

## JOEL BIALOSKY

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### EDUCATION

**Doctor of Philosophy in Rehabilitation Science** 8/08

University of Florida, Gainesville, Florida  
Dissertation: Mechanisms of Manual Therapy  
Advisor: Steven George PT, PhD

**Master of Science in Musculoskeletal Physical Therapy** 12/98

University of Pittsburgh, Pittsburgh, Pennsylvania.

**Bachelor of Science in Physical Therapy** 8/90

Ithaca College, Ithaca, New York.

Licensed to practice in Pennsylvania #PT-002914-E.  
Florida #PT 24987

### WORK EXPERIENCE

#### CLINICAL

**Clinic Therapy Director, Concentra Medical Center: Pittsburgh, Pennsylvania** 9/03 to 12/04

An orthopedic, outpatient center specializing in worker's compensation care

- Responsible for providing physical therapy services to injured workers, overseeing clinic, supervising physical therapy students, and providing inservices to staff.

**Facility Director, Centers for Rehab Services (a partner of University of Pittsburgh Medical Center), Moon Township Office, Moon Township, Pennsylvania.** 9/96 to 9/02

An orthopedic outpatient center

- Responsible for providing physical therapy services, marketing the clinic to physicians and insurance companies, office budget, hiring, evaluating and supervising clinic staff, and organizing monthly staff meetings and inservices; Clinical Instructor for physical therapy students.

**Physical Therapist III, University of Pittsburgh Medical Center- Center for Sports Medicine, Pittsburgh, Pennsylvania.** 7/93 to 9/96

An orthopedic outpatient center.

- Staff physical therapist responsible for providing physical therapy services, supervising students, member of comprehensive spine team, inserviced staff and visiting therapists, committees for efficient operations of clinic, assistant team leader, data collection for various research projects, twice voted employee of the month.

**Physical Therapist, Champlain Valley Physicians Hospital, Plattsburgh, New York.** 12/91 to 6/93

An acute care hospital

- Staff physical therapist providing in and out patient care

**Physical Therapist, University Hospital, Syracuse, New York.** 9/90 to 11/91

An acute care hospital

- Staff physical therapist providing in patient care

#### ACADEMIC

**Clinical Assistant Professor University of Florida, Gainesville, Florida** 8/08 to present

**Clinical Faculty University of Pittsburgh University Drive Division Veteran's Administration Hospital, Pittsburgh, Pennsylvania.** 9/02 to 9/03

An acute care hospital

- Responsible for providing physical therapy services, supervising students, assisting director with administrative responsibilities, overseeing primary care program, and teaching in University of Pittsburgh Physical Therapy Program.

## TEACHING EXPERIENCE

### TEACHER'S ASSISTANT

- Teacher's assistant University of Florida Evidence II class Fall 2007
- Teacher's assistant University of Florida Evidence I and Case Study I class Fall 2005, Fall 2006
- Teacher's assistant University of Florida Case Study II class Summer 2005, Summer 2006
- Teacher's assistant University of Florida Orthopedics class 2005, 2006

### GUEST LECTURER

- Assisted with PHT 6187 Functional Anatomy I, University of Florida entry level physical therapy program
- Guest lecturer and assisted with PHT 6188 Functional Anatomy II, University of Florida entry level physical therapy program
- Guest lecturer to Introduction to Health Professions course University of Florida regarding scientific application of physical therapy March 2006, February 2007
- Guest Lecturer Duquesne University physical therapy class regarding physical therapy treatment for the injured worker November 2004
- Lecturer at Treatment of the Knee and Treatment of the Low Back physical therapy assistant courses offered at the University of Pittsburgh Center for Sports Medicine March 1994 and 1995.
- Guest lecturer entry level physical therapy class at the University of Pittsburgh in lumbar spinal stabilization exercises August 1994
- Guest lecturer entry-level physical therapy class at the University of Pittsburgh in use of cervical and lumbar traction and auto-traction November 1994.
- Guest lecturer first year physical therapy and medical students at the University of Pittsburgh in cadaver anatomy of the spine December 1993, June 1995.
- Guest lecturer to orthopedic study group in Pittsburgh, Pennsylvania regarding the biomechanics of the upper cervical spine.

### COORDINATOR

- Co- instructor PHT 6771 Musculoskeletal Disorders I (4 credits) and II (4 credits)
- Designed and instructed manual therapy elective to University of Florida Sports and Orthopedic Physical Therapy Fellows, DPT students, and clinicians, Summer 2006

## RESEARCH EXPERIENCE

- Acting study coordinator

Title: Mechanisms of Neural Mobilization for Chronic Pain

Type: R21AT002796-01A1

Agency: National Institutes of Health (NCCAM)

Direct Costs: \$275,000

Funding Period: 2006 – 2008

Status: Ongoing

*This study investigates whether patients with carpal tunnel syndrome demonstrate excessive central sensitization of pain and if a novel manipulative and body-based method (neural mobilization) reduces central sensitization of pain.*

## PUBLICATIONS

### PEER REVIEW PUBLICATIONS

- George SZ, Fritz JM, **Bialosky JE**, Donald D. The effect of a fear-avoidance-based physical therapy intervention for patients with acute low back pain: results of a randomized clinical trial. *Spine* 2003; 28: 2551-2560.
- George,SZ, **Bialosky JE**, Fritz,JM. physical therapist management of a patient with acute low back pain and elevated fear-avoidance beliefs. *Physical Therapy* 2004; 84: 538-549.
- George,SZ, **Bialosky JE**, Donald,D. The centralization phenomenon and fear-avoidance beliefs as prognostic factors for low back pain. *The Journal of Orthopaedic and Sports Physical Therapy.* 2005; 35: 580-588.
- George SZ, Bishop MD, **Bialosky JE**, Zeppieri G, Robinson ME. The immediate analgesic effects of spinal manipulation on thermal pain sensitivity. *BMC Musculoskelet Disord.* 2006; 7:68.
- George SZ, **Bialosky JE**, Whittmer VT, Robinson ME. Sex differences in pain drawing area for individuals

with chronic musculoskeletal pain. *The Journal of Orthopaedic and Sports Physical Therapy*. 2007; 37: 115-121.

- **Bialosky JE**, Bishop MD, Robinson ME, Barabas JA, George SZ. The influence of expectation on spinal manipulation induced hypoalgesia. an experimental study in normal subjects. *BMC Musculoskeletal Disorders*.2008;9:19
- Hirsh AT, George SZ, **Bialosky JE**, Robinson ME. Fear of pain, pain catastrophizing, and acute pain perception: relative prediction and timing of assessment. *J Pain*, 2008;9; 806-812.
- **Bialosky JE**, Bishop MD, Robinson ME, Price DD, George SZ. The mechanisms of manual therapy in the treatment of musculoskeletal pain: a proposed comprehensive model. *Man Ther*, 2009;14; 531-538.
- **Bialosky JE**, Hirsh AT, Robinson ME, George SZ. Manipulation of pain catastrophizing: an experimental study in healthy participants. *J Pain Res*, 2008;1:1-7.
- **Bialosky JE**, Bishop MD, Robinson ME, George SZ. The relationship of the audible pop to hypoalgesia associated with high velocity, low amplitude thrust manipulation. An experimental study in pain free participants. *Journal of Manipulative and Physiological Therapeutics*. Accepted for publication.
- **Bialosky JE**, Bishop MD, Robinson ME, Zeppieri G, George SZ. The immediate effects of spinal manipulative therapy on thermal pain sensitivity in participants with low back pain. *Physical Therapy*, 2009;89; 1292-1303.
- **Bialosky JE**, Bishop MD, Price DD, Robinson ME, Vincent KR, George SZ. A randomized sham controlled trial of a neurodynamic technique in the treatment of carpal tunnel syndrome. *The Journal of Orthopaedic and Sports Physical Therapy*. 2009;39:709-723.

### SUBMITTED FOR PUBLICATION

- Robinson ME, **Bialosky JE**, Bishop MD, Price DD, George SZ. Supra-threshold scaling, temporal summation, and after-sensation: Relationships to each other and anxiety/fear. *Journal of Pain*.
- Patel N, **Bialosky JE**. The assessment and inclusion of balance training in the rehabilitation of an elderly man with symptomatic bilateral knee osteoarthritis. *Orthopedic Physical Therapy Practice*.
- **Bialosky JE**, Bishop MD, Cleland JA. Individual Expectation for Physical Therapy Interventions in the Treatment of Musculoskeletal Pain: an overlooked, but pertinent factor. *Physical Therapy*.
- Coronado RA, **Bialosky JE**, Cook CE. The Temporal Effects of a Single Session of High-velocity, Low-amplitude Thrust Manipulation on Subjects with Spine Pain: a Systematic Review. *Manual Therapy*

### OTHER PUBLICATIONS

- **Bialosky JE**, Bishop MD, George SZ. Response to "Regional interdependence: a musculoskeletal model whose time has come." *J Orthop Sports Phys Ther*. 2008; 38: 159-161.
- **Bialosky JE**, Bishop MD, George SZ. How spinal manipulative therapy works: why ask why? *J Orthop Sports Phys Ther*. 2008; 38: 293-295.

### PRESENTATIONS

- Steven Z. George, **Joel E. Bialosky**, Virgil Wittmer, and Michael E. Robinson (May 2005). The Influence of Sex, Personality, and Coping Style on the Pain Drawing. Poster presented at the 4<sup>th</sup> Annual Pain Research Day, University of Florida. Gainesville, FL..
- Steven Z. George, **Joel E. Bialosky**, Mark D. Bishop (September 2005). Neuronal Plasticity of Pain: Response to Rehabilitation Interventions. Poster presented at the Neuromuscular Plasticity Symposium, University of Florida. Gainesville, FL.
- Steven Z. George, **Joel E. Bialosky**, Virgil Wittmer, and Michael E. Robinson (February 2006). The Influence of Sex, Personality, and Coping Style on the Pain Drawing. Poster presented at the American Physical Therapy Association Combined Sections Meeting in San Diego, CA.
- **Joel E. Bialosky**, Steven Z. George, Adam T. Hirsh, Ryland J. Galmish, Michael E. Robinson (March 2006). Pain Catastrophizing's Effect on Pain: Initial Results of an Ongoing Study. Poster presented at PPHP Research Day, University of Florida, Gainesville, FL.
- **Joel E. Bialosky**, Steven Z. George, Mark D. Bishop (March 2006). Manual Therapy Induced Analgesia. A Comparison of Healthy Subjects and Those with Low Back Pain. Platform presentation at the American Academy of Orthopedic and Manual Physical Therapy Conference in Charlotte, North Carolina.
- **Joel E. Bialosky**, Steven Z. George, Mark D. Bishop (March 2006). Manual Therapy Induced Analgesia. A Comparison of Healthy Subjects and Those with Low Back Pain. Poster presented at the Neuromuscular Plasticity Symposium, University of Florida. Gainesville, FL.
- Adam T. Hirsh, Steven Z. George, **Joel E. Bialosky**, Michael E. Robinson (April 2007). Influence of Pain-Related Fear and Catastrophizing on Acute Pain Perception. Poster presented at PPHP Research Day, University of Florida, Gainesville, FL.
- **Joel E. Bialosky**, Steven Z. George, Josh A. Barabas, Valdora L. Martelli, Lauren A. Gates, Michael E. Robinson (April 2007). The Effect of Subject Expectation on Spinal Manipulation Induced Hypoalgesia.

Poster presented at PPHP Research Day, University of Florida, Gainesville, FL.

- **Joel E. Bialosky** (July 2007). The Mechanisms of Manual Therapy in the Treatment of Musculoskeletal Pain. Presentation at Neuronoons, University of Florida, Gainesville, FL.
- **Joel E. Bialosky**, Steven Z. George, Josh A. Barabas, Valdora L. Martelli, Lauren A. Gates, Michael E. Robinson (October 2007). The Effect of Subject Expectation on Spinal Manipulation Induced Hypoalgesia. Poster presented at ACRM-ASNR Joint Educational Conference, Washington, DC.
- **Joel E. Bialosky**, Mark D. Bishop, Michael E. Robinson, Donald D. Price, Stephen Z. George (January 2008). Immediate Effects of Manual Therapy on Pain Perception in Individuals Experiencing Carpal Tunnel Syndrome. Poster presented at the Neuromuscular Plasticity Symposium, University of Florida, Gainesville, FL.
- **Joel E. Bialosky**, Mark D. Bishop, Michael E. Robinson, Giorgio Zeppieri Jr., Steven Z. George (February 2008). Immediate Effects of Spinal Manipulative Therapy in Subjects With Low Back Pain: A Pilot Study. Platform presentation at the Combined Sections Meeting of the American Physical Therapy Association in Nashville, Tennessee.
- **Joel E. Bialosky**, Mark D. Bishop, Michael E. Robinson, Josh A. Barabas, Steven Z. George (February 2008). The Effect of Subject Expectation on Spinal Manipulation Induced Hypoalgesia. Platform presentation at the Combined Section Meeting of the American Physical Therapy Association in Nashville, Tennessee.
- **Joel E. Bialosky**, Adam T. Hirsh, Michael E. Robinson, Ryland J. Galmish, Steven Z. George (May 2008). A Randomized Study of the Effects of Catastrophizing on Experimental Pain. Poster presented at the 27<sup>th</sup> Annual Scientific Meeting of the American Pain Society in Tampa, Florida.
- **Joel E. Bialosky** (July 2008). The Mechanisms of Manual Therapy in the Treatment of Carpal Tunnel Syndrome. Presentation at Neuronoons, University of Florida, Gainesville, FL.
- **Joel E. Bialosky** (October 2008). The Immediate and 3 Week Effects of Neural Mobilization in Individuals with Carpal Tunnel Syndrome. Platform presentation at the American Academy of Orthopedic and Manual Physical Therapy Conference in Seattle, Washington.
- **Joel E. Bialosky**, Mark D. Bishop, Donald D. Price, Michael E. Robinson, Kevin R. Vincent, Steven Z. George (February 2009). A Novel Sham Intervention for the Study of Neurodynamic Treatment Techniques in Individuals with Carpal Tunnel Syndrome. Poster presented at the American Physical Therapy Association Combined Sections Meeting in Las Vegas, Nevada.

## AWARDS

- Rehabilitation Research Career Development Program K12 Scholar, January 2009 – Present
- National Institutes of Health Neuromuscular Plasticity Research Training Predoctoral Fellowship (T32 HD043730), University of Florida
- College of Public Health and Health Professions Dean's Scholar Award, May, 2008
- The Frederick Family Scholarship in Physical Therapy, May, 2007
- Outstanding Teaching Assistant Award, University of Florida, Department of Physical Therapy, July 2006

## CERTIFICATIONS

- Fellowship in the American Academy of Orthopedic Manual Physical Therapists
- American Board of Physical Therapy Specialties Certified Clinical Specialist in Orthopaedic Physical Therapy
- American Physical Therapy Association Credentialed Clinical Instructor
- Certified Ergonomics Assessment Specialist

## PROFESSIONAL ORGANIZATIONS

- American Physical Therapy Association
  - Research Section
  - Orthopedic Section
- American Academy of Orthopedic and Manual Physical Therapists
- American Pain Society

## SERVICE

### PROFESSIONAL

- Associate Editor Journal of Manual and Manipulative Therapy
- Reviewed abstracts for American Physical Therapy Association Combined Sections 2008 Annual Meeting
- Reviewed abstracts for American Physical Therapy Association Combined Sections 2009 Annual Meeting
- Reviewer Journal of Physical Therapy
- Reviewer Journal of Orthopedic and Sports Physical Therapy

- Reviewer Journal of Manual and Manipulative Therapy
- Reviewer Physiotherapy Theory and Practice
- Reviewer Journal of Pain
- Presented to the Northern Florida Gainesville Sub District Physical Therapy Association Meeting re: translating evidence into clinical practice 2/24/09
- Presented to the Florida Physical Therapy Association Northern District Super Meeting; "Embrace the pop" 3/4/09.

#### **DEPARTMENTAL**

- Marketing committee
- Fellowship committee
- Advertising task force
- Faculty Supervisor for student run equal access physical therapy clinic
- Abstract reviewer for 2009 PPHP research day
- Mentor for 2009,2010 University of Florida Physical Therapy Evidence Based Practice III class
- Marshall Fall 2008, Spring, Summer, and Fall 2009 graduation at University and College level