

**Kelly Jo Lumpkin,
PhD, LAT, ATC, FMSC**

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EDUCATION

Middle Tennessee State University

Doctor of Philosophy - *Aug. 2007* Major: Human Performance

Slippery Rock University

Master of Science - *Dec. 1999* Major: Exercise Science

Austin Peay State University

Bachelor of Science - *May 1992* Major: Biology; Minor: Psychology

EXPERIENCE

Professor of Athletic Training at Liberty University *2017-current*

Administrative duties include handbook updates, CAATE self-study edits, advising, sponsor of Athletic training student club, syllabi review committee and Athletic training admission committee. Teaching various courses as needed by the Allied Health Professions Department in School of Health Sciences (e.g. Weight Training and Conditioning, Clinical Kinesiology, UE Evaluation, LE Evaluation, Clinical Education III, Research in AT, Musculoskeletal Terminology and Clinical Documentation, Modalities, First Aid and CPR for Professional rescuers, Musculoskeletal Injury Assessment, Musculoskeletal Clinical Anatomy).

Director of Athletic Training Program at Lee University *2005-2017*

Administrative duties include faculty recruitment and assignment of course load; Implementation and organization of new and current athletic training competencies and proficiencies; Current sponsor of a new Athletic training student club; Advisor for AT majors; Student recruitment and retention for AT; Provide faculty, staff, and student development through workshops, student orientation, and facilitate exemplary guest speaking throughout the academic year. Teaching courses as needed by the department of Health, Exercise Science, and Secondary Education.

Clinical Education Coordinator at Lee University *2004-2006*

Administrative duties include clinical faculty recruitment and site contracts. Conducted preceptor workshops and training. Assigned all clinical student placement and evaluations related to sites and learning. Designed and implemented student policies as it related to clinical education. Taught a variety of practicum courses and advised students, regularly. CEC certification by CAATE was secured prior to developing clinical education guidelines.

EXPERIENCE

Faculty for Athletic Training at Lee University 1998-2017

Classes Taught: Supervision and administration of sports medicine programs; Evaluation of athletic injuries; Special topics in research in athletic training; Senior seminar; Clinical practicums; Introduction to Athletic Training profession; First aid and CPR; Care and prevention of athletic injuries; Therapeutic modalities; Therapeutic exercise; Clinical practicum (Level 1-4); Healthy and effective lifestyles.

Research Internship at Center of Sports Medicine 2004-2007

Collaborative research with orthopedic surgeons and nurses. Topics include: Procrit analysis-clinical trials; Implanted Electrical Bone Stimulator Devices-Retrospective; Ergonomic Lumbar Motion-Descriptive; Low-level Laser Rehabilitation for Low Back Pain-Clinical Trail.

Faculty for Middle Tennessee State University 2003-2004

Classes taught: First Aid and CPR; Clinical Practicum (evaluation of lower Extremities); Effective Living.

Head Athletic Trainer at Lee University 1998-2003

Duties included: Development of new athletic training budget and implementation; Development of policy and procedural manual for clinical education and athletics; Development of coaches' information system and end of the year injury tracking with graphs. Facility development and equipment purchasing. Health care needs of 180 athletes with 12 intercollegiate sports teams; Clinical Preceptor for undergraduate education and for graduate students of the University of Tennessee at Chattanooga (2002-2003).

Head Athletic Trainer at Cleveland State Community College in conjunction with TriState Orthopedics 1997-1998

Duties included: Establishing new student trainer program; Organizing new insurance policy; Health care management of faculty, staff and athletes; Outreach for high schools.

Head Athletic Trainer at Martin Methodist College 1994-1997

Duties included: Teaching; Budget management; Insurance claim filing; Providing health care for athletes, faculty, and staff; Student athletic trainer supervision and mentoring; Record keeping.

Clinical Athletic Trainer at National Health Care 1994-1997

Duties included geriatric patient rehabilitation per physical therapist supervision.

Clinical Athletic Trainer at Premier Physical Therapy Center 1993-

1994 Duties included: Assisting orthotic fitting; Isokinetic testing; Wound care; Sport's related evaluations and rehabilitation; Health care provider for five high schools in outreach program.

Graduate Assistant at Slippery Rock University 1992-1993

Duties included: Teaching and supervising student athletic trainers; Record keeping and assisting administrative reorganization of SRU Program and Procedural Manual; Providing health care for athletes.

CREDENTIALS

- Athletic Trainer, Virginia Board of Medical Examiners License #0126002931
- American Heart Association: Certified First Aid and Healthcare Provider & previous Instructor certification
- National Provider Identification #1700300571,
- Board of certification #119202533
- Functional Movement Screen Certified, FMSC

PROFESSIONAL PUBLICATIONS

- **Lumpkin KJ**, Fuch E, Lowes, J. The Efficacy of Dry Needling in Combination with Electrical Stimulation on Pain Reduction and Improved Function in Chronic Plantar Heel Pain: A Critically Appraised Topic. International Journal of Athletic Therapy and Training (accepted not published).
- Joseph RA, Kim J, Akers SW, Turner TM, Whorley WG, **Lumpkin KJ**. COVID-19 Related Stress, Quality of Life, and Intrinsic Religiosity Among College Students During the Global Pandemic: A Cross-Sectional Study. Cogent Psychology. 2023;10 (1). <https://doi.org/10.1080/23311908.2023.2195091>
- **Lumpkin KJ**, Anshel M. A Qualitative Study of Work Addiction among Intercollegiate Sports Coaches. Journal of Sports Behavior. 2012; 35 (4): 406-432. <https://www.proquest.com/docview/1170827840>
- Humphreys SC, Hodges SD, **Lumpkin KJ**, Eck JC, Wurster R., Hagen J, .et al. Assessing Lumbar Sagittal Motion using Videography in an in Vivo Pilot Study. International Journal of Industrial Ergonomics. 2007; 37: 653-656. <https://doi.org/10.1016/j.ergon.2007.03.009>
- **Lumpkin, KJ**. A Clinical Trail: The Effect of Low Level Laser Therapy and Exercise on Perceived Pain and Activities of Daily Living in Low Back Pain Patients. Murfreesboro, TN, MTSU; 2007. <http://jewlscholar.mtsu.edu/handle/mtsu/3979>
- Hodges SD, Humphreys SC, Eck JC, **Lumpkin KJ**, Henley J, Levi P. Accuracy of Physician Assessment and Imaging Studies on Predicting Pseudoarthrosis Following Lumbar Spinal Fusion. The Spine Journal. 2007; 7(5); 83S. <https://doi.org/10.1016/j.spinee.2007.07.206>
- Humphreys SC, Hodges SD, **Lumpkin KJ**. A Retrospective Analysis of 70 Patients with Confounding Medical Conditions Receiving a Bone Stimulator during Spinal

Fusion. Proceeding of the 33rd International Society for the Study of the Lumbar Spine; 2006 Jun 13-17; Bergen, Norway: 162.

- **Lumpkin, KJ.** The Effect of Heat and Ice on Hamstring Flexibility Utilizing Proprioceptive Neuromuscular Facilitation Stretching. Slippery Rock, PA, SRU; 1999.

PROFESSIONAL PRESENTATIONS

Oral Research Presentations

- **Lumpkin KJ**, Froelich BE, Stephenson JR. Repair of an Avulsion Fracture of the Rotator Cuff Tendon in a Collegiate Lacrosse Player. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Virtual, June 2021. Later published Journal of Athletic Training (Abstract). 2021;56(6s): S48.
- **Lumpkin KJ**, Mancuso LF, Haupricht BJ. ORIF with a Bone Graft on an Anterior Mid-Tibia in a Collegiate Basketball Player. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Virtual, July 2020. Later published Journal of Athletic Training (Abstract). 2020;55(6s): S174.
- Mills GA, **Lumpkin KJ**. Dry Needling of a Powerlifter with Cervicobrachial Pain Syndrome and Subscapular Nerve Impingement. Virginia Athletic Trainers' Association Annual Student Meeting and Clinical Symposium, Harrisonburg, VA, January 2020; Mid-Atlantic Athletic Trainers' Association, Virtual Presentation, May 2020; National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Virtual, July 2020. Later published Journal of Athletic Training (Abstract). 2020;55(6s): S111.
- Martin AD, **Lumpkin KJ**. Repair of a Testicular Fracture in a Collegiate Baseball Player: A Case Study. Virginia Athletic Trainers' Association Annual Student Meeting and Clinical Symposium, Harrisonburg, VA, February 2019. Later published Journal of Athletic Training (Abstract). 2019;54(6s): S361.
- Spuler OR, **Lumpkin KJ**. Retrolisthesis of the Lumbar Spine in a Female Multisport High School Athlete: A Case Study. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX, June 2017. Later published Journal of Athletic Training (Abstract). 2017;52(6s): S149.
- **Lumpkin KJ**. Laser Therapy Research. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX, June 2017
- **Lumpkin KJ**. Laser Therapy Research. Big Sky Athletic Training Sports Medicine Conference. Big Sky, Montana, February 2010
- **Lumpkin KJ**. Current Research on LASER Therapy. Tennessee Athletic Trainers' Association Annual Symposium, Nashville, TN, January 2007

- **Lumpkin KJ**, Knight CD. Infectious Disease. Tennessee Athletic Trainers' Association Annual Student Meeting and Clinical Symposium, Nashville, TN, January 2006
- **Lumpkin KJ**, An Exploratory Qualitative Study Determining Evidence of Work Addiction among Division 1 NCAA Athletic Coaches. Association for the Advancement of Applied Sport Psychology (AASP), Vancouver, British Columbia, October, 2005

Poster Research Presentations

- **Lumpkin KJ**, Fuchs E, Lowes J. The Efficacy of Percutaneous Needle Electrolysis on Pain Reduction and Improved Function in Chronic Plantar Heel Pain: A Critically Appraised Topic. Virginia Athletic Trainers' Association Annual Meeting and Symposium, Harrisonburg, VA, Jan 2023.
- **Lumpkin KJ**, Mancuso LF, MacDonald QB. An Open Rectus Femoris Repair in a College Basketball Coach: Type IV CASE Study. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Philadelphia, PA, June 2022. Later published Journal of Athletic Training (Abstract). 2022;57(6s): S227.
- Kingcade AL, **Lumpkin KJ**, Haupricht BJ. POTS Diagnosis and Treatment in a Collegiate Swimmer. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Virtual, June 2021. Later published Journal of Athletic Training (Abstract). 2021;56(6s): S192.
- Zerkle CG, **Lumpkin KJ**. The Effects of Cupping on Hamstring Flexibility after the onset of DOMS. Virginia Athletic Trainers' Association Annual Student Meeting and Clinical Symposium, Harrisonburg, VA, January 2020.
- Beam S, **Lumpkin KJ**. Spondylolisthesis in a Field Hockey Player. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV, June 2019. Later published Journal of Athletic Training (Abstract). Later published Journal of Athletic Training (Abstract). 2019;54(6s): S383.
- **Lumpkin KJ**, Galley, B. Ankle Reconstruction and Microfracture Chondroplasty in a Basketball Player. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV, June 2019. Later published Journal of Athletic Training (Abstract). 2019;54(6s): S392.
- Deal HA, **Lumpkin KJ**. Platelet-Rich Plasma Injection in a Second-degree Strain of the Peroneus Longus. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV, June 2019. Later published Journal of Athletic Training (Abstract). 2019;54(6s): S391.
- Martin AD, **Lumpkin KJ**. Repair of a Testicular Fracture in a Collegiate Baseball Player: A Case Study. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV, June 2019.

- **Lumpkin KJ** et al. Pain Reduction and Increased Function in Patients with Low Back Pain Treated with a Low Level Laser: A Stratified Randomized, Blinded, Placebo Controlled Trial. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX, June 2017. Later published Journal of Athletic Training (Abstract). 2017;52(6s): S303.
- Byker MS, **Lumpkin KJ**. UCL Sprain with Associated Radial Head Fracture in Collegiate Softball Player. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX, June 2017. Later published Journal of Athletic Training (Abstract). 2017;52(6s): S273.
- Skipper ES, **Lumpkin KJ**. Latissimus Dorsi Tear with Surgical Repair in a Professional Baseball Pitcher: A Case Report. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX, June 2017. Later published Journal of Athletic Training (Abstract). 2017;52(6s): S277.
- Moffett SL, **Lumpkin KJ**. Spontaneous Healing of an ACL in a Collegiate Volleyball Player. Tennessee Athletic Trainers Annual Meeting and Clinical Symposium, Nashville, TN, January 2017.
- Humphreys SC, Hodges SD, **Lumpkin KJ**. Effect of Electrical Bone Growth Stimulator on Lumbar Fusion in Patients with Confounding Conditions. International Meeting on Advanced Spine Techniques (IMAST), Banff, Alberta, Canada, 2005.
- Humphreys SC, Hodges SD, **Lumpkin KJ**. Assessing Lumbar Motion in the Sagittal Plane During an Uninhibited Work Environment. Spine of Arthroplasty Society (SAS), New York, New York, 2005 .

Invited Research Presentations

- **Lumpkin KJ**, Widmeyer J. Postural Orthostatic Tachycardia Syndrome. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Philadelphia, PA June 2022
- **Lumpkin KJ**, Lowes J. Dry Needling and Athletic Training. Virginia Athletic Trainers' Association Annual Symposium, Madisonville, VA, Jan 2022
- **Lumpkin KJ**. Laser Therapy Research. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX, June 2017
- **Lumpkin KJ**. Laser Therapy Research. Big Sky Athletic Training Sports Medicine Conference. Big Sky, Montana, February 2010
- **Lumpkin KJ**, Binkley H. Current Research on LASER Therapy. Tennessee Athletic Trainers' Association Annual Symposium, Nashville, TN, January 2007
- **Lumpkin KJ**, Knight CD. Infectious Disease. Tennessee Athletic Trainers' Association Annual Student Meeting and Clinical Symposium, Nashville, TN, January 2006

- **Lumpkin KJ**, An Exploratory Qualitative Study Determining Evidence of Work Addiction among Division 1 NCAA Athletic Coaches. Association for the Advancement of Applied Sport Psychology (AAASP), 2005

Honor and Awards

Best Poster Presentation among Certified Athletic Training Professionals Award. Jan. 2023 by Virginia Athletic Training Association.
NATA Bobby Barton Scholarship 2003

External Funding

Council for Christian Colleges and Universities (CCCU) 2007, \$2,000 conference fees
Council for Christian Colleges and Universities (CCCU) 2008, \$1,000 Collaborative department undergraduate student research project
Ironman grant for Iota Tau Alpha Honor Society 2015, 2016 \$400

Organizational Committees and Executive Office

Executive Office of Secretary for Tennessee Athletic Trainer's Society (2004-2006)
Tennessee Athletic Trainer's Society educational committee member for student athletic trainer seminar (2002-2005)
Tennessee Athletic Trainer's Society educational committee member (Poster Presentation-2003; contacting lecturers 2004, 2005, 2008-2011)
Tennessee Athletic Trainer's Society Governance committee member (2009-2011)
Tennessee Athletic Trainer's Society Public Relations committee member (2007-2017).
Southeast Athletic Trainer's Society Quiz Bowl committee member (2013-2017)

Personal

Church affiliations: **North Cleveland Baptist Church** Member: VBS, Children's Choir, Children's Mission and Adult Choir (1998-2017). Executive Board for Church Missions (2015-2017). **Hyland Heights Baptist Church** (2018-2019). **Thomas Road Baptist Church** (2019-2023). God's Pit Crew Ministry for blessing buckets (2023).

Community Volunteerism: **Youth Coach** for Soccer, Basketball, and Softball. Age Group Coordinator for Greater Cleveland Soccer Association (2001-2011). **Athletic Training** for Iron Man Race in Chattanooga (2014-2016); **Athletic Training** for Marine Marathon Race in Washington, DC (2018, 2020).

International Mission for Teaching and Learning: **Cuba** Health Care and Sports Programs: 2007, 2008, 2010-2014, 2016. **Brazil** medical missions: 2014. **Mexico** Evangelist missions: 2016. **Nicaragua** Evangelist missions: 2017. **Israel** Liberty's Women's Basketball Team Tour: 2018, 2022; **Spain** Preliminary Scouting for Student Programs: 2018. **Spain** Rehabilitative Allied Health Care Program: 2023.