington, LA.
105. **Page P.** Rehabilitation of the Female Athlete's Throwing Shoulder. Presented at The Female Athlete in Sports Medicine Seminar. January 27, 1996. Metairie, LA.
106. **Page P.** Neurophysiology of Rehabilitation: PNF for Athletic Trainers. Course presented at Southeastern Louisiana University. January 12-13, 1996. Hammond, LA.
107. **Page P.** Management of Chronic Ankle Instability. Presented at the Louisiana Sports Medicine Society 2nd Annual Meeting, December, 1995. New Orleans, LA.
108. **Page P.** Current Concepts in Rehabilitation of the Throwing Shoulder. Presented at the Louisiana Sports Medicine Society 2nd Annual Meeting, December, 1995. New Orleans, LA.
109. **Page P.** Orthopaedic Application of NDT Principles: A Case Study. Presented at LSUMC Physical Therapy Grand Rounds. April, 1995. New Orleans, LA.
110. Sports Medicine in Baseball Seminar. Program Coordinator / Presenter: HealthSouth Sports Medicine and Rehabilitation. January 28, 1994. Metairie, LA.

Other Publications

1. **Page P.** [Integrating Musculoskeletal Ultrasound Technology at FranU DPT](#). FranU LinkedIn Blog. January, 2023.
2. **Page P.** [Safer Pain Relief for Athletic Trainers](#). Cramer First Aider. January, 2019.
3. **Page P.** [The latest treatment guidelines for ankle sprains](#). Cramer First Aider. October, 2018.
4. **Page P.** [To Ice or Not to Ice. That is the question](#). Cramer First Aider. June, 2018.
5. **Page P.** [To Brace or Not to Brace. That is the question](#). Cramer First Aider. June, 2018.
6. **Page P.** [Does Kinesiology Tape Really Work?](#) Cramer First Aider. June, 2018.
7. **Page P.** Clinical Corner: A safer pain relief toolkit for healthcare professionals and patients. *J Performance Health*. 2017. 2(2):20-4.
8. **Page P.** Journal Club: How to use research to lead your clinical decision making. *J Performance Health*. 2017. 2(2):60-66.
9. **Page P.** Introducing the Bandcizer. *J Performance Health*. 2016. 1(1):32-34.
10. **Page P.** Clinical Research 101. *J Performance Health*. 2016. 1(1):54-59.
11. **Page P.** Can I assess strength with elastic bands? *J Performance Health*. 2016. 1(1):26-31.
12. **Page P.** What's the best way to perform "Monster Walks"? *J Performance Health*. 2016. 1(1):22-25.
13. **Page P.** Elastic resistance exercises: are they as effective as weights? *Uniting Frontiers*. Vol. 8. 2012. pp 37-39.
14. **Page P.** Topical analgesics: Pain relief. *PT Products*. November, 2011. pp. 16-19.
15. **Page P.** Managing and preventing osteoporosis through exercise. *Active Aging Today*, 2(6), 2011.
16. **Page P.** Special Populations: Exercises for Breast Cancer Survivors. *Active Aging Today*, 2(4), 2011. Available online at
17. **Page P.** Improving your athlete's range of motion. *Training and Conditioning*. December, 2010.
18. **Page P.** Understanding tennis elbow and how to treat it. *Active Aging Today*, 2(3), 2010.
19. **Page P.** Plantar Fasciitis. *Active Aging Today*, 2(2), 2010.
20. **Page P.** Frozen shoulder syndrome. *Active Aging Today*, 2(1), 2010.
21. **Page P.** Muscle imbalance syndromes in older adults. *Active Aging Today*, 1(6), 2010.
22. **Page P.** Exercises for fall prevention. *Active Aging Today*, 1(5), 2010.
23. **Page P.** Exercises for people with hip osteoarthritis and hip replacement. *Active Aging Today*, 1(4), 2010.
24. **Page P.** Giving Back. *Advance for Physical Therapy and Rehab Medicine*. February 8, 2010. Pp. 44-45.
25. **Page P.** Exercises for people with fibromyalgia. *Active Aging Today*, 1(3), 2009.
26. **Page P.** Exercises for people with diabetes. *Active Aging Today*. 1(2), 2009.
27. **Page P.**, Mackison D. Turn evidence into practice for 'Active Care'. *Industry Compendium of Chiropractic Research*. 2009. 1(1):16.
28. **Page, P.** How to manage knee osteoarthritis. *Active Aging Today*, 1(1), 2009.
29. Topp R, **Page P.** Improve function before knee replacement surgery. 2009. *Functional U*. 7(2):1-8.
30. **Page P.**, Rogers M. First Step to Active Health for Diabetes. 2009. *J Active Aging*. Jan/Feb. 8(1):44-53.

31. Park CH, Malavasi L, Liles C, **Page P**, Park E, Rogers M, Senior, Zhou LJ, Ory M, Chodzko-Zajko W. 2008. National Blueprint report: strategies for integrating physical activity into wellness programming for older adults. *J Active Aging*. 66-75.
32. Rogers M, Rogers N, **Page P**. 2007. Get ready for summer! A fitness program to prepare for vacations. *Functional U*. 5(3):1-8.
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Continuing Education Development & Lead Instructor

1. Acute Management of Athletic Injury & Illness (2024-present)
2. The Janda Approach to Chronic Musculoskeletal Pain (2002-present)
3. Scrape, Tape & Move (2015-2019)
4. Clinical Retailing for Physical Therapy (2015-2019)
5. TheraBand Kinesiology Taping Method (2015-2019)
6. Evidence-based Active Care for Older Adults (2013-2019)
7. Functional and Kinetic Treatment with Rehabilitation, Provocation & Motion (FAKTR) (2009-2016)
8. Evidence-Based Active Care for Physical Therapists (2008-2019) [Basic & Advanced levels]
9. Hip School (2008-2019)
10. Bands, Balls, & Balance. (2002-2018)
11. First Step to Active Health: Train the Trainer (2004-2018)
12. Standing Strong Fall Prevention: Train the Trainer (2005-2018)
13. Functional Exercise Progression. (2001-2019)

Media/Interviews/Podcasts

1. [IJSPT Journal Club](#). Online monthly. (2021-present)
2. Webinar: [Clinician's Guide to Critical Appraisal](#). IJSPT Journal Club. December 13, 2023.
3. [I Tried Hyperbolic Stretching And It Delivered — With One Big Caveat](#) by Lauren Vinopal. Fatherly.com. September 22, 2023.
4. Webinar: [Rehab Statistics: Making better clinical decision with applied biostatics](#). IJSPT Journal Club. April 22, 2022.
5. Webinar. [Manuscript Peer Review Workshop](#). IJSPT Journal Club. September 2021.
6. [Sports Performance Health Enhancement Podcasts](#) (2021)
7. [Roundtable discussion on Research](#). FranU Research & Scholarship Showcase. April, 2021.
8. [5 health benefits of stretching: why it's so important and how to stretch properly, according to physical therapists](#). By Allison Torres Burtka. Insider.com Nov 6, 2020.
9. [To build strength at home without buying bulky equipment, try resistance bands. Here's how.](#) By Pam Moore. Washington Post. July 28, 2020.
10. Podcast interview: [www.MikeReinold.com](#). “[Not All Research is the Same: The Difference Between Good and Bad Research](#).” July 10, 2020.
11. [New home workouts come with new aches and pains](#). By Jen Murphy. Wall Street Journal. April 15, 2020.
12. Podcast: [Managing Pain Without Drugs](#). To Health with it. April 2019.

13. Webinar: Scientific Dosing of Elastic Resistance. Performance Health Academy.. October, 2018.
14. Webinar: Kinesiology Taping: Is there madness behind the method? Performance Health Academy. July, 2018.
15. Podcast: [Research Updates on K-Tape, Self Myofascial Release, and Topical Analgesics](#). Ask Mike Reinold. June 2017.
16. Online Education: Kinesiology Taping. Medbridge. January 2017.
17. [This new interval training trend makes working out faster- and a lot more fun](#). Greatist.com August 19, 2015.
18. Podcast: [The Janda Approach. Stop Chasing Pain Podcast](#) with Dr. Perry Nickelston. Dec. 2014
19. Podcast: [PT Podcast](#) with Erik Meira. January 2013.
20. World of Hurt: Latest offerings for pain relief. TodayinPT.com. January 23, 2012.
21. One Woman / Three Workouts. Prevention. January, 2012.
22. Webinar: Cervicogenic headaches: An evidence-led approach to clinical management. MultiRadiance Laser. October, 2011
23. Body-Balancing Workout for Pain-Free Joints. Healthy Woman / Bottom Line Secrets. December 26, 2010.
24. Spanning the Globe. Thera-Band Academy prides itself on continual product enhancements and therapist education. Advance for Physical Therapy and Rehab Medicine. May 3, 2010. Page 38.
25. Cryotherapy: Biofreeze® Pain Reliever vs. Ice. A conversation with Phil Page. Training & Conditioning. December, 2009. Page 59.
26. Back to Normal. Non-surgical approaches to treat chronic low back pain. Pain Pathways, Summer 2009, p. 65-66.
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28. Addressing Chronic Pain: Treatment trends and insights. PT Products. July 2008. Pp. 30-33
29. [That's a stretch! He strikes up the Thera-Band](#). Perspectives for New Professionals of the APTA. Physical Therapy June 2007, pp. 27-28
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