

Adam C Thomas, PT, DPT, SCS, MA, ATC

Education:

United States Sports Academy, Daphne, AL
Doctor of Education in Sports Management with emphasis in Sports Medicine (on-going)

Northeastern University, Boston, MA
Doctor of Physical Therapy (2012)

Western Michigan University, Kalamazoo, MI
Master of Arts in Physical Education – Athletic Training (2001)

Northeastern University, Boston, MA
Bachelor of Science in Athletic Training (1999)

Certifications:

Licensed Physical Therapist in the State of Massachusetts and State of Illinois
Board Certified Sports Clinical Specialist (May 2015)

Certified Athletic Trainer through National Athletic Trainers Association and Licensed in the State of
Massachusetts and State of Illinois

Blood Flow Restriction Certified (February 2018)

American Heart Association CPR/AED and First Aid Instructor (2019-2021)

American Red Cross CPR/AED for Professional Rescuers, Responding to Emergencies First Aid (2019-2021)

Teaching Experience:

Director, Transitional DPT Program / Associate Clinical Professor
Department of Physical Therapy, Movement and Rehabilitation Sciences
Northeastern University
Boston, MA
2019 to present

Most recent courses taught:

Spring Semester:

HLTH 2001 Introductory Skills for Healthcare and Rehabilitation

PT 5102 Foundations of Physical Therapy Laboratory

PT 5132 Gross Anatomy Laboratory

PTH 5978 Independent Study

Assistant Clinical Professor

Northeastern University
Boston, MA
2005 to 2015

Example of courses taught:

Spring Semester:

PT 5165 – Managing the Injured Athlete (Course Coordinator/Primary Instructor)

PT 5229 – Physical Therapy Project II (Primary Instructor)

Summer One Semester:

INTL 4944 – Dialogue of Civilizations – South Africa (Course Coordinator/Primary Instructor)

PT 6239 – Intercultural Health Care Delivery (Course Coordinator/Primary Instructor)

Summer Two Semester:

PT 5515 – Integumentary System/Advanced Modalities Lecture (Instructor)

PT 5516 – Integumentary System/Advanced Modalities Lab (Lab Coordinator/Primary Instructor)

Fall Semester:

PT 1108 – Introduction to Sports Medicine (Course Coordinator/Primary Instructor)

PT 5506 – Musculoskeletal Management I Lab (Instructor)

Adjunct Faculty
Bridgewater State University
Bridgewater, MA
Spring 2013

Other Employment History/Clinical Experience:

Physical Therapist and Athletic Trainer – Independent Contractor
Chicago Cubs Sports Medicine
Chicago, IL
2019

Major League Physical Therapist and Athletic Trainer
Boston Red Sox Sports Medicine Service
Boston, MA
2015 to 2018

Physical Therapist
Sports and Physical Therapy Associates
Boston, MA
2014 to 2015

Physical Therapist
South Shore Hospital Center for Orthopedics, Spine and Sports Medicine
Hingham, MA
2012 to 2014

Head Athletic Trainer
Boston Cannons Professional Lacrosse Team
Boston, MA
2009 to 2015

Assistant Athletic Trainer
United States Outdoor Lacrosse
2012 to 2015

Head Athletic Trainer
United States Indoor Lacrosse
2010 to 2015

Staff Athletic Trainer
Northeastern University
Boston, MA
2005 to 2011

Staff Athletic Trainer/Lecturer
Merrimack College
N. Andover, MA
2004 to 2005

Minor League Head Athletic Trainer/Strength and Conditioning Coordinator
Houston Astros
Kissimmee, FL
2002 to 2004

Manuscripts:

1. Folmar E, **Thomas A.** A Comparison of Kinesiology and Athletic Taping on Ankle Range of Motion. *Foot and Ankle Orthopaedics*. 2018
2. **Thomas A,** Kulik A, Kroshus E, Baugh C. Exploring the culture of concussion safety in major league lacrosse - a cross-sectional survey. *Journal of Athletic Enhancement*. 2015.
3. Fitzpatrick D, **Thomas A.** Interprofessional South African Global Experience: Impact on Facilitation and Assessment of Cultural Competence and Core Value Development, 3 year study. *World Confederation for Physical Therapy Congress 2015*. Singapore. 2015. (Abstract)
4. Corkery M, O'Rourke B, Viola S, Yen S, Rigby J, Singer K, **Thomas A.** An examination of the association between altered lumbar motor control, joint hypermobility and low back pain in athletes. *Asian Journal of Sports Medicine (Low Back Special Edition)*. 2014.
5. Hanson E, Stetter K, Li R, **Thomas A.** An intermittent pneumatic compression device reduces blood lactate concentrations more effectively than passive recover after Wingate testing. *Journal of Athletic Enhancement*. 2013; 2 (3).

Platform Presentations

1. Corkery M, O'Rourke B, Viola S, Yen S, Rigby J, Singer K, **Thomas A.** An exploratory examination of the association between altered lumbar motor control, joint mobility and low back pain in athletes. Platform presented at: APTA Combined Sections Meeting; February 5, 2015; Indianapolis, IN.
2. Corkery M, Rigby J, Singer K, O'Rourke B, Viola S, Yen S, **Thomas A.** Motor control, joint mobility and low back pain in athletes: are they related? Platform presented at: APTA Combined Sections Meeting; February 5, 2015; Indianapolis, IN.

Poster Presentations:

1. Folmar E, Yen S, **Thomas A.** A Comparison of Kinesiology and Athletic Taping on Ankle Range of Motion. American Orthopaedic Foot & Ankle Society. Boston, MA. July 2018.
2. **Thomas A,** Hanrahan M, Kulik A, Paolino C, Posner A. Head Linear and Rotational Forces and the Relationship to Sub-concussive Hits in the Professional Lacrosse Player. American Physical Therapy Association Combined Sections Meeting. San Antonio, TX. February 2017.
3. Folmar E, **Thomas A,** Arabadjis A, Holmes B, Kilkenny B, Plum A, Yen S. A Comparison of Kinesiology and Athletic Taping on Ankle and Knee Kinematics. APTA of MA 2016 Fall Conference and Exposition. Norwood, MA. November 2016.
4. **Thomas A,** Machold D, Raymond K, Valls G, Young C. Comparing Dual-Task Balance Scores and Weak Neck Strength/Proprioception in Previously Concussed and Non-Concussed NCAA Division One Hockey Players. American Physical Therapy Association Combined Sections Meeting. Anaheim, CA. February 2016.
5. Fitzpatrick D, **Thomas A,** Patel N. Interprofessional South African Global Experience: Impact on Facilitation and Assessment of Cultural Competence and Core Value Development, 3 year study. World Confederation for Physical Therapy Congress 2015. Singapore. May 2015.
6. Fitzpatrick D, **Thomas A,** Patel N. South Africa Dialogue: Impact of a Global Experience in a Physical Therapy/Health Science Curriculum on the Facilitation of Cultural Competence and Core Value Development. American Physical Therapy Association Combined Sections Meeting. San Diego, CA. February 2013.
7. Castrejana T, Lago M, Krawiec C, **Thomas A.** Delayed Onset Compartment Syndrome Secondary to a Thigh Contusion in a Division I Men's Hockey Athlete: A Case Study. NATA Annual Meeting and Clinical Symposium. Las Vegas, NV. June 2013.
8. Marsden D, **Thomas A.** Alcoholism and its Implications in Fetal Alcohol Spectrum Disorders in South Africa. The First International Conference on Prevention of FASD. Edmonton, Alberta (Canada). 2013

Non-Peer Reviewed Presentations:

1. Folmar E, **Thomas A,** Arabadjis A, Holmes B, Kilkenny B, Plum A, Yen S. A Comparison of Kinesiology and Athletic Taping on Ankle and Knee Kinematics. Poster presented at: 16th Annual Northeastern University Research and Scholarship Expo; April 7, 2016; Boston, MA.
2. **Thomas A,** Hanrahan M, Kulik A, Paolino C, Posner A. Head Linear and Rotational Forces and the Relationship to Sub-concussive Hits in the Professional Lacrosse Player. Poster presented at: 16th Annual Northeastern University Research and Scholarship Expo; April 7, 2016; Boston, MA.
3. Kulik A, **Thomas A.** Exploring the Culture of Concussion Safety in Major League Lacrosse: a Pilot Study. Poster presented at: 15th Annual Northeastern University Research and Scholarship Expo; April 9, 2015; Boston, MA.

4. Machold D, Raymond K, Valls G, Young C, **Thomas A.** Comparing Dual-Task Balance Scores and Weak Neck Strength/Proprioception in Previously Concussed and Non-Concussed NCAA Division One Hockey Players. Poster presented at: 15th Annual Northeastern University Research and Scholarship Expo; April 9, 2015; Boston, MA.
5. Cicconi J, Courtade C, Ward E, **Thomas A.** The Relationship Between Balance and Concussion in a Dual-Task Paradigm. Poster presented at: 14th Annual Northeastern University Research and Scholarship Expo; April 10, 2014; Boston, MA.
6. Corkery M, O'Rourke B, Viola S, Yen S, Rigby J, Singer K, **Thomas A.** An examination of the association between altered lumbar motor control, joint hypermobility and low back pain in athletes. Poster presented at: 14th Annual Northeastern University Research and Scholarship Expo; April 10, 2014; Boston, MA.
7. Corkery M, Rigby J, Singer K, O'Rourke B, Viola S, Yen S, **Thomas A.** An examination of the association between joint hypermobility and altered motor control in athletes. Poster presented at: 14th Annual Northeastern University Research and Scholarship Expo; April 10, 2014; Boston, MA.
8. Fratto T, Tuttrup K, **Thomas A.** Are Neck Strength and Proprioception Risk Factors in Athletes Sustaining a Concussion? Poster presented at: 14th Annual Northeastern University Research and Scholarship Expo; April 10, 2014; Boston, MA.
9. Marsden D, **Thomas A.** Reducing Alcohol Abuse to Decrease FASD and HIV/AIDS in South Africa. Poster presented at: Bouve 6th Annual Interprofessional Research Symposium; April 9, 2013; Boston, MA.
10. Moen A, Schaafsma A, **Thomas A.** Association Between Sport Hand Dominance and Hip Pathologies in Collegiate and Professional Athletes. Poster presented at: 13th Annual Northeastern University Research and Scholarship Expo; March 22, 2013; Boston, MA.
11. Mastone M, Moran C, **Thomas A.** Is there a Relationship Between Limited Weight-Bearing Ankle Dorsiflexion and Knee Pathologies? Poster presented at: 13th Annual Northeastern University Research and Scholarship Expo; March 22, 2013; Boston, MA.
12. Fitzpatrick D, **Thomas A.**, Patel N. Impact of a South African global experience in a physical therapy/health science curriculum on the facilitation of cultural competence and core value development. Poster presented at: 12th Annual Northeastern University Research and Scholarship Expo; March 29, 2012; Boston, MA.
13. Hanson E, Stetter K, Li R, **Thomas A.** Does the Normatec MVP™ Pneumatic Compression Unit Effectively Reduce Blood Lactate Concentration Following an Anaerobic Wingate Cycling Test? Poster presented at: 12th Annual Northeastern University Research and Scholarship Expo; March 29, 2012; Boston, MA.
14. Danbury C, Jong C, **Thomas A.** The Effects of Heart Rate on Fine Motor Control. Poster presented at: 12th Annual Northeastern University Research and Scholarship Expo; March 29, 2012; Boston, MA.
15. Ux G, Zawilinski M, **Thomas A.** Hang Snatch vs. Hang Clean: Relevance to Lower Body Peak Power. Poster presented at: 12th Annual Northeastern University Research and Scholarship Expo; March 29, 2012; Boston, MA.
16. Maxwell C, Clark S, Cahalin L, **Thomas A.** Prevalence of Symptomatic Acetabular Labral Tears and Prevention Screenings in Division 1 Collegiate Ice Hockey. Poster presented at: 11th Annual Northeastern University Research and Scholarship Expo; April 6, 2011; Boston, MA.
17. Fontaine S, **Thomas A.** Hip Range of Motion and Strength in Both Internal and External Rotation: A Comparative Analysis Between Symptomatic and Asymptomatic Females. Poster presented at: 11th Annual Northeastern University Research and Scholarship Expo; April 6, 2011; Boston, MA.
18. LeBlanc R, **Thomas A.** Physiological responses of active individuals to different water immersion protocols after high-intensity exercise. Poster presented at: 11th Annual Northeastern University Research and Scholarship Expo; April 6, 2011; Boston, MA.
19. Lewis M, Raso S, **Thomas A.** The Efficacy of Learning Gross Anatomy from a Human Cadaver Compared to a Computer Simulator. Poster presented at: 11th Annual Northeastern University Research and Scholarship Expo; April 6, 2011; Boston, MA.
20. Macy R, Rand B, **Thomas A.** Do Low Scores on the Functional Movement Screen™ Predict Injury Predisposition in Division I Collegiate Men's Soccer Athletes? Poster presented at: 10th Annual Northeastern University Research and Scholarship Expo; March 24, 2010; Boston, MA.

Professional Presentations:

1. Clinical Assessment and Treatment Techniques for the Baseball Pitcher. University of New Hampshire. Durham, NH. December 2019.
2. Clinical Assessment and Treatment Techniques for the Baseball Pitcher. Northeastern University. Boston, MA. October 2019.
3. Clinical Assessment and Treatment Techniques for the Baseball Pitcher. Seton Hall University. Newark, NJ. September 2019.

4. Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete. Northeastern University. Boston, MA. January 2019.
5. Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete. University of New Hampshire. Durham, NH. December 2018.
6. Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete. Northeastern University. Boston, MA. January 2018.
7. Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete. University of New Hampshire. Durham, NH. November 2017.
8. Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete. Northeastern University. Boston, MA. January 2017.
9. Concussion identification and on the field management. South Shore Hospital Center for Orthopedics, Spine and Sports Medicine. Hingham, MA. September 13, 2014.
10. Identification and on field management of the acute shoulder injury. South Shore Hospital Center for Orthopedics, Spine and Sports Medicine. Hingham, MA. September 13, 2014.
11. Identification and on field management of the acute knee injury. South Shore Hospital Center for Orthopedics, Spine and Sports Medicine. Hingham, MA. September 13, 2014.
12. Walking Kinematics and Clinical Applications. University of the Witwatersrand, Johannesburg, South Africa. May 16, 2014.
13. Concussions: Management, Treatment, Prevention and the role of the Physical Therapist. University of Kwazulu-Natal, South Africa. June 6, 2013.
14. Working with the American Athlete. University of the Witwatersrand, Johannesburg, South Africa. May 22, 2013.
15. Autumn Sports: Conditioning Caveats. Hingham, MA. August 15, 2012.
16. Injuries in Baseball and Softball, Northeast Rehab Services. Haverhill, MA. April 23, 2005

Membership in Scientific/Professional Organizations:

- National Athletic Trainers Association 1999 to present
- American Physical Therapy Association 2014 to present
 - APTA Sports Section Member 2014 to 2019
- National Strength and Conditioning Association 2019 to present

Services to the University/College/School on Committees/Councils/Commissions:

Northeastern University:

- Clinical Education midterm clinical visits/calls (2013-2015)
- Sports Concentration, Chair (2012-2015)
- Sports Clinical Residency Program, Associate Director (2014-2015)
- Academic Standing Committee (2013-2015; 2020-present)
- Physical Therapy Awards Committee (2013-2015)
- School of Health Professions Award Committee, Chair (2010-2015; 2020-present)
- Faculty Marshall in Commencement Ceremony (2007-2015)
- Undergraduate Curriculum Committee (2010-2013)
- Athletic Training Education Program Curriculum Committee (2005-2013)
- Athletic Training Education Program Academic Standing Committee (2005-2013)
- Athletic Training Education Program Athletic Training Club Advisor (2006-2013)
- Athletic Training Education Program Graduation Committee Chair (2007, 2009-2013)

Honors and Awards:

Nominated for Faculty of the Year Award

Department of Residential Life
 Northeastern University
 2013, 2015

Nominated for Excellence in Teaching Award

Northeastern University
 2009

Continuing Education:

- Combined Sections Meeting, APTA. February 2020, Denver, CO.
- Eastern Athletic Trainer's Association Annual Conference. January 2020, Mashantucket, CT.
- NAIOMT Cervical Spine I. July 2018, New York, New York.
- Blood Flow Restriction Rehabilitation. February 2018, Dunedin, FL.
- Eastern Athletic Trainer's Association Annual Conference. January 2018, Boston, MA.
- MLB 2017 Winter Medical Meetings – Andrews Research and Education Foundation – December 2017, Orlando, FL.
- Orthopedic Manual Therapy Management of Cervical Disorders – March 2017, Fort Myers, FL.
- MLB 2016 Winter Medical Meetings – Andrews Research and Education Foundation – December 2016, Washington, DC.
- Myopain Seminars Dry Needling II – Foundations II – November 2016, Bethesda, MD
- Myopain Seminars Dry Needling I – Foundations I – July 2016, Bethesda, MD
- Eastern Athletic Trainer's Association Annual Conference. January 2016, Boston, MA.
- Team Concept Conference 2015 – December 2015, Summerlin, NV.
- Maitland-Australian Essential Spinal Seminar – November 2015, Danvers, MA
- The ACL: Where Have We Been and Where are We Now? A Comprehensive Approach to the Care of the ACL Injured Patient– June 2015, Boston, MA.
- The 12th Annual Sports Concussion, Traumatic Brain and Spine Injury Conference – May 2015, Boston, MA.
- Nuts & Bolts: A Practical Guide to Collecting Patient Outcomes (Online con-ed course) - 3/20/15.
- The Game Changer: The Importance of Diversity in Your Setting (Online con-ed course) - 1/09/15.
- Developing Cultural Competence in a Multicultural World (Online con-ed course) - 1/9/15.
- United States Lacrosse Sports Medicine Symposium – January 2015, Baltimore, MD.
- Evidence in Motion Sports Certification Specialist Preparation Course, 2014-2015 (online).
- Top 10 Mistakes Made with Ultrasound (Online con-ed course) - 8/26/14.
- Aligning the Interests of Clinicians, Educators, & Researchers to Promote Evidence-Based Practice (Online con-ed course) - 8/20/14.
- Evidence-Based Practice in Athletic Training, Level 1, Part 1, Modules 1-6 (Online con-ed course) - 8/20/14.
- Evidence-Based Practice in Athletic Training, Level 1, Part 2, Modules 7-10 (Online con-ed course) - 8/20/14.
- Evidence-Based Practice in Athletic Training, Level 2 (Online con-ed course) - 8/20/14.
- Pelvic Power: the role of the pelvic floor in the athletic population – October 2014, Boston, MA.
- Completing the Loop: Management of the Adolescent Sports Injury – September 2014, Hingham, MA
- Sports-Related Conference on Concussion and Spine Injury – May 2013, Boston, MA.
- Brain Trauma and the Athlete Conference – October 2012, Waltham, MA.
- Autumn Sports: Conditioning Caveats. August 15, 2012, Hingham, MA.
- Sports Medicine 2012: Imaging and Managing Athletic Injuries – May 2012, Boston, MA.
- Athletic Trainer's Guide to ImPACT testing: Understanding the Scores. January 2012, Boston, MA.
- Eastern Athletic Trainer's Association Annual Conference. January 2012, Boston, MA.
- Brain Trauma and the Athlete Conference – October 2011, Framingham, MA.
- Distinguished Lecture Series. June 2008, Boston, MA.
- Distinguished Lecture Series. June 2007, Boston, MA.
- Eastern Athletic Trainer's Association Annual Conference. January 2007, Boston, MA.
- National Athletic Trainer's Association Annual Conference. June 2006, Atlanta, GA.
- Polar Bear Sports Medicine Conference. May 2006, Bowdoin, ME.
- National Athletic Trainer's Association Annual Conference. June 2005, Indianapolis, IN.
- Injuries in Baseball and Softball, Northeast Rehab Services. April 2005, Haverhill, MA.
- Shoulder Symposium presented by The Lexington Clinic. August 2004, Lexington, KY.
- Professional Baseball Athletic Trainer's Society (PBATS) Annual Conference. March 2004.
- Baseball Team Medicine Conference through the PBATS. January 2004.
- PBATS Annual Conference. March 2003.
- American Sports Medicine Institute Conference. January 2003.

Related Experience:

- Traveled with the Men's USA field hockey to Mexico for Youth Pan American Games in February 2010 and to Vancouver, Canada in July 2010
- Faculty advisor with the International Scholar Laureate Program – led pre-medical students to South Africa (2009) and China (2010) teaching lessons to the delegation on leadership, networking, cultural considerations, and project based learning.
- Athletic Trainer for the Women's USA Field Hockey New England Fire Regional Team 2006-2008
- Participated in and completed 13 marathons (Las Vegas Marathon, San Diego Marathon, Honolulu Marathon, Mount Desert Island Marathon, Walt Disney Marathon, Myrtle Beach Marathon, Wakefield Around the Lake Marathon, Newport Marathon, Miami Marathon, Boston Marathon, Chicago Marathon, Clermont Marathon twice)