

## CURRICULUM VITAE

### BIOGRAPHICAL INFORMATION

Adam J. Popchak, PT, DPT, MS, SCS  
Research Assistant Professor  
Department of Physical Therapy  
University of Pittsburgh  
100 Technology Drive, 2<sup>th</sup> floor, Room 475  
Pittsburgh, PA 15219

**Address:** 100 Technology Drive  
Pittsburgh, PA 15219

Physical Therapist  
Centers for Rehab Services  
Center for Sports Medicine  
3200 South Water Street  
Pittsburgh, PA 15203

**Phone:** (412)383-6627

**Email:** [ajp64@pitt.edu](mailto:ajp64@pitt.edu)  
[popchakaj@upmc.edu](mailto:popchakaj@upmc.edu)

### EDUCATION:

#### Graduate:

University of Pittsburgh  
Pittsburgh, PA

2010 - 2015  
PhD Rehab Science & Technology

University of Pittsburgh  
Pittsburgh, PA

2007 - 2009  
M.S. Rehab Science

University of Pittsburgh  
Pittsburgh, PA

2002 - 2005  
Doctorate of Physical Therapy (DPT)

#### Undergraduate:

University of Pittsburgh  
Johnstown, PA

1999 - 2002  
B.S. Biology

Saint Francis University  
Loretto, PA

1998 – 1999

### HONORS:

University of Pittsburgh Dean's List all semesters  
Phi Kappa Phi National Honor Society  
B.S. Biology *Summa Cum Laude*

1999 – Present  
2002  
April 2002

**LICENSURE:**

2005 – Present Pennsylvania Licensed Physical Therapist (PT017816)  
2007 – Present Pennsylvania Licensed Direct Access Physical Therapist (DAPT001643)

**CERTIFICATIONS:**

September 2013 Advanced Certified Clinical Instructor  
American Physical Therapy Association

July 2013 Certified Clinical Instructor  
American Physical Therapy Association

September 2012 BLS for Healthcare Providers (CPR & AED)  
American Heart Association

2009 – Present Sports Certified Specialist  
American Physical Therapy Association

**EMPLOYMENT HISTORY:**

Dec. 2015 – Present Research Assistant Professor  
Department of Physical Therapy  
University of Pittsburgh  
Pittsburgh, PA

March 2012 – Dec. 2015 Physical Therapist – PT-CTRC  
University of Pittsburgh – Clinical and Translational Science Institute  
Pittsburgh, PA

March 2013 – Present Part-Time Staff Physical Therapist – Outpatient Orthopedics  
Centers for Rehab Services – Center for Sports Medicine  
Pittsburgh, PA

May 2009 – March 2012 Senior Physical Therapist, Sports Physical Therapy Residency Faculty  
Centers for Rehab Services – Center for Sports Medicine  
Pittsburgh, PA

September 2007 – Present Adjunct Faculty Member, School of Health and Rehab Sciences  
University of Pittsburgh  
Pittsburgh, PA

August 2007 – May 2009 Sports Physical Therapy Resident  
Centers for Rehab Services – Sports Physical Therapy Residency  
Pittsburgh, PA

Dec. 2005 – June 2007      Staff Physical Therapist, Site CCCE  
Drayer Physical Therapy Institute  
Bel Air, MD

July 2005 – Dec. 2005      Staff Physical Therapist  
Drayer Physical Therapy Institute  
Sparta, NJ

**PROFESSIONAL MEMBERSHIPS:**

<b><u>Organization</u></b>	<b>Year</b>
American Physical Therapy Association	2005 – Present
Sports Physical Therapy Section Member	2007 – 2012
National Strength and Conditioning Association	2008 – 2010
Orthopaedic Physical Therapy Section Member	2015 - Present

**PROFESSIONAL ACTIVITIES:**

**Teaching Activities**

2006 – Present	Clinical Instructor for PT/DPT students
2009 – 2012	Sports Physical Therapy Faculty Member Centers for Rehab Services
2007 – 2015	Adjunct Faculty, Guest Lecturer University of Pittsburgh
2015 – Present	Faculty, Assistant Professor University of Pittsburgh

**Research Activities:**

2008 - 2009	Prospective cohort study on performance and physical examination variables in youth baseball. <i>Study Investigator.</i>
2008 – 2010	Effects of topical nitroglycerine for treatment of chronic patellar tendonopathy. <i>Research Physical Therapist</i>
2012 – 2015	Evaluation and Non-Operative Treatment of Full Thickness Rotator Cuff Tears. <i>Research Physical Therapist, Study Investigator</i>
2013 – 2015	Soft Tissue Changes Associated with Repetitive Overhead Throwing in an Adolescent Population. <i>Principle Investigator, PhD Dissertation</i>

2014 – Present                      Content Analysis and Refinement of the AM-PAC Basic Mobility Domain Item Bank for Computer Adaptive Testing, *Study Investigator.*

2016 - Present                      Evaluation of Non-Operative Treatment of Full Thickness Rotator Cuff Tears. *Co-Investigator*

**Non-Peer Reviewed Publications:**

**Popchak A**, Han J, Williams VJ, and Crossley CL. Developing a Plan. *Rehab Management*. Nov. 2008

**Peer Reviewed Publications:**

<http://www.ncbi.nlm.nih.gov/myncbi/browse/collection/48963864/?sort=date&direction=ascending>

**Popchak A**, Burnett T, Weber N, and Boninger M. (In press) Factors Related to Injury in Youth and Adolescent Baseball Pitching, with an Eye Toward Prevention. *American Journal of Physical Medicine & Rehabilitation*. 2015: 94(5), 395-409.

Miller RM, **Popchak A**, Vyas D, Tashman S, Irrgang JJ, Musahl V, and Debski RE. Effects of exercise therapy for the treatment of symptomatic full-thickness supraspinatus tears on in vivo glenohumeral kinematics. *Journal of Shoulder and Elbow Surgery*.

**Peer Reviewed Scientific and Professional Presentations:**

**Popchak A**, Hagen B, Rosensteel C, Irrgang JJ, and Harner C. Evaluation of a Strength and Conditioning Program on Performance Variables of Youth Baseball Players. Presented at AOSSM, Annual Meeting, Providence, RI, July 2010.

Seppi, L, Worobey L, **Popchak A**, and Boninger M. Freehand Three-Dimensional Ultrasound to Evaluate Dynamic Scapular Kinematics. Presented at RESNA Annual Conference, Indianapolis, IN, March 2014.

**Popchak A**, Irrgang JJ, and Boninger M. Physical Characteristics of a Youth and Adolescent Baseball Population and the Relation to Upper Extremity Complaints. Poster Presented at APTA, Combine Sections Meeting, Anaheim, CA, Feb. 2016

**Popchak A**, Irrgang JJ, and Boninger M. Acute Changes in the Infraspinatus and Long Head of the Biceps Tendon in Adolescent Baseball Players in Response to a Pitching Performance. Platform Presentation at APTA, Combined Sections Meeting, Anaheim, CA. Feb. 2016

Rahnemai-Aza A, Costello J, **Popchak A**, Herbst E, Musahl V, Tashman S, Irrgang JJ, and Fu FH. The Effect of Injury to Anterolateral Capsular Structures on Outcomes of ACL Injured Patients 24 Months after Anatomic ACL Reconstruction. Accepted – presentation at AOSSM specialty day, Saturday, March 2017

**Services to the University/College/School:**

Faculty mentor for undergraduate Rehabilitation Science students, University of Pittsburgh, 2015

Mentor for ASPIRE undergraduate student research internship, University of Pittsburgh, May – August 2013 & May – August 2014

Reviewer of submitted abstracts for Students for Disability Advocacy Disability Conference, University of Pittsburgh, Aug. 2013

**Continuing Education Course (last 4 years):**

- A Two Part Course Focusing on Cardiopulmonary Physical Therapy, April 2009
- Evaluation and Treatment of the Shoulder, March 2010
- Manual Therapy-Evidence Based Practice Series: Clinical Decision Making for the “Lower Body Region”, June 2010
- Manual Therapy-Evidence Based Practice Series: Treatment Based Classification Principles for the Lumbopelvic Region, August 2010
- Manual Therapy-Evidence Based Practice Series: Clinical Decision Making for the “Upper Body Region”, November 2010
- ACL Reconstruction of the Skeletally Immature, March 2011
- Value Based Physical Therapy: What does it mean to everyday practice,” March 2011
- Educating Therapists Prior to Educating Patients Regarding Lymphedema, May 2012
- Sesamoiditis: Pushing off From Pain, May 2012
- Differential Diagnosis, Evaluation, and Management of Lumbopelvic, Abdominal, and Hip Pain, December 2012
- Considerations for Management of Elbow Injuries Involving the Young Athlete, June 2012
- Low Back Pain: Course 1 – 8, June 2013
- Emerging Frontiers in Concussion: Advancement in Assessments, Management, and Rehabilitation, June 2013
- Advanced Credentialed Clinical Instructor Program for the Physical Therapist, July 2013

## **Teaching Responsibilities in a Physical Therapy Program:**

### **University of Pittsburgh**

- Examination, Evaluation, and Treatment of the Upper Extremity in Musculoskeletal Physical Therapy – HRS 2381
- Examination, Evaluation, and Treatment of the Knee in Musculoskeletal Physical Therapy – HRS 2362
- Examination, Evaluation, and Treatment of the Foot and Ankle in Musculoskeletal PT – HRS 2362
- Examination, Evaluation, and Treatment of the Foot and Ankle in Musculoskeletal PT - PT2031
- Anatomy of the Foot and Ankle – PT2030
- Group Leader, Problem Based Learning cases – PT2030
- Biomechanics of the Upper Extremity and Foot and Ankle region – PT2035
- Evidence Practice Series – Content / Project reviewer / Course Instructor

### **Duquesne University**

- Teaching Assistant, Topics in Research – PHYT530, summer 2014