

# Aaron Michael Arreola

PT, ScD, ATC, LAT, PES, COMT

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## PROFILE

Academically, I serve as an Assistant Professor of Practice and mentor in Kinesiology at Texas Tech University teaching Anatomical Kinesiology and Intro to Biomechanics. Developed a Minor in Sports Medicine through the KSM Department. Previously taught as an adjunct professor at Chandler-Gilbert Community College in Arizona, teaching Anatomy and Physiology. My academic goal is to continue to expand my teaching foundation while bringing clinical experience into the classroom. To further this goal, I completed a terminal doctoral degree in the Research Track for a Doctor of Science (ScD) in Physical Therapy at the TTUHSC. Course work was completed with a 4.0 and will seek publication for my research.

Professionally, I am a Certified Orthopedic Manual physical therapist with certification and licensure in Athletic Training with emphasis on the spine, pelvic girdle, knee and shoulder complex, plus postural and muscular imbalances utilizing techniques from Cyriax, Sahrmann, and the Myokinesthetic System. Previously coordinated rehab services for Arizona State University Athletics, in addition to having experience in secondary school sports programs and outpatient rehabilitation settings. I am also a clinical instructor for various PT/PTA programs from across the nation. Currently a Fellow with the Institute for Athlete Regeneration. Also, Bilingual (Spanish).

## EDUCATION

- 2019-present** Fellow, Institute for Athlete Regeneration (FAAOMPT), APTA endorsed
- 2015-2021** Doctor of Science in Physical Therapy (ScD)  
Texas Tech University Health Sciences Center- Lubbock, TX
- 2004-2007** Master of Physical Therapy  
Texas Tech University Health Sciences Center- Lubbock, TX
- 1999-2003** Bachelor of Arts in Kinesiology with Athletic Training Emphasis  
St. Edward's University- Austin, TX

## ACADEMIA EXPERIENCE

- 2016-present** Texas Tech University  
Lubbock, TX
  - Assistant Professor of Practice
    - ◊ KIN 3346- Anatomical Kinesiology
    - ◊ KIN 4301- Intro to Biomechanics
- 2011-2016** Chandler-Gilbert Community College  
Gilbert, AZ 85225
  - Adjunct Professor
    - ◊ BIO 160- Intro to Anatomy & Physiology
    - ◊ BIO 201- Anatomy and Physiology I

## DEPARTMENTAL SERVICE

- 2021-2022** KSM Teaching in Excellence Committee, Texas Tech University
- 2021-present** KSM Student Scholarship Committee, Texas Tech University

**2021-present** Established partnership with South Plain College and local practices for Sports Medicine Minor students and Sports Medicine Internship students to complete practicum hours

**2020-present** New faculty mentor in Sports Medicine Minor

**2019** KSM Summer Workshop Presentation to Faculty. "Fundamentals & Engagement & Participation, oh My!"

**2018-present** Sports Medicine Minor development, Texas Tech University

**2018-Spring 2020** Faculty Recognition Committee, Texas Tech University

## **RESEARCH SUPPORT**

- Ø Ty Palmer (PI), Arreola (CI): Pending grant funding. "Investigating the acute effects of a passive straight-leg raise stretching protocol on muscle stiffness and strength of the hamstrings in older adults over the age of 60
- Ø Arreola (Dissertation). "Comparing Hop and Stop test data scores between female recreational and collegiate athletes."
- Ø Phil Sizer (PI), Arreola (RA). "The Effects of Pain and a Sensorimotor Control Strategy on Neuromuscular and Kinetic Characteristics in Individuals with Non-Specific Low-Back Pain"

## **MEDIA CONTRIBUTIONS**

- Ø English A. "Why Cupping Therapy is So Popular Among Celebs and Athletes – and Whether It's Right for You." Insider.com. <https://www.insider.com/cupping-therapy> Published March 19, 2021.

## **STUDENT MENTORING**

- Ø Thomas Yeager, Undergraduate Honor's College Contract, Texas Tech University, "Future of 3-D Printing in Healthcare," Fall 2020
- Ø Mariel DeLeon, Undergraduate Honor's College Contract, Texas Tech University, "Biomechanics in Tennis," Spring 2019
- Ø Callie De Winn, Undergraduate Honor's College Contract, Texas Tech University "Adolescent Idiopathic Scoliosis," Fall 2018
- Ø Daji Free, Academic counseling and Athletic Training profession advising

## **ACADEMIC HONORS & AWARDS**

- Ø College of Arts & Sciences Teaching in Excellence Award, 2021
- Ø Nominated for the College of Arts & Sciences Teaching in Excellence Award, 2020
- Ø Texas Tech Mortar Board-2020 & 2021 Chapters, mentor recognition award
- Ø Nominated for the Hemphill-Wells New Professor Excellence in Teaching Award, 2019
- Ø Professor of the Month, Alpha Xi Delta, Texas Tech University. April 2019
- Ø Favorite Teacher Recognition, Department of Athletics, Texas Tech University. Graduating student-athletes identify their favorite teachers and share a meal with them during a recognition ceremony, Spring 2018

## **INVITED PRESENTATIONS**

- 0 NASM Annual Conference 2022- Poster presentation
- 0 West Texas Sports Medicine Society, May 22, 2021
- 0 Pre-Physical Therapy Club, Texas Tech Campus, November 18, 2021
- 0 Physical Therapy Expert Panel, Texas Tech Campus, November 1, 2021
- 0 Pre-Physical Therapy Club, Texas Tech Campus, October 2, 2018

## **COMMUNITY OUTREACH**

- 0 Ironman- Lubbock, TX. Medical volunteer. Provide medical care for triathletes during and after the race. June 2021
- 0 AHA Heart Walk-Lubbock, 2019-2020
- 0 Assistant T-ball Coach (volunteer): Lubbock Baseball Association. Assistant Spring/Summer 2019; Spring 2021
- 0 Soccer Coach (volunteer): Lubbock Soccer Association. Fall 2019
- 0 Athletic training services. Contract coverage for TTU rec and club sports; area high school athletic events, various local sporting events. 2017-present
- 0 Concussion course update. Lubbock, Texas. Clinical Service, Health and Health Care, Safety. Assisted in presentation/set-up of a course on concussions for area high school coaches, administrators, nurses, sponsors, and athletic trainers. Fall 2017, Fall 2018, Fall 2019
- 0 Challenger Little League. Lubbock, Texas, Clinical Service, Health and Health Care. The Challenger Little League Baseball accommodates physically and mentally challenged children ages 5-18. Our physical therapy clinic helps out on opening/closing ceremonies to welcome the athletes. Hair coloring, bobbing for apples, etc, and good old fashioned cheering. Many of our patients participate in this event. 2018
- 0 Athletic training services. Wilson, Texas. Provide athletic training services during football games to a rural high school (Wilson High School) outside the Lubbock area. 2017- 2020.
- 0 Saturday morning injury clinic, Lubbock Sports Medicine. A group of PA's, MD's, AT's, etc provide assessments and management for injuries to area high school athletes following the week of competition. 2017- present.

## **HEALTH PROFESSIONAL EXPERIENCE**

**2021-present** Physical Therapy Associates

Lubbock, TX 79413

- Physical therapist

**2019-2021** Regal Park Medical Center

Lubbock, TX 79424

- Physical therapist

**2017-present** Lubbock Sports Medicine

Lubbock, TX 79410

-Athletic Trainer: Wilson High School football; Regional spot coverage

**2016-2019** Pediatric Therapy Inc

Lubbock, TX 79414

- Physical therapist

**2011-2016** Physiotherapy Associates, Tempe Sport Clinic

Tempe, AZ 85224

**(2013-2016)**- Rehab Coordinator for Arizona State University Athletics

- Ø Orthopedic/Sports Medicine for all sports
- Ø Assistance with home Football Games (taping, treatments, hydration, etc)
- Ø Fusionetics Program-Functional movement screens
- Ø Aquatic/vestibular rehabilitation

**(2011-2013)**- Chandler Sport Clinic-Staff Physical Therapist/Athletic Trainer  
Chandler, AZ 85204

**(2011-2016)**- Pre-Season Orthopedic Physical Screening for Anaheim Angels, MLB  
-Outreach program of Physiotherapy Associates  
-Full Musculoskeletal Orthopedic Screens

**2008-2011** Kempton & Nelson Physical Therapy  
Mesa, AZ 85206

- Clinic Director
- Lead Physical Therapist/Athletic Trainer

**2008 -2010** Ford Ironman Arizona; Tempe, AZ

- Medical Staff- Affiliated with Onsite Sports Medicine

**2008** Mesa Community College

- Ø Volunteered athletic trainer services in training room and on-field practice coverage during football season

**2007** Physiotherapy Associates, Mesa Sport Clinic  
Mesa, AZ 85213

- Staff Physical Therapist/Athletic Trainer

**2005-2007** Covenant Health System, Owens-White Rehabilitation Center  
Lubbock, TX 79408

- Athletic Trainer-Hale Center and Ralls High Schools

## **PROFESSIONAL ACCOLADES**

**2013** Physiotherapy Associates-Clinician of the Quarter: United States-Southwest Region, 1st Quarter

**2012-16** Physiotherapy Associates- Multiple Most Valuable Performer awards

**2015 & 2016** Appreciation Award for Clinical Instructors- A.T. Still University PT program

## **CREDENTIALS**

Texas Board Licensed Physical Therapist, #1277188

Licensed Athletic Trainer- Texas, #AT3432

NATABOC Certified Athletic Trainer, Certification #090502014

Arizona Board Licensed Physical Therapist, #7708, expired

Licensed Athletic Trainer- Arizona, #1258, expired

COMT- Certified Orthopedic Manual Therapist: IAOM-US

Performance Enhancement Specialist (PES)- NASM

CPR- MEDIC First Aid Provider

## **PROFESSIONAL MEMBERSHIPS AND ORGANIZATIONS**

2013-current IAOM-US, Evolved Member