

**Alexandre D. Lopes, PT, PhD**

Clinical Professor

Department of Physical Therapy, Movement and Rehabilitation Sciences

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**Education:**

***Harvard University*** Cambridge, MA  
Spaulding National Running Center  
Department of Physical Medicine and Rehabilitation  
Research Fellowship (Post-doctoral)  
Research Advisor: Irene Davis, PT, PhD  
2013-2014

***University of Sao Paulo*** Sao Paulo, Brazil  
Doctor of Philosophy, Human Movement  
Dissertation title: *Two-man bobsled push start kinematic analysis*  
Dissertation Advisor: Marcos Duarte, PhD  
2003-2006

***Federal University of Sao Paulo*** Sao Paulo, Brazil  
Master of Health Science  
Thesis title: *Electromyography during pedaling on upright and recumbent ergometer*  
Thesis Advisor: Moises Cohen, MD, PhD  
1999-2002

***Federal University of Sao Paulo*** Sao Paulo, Brazil  
Residency and Fellowship in Sports Physical Therapy  
Recognized specialty certification in Sports Physical Therapy  
1998-1999

***Federal University of Sao Paulo*** Sao Paulo, Brazil  
Residency and Fellowship in Orthopaedic Physical Therapy  
1997-1998

***Universidade of Mogi das Cruzes*** Mogi das Cruzes, Brazil  
Bachelor's in Physical Therapy  
1993-1996

**Licensure:**

Massachusetts Physical Therapist License # 24228

## **Employment and Position Held:**

### **Clinical Professor**

Department of Physical Therapy, Movement and Rehabilitation Sciences  
Northeastern University  
2020-Present

### **Associate Professor (tenure-track)**

Department of Physical Therapy and Kinesiology  
University of Massachusetts Lowell  
2016-2020

### **Associate Professor**

Masters and Doctoral Programs in Physical Therapy  
University of Sao Paulo City  
2009-2016

### **Staff Physical Therapist**

M&M Track and Field Team  
Responsible for evaluating and treating track & field athletes with musculoskeletal dysfunction.  
2011-2012

### **Per Diem Physical Therapist**

Brazilian Olympic Committee  
Responsible for evaluating and treating athletes with musculoskeletal dysfunction during major championships.  
2001-2012

### **Research Manager**

Psychobiology and Exercise Study Center Department of Psychobiology  
Federal University of Sao Paulo  
2007-2009

### **Clinical Assistant Professor**

Department of Physical Therapy  
Universidade Metodista de São Paulo  
1999-2007

### **Supervisor, Sports Physical Therapy Residency Program**

Department of Orthopedic & Traumatology, Sports Traumatology Center  
Universidade Federal de São Paulo  
1999-2003

### **Part-Time Lecturer/Adjunct Faculty**

Department of Physical Therapy  
Centro Universitário São Camilo  
1999-2001

### **Staff Physical Therapist**

BM&F Track and Field Team  
Responsible for evaluating and treating track & field athletes with musculoskeletal dysfunction.  
1998-2003

## **Peer-reviewed Publications:**

1. Chiesa C, **Lopes AD**, Nolan D. Functional Assessment and Treatment of Complex Pubic-Related and Adductor-Related Groin Pain in a Division I College Soccer Player: Case Report. *JOSPT Cases*, 2023, 3(2):134-143.
2. Soligard T, Palmer D, Steffen K, **Lopes AD**, Grek N, He X, Wang Y, Grant ME, Toresdahl BG, Gilgien M, Budgett R, Engebretsen L. Olympic Games during nationwide lockdown: sports injuries and illnesses, including COVID-19, at the Beijing 2022 Winter Olympics. *Br J Sports Med*, 2023 Oct 24;bjssports-2023-107412. doi: 10.1136/bjssports-2023-107412.
3. **Lopes AD**, Mascarinas A, Hespanhol L. Are alterations in running biomechanics associated with running injuries? A systematic review with meta-analysis. *Braz J Phys Ther*. 2023 Jul-Aug;27(4):100538. doi: 10.1016/j.bjpt.2023.100538. Epub 2023 Aug 23.
4. Colgan K, **Lopes AD**, Nolan DC. Implementation of Cognitive Retraining to Diminish Kinesiophobia Associated with Chronic Ankle Instability: A Case Report. *J Orthop Sports Phys Ther Cases*. 2023; 3(1):16-20. <https://doi.org/10.2519/josptcases.2023.11339> 2.
5. Soligard T, Palmer D, Steffen K, **Lopes AD**, Grek N, Onishi K, Shimakawa T, Grant ME, Mountjoy M, Budgett R, Engebretsen L. New sports, COVID-19 and the heat: sports injuries and illnesses in the Tokyo 2020 Summer Olympics. *Br J Sports Med*, 2022. doi: 10.1136/bjssports-2022-106155.
6. Golub-Victor A, Peterson B, Calderon J, **Lopes AD**, Fitzpatrick D. Student Confidence in Providing Healthcare to Adults With Intellectual Disabilities: Implications for Health Profession Curricula. *Intellectual and Developmental Disabilities*, 2022, 60(6), 477–483. <https://doi.org/10.1352/1934-9556-60.5.4772022>.
7. Vallio CS, de Oliveira GM, Mota GAK, **Lopes AD**, Hespanhol L. RunIn3: the development process of a running-related injury prevention programme. *BMJ Open Sport Exerc Med*, 2021 Jul 8;7(3):e001051. doi: 10.1136/bmjsem-2021-001051.
8. de Oliveira GMO, Mota GAK, Vallio CS, **Lopes AD**, Hespanhol L. What are the facilitators and barriers to develop a running-related injury prevention program? A qualitative study. *Physiother Theory Pract*, 2021 Sep 3;1-8. doi:10.1080/09593985.2021.1967538.
9. Pimenta RM, Hespanhol L, **Lopes AD**. Brazilian version of the OSTRC Questionnaire on health problems (OSTRC-BR): translation, cross-cultural adaptation and measurement properties. *Braz J Phys Ther* . 2021 Jul 16;S1413-3555(21)00077-0. doi: 10.1016/j.bjpt.2021.06.010.
10. M. Oliveira GM, **Lopes AD**, Hespanhol L. Are there really many runners out there? Is the proportion of runners increasing over time? A population-based 12-year repeated cross-sectional study with 625,460 Brazilians. *J Sci Med Sport* . 2021 Jun;24(6):585-591. doi: 10.1016/j.jsams.2020.11.014.
11. Giacomini BA, Yamato TP, **Lopes AD**, What is the foot strike pattern distribution in children and adolescents during running? A cross-sectional study. Hespanhol L. *Braz J Phys Ther* . May-Jun 2021;25(3):336-343. doi: 10.1016/j.bjpt.2020.10.001.
12. Fukusawa L, Stoddard R, **Lopes AD**. There is no difference in footstrike pattern distribution in recreational runners with or without anterior knee pain. *Gait Posture*, 2020 Jun;79:16-20. doi: 10.1016/j.gaitpost.2020.03.020.
13. **Lopes AD**. *Incidence, Prevalence, and Risk Factors of Running Related Injuries: An Epidemiological Review* in *Clinical Care of the Runner: Assessment, Biomechanical Principles, and Injury Management*, Editor: Mark A Harrast, 2020.
14. Soligard T, Palmer D, Steffen K, **Lopes AD**, Grant ME, Kim D, Lee SY, Salmina N, Toresdahl BG, Chang JY, Budgett R, Engebretsen L. Sports injury and illness incidence in the PyeongChang 2018 Olympic Winter Games - a prospective study of 2914 athletes from 92 countries. *British Journal of Sports Medicine*, 2019 Sep;53(17):1085-1092. doi: 10.1136/bjssports-2018-100236.
15. Fontana AD, **Lopes AD**, Lunardi AC. Bariatric Surgery Associated with Practice of Moderate to Intense Physical Activity Related to Weight Loss, Activity Level in Daily Life, Dyspnea, and Quality of Life of Sedentary Individuals with Morbid Obesity: a Prospective Longitudinal Study. *Obesity Surgery*, 2019 Aug;29(8):2442-2448. doi: 10.1007/s11695-019-03859-8.

16. **Lopes AD**, Hespanhol Junior LC, Kamper SJ, Costa LOP. Exercise for patellar tendinopathy. Cochrane Database of Systematic Reviews 2018, Issue 7. Art. No.: CD013078. DOI: 10.1002/14651858.CD013078.
17. Soares WJS, **Lopes AD**, Nogueira E, Candido V, Moraes SA, Perracini MR. Physical Activity level and risk of falling in community-dwelling older adults: systematic review and meta-analysis. *Journal of Aging and Physical Activity*, Oct 25:1-10. doi: 10.1123/japa.2017-0413. t].
18. Soligard T, Steffen K, Palmer D, Alonso JM, Bahr R, **Lopes AD**, Dvorak J, Grant ME, Meeuwisse W, Mountjoy M, Pena Costa LO, Salmina N, Budgett R, Engebretsen L. Sports injuries and illnesses in the Rio de Janeiro 2016 Olympic Summer Games. *British Journal of Sports Medicine*, 2017 Sep;51(17):1265-1271. doi: 10.1136/bjsports-2017-097956.
19. Giroto N, Hespanhol Junior LC, Gomes MRC, **Lopes AD**. Incidence and risk factors of injuries in Brazilian elite handball players: A prospective cohort study. *Scandinavian Journal of Medicine & Science in Sports*, 2017 Feb;27(2):195-202. doi: 10.1111/sms.12636.
20. Hespanhol Junior LC, Carvalho ACA., Costa LOP, **Lopes, AD**. Lower limb alignment characteristics are not associated with running injuries in runners: prospective cohort study. *European Journal of Sport Science*, 2016 Nov;16(8):1137-44. doi: 10.1080/17461391.2016.1195878.
21. Teixeira RN, Lunardi AC, Silva RA, **Lopes, AD**, Carvalho C.R.F. Prevalence of musculoskeletal pain in marathon runners who compete at the elite level. *International Journal of Sports Physical Therapy*, 11:126-131, 2016. PMID: 26900507
22. Saragiotto BT, Yamato T P, **Lopes AD**. Muscle imbalance of flexors and extensors of the knee associated with running-related musculoskeletal injury: a prospective cohort study. *Brazilian Journal of Sports Science*, 2016; (38)1:64-68. <http://dx.doi.org/10.1016/j.rbce.2015.12.005>.
23. **Lopes AD**, Alouche SR. Two-Man bobsled push start analysis. *Journal of Human Kinetics*, 2016; (50)1:63-70. doi: 10.1515/hukin-2015-0143
24. Almeida MO, Davis IS, **Lopes AD**. Biomechanical differences of foot strike patterns during running: a systematic review with meta-analysis. *Journal of Orthopaedic and Sports Physical Therapy*, 2015; 45(10):738-755. doi:10.2519/jospt.2015.6019
25. Almeida MO, Saragiotto BT, Yamato TP, **Lopes AD**. Is the rearfoot pattern the most frequently foot strike pattern among recreational shod distance runners? *Physical Therapy in Sport*, 2015; 16(1):29-33. doi: 10.1016/j.ptsp.2014.02.005
26. Yamato TP, Saragiotto BT, Hespanhol Junior LC, Yeung SS, **Lopes AD**. Descriptors Used To Define A Running-Related Musculoskeletal Injury: A Systematic Review. *Journal of Orthopaedic and Sports Physical Therapy*, 2015; 45(5):366-74. doi: 10.2519/jospt.2015.5750
27. Yamato TP, Saragiotto BT, **Lopes AD**. A Consensus Definition of Running-Related Injury in Recreational Runners: A Modified Delphi Approach. *Journal of Orthopaedic and Sports Physical Therapy*, 2015; 45(5):375-80. doi: 10.2519/jospt.2015.5741
28. Almeida MO, Hespanhol Junior LC, **Lopes AD**. Prevalence of musculoskeletal pain among swimmers participants in an elite national tournament. *International Journal of Sports Physical Therapy*, 2015; 10(7):1026-34.
29. Saragiotto BT, Yamato TP, **Lopes AD**. What do recreational runners think about risk factors for running injuries? A descriptive study of their beliefs and opinions. *Journal of Orthopaedic and Sports Physical Therapy*, 2014; 44(10):733-8. doi: 10.2519/jospt.2014.5710
30. Hespanhol Junior LC, **Lopes AD**. *Running injury: PROFISIO – Sports Physical Therapy and Orthopaedic (PROFISIO 3)*. 1<sup>st</sup> Edition, Porto Alegre (Brazil): Artmed Publishers, 2014.
31. Uribe JDV, Almeida MO, Hespanhol Junior LC, Pereira RL, **Lopes AD**. Determination of the foot strike pattern in runners belonging to a running team. *International Sportmed Journal for Fims*, 2014; 15(1): 13-20.
32. Saragiotto BT, Costa LCM, Oliveira RF, **Lopes AD**, Moseley AM, Costa LOP. Description of research design of articles published in four Brazilian physical therapy journals. *Brazilian Journal of Physiotherapy*, 2014; 18(1):56-62. [dx.doi.org/10.1590/S1413-35552012005000136](http://dx.doi.org/10.1590/S1413-35552012005000136)
33. Saragiotto BT, Piero C, **Lopes AD**. Risk factors and injury prevention in elite athletes: a descriptive study of the opinions of physical therapists, doctors and trainers. *Brazilian Journal of Physiotherapy*, 2014; 18(2):137-43. [dx.doi.org/10.1590/S1413-35552012005000147](http://dx.doi.org/10.1590/S1413-35552012005000147)

34. Parreira PCS, Costa LCM, Hespanhol Junior LC, **Lopes AD**, Costa LOP. Current evidence does not support the use of Kinesio Taping in clinical practice: a systematic review. *Journal of Physiotherapy*, 2014; 60(1):31-9. doi: 10.1016/j.jphys.2013.12.008
35. Saragiotto BT, Yamato TP, Hespanhol Junior LC, Rainbow MJ, Davis IS, **Lopes AD**. What are the main risk factors for running-related injuries? *Sports Medicine*, 2014; 44(8):1153-63. doi: 10.1007/s40279-014-0194-6
36. **Lopes AD**, Alouche SR, Hakansson N, Cohen M. Electromyography during pedaling on upright and recumbent ergometer. *International Journal of Sports Physical Therapy*, 2014; 9(1):76-81. <http://www.ncbi.nlm.nih.gov/pubmed/24567858>
37. Saragiotto BT, Costa LCM, Oliveira RF, **Lopes AD**, Moseley AM, Costa LOP. Description of research design of articles published in four Brazilian physical therapy journals. *Brazilian Journal of Physiotherapy*, 2014; 18(1):56-62. [dx.doi.org/10.1590/S1413-35552012005000136](http://dx.doi.org/10.1590/S1413-35552012005000136)
38. Hespanhol Junior LC, Costa LOP, **Lopes AD**. Previous injuries and some training characteristics predict running-related injuries in recreational runners: a prospective cohort study. *Journal of Physiotherapy*, 2013; 59(4):263-9. doi: 10.1016/S1836-9553(13)70203-0.
39. Boldrini FC, **Lopes AD**, Liebano RE. Effects of shortwave diathermy on the quadriceps femoris muscle torque during neuromuscular electrical stimulation and voluntary contraction in healthy individuals. *Brazilian Journal of Sports Medicine*, 2013; 19(4):247-51. [dx.doi.org/10.1590/S1517-86922013000400004](http://dx.doi.org/10.1590/S1517-86922013000400004)
40. Wageck BB, **Lopes AD**, Costa LOP, Cunha RA, Takahashi RH, Noronha MA. Cross-cultural adaptation and measurement properties of the Brazilian Portuguese version of the Victorian Institute of Sport Assessment - Patella (VISA-P) scale. *Journal of Orthopaedic and Sports Physical Therapy*, 2013; 43(3):163-71. doi: 10.2519/jospt.2013.4287
41. Cunha RA, Costa LOP, Hespanhol Junior LC, Pires RS, Kujala UM, **Lopes AD**. Translation, cross-cultural adaptation and clinimetric testing of instruments used to assess patients with patellofemoral pain syndrome in the Brazilian population. *Journal of Orthopaedic and Sports Physical Therapy*, 2013; 43(5):332-39. doi: 10.2519/jospt.2013.4228
42. Almeida MO, Saragiotto BT, Yamato TP, Pereira RL, **Lopes AD**. Physiotherapy treatment for tennis elbow: a systematic review. *Fisioterapia em Movimento*, 2013; 26(4):921-32. [dx.doi.org/10.1590/S0103-51502013000400020](http://dx.doi.org/10.1590/S0103-51502013000400020)
43. Almeida MO, Carvalho ACA, Riboldi A, Uribe JDV, **Lopes AD**. Handball goalie's elbow syndrome: a systematic review. *Revista Internacional de Medicina y Ciencias de la Actividad Física y del Deporte*, 2013, 13(2):831-42.
44. Puga VOO, Shiwa SR, Alouche SR, **Lopes AD**, Costa LOP. Clinimetric testing supports the use of five questionnaires adapted into Brazilian-Portuguese for patients with shoulder disorders. *Journal of Orthopaedic and Sports Physical Therapy*, 2013; 43(6):404-13. doi: 10.2519/jospt.2013.4441
45. Fruges ALM, Silva CA, **Lopes AD**. *Inpatient physical therapy in Techniques and approaches involved in orthopaedic physical therapy: Inpatient physical therapy*. 1<sup>st</sup> Edition, São Paulo (Brazil): Manole Publishers, 2013.
46. **Lopes AD**, Hespanhol Junior LC, Yeung S, Costa LOP. What are the main running-related musculoskeletal injuries? A systematic review. *Sports Medicine*, 2012; 42(10):891-905. doi: 10.2165/11631170-000000000-00000
47. Hespanhol Junior LC, Costa LOP, Carvalho ACA, **Lopes AD**. A description of training characteristics and its association with previous musculoskeletal injuries in recreational runners: a cross-sectional study. *Brazilian Journal of Physiotherapy*, 2012; 16(1):46-53. [dx.doi.org/10.1590/S1413-35552012000100009](http://dx.doi.org/10.1590/S1413-35552012000100009)
48. **Lopes AD**, Barreto HJ, Olyntho Neto J, Grangeiro Neto J. A. A survey of the participation in competitive sports despite musculoskeletal complaints: cross sectional study. *International Sportmed Journal*, 2012; 13(2): 43-47.
49. Puga VOO, **Lopes AD**, Costa LOP. Assessment of cross-cultural adaptations and measurement properties of self-report outcome measures relevant to shoulder disability in Portuguese: a systematic review. *Brazilian Journal of Physiotherapy*, 2012; 16(2):85-93. [dx.doi.org/10.1590/S1413-35552012005000012](http://dx.doi.org/10.1590/S1413-35552012005000012)
50. Cunha RA, Dias AN, Santos MB, **Lopes AD**. Comparative study of two protocols of eccentric exercise on knee pain and function in athletes with patellar tendinopathy: randomized controlled

study. *Brazilian Journal of Sports Medicine*, 2012; 18(3):167-70. dx.doi.org/10.1590/S1517-86922012000300006

51. Hespanhol Junior LC, Girotto N, Alencar TN, **Lopes AD**. Main gestures performed by handball players. *Revista Brasileira de Ciências do Esporte (Brazilian Journal of Sport Sciences)*, 2012; 34(3):727-739. dx.doi.org/10.1590/S0101-32892012000300014
52. Padula RS, Pires RS, Alouche SR, Chiavegato LD, **Lopes AD**, Costa LOP. Analysis of reporting of systematic reviews in physical therapy published in Portuguese. *Brazilian Journal of Physical Therapy*, 2012; 16():381-88. dx.doi.org/10.1590/S1413-35552012005000040
53. Saragiotto BT, Yamato TP, **Lopes AD**. Prevalence of musculoskeletal pain in runners before race. *Revista Brasileira de Ciências do Esporte (Brazilian Journal of Sports Science)*, 2011; 33(2):475-82. dx.doi.org/10.1590/S0101-32892011000200013
54. Hespanhol Junior LC, Oliveira KT, Oliveira TGV, Girotto N, Carvalho ACA, **Lopes AD**. Effect of Isostretching in flexibility and physical activity level in healthy sedentary subjects. *Brazilian Journal of Science and Movement*, 2011; 19(1):26-31.
55. Costa, LOP, Maher CG, **Lopes AD**, Noronha MA, Costa LCM. Transparent reporting of studies relevant to physical therapy practice. *Brazilian Journal of Physical Therapy*, 2011; 15(4):267-271. dx.doi.org/10.1590/S1413-35552011005000009
56. Shiwa SR, Costa LOP, Costa LCM, Moseley A, Hespanhol Junior LC, Venâncio R, Ruggero C, Sato TO, **Lopes AD**. Reproducibility of the Portuguese version of the PEDro Scale. *Cadernos de Saúde Pública*, 2011; 27(10):2063-68. dx.doi.org/10.1590/S0102-311X2011001000019
57. **Lopes AD**, Costa LOP, Saragiotto BT, Yamato TP, Adami F, Verhagen E. The prevalence of musculoskeletal pain in recreational runners about to compete is substantial: an observational study of 1049 runners. *Journal of Physiotherapy*, 2011; 57(3):179-82. doi: 10.1016/S1836-9553(11)70039-X
58. Fernandes TFR, Hespanhol Junior LC, **Lopes AD**. Musculoskeletal injuries in ballet: systematic review. *Terapia Manual*, 2011, 9(43):304-10.
59. Rocha MFO, Carvalho ACA, **Lopes AD**. The influence of the musculoskeletal complain in the labor productivity of the masons. *Terapia Manual*, 2011; 9(44):500-05.
60. Moraes JMM, Coelho KO, Carvalho ACA, Prado ERA, **Lopes AD**. Isostretching effects on pain, flexibility, quality of life and physical activity level in adults with scoliosis. *Terapia Manual*, 2011, 9(44):362-65.
61. Carvalho ACA, Gonçalves KOF, Hespanhol Junior LC, Girotto N, **Lopes AD**. Core exercise for chronic low back pain. *Terapia Manual*, 2010; 8(2):491-96.
62. **Lopes AD**, Barreto HJ, Aguiar RC, Gondo FB, Neto JG. Brazilian physiotherapy services in the 2007 Pan-American Games: Injuries, their anatomical location and physiotherapeutic procedures. *Physical Therapy in Sport*, 2009; 10(2):67-70. doi: 10.1016/j.ptsp.2008.11.002.
63. **Lopes AD**, Mello MT, Campos RMS, Queiroz SS, Tufik S. *Impact of obesity in the musculoskeletal system* in Obesity. 2<sup>nd</sup> Edition, Rio de Janeiro (Brazil): Guanabara Koogan Publishers, 2009.
64. **Lopes AD**, Tufik S, Mello MT. *Pain on foot and ankle* in Sports Medicine Manual. 1<sup>st</sup> Edition, São Paulo (Brazil): Atheneu Publishers, 2009.
65. **Lopes AD**. *Cryotherapy* in Animal Physical Therapy. 1<sup>st</sup> Edition, São Paulo (Brazil): Manole Publishers, 2006.
66. Ingham SJM, Alloza JFM, **Lopes AD**, Chamlian TR, Cohen M. Injury epidemiology during handball practice. *Medicina de Reabilitação*, 2004; 23(1):2-5.
67. **Lopes AD**. *Cryotherapy* in Sports Injury. 1<sup>st</sup> Edition, Rio de Janeiro (Brazil): Revinter Publishers, 2002.
68. Ejnisman B, **Lopes AD**. *Shoulder in aquatic sports* in Sports Injury. 1<sup>st</sup> Edition, Rio de Janeiro (Brazil): Revinter Publishers, 2002.
69. Laurino CS, **Lopes AD**, Mano KS, Cohen M, Abdalla RJ. Musculoskeletal injuries in athletics. *Brazilian Journal of Orthopedics*, 2000; 35(9):364-368.
70. Cohen M, Abdalla RJ, Ejnisman B, Schubert S, **Lopes AD**, Mano KS. Incidence of shoulder pain in Brazilian elite swimmers. *Brazilian Journal of Orthopedics*, 1998; 33(12):930-32.

## **Peer-Reviewed Scientific and Professional Presentations:**

1. Tung M, Lantz G, Berglund L, **Lopes AD**. Frequency of Injuries and Risk Factors for Injuries in Strength Sports: An Updated Systematic Review. In: American Physical Therapy Association - Combined Section Meeting, 2024.
2. **Lopes AD**, Ma B, Tung M, Post B. Economic Burden of Running-Related Injuries: A scoping review. In: American Physical Therapy Association - Combined Section Meeting, 2023. *Journal of Orthopaedic & Sports Physical Therapy*, 2023;53(2): SPO1-SPO109.
3. **Lopes AD**, Schumacher N. Estimation of the economic burden of running-related injuries - A feasibility study. In: American Physical Therapy Association - Combined Section Meeting, 2021.
4. **Lopes AD**, Labossier B; Brice S. Determination of foot strike angle among novice runners. In: American Physical Therapy Association - Combined Section Meeting, 2020, Denver, CO. *Journal of Orthopaedic & Sports Physical Therapy*, 2019;50(1):SP01–SPO137.
5. **Lopes AD**, Mascarinas A, Hespanhol Junior LC. What are the main biomechanical risk factors for running-related injuries? A systematic review with meta-analysis. In: American Physical Therapy Association - Combined Section Meeting, 2019, Washington, DC. *Journal of Orthopaedic & Sports Physical Therapy*, 2019;49(1):CSM30–CSM62.
6. Torres E, Kulkarni S, Parekh R, **Lopes AD**. Effect of progressive resistance exercise on activity and participation in individuals with chronic low back pain: A systematic review. In: American Physical Therapy Association - Combined Section Meeting, 2018, New Orleans. *Journal of Orthopaedic & Sports Physical Therapy*, 2018, 48: A187-86.
7. Lackner E, **Lopes AD**. Association between knee pain and training and personal characteristics in runners: a cross-sectional study In: American Physical Therapy Association - Combined Section Meeting, 2017, San Antonio. *Journal of Orthopaedic & Sports Physical Therapy*, 2017, 47:A30 - A57.
8. Pimenta R.M., Hespanhol Junior L.C., Grangeiro Neto J.A., **Lopes AD**. Incidence and risk factors of injuries in Brazilian elite volleyball players: a prospective cohort study In: IOC World Conference on Prevention of Injury & Illness in Sport, 2017, Monaco. *British Journal of Sports Medicine*, 2017, 51:375 - 376.
9. Giacomini B, Pimenta R, Hespanhol Junior LC, Davis I, **Lopes AD**. Foot Strike Pattern Modification During Running Among Children Aged Years. *Proceeding of the American College of Sports Medicine 63<sup>rd</sup> Annual Meeting / 7<sup>th</sup> World Congress on Exercise is Medicine*, Boston, MA, June 2016.
10. **Lopes AD**, Hespanhol Junior LC, Mascarinas A, Davis IS. What are the main biomechanical variables associated with running injuries? A systematic review with meta-analysis. In: American Physical Therapy Association - Combined Section Meeting, Anaheim, CA, *Journal of Orthopaedic & Sports Physical Therapy*, 2016, 46(1): A185.
11. **Lopes AD**, Hespanhol Junior LC, Mascarinas A, Davis IS. Biomechanical Factors in Running Injuries: a Systematic Review. *Proceedings of the American College of Sports Medicine 61st Annual Meeting / 5th World Congress on Exercise is Medicine*, Orlando, FL, May, 2014.
12. Saragiotto BT, Yamato TP, Hespanhol Junior LC, **Lopes AD**. What Are The Risk Factors For Running-related Musculoskeletal Injuries? A Systematic Review. *Proceeding of the American College of Sports Medicine 60th Annual Meeting / 4rd World Congress on Exercise is Medicine*, Indianapolis, IN, May, 2013.
13. Yamato TP, Saragiotto BT, Hespanhol Junior LC, Yeung S, **Lopes AD**. Definitions Used to Refer to A Running-related Musculoskeletal Injury: A Systematic Review. *Proceeding of the American College of Sports Medicine 60th Annual Meeting / 4rd World Congress on Exercise is Medicine*, Indianapolis, IN, May, 2013.
14. Carvalho ACA, Hespanhol Junior LC, Costa LOP, **Lopes AD**. Association between anatomic alignment and musculoskeletal injuries in recreational runners: cohort prospective study. *Proceeding of the American College of Sports Medicine 59th Annual Meeting / 3rd World Congress on Exercise is Medicine*, San Francisco, CA, May, 2012.
15. Hespanhol Junior LC, Costa LOP, **Lopes AD**. Incidence and risk factors of running-related injuries: a prospective cohort study. *Proceeding of the American College of Sports Medicine*

59th Annual Meeting / 3rd World Congress on Exercise is Medicine, San Francisco, CA. May, 2012.

16. **Lopes AD**, Hespanhol Junior LC, Costa LOP, Yeung S. Incidence and prevalence of main running-related injuries: a systematic review. *Proceeding of the American College of Sports Medicine 59th Annual Meeting / 3rd World Congress on Exercise is Medicine*, San Francisco, CA, May, 2012.
17. **Lopes AD**, Saragiotto BT, Yamato TP, Adami F, Costa LOP. Musculoskeletal pain in recreational runners prior to race participation: a cross-sectional survey in 1049 runners. *Proceeding of the IOC World Conference on Prevention of Injury & Illness in Sport*, Monaco, April, 2011.
18. **Lopes AD**, Barreto HJ, Grangeiro Neto JA. A survey of the participation in competitive sports despite musculoskeletal complaints *Proceeding of the IOC World Conference on Prevention of Injury & Illness in Sport*, Monaco, April, 2011.
19. Hespanhol Junior LC, Carvalho ACA, Costa LOP, **Lopes AD**. The prevalence of musculoskeletal injuries in runners: a systematic review. *Proceeding of the IOC World Conference on Prevention of Injury & Illness in Sport*, Monaco, April, 2011.
20. **Lopes AD**, Cohen M. Electromyography during pedaling on upright and recumbent ergometer. *Proceeding of the X Brazilian Congress of Biomechanics*, Belo Horizonte, Brazil, 2003.

### **Peer-Reviewed Scientific and Professional Presentations:**

1. “Physiotherapy insights: The treatment approach used in the Tokyo 2020 Olympic Games”, Olympic Academic Programme on Sports Medicine & Sports Physiotherapy at the Gangwon 2024 Youth Olympic Games.
2. Running the Show: Exploring leadership roles of the sports physical therapist at large running events. Specialization SIG. American Academy of Sports Physical Therapy. Nolan D, Weinstein S, Lopes AD, 2021
3. “Running injury: risk factors and prevention”, UMass Lowell - Air Force Reserve Officer Training Corps Program, 2019
4. “The cost of running-related injuries”, Running Injury Science Meeting, Luxembourg, 2017.
5. “Going for the Gold: Causes of Injuries in Olympic Athletes, UMass Lowell, College of Health Science, 2016.
6. “Running injury: risk factors and prevention,” V Physical Therapy Meeting, Universidade de Mogi das Cruzes (UMC), São Paulo (Brazil), October, 2015.
7. “Running injury: risk factors and prevention,” VI Ibramed Interantional Scietific Meeting, São Paulo (Brazil), October, 2015.
8. “Running injury: risk factors and prevention,” XII Physical Therapy Meeting, UniFMU, São Paulo (Brazil), October, 2015.
9. “Running injury: risk factors and prevention,” XVI ENFIL East Side Meeting of Physical Therapy, Universidade Cidade de São Paulo, São Paulo (Brazil), October, 2015.
10. “Running injury: risk factors and prevention,” 1<sup>st</sup> Symposium of the Orthopaedic Physical Therapy, Hospitalys Hospital, Rio de Janeiro (Brazil), September, 2015.
11. “Running injury: risk factors and prevention,” XVI Week of Lectures, Physical Therapy Department, Universidade de Taubaté, São Paulo (Brazil), August, 2015.
12. “What are the main risk factors for running-related injuries?” 4<sup>th</sup> International Course of Knee Rehabilitation, São Paulo (Brazil), April, 2015.
13. “Running injury: risk factors and prevention,” Brazilian Conference of Evidence-based Physical Therapy, Universidade Federal da Bahia, Salvador (Brazil), December, 2014.
14. “Running injury: risk factors and prevention,” Sports Physical Therapy League, Universidade de São Caetano do Sul, São Paulo (Brazil), October, 2014.
15. “Running injury: risk factors and prevention,” Brazilian Students and Researchers in Boston, Boston, May, 2014.
16. “Injury risk in men and women in sports walk this way: sex differences in locomotion”, Human Evolutionary Biology, Harvard University, Boston, October, 2013.



17. "Running injury," Running Injury Meeting, Universidade Cidade de São Paulo, São Paulo (Brazil), December, 2012.
18. "Sports Physical Therapy," XIV ENFIL East Side Meeting of Physical Therapy, Universidade Cidade de São Paulo, São Paulo (Brazil), October, 2012.
19. "Stretching in sports: myths and thrust," Universidad CES, Medellin (Colombia), June, 2012.
20. "Running injury," First International Conference of Sports Physical Therapy of East, Assuncion (Paraguay), April, 2012.
21. "Stretching in sports: myths and thrust," Universidad en la Comunidad (UNICO), Guadalajara (Mexico), October, 2011.
22. "Sports injury: shoulder injuries," XVIII Symposium on Physical Therapy, Universidade Federal de São Carlos, São Paulo (Brazil), September, 2011.
23. "Stretching in sports: myths and thrust," Physical Therapy Department, Universidad de Costa Rica, San José (Costa Rica), November, 2010.
24. "Barefoot running or shod running?," First Meeting of Sports Physical Therapy, Universidade Católica de Pelotas, Rio Grande do Sul (Brazil), May, 2010.
25. "Stretching in sports: myths and thrust," First Meeting of Sports Physical Therapy, Universidade Católica de Pelotas, Rio Grande do Sul (Brazil), May, 2010.
26. "Stretching in sports: myths and thrust," XIII Sports Rehabilitation League, Universidade de São Paulo, São Paulo (Brazil), May, 2010.
27. "Sports physical therapy in elite athletes," Inaugural Class, Physical Therapy Course, UniFMU, São Paulo (Brazil), February, 2010.
28. "Sports injury," XXIV Physical Education and Physical Therapy Week, Universidade de Mogi da Cruzes, São Paulo (Brazil), November, 2009.
29. "Stretching in sports: myths and thrust," IV Brazilian Conference of Sports Physical Therapy, Rio Grande do Sul (Brazil), October, 2009.
30. "Knee scales for Anterior Knee Pain," IV Brazilian Conference of Sports Physical Therapy, Rio Grande do Sul (Brazil), October, 2009.
31. "Orthopaedic physical therapy: where we've been and where we're going," XVIII Brazilian Physical Therapy Conference, São Paulo (Brazil), October, 2009.
32. "Brazilian physical therapy service during Beijing Olympic Games 2008," VI Physical Therapy Meeting, Faculdade de Ciências Médicas e da Saúde, Minas Gerais (Brazil), October, 2009.
33. "Stretching in sports: myths and thrust," III Physical Therapy Meeting, Centro Universitário Padre Achieta, São Paulo (Brazil), October, 2009.
34. "Stretching in sports: myths and thrust," II Sports Physical Therapy Meeting, UNILUS, São Paulo (Brazil), September, 2009.
35. "Biomechanical evaluation of the knee during physical activity," 3<sup>rd</sup> Multidisciplinary Treatment Approach of the Knee Course, Universidade Federal de São Paulo, São Paulo (Brazil), September, 2009.
36. "Stretching in sports: myths and thrust," XII Sports Rehabilitation League, Universidade de São Paulo, São Paulo (Brazil), May, 2009.
37. "Brazilian physical therapy service during Beijing Olympic Games 2008," IX Physical Therapy Meeting, Centro Universitário de Rio Preto, São Paulo (Brazil), November, 2008.
38. "Biomechanics of musculoskeletal injury," IX Physical Therapy Meeting, Centro Universitário de Rio Preto, São Paulo (Brazil), November, 2008.
39. "Brazilian physical therapy service during Beijing Olympic Games 2008," 3<sup>rd</sup> Academic Meeting "Professora Sandra Aquino", Universidade do Vale do Sapucaí, Minas Gerais (Brazil), November, 2008.
40. "Brazilian physical therapy service during Beijing Olympic Games 2008," IV Physical Therapy Meeting, Universidade Municipal de São Caetano do Sul, São Paulo (Brazil), October, 2008.
41. "Stretching in sports: myths and thrust," XI Sports Rehabilitation League, Universidade de São Paulo, São Paulo (Brazil), June, 2008.
42. "Paralympics sports," Sports Medicine Meeting, Universidade Federal de São Paulo, São Paulo (Brazil), May, 2008.
43. "Biomechanics of human movement," Psychobiology Aspects related to Physical Activity and Exercise Course, São Paulo (Brazil), April, 2008.

44. "Brazilian physical therapy service during Beijing Olympic Games 2008," III Physical Therapy Meeting, Escola Superior de Cruzeiro, Minas Gerais (Brazil), April, 2008.
45. "Stretching in sports: myths and thrust," VII Physical Therapy Meeting, Centro Universitário de Rio Preto, São Paulo (Brazil), November, 2007.
46. "Stretching in sports: myths and thrust," XVII Brazilian Physical Therapy Conference, São Paulo (Brazil), October, 2007.
47. "Stretching in sports: myths and thrust," Physical Therapy Day Celebration, Universidade de São Paulo, São Paulo (Brazil), October, 2007.
48. "Stretching in sports: myths and thrust," II Physical Therapy Meeting, Universidade Nove de Julho, São Paulo (Brazil), September, 2007.
49. "Cryotherapy, " VI Animal Physical Therapy for Veterinary Medicine, São Paulo (Brazil), September, 2007.
50. "Sports Physical Therapy, " IX Week of Lectures, Physical Therapy Department, Universidade de Taubaté, São Paulo (Brazil), August, 2007.
51. "Winter sports injury, " 10<sup>th</sup> Anniversary – Sports Traumatology Center, Universidade Federal de São Paulo, São Paulo (Brazil), August, 2007.
52. "Physical therapy in physical activity and sports, " Psychobiology Aspects related to Physical Activity and Exercise Course, São Paulo (Brazil), May, 2007.
53. "Stretching in sports: myths and thrust," II Physical Therapy Meeting, Universidade Estadual Paulista, São Paulo (Brazil), May, 2007.
54. "How important is the knowledge, analysis and sports gesture correction in athlete performance, " Medical Conference of the Pan-American Games Rio 2007, Rio de Janeiro (Brazil), May, 2007.
55. "Winter sports injury, " III Sports Physical Therapy Meeting, Universidade Cidade de São Paulo, São Paulo (Brazil), October, 2006.
56. "Stretching in sports: myths and thrust," Physical Therapy Week, Universidade de São Paulo, São Paulo (Brazil), October, 2006.
57. "Cryotherapy, " III Physical Therapy Meeting, Universidade Municipal de São Caetano do Sul, São Paulo (Brazil), October, 2006.
58. "Cryotherapy, " World Congress of Sports Medicine in Basketball, São Paulo (Brazil), September, 2006.
59. "Stretching in sports: myths and thrust," I Physical Therapy Meeting SP/RJ Region, Brazilian Conference of Sports Physical Therapy, September, 2006.
60. "Anterior cruciate ligament injuries, " Masters' in Physical Therapy Program, Universidade Cidade de São Paulo, São Paulo (Brazil), September, 2006.
61. "Cryotherapy, " IV Animal Physical Therapy for Veterinary Medicine, São Paulo (Brazil), May, 2006.
62. "Winter sports injury," II Brazilian Conference of Sports Physical Therapy, Parana (Brazil), November, 2005.
63. "Physical therapy care in the track and field athletes, "XVI Brazilian Physical Therapy Conference, São Paulo (Brazil), October, 2005.
64. "Human movement analysis, " Orthopaedic and Traumatology Institute, Universidade de São Paulo, São Paulo, July, 2005.
65. "Athletics injury, " Sports Physical Therapy League, Universidade Paulista, São Paulo (Brazil), May, 2005.
66. "Sports physical therapy, " Faculdades Integradas de Santo André – FEFISA, São Paulo (Brazil), May, 2005.
67. "Running evaluation, " Locomotor System in Sport Course, Universidade Federal de São Paulo, São Paulo (Brazil), April, 2005.
68. "Biomechanics of musculoskeletal injury, " I Brazilian Conference of Sports Physical Therapy, São Paulo, (Brazil), November, 2004.
69. "Strength training and biomechanics, " V Physical Therapy Meeting, Centro Universitário de Rio Preto, São Paulo (Brazil), October, 2004.
70. "Anterior knee pain: functional evaluation, "II Sports Physical Therapy in the Knee Injuries, São Paulo (Brazil), September, 2004.

71. "Leg and foot stress fracture, " 2<sup>nd</sup> Brazilian Conference of Sports Traumatology, São Paulo (Brazil), August, 2004.
72. "Electromyography, " Orthopaedic and Traumatology Institute, Universidade de São Paulo, São Paulo, June, 2004.
73. "Physical therapy for anterior knee pain, " X Orthopaedic and Traumatology Conference of the Ceará State, Ceará (Brazil), June, 2004.
74. "Physical therapy for muscle strain, " X Orthopaedic and Traumatology Conference of the Ceará State, Ceará (Brazil), June, 2004.
75. "Physical therapy care in the track and field athletes, " I Sports Physical Therapy Meeting, UniFMU, São Paulo (Brazil), May, 2004.
76. "Plyometric training, " III Health Science College Conference, Universidade Metodista de Piracicaba, São Paulo (Brazil), April, 2004.
77. "Athletics injury, " II Sports Physical Therapy Meeting, Universidade de Santo Amaro, São Paulo (Brazil), November, 2003.
78. "Knee rehabilitation, " 6<sup>th</sup> Orthopaedic, Traumatology and Rehabilitation Meeting, Faculdade de Medicina do ABC, São Paulo (Brazil), May, 2003.
79. "Sports physical therapy, " I Orthopaedic Sports Physical Therapy Course, Universidade do Estado do Pará, Pará (Brazil), March, 2013.
80. "Rehabilitation of the muscle strain in sports, "XI Symposium on Physical Therapy, Universidade Federal de São Carlos, São Paulo (Brazil), November, 2002.
81. "Rehabilitation of the knee injuries, " 5<sup>th</sup> Orthopaedic, Traumatology and Rehabilitation Meeting, Faculdade de Medicina do ABC, São Paulo (Brazil), June, 2002.
82. "Sports biomechanics evaluation, " Locomotor System in Sport Course, Universidade Federal de São Paulo, São Paulo (Brazil), May, 2002.
83. "Sports biomechanics evaluation, " Locomotor System in Sport Course, Universidade Federal de São Paulo, São Paulo (Brazil), June, 2001.
84. "Sports physical therapy, " VII São Paulo State Physical Therapy Conference, São Paulo (Brazil), September, 2000.
85. "Shoulder injuries, " II Sports Injury Center Meeting, Universidade Federal de São Paulo, São Paulo (Brazil), August, 2000.
86. "Athletics injury, " Locomotor System in Sport Course, Universidade Federal de São Paulo, São Paulo (Brazil), July, 2000.
87. "Shoulder instability rehabilitation, " Locomotor System in Sport Course, Universidade Federal de São Paulo, São Paulo (Brazil), July, 2000.
88. "Rehabilitation of the shoulder impingement syndrome, " 1<sup>st</sup> Course of Surgery in the Shoulder and Elbow, Universidade Federal de São Paulo, São Paulo (Brazil), April, 2000.
89. "Physical therapy in the rotator cuff injuries, " IV Orthopaedic Physical Therapy Conference, São Paulo (Brazil), November, 1999.
90. "Rehabilitation of the swimmer shoulder, " 1<sup>st</sup> Latin America Knee Surgery, Arthroscopy and Sports Trauma Conference, São Paulo (Brazil), October, 1999.
91. "Shoulder injuries, " I Sports Injury Center Meeting, Universidade Federal de São Paulo, São Paulo (Brazil), August, 1999.
92. "Shoulder rehabilitation, " Locomotor System in Sport Course, Universidade Federal de São Paulo, São Paulo (Brazil), June, 1999.
93. "Patellofemoral pain syndrome rehabilitation, "Universidade Federal de São Paulo, São Paulo (Brazil), June, 1999.
94. "Stress fractures rehabilitation, " Locomotor System in Sport Course, Universidade Federal de São Paulo, São Paulo (Brazil), May, 1999.
95. "Muscle strains rehabilitation, " I Sports Medicine Course – Sports Traumatology Center, São Paulo (Brazil), April, 1999.

## **Funded/In Review Grant Activity:**

### **Grants Funded**

- Professional training for Ethiopian physical therapists to meet the academic experience requirements for reopening the Doctor in Physical program at Addis Ababa University.  
Agency: Health Volunteers Overseas  
Role: Coordinator  
Amount of award: \$ 15,000  
(2023-present)  
Nature of the project: This project aims to provide professional training to six Ethiopian physical therapists to meet the academic experience requirements for reopening the Doctor in Physical Therapy program at Addis Ababa University.
- Alteration of Foot Pressure in Runners with Anterior Knee Pain.  
Agency: Seed Grant, University of Massachusetts Lowell  
Role: PI  
Amount of award: \$ 8,353.00  
(2017-2019)  
Nature of project: The aim of this study is to use foot pressure data to determine if runners with anterior knee pain alter their foot-strike pattern running in the natural environment.
- Translation and cross-cultural adaptation of Oslo Sports Trauma Research Center (OSTRC) Questionnaire on health problems and measurement properties of the Brazilian-Portuguese version  
Agency: São Paulo Research Foundation (FAPESP), Brazil  
Role: PI  
Award Amount: \$ 21,000  
(2016)
- Five scientific initiation scholarships supported by National Counsel of Technological and Scientific Development (CNPq), Brazil  
Award Amount: US\$ 8,000  
(2014-2016)
- Two master of physical therapy scholarships supported by Coordination for the Improvement of Higher Education Personnel (CAPES), Brazil  
Award Amount: US\$ 15,200  
(2014-2016)
- Post-doctoral scholarship supported by Coordination for the Improvement of Higher Education Personnel (CAPES), Brazil  
Award Amount: US\$ 110,000  
(2013-2014)
- Conference participation supported by National Counsel of Technological and Scientific Development (CNPq), Brazil  
Award Amount: US\$ 3,500  
(2012)
- Influence of aging and professional experience in the physical performance, biopsychosocial aspects and motor control in workers  
Supported by National Counsel of Technological and Scientific Development (CNPq), Brazil  
Role: Co-Investigator  
Award Amount: US\$ 18,000  
(2010-2012)

## **Current/Active Research Activity:**

- Use of telerehabilitation to enhance the practice of physiotherapy in low and middle-income countries

### **Membership in Scientific/Professional Organizations:**

American Physical Therapy Association (APTA)	2015 - present
Brazilian Sports Physical Therapy Association (founder)	2002 - present

### **Consultative and Advisory Positions Held:**

#### *International Editorial Review Board member*

Journal of Orthopaedic & Sports Physical Therapy (JOSPT),	2015 - present
Brazilian Journal of Physical Therapy,	2018 - present
British Journal of Sports Medicine,	2021- present

### **Community Service:**

- Collaborating with the Program of Physiotherapy, Addis Ababa University 2022 - present
- PT Pro Bono work for Boston City Football Club 2022 - present
- Physical therapy for a community with limited access to healthcare Piaui Project 2004

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

#### School/College

School of Clinical and Rehabilitation Sciences - Clinical Promotion Committee 2022 - present

#### Department

Alumni Social Media Committee 2022 - present  
Performance Review Committee 2023 – present  
DPT Admissions Committee 2021 - present

### **Honors and Awards:**

- 2022 Faculty Excellence in Community Engagement Award, Department of Physical Therapy, Movement & Rehabilitation Sciences; Northeastern University.
- 2017 Recognized Researcher Awardee - UMass Lowell Vice Provost for Research
- 2013 Distinguished Dissertation and Thesis Awards in Sports Physical Therapy, VII Brazilian Conference of the Brazilian Sports Physical Therapy Association (SONAFE)
- 2013 Indicated by Brazilian Sports Physical Therapy Association (SONAFE) for Honorable Mention, "The Young Scientist Awards - The Brazilian National Council for Scientific and Technological Development, CNPq"
- 2011 Distinguished Dissertation and Thesis Awards in Sports Physical Therapy, VI Brazilian Conference of the Brazilian Sports Physical Therapy Association (SONAFE)
- 2007 Honored by Brazilian Boards of Physical Therapy, Rio 2007 Pan-American Games.

### **Current Teaching Responsibilities in the Entry-Level Program:**

- Northeastern University (2020-Present)
  - PT 6510 Evidence-Based Practice and Research Design
  - PT 6511 Research Methods & Stats
  - PT 6512 DPT Capstone I
  - PT 6513 DPT Capstone II