

# Patrick O. McKeon, MS, ATC, CSCS

234 Old Lynchburg Rd.  
Charlottesville, VA 22903  
(845)235-7346  
Email: pom3b@virginia.edu

## **EDUCATION**

### **2004-Present**

Doctor of Philosophy, Sports Medicine  
*University of Virginia, Charlottesville, VA*  
Expected completion - May 2007  
Dissertation Title: "The effect of a four week balance training program on postural control and gait parameters in those with chronic ankle instability."

### **2001**

Master of Science, Sports Health Care  
*Arizona School of Health Sciences, Phoenix, AZ*

### **1997**

Bachelor of Science, Athletic Training  
*Springfield College, Springfield, MA*

## **CERTIFICATIONS**

### **1997-Present**

Certified Athletic Trainer  
*NATABOC (097702510)*  
Current State Licensure:  
*Virginia (0126000835)*  
*New York (000320-1)*  
*New Jersey (MT000811)*  
*Massachusetts (1104)*

### **1998-Present**

Certified Strength and Conditioning Specialist  
*NSCA Certification Commission (999719)*

### **2004-Present**

Certified FA, CPR, AED, Professional Rescuer, Sports Safety Instructor  
*American Red Cross*

## **PROFESSIONAL EXPERIENCE**

### **2004-Present**

Graduate Assistant / Lecturer of Sports Medicine  
*University of Virginia – Charlottesville, VA*

### **2003-2004**

Lecturer of Athletic Training / Clinical Coordinator  
*Marist College – Poughkeepsie, NY*

### **2001-2003**

Assistant Athletic Trainer / Clinical Instructor  
*Canisius College – Buffalo, NY*

McKeon 2

**2000-2001** Assistant Athletic Trainer / Instructor of Sports Medicine  
*Brophy College Preparatory – Phoenix, AZ*

**1999-2000** Assistant Athletic Trainer  
*Phoenix College – Phoenix, AZ*

**1997-1999** Athletic Trainer  
*Pearl River High School, Pearl River, NY*  
*HealthSouth, New City, NY*

## **TEACHING EXPERIENCE**

### **University of Virginia, Charlottesville VA 2004-Present**

Athletic Injuries (EDHS 544)

Athletic Injuries Laboratory (EDHS 544-L)

Emergency Medical Care (EDHS 451)

Emergency Medical Care Laboratory (EDHS 451-L)

Human Anatomy (EDHS 353)

Anatomic Bases of Sports Medicine (EDHS 758), Teaching Assistant

### **Marist College, Poughkeepsie, NY 2003-2004**

Basic Concepts of Athletic Training (ATHT 205)

Upper Body Assessment of Musculoskeletal Injuries (ATHT308)

Lower Body Assessment of Musculoskeletal Injuries (ATHT309)

Exercise Physiology (HLTH301)

Athletic Training Clinical Practicum (ATHT 395)

Athletic Training Clinical Practicum (ATHT 396)

Athletic Training Clinical Practicum (ATHT 397)

Athletic Training Clinical Practicum (ATHT 398)

Athletic Training Clinical Practicum (ATHT 498)

### **Canisius College, Buffalo, NY 2001-2003**

Nutritional Issues for the Athletic Trainer (ATH 373)

Care and Prevention of Athletic Injuries (ATH 170), Co-instructor

Practicum in Athletic Training (ATH 132), Co-instructor

Practicum in Athletic Training (ATH 231), Co-instructor

Practicum in Athletic Training (ATH 232), Co-instructor

Practicum in Athletic Training (ATH 331), Co-instructor

Practicum in Athletic Training (ATH 332), Co-instructor

Practicum In Athletic Training (ATH 431), Co-instructor

## **REFEREED PUBLICATIONS**

**McKeon PO**, Hertel J. The effect of partially diminished plantar cutaneous sensation on postural control. *Perceptual and Motor Skills*. (in-press)

Medina JM, **McKeon PO**, Hertel J. Rating the levels of evidence in sports medicine research. *Athletic Therapy Today*. 2006;11(5);38-41

McKeon 3

**McKeon PO**, Medina JM, Hertel J. The hierarchy of research design in evidence-based medicine. *Athletic Therapy Today*. 2006;11(4);42-45

**McKeon PO**, Hertel J. The dynamical-systems approach to studying athletic injury. *Athletic Therapy Today*. 2006;11(1);31-33

### **MANUSCRIPTS IN PREPARATION**

**McKeon PO**, Hertel J. The effect of plantar cutaneous stimulation on time-to-boundary measures of postural control. *Somatosensory and Motor Research* (in review)

**McKeon PO**, Hertel J. Time-to-boundary postural control deficits with chronic ankle instability. *British Journal of Sports Medicine* (in progress)

**McKeon PO**, Hertel J. Systematic review of the effects of ankle instability on postural control. (in progress)

**McKeon PO**, Hertel J. Systematic review of the effects of balance training on postural control in individuals with acute and chronic ankle instability. (in progress)

Medina JM, **McKeon PO**, Hertel J. Grading clinical trials in sports medicine research. *Athletic Therapy Today* (in progress)

### **REFERREED ABSTRACT PRESENTATIONS**

**McKeon PO**, Hertel J. Chronic ankle instability affects time-to-boundary measures of postural control in females, but not males. *3<sup>rd</sup> Annual International Ankle Symposium, Dublin, Ireland September 2006. Poster Presentation. Will be reprinted in the Journal of Orthopedic and Sport Physical Therapy.*

**McKeon PO**, Hertel J. Is postural control adversely affected in those with chronic ankle instability? A systematic review. *3<sup>rd</sup> Annual International Ankle Symposium, Dublin, Ireland September 2006. Poster Presentation. Will be reprinted in the Journal of Orthopedic and Sport Physical Therapy.*

**McKeon PO**, Hertel J. Time-to-boundary measures of postural control are significantly reduced with removal of visual input in single limb stance. *NATA Annual Meeting and Clinical Symposium, Atlanta, GA June 2006. Reprinted in the Journal of Athletic Training 2006: 41(2);51S*

Corbin DM, Hart JM, **McKeon PO**, Ingersoll CD, Hertel J. The effect of textured insoles on postural control in double-limb stance. *NATA Annual Meeting and Clinical Symposium, Atlanta, GA June 2006. Reprinted in the Journal of Athletic Training 2006: 41(2);50-51S*

**McKeon PO**, Hertel J. The effect of diminished plantar cutaneous sensation on postural control. *SEACSM Annual Meeting, Charlotte, NC February 2006*

McKeon 4

**McKeon PO**, Hertel J. The role of diminished plantar cutaneous sensation on postural control. *NATA Annual Meeting and Clinical Symposium, Indianapolis, IN June 2005*  
*Reprinted in the Journal of Athletic Training 2005:40(2);39S*

Kelln BM, Hertel J, **McKeon PO**, Gontkof LM. Handheld dynamometry: reliability of lower extremity muscle testing in healthy, physically active young adults. *Annual American Physical Therapy Association Combined Sections Meeting, San Diego, CA January 2006. Reprinted in Journal of Orthopedic & Sports Physical Therapy 2006:36(1);A74*

**McKeon PO**, Dolan MG, Gandolph J, Grossman K, Koehneke PM, Mendel FC. Effects of dependent positioning, cool water immersion and high voltage electrical stimulation on non-traumatized limb volumes” *NATA Annual Meeting and Clinical Symposium, St. Louis, MO 2003. Free Communications Poster. Reprinted in the Journal of Athletic Training 2003:38(2);35S*

### **INVITED PRESENTATIONS**

**McKeon PO**, Is Movement Variability Bad? *National Athletic Trainers Association Annual Meeting and Symposium, Atlanta, GA June 2006*

**McKeon PO**. Linking Motor Control and Sports Medicine: The Functional Role of Movement Variability. *Mid-Atlantic Athletic Trainers Association Annual Meeting, Virginia Beach, VA May 2006. \*\*Winner of the Graduate Research Presentation Award.*

**McKeon PO**. Linking Motor Control and Sports Medicine: The Functional Role of Movement Variability. *Virginia Athletic Trainers Association Annual Meeting, Williamsburg, VA January 2006*

**McKeon PO**. Dynamical Systems, Movement Variability, and Implications for Musculoskeletal Injury. *The Art and Science of Sports Medicine Annual Symposium, University of Virginia, Charlottesville VA June 2005, 2006*

**McKeon PO**, Messey K, Myers C. Role of the Certified Athletic Trainer in the Sports Medicine Team. *Midwestern University, Arizona College of Osteopathic Medicine, Phoenix, AZ January 2000 and 2001*

### **PROFESSIONAL SERVICE**

**2006** Reviewer  
*Journal of Sport Rehabilitation*

**2006** Reviewer  
*Perceptual and Motor Skills*

**2005-Present** Co-Conference Coordinator  
*The Art and Science of Sports Medicine Annual Symposium*  
*University of Virginia*

**2005-Present** Reviewer  
*Journal of Athletic Training*

- 2005** Moderator  
*NATA Annual Meeting and Clinical Symposium*
- 2003-2004** ATEP Curriculum Accreditation Site Visitor  
*Joint Review Committee on Athletic Training*
- 2001-2004** Reviewer of Accreditation Candidacy Materials  
*Joint Review Committee on Athletic Training*
- 2001-Present** Sports Health Care Alumni Ambassador  
*Arizona School of Health Sciences, Present*
- 2000-2001** Moderator  
*NATA Annual Meeting and Clinical Symposium*
- 1999-2001** Sports Health Care Curriculum Advisory Board Member  
*Arizona School of Health Sciences*

### **Grants**

**McKeon PO**, Kerrigan DC, Ingersoll CD, Hertel J. The effect of a four week balance training program on postural control and gait parameters in those with chronic ankle instability. Doctoral Research Grant. *National Athletic Trainers Association Research and Education Foundation*. \$2,500 (Funded)

### **Honors and Awards**

- 2006** Joe and Sally Gieck Doctoral Scholarship Recipient  
*National Athletic Trainers Association Research and Education Foundation*
- 2001** Who's Who among American Colleges and Universities  
*Arizona School of Health Sciences, Phoenix, AZ*
- 1997** Senior Athletic Training Award  
*Springfield College, Springfield, MA*

**REFERENCES**

Jay Hertel, PhD, ATC, FACSM  
Assistant Professor, Kinesiology  
University of Virginia  
(434) 243-8673  
jhertel@virginia.edu

Christopher D. Ingersoll, PhD, ATC, FACSM  
Joe H. Gieck Professor of Sports Medicine  
University of Virginia  
(434) 924-6187  
cdi9u@virginia.edu

D. Casey Kerrigan, MD  
Chair, Department of Physical Medicine and Rehabilitation  
University of Virginia  
(434) 243-0378  
dck7b@virginia.edu

Sally Perkins, MS, ATC  
Chair/Program Director & Associate Professor of Athletic Training  
Marist College  
(845) 575-3000 ext. 3912  
sally.perkins@marist.edu

Peter Koehneke, MS, ATC  
Chair, Department of Sports Medicine, Health and Human Performance  
Canisius College  
(716) 888-2954  
koehneke@canisius.edu

Eric Sauer, PhD, ATC, CSCS  
Director, Post-Professional Athletic Training Program  
Arizona School of Health Sciences  
A.T. Still University  
Phone: (480) 219-6031  
esauers@atsu.edu