

Matthew J. Gage, PhD, LAT, ATC, CES

Work

Liberty University
Health Professions Department
1971 University Blvd, Center for Natural Sciences, Rm. T-14
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EDUCATIONAL BACKGROUND

- Doctor of Philosophy** Brigham Young University, Provo, UT
Graduated: December 2009
Major Area: Exercise Sciences
Concentration: Physical Medicine and Rehabilitation
- Master of Science** Eastern Kentucky University, Richmond, KY
Graduated: July 1998
Major Area: Physical Education
Concentration: Sports Administration
- Bachelor of Arts** University of Northern Iowa, Cedar Falls, IA
Graduated: May 1997
Major Area: Elementary Education
Minor Areas: Athletic Training, Coaching, & Math

PROFESSIONAL EXPERIENCE

Liberty University, Lynchburg, VA

- Professor/Athletic Training Program Director, Allied Health Professions Department, May 2015- Present

Liberty University, Lynchburg, VA

- Associate Professor/ Clinical Coordinator, Allied Health Professions Department (Athletic Training Program), August 2012 -May 2015

Indiana State University, Terre Haute, IN

- Assistant Professor, Department of Applied Medicine & Rehabilitation (Athletic Training Program), August 2009 – July 2012

Brigham Young University, Provo, UT

- Doctoral Teaching Assistant, Exercise Sciences Department, August 2005 – July 2009

University of Northern Iowa, Cedar Falls, IA

- Assistant Athletic Trainer, Clinical Education Coordinator, & Instructor, Athletic Training Division, August 1998 – May 2005

Eastern Kentucky University, Richmond, KY

- Graduate Teaching Assistant & Athletic Trainer, Physical Education Department, August 1997 – May 1998

ACADEMIC COURSES INSTRUCTED

Liberty University

- ATTR 220 Practicum I
- ATTR 221 Clinical Education I
- ATTR 225 Clinical Kinesiology
- ATTR 226 Clinical Kinesiology Laboratory
- ATTR 300 Lower Extremity Injury Evaluation
- ATTR 301 Lower Extremity Injury Evaluation Laboratory
- ATTR 302 Upper Extremity Injury Evaluation
- ATTR 320 Clinical Education II
- ATTR 321 Clinical Education III
- ATTR 325 Evidence-Based Research in Athletic Training
- ATTR 331 Clinical Musculoskeletal Anatomy Lab
- ATTR 400 Therapeutic Exercise & Rehabilitation
- ATTR 402 Practical Application of Therapeutic Exercises
- ATTR 406 Corrective Exercises & Theory of Rehabilitation
- ATTR 420 Clinical Education IV
- ATTR 440 Senior Seminar
- ATTR 500 Bracing, Taping, & Wrapping
- ATTR 511 Clinical Integrations II
- ATTR 520 Examination & Treatment I
- ATTR 525 Examination & Treatment II
- ATTR 612 Clinical Integrations V
- ATTR 620 Manual Therapy
- ATTR 625 Musculoskeletal Diagnostic Imaging

Indiana State University, Terre Haute, IN

- ATTR 110 Introduction to Health Professions
- ATTR 212 Care & Prevention of Athletic Injuries
- ATTR 212L Care & Prevention of Athletic Injuries Lab
- ATTR 225 Medical Terminology
- ATTR 255 Clinical Education I
- ATTR 256 Clinical Education II
- ATTR 356 Clinical Education IV
- ATTR 362 Foundations of Therapeutic Modalities and Rehabilitation
- ATTR 456 Clinical Education VI
- ATTR 475 Therapeutic Exercise
- ATTR 475 Applied Therapeutic Rehabilitation and Reconditioning
- ATTR 610 Sports Injuries
- ATTR 661 Evidence Based Rehabilitation of the Kinetic Chain
- ATTR 698 Research Project
- ATTR 699 Master's Thesis

Brigham Young University, Provo, UT

- EXSC 320 Basic Athletic Training
- EXSC 321 Basic Athletic Training Lab
- EXSC 394 Athletic Training Clinical Education I
- EXSC 395 Athletic Training Clinical Education II
- EXSC 494 Athletic Training Clinical Education III
- EXSC 495 Athletic Training Clinical Education IV

University of Northern Iowa, Cedar Falls, IA

- 42T:023 Introduction to Athletic Training
- 42T:033 Emergency Care in Athletic Training
- 42T:133 Upper Body Injury Assessment
- 42T:134 Upper Body Injury Assessment Clinical Experience
- 42T:137 Lower Body Injury Assessment
- 42T:138 Lower Body Injury Assessment Clinical Experience
- 42T:144 Therapeutic Modalities Clinical Experience
- 42T:158 Therapeutic Exercise Clinical Experience
- 420:018 Prevention and Care of Injuries for the Physically Active
- 420:019 Prevention and Care Laboratory

Area Seven Education Agency, Cedar Falls, IA

- Prevention and Care of Athletic Injuries
- Prevention and Care of Athletic Injuries Lab

Eastern Kentucky University, Richmond, KY

- HPR 180 Fitness and Wellness
- HPR 282 Exercise, Movement, and Sports Skills

PROFESSIONAL ACADEMIC EXPERIENCES

Liberty University, Lynchburg, VA

Professor/ Athletic Training Program Director – May 2015 – Present

- Transitioned Liberty University's Athletic Training Program from a BS to MS in Athletic Training
- Completed the CAATE Mini Self-Study to transition the BS to MS degree
- Teaching professional-level athletic training courses
- Chairperson of the Athletic Training Program Admissions Committee
- Coordinator of the Athletic Training Program Budget
- Served as the Committee Chair for CAATE Accreditation
- Served as a Clinical Site Evaluator
- Served as the Co-Alumni Relations Director
- Serve as the Athletic Training Program Assessment Co-Coordinator
- Served as the Co-Athletic Training Student Association Faculty Representative
- Served as the Athletic Training Program Curriculum Coordinator
- Served as the Athletic Training Program Research Coordinator
- Served as the Standardized Patient Center Co-Coordinator
- Served as the School of Health Sciences representative on the University Faculty Curriculum Council

Liberty University, Lynchburg, VA

Associate Professor/ ATP Clinical Coordinator – August 2012 – May 2015

- Taught entry-level athletic training courses
- Served as the Clinical Coordinator
- Served as a committee member on graduate student research projects
- Served as the School of Health Sciences representative on the University Faculty Curriculum Council
- Served as the site host for a Graston Technique Training at LU for the preceptors to provide them with free CEU's

Indiana State University, Terre Haute, IN

Assistant Professor – August 2009 – July 31, 2012

- Taught graduate and entry-level athletic training courses
- Served on the Athletic Training and Graduate and Research Committees
- Served as the Chairperson of the Research Committee for the Department of Applied Medicine and Rehabilitation
- Served as the Director of the Applied Medicine Research Center
- Served as a member of the Department of Applied Medicine and Rehabilitation Athletic Training Education Program Committee
- Served as the Department of Applied Medicine and Rehabilitation's representative for the College Academic Affairs Committee
- Served as a member of the Department of Applied Medicine and Rehabilitation's Inter-Professional Committee
- Served as the chairperson for the College of Nursing, Health, and Human Services Academic Affairs Committee

Brigham Young University, Provo, UT

Doctoral Teaching Assistant—August 2005 – July 2009

- Taught physical activity courses
- Taught athletic training courses
- Served as an Approved Clinical Instructor
- Served as research coordinator to Dr. Ty Hopkins
- Served as Documentation Committee Chairperson for BYU's ATEP Self-study
- Served on BYU's Teaching Partnership Committee
- Visited field experience sites

University of Northern Iowa, Cedar Falls, IA

Athletic Training Program Clinical Coordinator - January 2004 – May 2005

- Served as the Clinical Instructor Educator
- Facilitated the development of clinical education component for the entry-level Athletic Training Education Program
- Managed field experience rotations
- Established new field experience rotations
- Coordinated annual field experience rotation summaries
- Conducted annual meetings with field experience supervisors
- Managed the distribution and collection of field experience hours
- Built and maintained professional relationships between University of Northern Iowa Athletic Training Education Program and field experience sites

University of Northern Iowa, Cedar Falls, IA

Athletic Training Instructor/Approved Clinical Instructor - - August 1998 – May 2005

- Taught entry level and advanced athletic training classes
- Served as a clinical instructor and supervised athletic training students in the collegiate athletic training setting

UNI Athletic Training Camp, Cedar Falls, IA

Co-Camp Director - July 2003

- Organized the camp brochure
- Helped organize the curriculum and taught portions of the curriculum

UNI Athletic Training Camp, Cedar Falls, IA

Camp Counselor/Instructor - - Summer 1993, 1994, 1995

- Counselor/Instructor for twenty high school students interested in athletic training
- Stayed overnight in the dorm to supervise and assist campers

PUBLICATIONS & CURRENT RESEARCH

Published Manuscripts

- *Acknowledgement:* Sutherlin MA, Mangum LC, Russell S, Saliba S, Hertel J, Hart JM. Landing Stiffness Between Individuals With and Without a History of Low Back Pain. *J Sport Rehabil.* 2020; 29(4): 28-36.
- Sutherlin, MA, **Gage, MJ**, Mangum, LC, Hertel, J, Russell, S, Saliba, S, Hart, JM, Landing Stiffness and Muscle Thickness Modulation Associations in Individuals With and Without Low Back Pain. *Athl Train Sports Health Care* 2018; 10(5): 228-236.
- Sutherlin, MA, **Gage, MJ**, Mangum, LC, Hertel, J, Russell, S, Saliba, S, Hart, JM, Changes in Muscle Thickness Using Ultrasound Imaging Across Positions and History of Low Back Pain. *J Athl Train* 2018; 53(6): 553-559.
- Nesser, TW, Fleming, N, **Gage, MJ**. Activation of selected core muscles during squatting, *J Athl Enhancement* 2016; 5(1): 1-5.
- Nesser, TW, Fleming, N, **Gage, MJ**. Activation of selected core muscles during Pressing, *Int J Kinesio Sport Sci* 2015; 3(4): 56-61.
- Yeargin SW, Finn, M, Eberman LE, **Gage MJ**, McDermott BP, Niemann A. Effect of Self- versus External-Administration on Ad Libitum Fluid Consumption. *J Athl Train* 2015; 50 (1):51-58.
- Kingsley, JD, Zakrajsek, R, Nesser, T., **Gage MJ**. Effects of motor imagery versus stretching on anaerobic performance. *J Strength Cond Res* 2013; 27: 265-269.
- **Gage, MJ**, Williams, RB, Knight, KL. Bridging the gap between academic and clinical athletic trainers. *Int J Athl Ther Train* 2012; 17 (1):2-7.
- Draper, DO, **Gage, MJ**. Pulsed shortwave diathermy and joint mobilization restore range of motion to a patient with adhesive capsulitis of the shoulder: a case study. *Athl Train Sports Health Care* 2010; 2 (1): 31-35.
- Hopkins, JT, Fredericks, D, Guyon, PW, Parker, S, **Gage, MJ**, Feland, JB, Hunter, I. Whole body vibration does not potentiate the stretch reflex. *Int J Sports Med* 2009; 30 (2): 124-129.
- Hopkins, JT, Pak, JO, Robertshaw, AE, Feland, JB, Hunter, I, **Gage, MJ**. Whole body vibration and dynamic restraint. *Int J Sports Med* 2008; 29 (5): 424-8.

Manuscripts Under Peer Review

- none

Projects in Progress

- **Gage, MJ**, Hopkins, JT, Seeley, MK, Draper, DD, Hunter, I, Feland, JB, Myrer, JW, & Sudweeks, RR. The Effect of an Eight-Week Training Program on Abdominal Muscle Thickness in Chronic Ankle Instability & Healthy Subjects. *Manuscript Development*
- **Gage, MJ**, Myrer W, Hopkins, JT Seeley, M. Reliability of Measuring Active and Relaxed Abdominal Muscle Thickness Using Ultrasound Imaging in Healthy Subjects. *Manuscript Development*
- Lattimer, L, **Gage MJ**, Demchak, T, Dominguese, D. Gender differences in muscle activation during a functional drop jump. *Manuscript Development*
- Callahan, M, **Gage MJ**, Nesser, T, Ferng, SF. Comparison of Muscle Activation During the Active Straight Leg Raise and Double Straight Leg Lowering Test - *Manuscript Development*
- **Gage, MJ**, Hopkins, JT, Schafer, D. Comparison of Abdominal Muscle Activation and Center of Pressure During Static and Dynamic Movements. - *Manuscript Development*
- **Gage, MJ**, O'Brien, M, Hopkins JT. Lower Extremity Energy Absorption in Subjects With Functional Ankle Instability During a Single Leg Drop Landing. –*Manuscript Development*
- **Gage MJ**, Hopkins, JT, Myrer, W, Feland, JB, Hunter, I, Draper, D, Sudweeks, R. Strengthening the Lateral Abdominal Muscle may Influence Balance, Postural Control and Lower Extremity Muscle Activation. – *Manuscript Development*
- Dorpinghaus, N, **Gage MJ**, Yoder A, Kingsley JD, Dominguese, D. The effects of a gluteus medius training protocol on muscle activation and postural control. – *Manuscript Development*
- **Gage, MJ**. The effects of abdominal hollowing on lower extremity muscle activation during a single leg drop-landing. *Data Analysis*

PRESENTATIONS

Oral Research Presentation

- **Gage, MJ**. Training interventions of the core. University of Virginia Arts and Sciences Sports Medicine Symposium, Charlottesville, VA, June 2, 2015
- **Gage, MJ**, Hopkins, JT, Seeley, MK, Draper, DD, Hunter, I, Feland, JB, Myrer, JW, & Sudweeks, RR. The Effect of an Eight-Week Training Program on Muscle Activation in Healthy & Chronic Ankle Instability Subjects. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, St. Louis, MO, June 2012
- Callahan, M, **Gage MJ**, Nesser, T, Ferng, SF. Comparison of Muscle Activation During the Active Straight Leg Raise and Double Straight Leg Lowering Test National Athletic Trainers' Association Annual Meeting and Clinical Symposium, St. Louis, MO, June 2012
- Finn ME, Yeargin SW, Eberman LE, **Gage MJ**, McDermott BP, Gray MT, Niemann AJ. Effect of fluid administration on ad libitum fluid consumption and hydration status. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011
- Yeargin SW, Finn ME, Eberman LE, McDermott BP, **Gage MJ**, Niemann AJ, Gray MT. Effect of Water Bottle Fluid Delivery on Ad Libitum Fluid Consumption and Hydration Status. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011

- **Gage MJ**, Hopkins, JT, Seeley, MK, Draper, DD, Hunter, I, Feland, JB, Myrer, JW, Sudweeks, RR. The effect of an eight-week training program on abdominal muscle thickness in chronic ankle instability and healthy subjects. National Athletic Trainers' Association Annual Meeting and Symposia, Philadelphia, PA, June 2010
- **Gage, MJ**, Hopkins, JT. Comparison of Abdominal Muscle Activation and Center of Pressure During Static and Dynamic Movements. National Athletic Trainers' Association Annual Meeting and Symposium, St. Louis, MO, June 2008
- **Gage, MJ**, Hopkins, JT. Increased Abdominal Muscle Activation and Center of Pressure During Static and Dynamic Movements. Rocky Mountain Athletic Trainers Association Annual Meeting, Denver, CO, April 2007
- **Gage, MJ**, Evans, T. Case study: Acute Idiopathic Swelling in the Arm of a Female Collegiate Volleyball Player, National Athletic Trainers' Association Annual Meeting. Baltimore, MD, June 2004

Poster Presentation

- Coghill, M, Bonser, R, **Gage, MJ**, Coots, JC. Effects of blood flow restriction training compared with resistance training on morphological changes of the Achilles tendon: A critically appraised topic. Liberty University Research Week 2023
- Eicher, A, Bonser, R, **Gage, MJ**, Coots, JC. Effects of vestibular rehabilitation in patients with dizziness and balance problems after traumatic brain injury: A critically appraised topic. Liberty University Research Week 2023
- Sennett, A, Bonser, R, **Gage, MJ**, Coots, JC. The effect of blood flow restriction on muscle activation and hypertrophy in individuals with chronic ankle instability: A critically appraised topic. Liberty University Research Week 2023
- Kolacz, AL, **Gage, MJ**, Wesley-Siler, CA. Utilizing multidimensional rehabilitation to treat concussions: a validity case study. Liberty University Research Week 2022
- Herm, CR, Dewitt, D, **Gage MJ**. Using pulsed shortwave diathermy & joint Mobilizations to treat shoulder adhesive capsulitis. Liberty University Research Week 2021, April 12-16, 2021
- Lattimer, L, **Gage MJ**, Demchak, T, Dominguese, D. Gender differences in muscle activation during a functional drop jump. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, St. Louis, MO, June 2012
- **Gage MJ**, Hopkins, JT, Draper, DD, Hunter, I, Feland, JB, Myrer, JW, Sudweeks, RR, Seeley, MK. Eight-Weeks of Abdominal Training Reduces Vertical Ground Reaction Forces During a Landing Task. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011
- **Gage, MJ**, Hopkins, JT. Thematic Poster Presentation: The Comparison Of Lower Extremity Energy Absorption Between Healthy And Chronic Ankle Instability Subjects During A Single Leg Drop Landing. National Athletic Trainers' Association Annual Meeting and Symposium, San Antonio, TX, June 2009
- **Gage, MJ**, Myrer W, Hopkins, JT Seeley, M. Reliability of Measuring Active and Relaxed Abdominal Muscle Thickness Using Rehabilitative Ultrasound Imaging. ASCM Annual Meeting, Indianapolis, IN, May 2008
- Fredericks, D, Guyon, PW, Parker, S, Hopkins, JT, **Gage, MJ**, Feland, JB, Hunter, I, Stretch Reflex Alteration Acutely Following Whole Body Vibration. ASCM Annual Meeting, Indianapolis, IN, May 2008
- **Gage, MJ**, Myrer W, Hopkins, JT Seeley, M. Reliability of Measuring Active and Relaxed Abdominal Muscle Thickness Using Rehabilitative Ultrasound Imaging. Rocky Mountain Athletic Trainers Association Annual Meeting, Phoenix, AZ, May 2008

- **Gage, MJ**, Williams, RB, Knight, KL. Bridging the Gap Between Athletic Training Academia and Clinical Athletic Trainers. Rocky Mountain Athletic Trainers Association Annual Meeting, Salt Lake City, UT, April 2006

Invited Presentations

- Dutil, L. & **Gage, MJ**. Lower Extremity Joint Mobilizations. Virginia Athletic Trainers' Association Annual Student Meeting and Clinical Symposium, Harrisonburg, VA, February 2019
- **Gage, MJ**. The Core's Role during Extremity Rehabilitation: An Evidence-Based Approach. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV, June 2013
- **Gage, MJ**, Williams, RB. Special Interest Group: Education: Integration of Academic & Clinical Athletic Trainers. National Athletic Trainers' Association Annual Meeting and Symposium, St. Louis, MO, June 2008
- **Gage MJ**, Long, BC. 2008 National Athletic Trainers' Association Multimedia Showcase: Basic Athletic Training and Wrapping DVD. National Athletic Trainers' Association Annual Meeting and Symposium, St. Louis, MO, June 2008
- **Gage, MJ**. Building Bridges between Academic and Clinical Athletic Trainers. Rocky Mountain Athletic Trainers Association Annual Meeting, Denver, CO, April 2007
- **Gage, MJ**, Miller, KC. Assessing and Implementing Evidence Based Research. Rocky Mountain Athletic Trainers' Association Annual Meeting. Salt Lake City, UT. April 2006.
- **Gage, MJ**, Careers in Athletics. Sports Talk: Following the Cats. Cedar Falls, IA, April 2003.
- **Gage, MJ**. Wrestling Weight Certification and Weight Loss. Sports Talk: Following the Cats. Cedar Falls, IA, January 2003.
- **Gage, MJ**. Career in Athletic Training. Waterloo Junior High School Career Day. Waterloo, IA, April 2000.
- **Gage, MJ**. Taping and Wrapping techniques in Athletic Training. Sports Medicine Symposium for Cheerleading Coaches. Richmond, KY, June 1998.
- **Gage, MJ**. Career in Athletic Training. Waco Elementary Career Day. Waco, KY, May 1998.

CONFERENCE RESPONSIBILITIES

Moderator

- Virginia Athletic Trainers' Association Annual Meeting & Symposium. Harrisonburg, VA, January 2020
 - Improving Patient Outcomes through Effective Debriefing and Reflection
 - Educators' Roundtable
- National Athletic Trainers' Association Annual Meeting & Symposium. Indianapolis, IN, June 2014
 - The Role Of The Pelvic Floor In Sports Rehabilitation And Performance
 - Core & Spine
- National Athletic Trainers' Association Annual Meeting & Symposium. Las Vegas, NV, June 2013
 - The Role of SI Joint Dysfunction in Systemic Dysfunctions
- National Athletic Trainers' Association Annual Meeting & Symposium. St. Louis, MO, June 2012

- Core Stability
- Rocky Mountain Athletic Trainers' Association Annual Meeting. Denver, CO; April 2007
 - American Red Cross Professional Rescuer CPR/AED Update
 - Effective Use of Aquatic Therapy in the rehabilitation of Athletes
 - Clavicular Fractures in the High School Athlete
- National Athletic Trainers' Association Annual Meeting and Clinical Symposium; Atlanta, GA, June 2006
 - Clinical Assessment Technology – Lower Extremity
- Rocky Mountain Athletic Trainers' Association Annual Meeting. Salt Lake City, UT; April 2006
 - Concussion Assessment and Return to Play Criteria
 - Kinetic Chain Assessment

Judge

- NATA Research and Education Foundation Free Communications Student Presentations, National Athletic Trainers' Association Annual Meeting & Symposium. Baltimore, MD June 2016
- NATA Research and Education Foundation Free Communications Doctoral Student Presentations, National Athletic Trainers' Association Annual Meeting & Symposium. Indianapolis, IN June 2014
- NATA Research and Education Foundation Free Communications Student Presentations, National Athletic Trainers' Association Annual Meeting & Symposium. Las Vegas, NV, June 2013
- NATA Research and Education Foundation Free Communications Student Presentations, National Athletic Trainers' Association Annual Meeting & Symposium. St. Louis, MO, June 2012

STUDENT MENTORING

Undergraduate Research Mentoring

- Abbey Kolacz. Utilizing multidimensional rehabilitation to treat concussions: a validity case study. Fall 2022
- Courtney Herm. The effects of joint mobilization and short-wave diathermy on adhesive capsulitis in a middle-aged male patient. Liberty University, Fall 2020
- Erika Lomax and Krystal Barnhorst. The effects of abdominal hollowing on lower extremity muscle activation during a single leg drop-landing, Indiana State University, Spring 2012- Fall 2012
- Heather McDonald and Marie O'Brien: Lower extremity energy absorption in subjects with functional ankle instability during a single leg drop landing, Brigham Young University, Fall 2007
- Doug Schafer: Comparison of abdominal muscle activation and center of pressure during static and dynamic movements, Brigham Young University, 2006-2007
- Heather McDonald: Comparison of abdominal muscle activation and center of pressure during static and dynamic movements, Brigham Young University, Fall 2006

Graduate Research Mentoring

Doctoral Dissertation Committee Member

- Susan Teeter Hawkins: The efficacy of online professional development on teacher understanding classroom management of concussions, Liberty University, Spring 2013 - 2014

Masters' Thesis Committee Chair

- Nathan Dorpinghaus: The effect of gluteus medius training on muscle activation, postural control, and center of pressure, Indiana State University, Fall 2010 – Summer 2012
- Lauren Lattimer: Comparison of lower extremity and trunk muscle activation between genders during a dynamic movement, Indiana State University, Fall 2009 –Summer 2011
- Megan Callahan: Comparison of muscle activation during the active straight leg raise and double straight leg lowering test, Indiana State University, Fall 2009 –Summer 2011

Masters' Thesis Committee Member

- Mary Green: Diagnostic ultrasound imaging to measure the thickness of the transversus abdominis muscle during a supine abdominal bridge, University of South Carolina, Fall 2012- Spring 2013
- Kayla Stankowski: The effects of playing surfaces on landing mechanics during a jump rebound-landing task, Indiana State University, Fall 2010 – Summer 2012
- Megan Finn: Effect of fluid administration on hydration status and fluid consumption, Indiana State University, Fall 2009 – Summer 2011

Masters' Research Project Mentor

- Mikayla Coghill. Effects of blood flow restriction training compared with resistance training on morphological changes of the Achilles tendon: A critically appraised topic. Liberty University Research Week 2023
- Ashton Eicher. Effects of vestibular rehabilitation in patients with dizziness and balance problems after traumatic brain injury: A critically appraised topic. Liberty University Research Week 2023
- Ashley Sennett. The effect of blood flow restriction on muscle activation and hypertrophy in individuals with chronic ankle instability: A critically appraised topic. Liberty University Research Week 2023

GRANTS

External Funding

- Dorpinghaus, N, **Gage MJ**. Great Lakes Athletic Trainers Association Research Grant. "The effects of a gluteus medius training protocol on muscle activation and postural control". *Declined \$1500.00*
- **Gage MJ**, Jutte, L. Great Lakes Athletic Trainers Association Research Grant. "Reliability of measuring cross-sectional area of various lower extremity muscles". *Declined \$1500.00*
- **Gage MJ**. Great Lakes Athletic Trainers Association Research Grant. "Comparison of lower extremity /trunk muscle activation during single leg drop landings with and without abdominal hollowing". *Declined \$1500.00*

Internal Funding

Indiana State University

- **Gage, MJ.** Center for Student Research and Creativity Grant. “Comparison of lower extremity /trunk muscle activation during single leg drop landings with and without abdominal hollowing”. January 2012 *Funded \$2000.00.*
- Lattimer, L. & **Gage, MJ.** College of Graduate and Professional Studies Student Research Grants. Gender differences in muscle activation during a functional drop jump. February 2011. *Funded \$500.*
- Dorpinghaus, N. & **Gage, MJ.** College of Graduate and Professional Studies Student Research Grants. The effect of gluteus medius training on muscle activation, postural control, and center of pressure. February 2011. *Funded \$300.*
- Callahan, M. & **Gage, MJ.** College of Graduate and Professional Studies Student Research Grants. Comparison of muscle activation during an active straight leg raise and double straight leg lowering test. October 2010. *Funded \$600.*
- **Gage, MJ.** Information Technology Innovations Mini-Research Grant. “Comparison of lower extremity /trunk muscle activation during single leg drop landings with and without abdominal hollowing”. June 2010. *Funded \$2365.00*

Brigham Young University

- Mary Lou Fulton Chair. “Strengthening the lateral abdominal muscle may influence balance, postural control and lower extremity muscle activation”. *Funded \$10,500.00*
- Mary Lou Fulton Chair. “2008 NATA Travel Grant”. *Funded \$1395.00*
- Mary Lou Fulton Chair. “2008 ACSM Travel Grant”. *Funded \$1787.00*
- Mary Lou Fulton Chair. Lower extremity energy absorption in subjects with functional ankle instability during a single leg drop landing. *Funded \$3085.00*
- Mary Lou Fulton Chair. “RMATA Travel Grant”. *Funded \$1201.00*
- Mary Lou Fulton Chair. Inter-rater & intersession reliability of measuring abdominal muscle thickness with real-time ultrasound” *Pending \$625.00*
- Mary Lou Fulton Chair. “Comparison of abdominal muscle activation and center of pressure during static and dynamic movements.” *Funded. \$569.90.*
- Mary Lou Fulton Chair. “Athletic Training and Wrapping Video.” *Funded \$500.00*

PROFESSIONAL CLINICAL ATHLETIC TRAINING EXPERIENCE

University of Northern Iowa, Cedar Falls, IA

Assistant Athletic Trainer/ ATEP Clinical Coordinator -- August 1998 – May 2005

- Head athletic trainer for women’s volleyball, wrestling, and baseball
- Director of Sports Medicine for the 2004 NWCA All-star Classic
- Director of Sports Medicine for the 2001 & 2002 First/Second Rounds NCAA Women’s Volleyball Championship hosted by University of Northern Iowa
- Director of Sports Medicine for the annual University of Northern Iowa Open Wrestling Tournament
- Director of Sports Medicine for the 2000 NCAA Division I West Regional Wrestling Tournament
- Co-site coordinator of on-campus NCAA Drug Testing
- Organized annual physical exams and maintain health information forms
- Coordinator of insurance paperwork for volleyball and wrestling
- Recruited and supervised graduate assistant athletic trainers
- Author of the University of Northern Iowa Athletic Training Exposure Control Plan
- Served as the Athletic Training Education Program Clinical Coordinator
- Administrative duties include being the Medical Consultant Liaison, Marketing Department Liaison, Coordinator of West Gym Athletic Training Room, Athletic

Training Fundraising Chairperson, Coordinator of National Athletic Training Month Activities and Alumni Liaison

University of Northern Iowa, Cedar Falls, IA

Interim Head Athletic Trainer -- August 2001

- Served as the head athletic trainer with football
- Organized physicals for football, women's volleyball, and soccer
- Maintained the athletic training budget and ordered supplies
- Orientated two new graduate assistants, an assistant athletic trainer, and head athletic trainer to the University of Northern Iowa

Eastern Kentucky University, Richmond, KY

Athletic Training Graduate Assistant - - August 1997 – July 1998

- Served as a clinical instructor in a CAAHEP accredited curriculum program
- Taught weekly student athletic trainer in-services
- Oversaw men's basketball, men's and women's cross-country
- Worked football practices and games routinely
- Supervised morning and evening treatments

Berea College, Berea, KY

Interim Head Athletic Trainer - - March 1998

- Served, as the interim head athletic trainer while the head athletic trainer was gone
- Oversaw the daily operations in the athletic training room and supervised student athletic trainers
- Supervised baseball, softball, men's and women's track

Kentucky All "A" Classic, Richmond, KY

Co-Sports Medicine Coordinator - - January 28, 1998 – February 1, 1998

- Coordinated sports Medicine coverage for the boys' and girls' high school basketball tournament

University of Kentucky Sports Medicine Clinic, Lexington, KY

Athletic Trainer - - December 1997 – January 1998

- Worked at Lafayette High School, until the placement vacancy was filled
- Served as head athletic trainer for boys' basketball, wrestling, cheerleading, and girls' basketball
- Supervised student athletic trainers

CLINICAL ATHLETIC TRAINING ACTIVITIES

Athletes In Action Basketball Mission Trip, Puerto Rico

Certified Athletic Trainer – June 23-30, 2023

- Provided medical care to the athletes on the mission trip.

Marine Corps Marathon, Arlington, VA

Certified Athletic Trainer – October 31, 2018 & October 27, 2019

- Provided medical coverage at a medical station along the marathon route with an interprofessional medical team.
- Supervised athletic training students.
- Collaborated with the other healthcare professionals at the station.

Jefferson Forest High School, Forest, VA

Certified Athletic Trainer - September, 2015- November, 2015

- Provided medical coverage during home cross country meets.
- Supervised athletic training students

Jefferson Forest High School, Forest, VA

Certified Athletic Trainer - April, 2015

- Provided medical coverage during a baseball tournament.
- Supervised athletic training students

Randolph College, Lynchburg, VA

Certified Athletic Trainer – November, 2014

- Served as the athletic trainer covering men's basketball while the athletic trainers were at a wedding.
- Supervised athletic training students.

Sweet Briar College, Sweet Briar, VA

Certified Athletic Trainer – April, 2014

- Served as the athletic trainer for a day while the head athletic trainer was traveling.

Terre Haute Walk Now for Autism Speaks, Terre Haute, IN

Certified Athletic Trainer – September 17, 2011

- Supervised athletic training students
- Worked in a professionally with physician assistants to provide medical coverage

NCAA Division I National Cross Country Meet, Terre Haute, IN

Certified Athletic Trainer – November 2009, 2010, 2011

- Served as one of the athletic trainers in main medical facility
- Supervised athletic training students

NCAA Division I Pre-National Cross Country Meet, Terre Haute, IN

Certified Athletic Trainer – October 2009, 2010

- Served as one of the athletic trainers in main medical facility
- Supervised athletic training students

USA Wrestling Folk style National Tournament, Cedar Falls, IA

Host Certified Athletic Trainer -- April 2004

- Served as the host athletic trainer for HEALTHSOUTH, Inc.
- Provided athletic training coverage for the wrestling tournament

University of Northern Iowa Athletic Training Camp, Cedar Falls, IA

Athletic Training Camp Co-Director/Instructor -- July 2003

- Served as co-director for the high school athletic training camp
- Organized the camp brochure
- Taught on various athletic training topics

University of Northern Iowa Sports Camps, Cedar Falls, IA

Athletic Trainer -- July 2003

- Provided athletic training coverage for UNI Volleyball Camps

Iowa High School Athletic Association State Football Championships, Cedar Falls, IA
Athletic Trainer - - November 1998, 1999, & 2000

- Oversaw and provided athletic training coverage to the championships

University of Northern Iowa Sports Camps, Cedar Falls, IA

Director of Sports Medicine - - June 1998 – August 1998

- Director of Sports Medicine for summer youth sports camps
- Organized student athletic trainers to cover all of the sports camps and worked various camps

Junior National Wrestling Regional Championship, Waterloo, IA

Medical Staff - - July 1998

- Volunteer medical coverage for the youth wrestling tournament covered by the Covenant Sports Injury Center

Iowa Games, Cedar Falls, IA

Medical Staff - - June 1998

- Volunteer medical coverage for adult and youth soccer

NATA Board of Certification Exam, Richmond, KY

Oral Practical Model - - February 1, 1998 & April 19, 1998

- Served as a model for the oral practical portion of the exam

Bluegrass State Games, Lexington, KY & Richmond, KY

Medical Staff - - January 1998

- Supplied medical coverage to youth and adult basketball, hockey, martial arts, and power tumbling
- Performed on site evaluations and initial treatments of injuries

PROFESSIONAL & UNIVERSITY COMMITTEES & SERVICE

Professional

- Virginia Athletic Trainers' Association, Research Committee Member, August 2021-present
- Virginia Athletic Trainers' Association, Research Task Force Member, December 2020-March 2021
- Virginia Athletic Trainers' Association, Past President, January 2018- January 2020
- Mid-Atlantic Athletic Trainers' Association, Leadership Task Force Member, May 2019-November 2019
- Mid-Atlantic Athletic Trainers' Association, District Council Member, January 2016-January 2018
- Virginia Athletic Trainers' Association, President, January 2016- January 2018
- Virginia Athletic Trainers' Association, Nominations Committee Chair, January 2016-January 2018
- Virginia Athletic Trainers' Association, President-Elect, January 2015- January 2016
- Reviewer for the *International Journal of Athletic Therapy and Training*, June 2010 – Present
- Reviewer for the *Journal of Sport Rehabilitation*, December 2009 – Present
- Reviewer for the *Journal of Athletic Training*, July 2008 – Present
- Virginia Athletic Trainers' Association Student Affairs Committee, June 2014- January 2015
 - 2015 VATA Quiz Bowl Chairperson

- Reviewer of student abstract submissions
- Virginia Athletic Trainers' Association Annual Meeting, Young Professionals' Symposium Small Group Presenter, January 10, 2014
- Reviewer for the Great Lakes Athletic Trainers' Association Winter Meeting, Free Communications, November 2011 - July 2012
- Reviewer for the 2010 National Athletic Trainers' Association Annual Meeting and Symposium Proposal
- National Athletic Trainers' Association Research and Education Foundation State (Iowa) Chairperson. August 2001-July 2005
- MAATA Research and Education Grant Committee Member, August, 2001- July, 2005

University

Liberty University

- Undergraduate Faculty Administrative Curriculum Council, August 2017- May 2020
- Undergraduate Faculty Senate- Athletics Committee, August 2014-July 2015

University of Northern Iowa

- Assistant Athletic Trainer Search Committee, July 2001
- Wrestling Head Coach Search Committee Advisor, June 2000
- Head Baseball Coach Search Committee Member, August 1998

College

Liberty University

- School of Health Sciences Faculty Administrative Curriculum Council Representative, August 2017- May 2020
- School of Health Sciences Faculty Curriculum Council Representative, August 2013- August 2017

Indiana State University

- College of Nursing, Health, and Human Services, Curriculum and Academic Affairs Committee Chairperson, August 2011 – May 2012
- College of Nursing, Health, and Human Services, Curriculum and Academic Affairs Committee Member, August 2010 – May 2012

Brigham Young University

- Brigham Young University Teaching Partnership Committee, BYU Faculty Center. January 2006 – May 2006

Departmental

Liberty University

- Allied Health Professions Leadership Team, May 2015 - Present
- Syllabus Review Committee, August 2013-July 2014

Indiana State University

- Chairperson of the Department of Applied Medicine and Rehabilitation's Blackboard Task Force, September 2011-Present
- Member of the Department of Applied Medicine and Rehabilitation Research Committee, August 2011-Present
- Member of the Graduate Athletic Training Program Admissions Committee, January 2010- Present
- Member of the Department of Applied Medicine and Rehabilitation's Inter-Professional

Committee, September 2010 – August 2011

- Member of the search committee for the following positions: Physical Therapy Program Director and Faculty Positions, September 2010 – August 2011
- Member of the Department of Applied Medicine and Rehabilitation's Athletic Training Education Committee, August 2010 - Present
- Chair of the Department of Applied Medicine and Rehabilitation's Research Committee, August 2010 -August 2011
- Member of the search committee for the following positions: Physician Assistant Program Director, Clinical Coordinator, and Faculty Positions, March 2010 – May 2010
- Member of the search committee for the following positions: Physical Therapy Program Director, Clinical Coordinator, and Faculty Positions, March 2010 – May 2010
- Director of the Applied Medicine Research Center, January 2010 - Present
- Indiana State University Athletic Training Family Weekend Open House Organizer, September 26, 2009
- Indiana State University Athletic Training Education Program Graduate Committee Member, August 2009 – August 2010
- Indiana State University Athletic Training Education Program Research Committee Member, August 2009 - August 2010

Brigham Young University

- Brigham Young University Athletic Training Education Program Self-Study Documentation Committee Chairperson. August 2006 – May 2008

University of Northern Iowa

- University of Northern Iowa Athletic Training CAAHEP Accreditation Committee. August 1998- October 2000

COMMUNITY COMMITTEES & SERVICE ACTIVITIES

Blue Ridge Community Church, Forest, VA

August 2013- March 2020

- Serve on the 8:30 Parking Team

Athletes in Action Sports Performance Mission Trip, Madrid, Spain

June 2015

- Served on of seven healthcare professionals that gave presentations at a university in the school of sports medicine.
- Held three clinics to evaluate orthopedic related illnesses

Fellowship of Christian Athletes, Lynchburg, VA

March 2013 – July 2013

- Serving as an assistant coach for a youth travel basketball team

Forest Youth Athletic Association, Forest, VA

Winter 2012-3 & 2013-2014

- Served as an assistant basketball coach

Wabash Valley Independent Living and Learning (WILL) Center, Terre Haute, IN

January 2011 – June 2012

- Served as an executive board member

Maryland Community Church Mow Team Member, Terre Haute, IN
May 2011 – June 2012

- Served by mowing the church property once a month

Riley Elementary School Christmas Program, Riley, IN
December 8, 2011

- Served as a parking assistant

“Body Shop” Anatomy Workshop, Terre Haute, IN
November 1 & 3, 2011

- Taught upper extremity cadaver anatomy to high school students from rural Indiana communities

Terre Haute Walk Now for Autism Speaks, Terre Haute, IN
September 2011

- Serve as a board member for the Terre Haute Walk Now for Autism Speaks
- Organize inter-professional medical coverage for the event

West Central Indiana Area Health Education Center, Terre Haute, IN
Summer 2010 & 2011

- Taught elementary and middle school students in rural and underprivileged areas about human anatomy and introduced them to healthcare professions

Maryland Community Church Small Group Leader, Terre Haute, IN
September 2010 – December 2010

- Lead small groups focused on strengthening marriages

Riley Recreational Youth Basketball League, Riley, IN
Basketball Coach – Winter 2009-2010, 2010-2011

- Coached a 2nd and 3rd grade coed team
- Coached a 4th and 5th grade coed team

Terre Haute Community Health Fair, Terre Haute, IN
Booth Leader -- January 31, 2010

- Organized students to participate in the health fair
- Administered general health history questionnaires to attendees
- Provided recommendations based on their questionnaires

Regional Family Life Weekend to Remember, Park City, UT,
Team Member -- January 2007 – October 2008

- Made recruiting calls
- Coached church group coordinators

Springville Recreation Department, Springville, UT
Volunteer Coach -- Summer of 2007 & 2008

- Served as a volunteer coach pitch baseball league coach

Christ Evangelical Church, Orem, UT

Small Group Leader-- February 2006-December 2006

- Lead Homebuilders Marriage Small Group

Orchard Hill Reform Church Member, Cedar Falls, IA

- Leadership Board Deacon, January 2004- July 2005
- Founding Leader of Marriage Ministry, March 2004 – July 2005
- Children's Building Addition, Core Team Member, May 2004- July 2005
- 4th Grade Great Adventure Small Group Leader, September 2003 – May 2004
- Vacation Bible School 6th Grade Guide, August 2004
- Vacation Bible School 5th Grade Guide, August 2003
- Vacation Bible School 6th Grade Guide, August 2002
- 6th Grade Great Adventure Small Group Leader, August 2000- May 2001

HONORS AND AWARDS

- 2022 National Athletic Trainers' Service Award
- 2012 Indiana State University Teaching Award for First Year Students
- 2009 Brigham Young University's Department of Exercise Sciences Doctoral Student of the Year Recipient
- 2008 National Athletic Trainers' Association Research and Education Foundation Doctoral Scholarship Recipient
- 2008 National Athletic Trainers' Association Multimedia Contest, 1st place non-commercial category for "Basic Athletic Training Taping and Wrapping DVD"
- University of Northern Iowa Athletic Training Service Award, May 2004
- Training and Conditioning Magazine, "Collegiate Female Comeback Athlete of March 2004"
- University of Northern Iowa Student Athletic Trainers Organization President, May 1994 – May 1995
- Shrine Bowl Participant, 1991
- Iowa American Legion Boys' State Participant, 1991
- Americanism Award, 1989
- Eagle Scout, 1989

PROFESSIONAL AFFILIATIONS

- National Athletic Trainers' Association, Certified Member
- Mid-Atlantic Athletic Trainers' Association, Member
- Virginia Athletic Trainers' Association, Member

CERTIFICATIONS & LICENSURE

- Certified Athletic Trainer, #119702521
- Virginia Athletic Trainer Licensure, #0126002093
- NPI #1669758728
- Corrective Exercise Specialist, National Academy of Sports Medicine
- American Heart CPR/AED for Professional Rescuers and Healthcare Providers
- Clinical Instructor Educator Trained
- Graston Technique Level 1 Trained
- Active Release Therapy- Spine Certification