

## CURRICULUM VITAE

**Name:** Keelan R. Enseki

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### EDUCATION:

<b>Graduate:</b>	2003	University of Pittsburgh Pittsburgh, PA	M.S. Health & Rehabilitation Sciences
	2001	University of Pittsburgh Pittsburgh, PA	Master of Physical Therapy (M.P.T.)
<b>Undergraduate:</b>	1999	Pennsylvania State University University, Park	B.S. Biobehavioral Health Minor in Neuroscience

### ACADEMIC HONORS:

Pennsylvania State University	Academic Dean's List for 7 semesters; graduation with distinction
Pennsylvania State University	Golden Key National Honor Society
Pennsylvania State University	Alpha Epsilon Delta National Premedical Honor Society
Pennsylvania State University	College of Health and Human Development Honor Society

### CERTIFICATION & PROFESSIONAL MEMBERSHIP:

- **Licensed Physical Therapist**, Pennsylvania (license is current)
- **Direct Access Physical Therapy Certification**, Pennsylvania (current)
- **Basic Life Support/CPR/AED**, American Heart Association (recertified 2019)
- **Certified Athletic Trainer (ATC)**, National Athletic Training Association (re-certified 2017)
- **Board Certified Orthopaedic Specialist**, as recognized by the American Board of Physical Therapy Specialties (re-certified 2016)
- **Board Certified Sports Specialist**, as recognized by the American Board of Physical Therapy Specialties (re-certified 2014)
- **Certified Clinical Instructor**, American Physical Therapy Association
  - Basic (2003)
  - Advanced (2008)
- **Membership**
  - American Physical Therapy Association
  - Academy of Orthopaedic of Physical Therapy
  - Academy of Sports Physical Therapy
  - International Society for Hip Arthroscopy (The Hip Preservation Society)

### PROFESSIONAL AND CLINICAL EXPERIENCE: UPMC Centers for Rehab Services

2018 – present: **Director, Clinical Practice Innovation**

- Coordinates clinical implementation and testing of multidisciplinary UPMC system initiatives that have relevance in outpatient orthopaedic and sports physical therapy settings.
- Initiation of telemedicine physical therapy program for outpatient physical therapy services during the COVID-19 outbreak of 2020. Responsible for state, local, and national regulatory analysis and implementation of delivery model. Program utilized at more than 70 locations, with over 4000 visits conducted over 3-month period.

- Clinical consultant for UPMC Enterprises Consumer Health Division – corporate technology investment and incubation arm. Emphasis on evaluating patient interaction platforms as extensions of rehabilitation health services.
- Clinical consultant for collaborative study between UPMC (Enterprises and Centers for Rehab Services), University of Pittsburgh Department of Physical Therapy, and Carnegie Mellon University, involving use of consumer technology and machine learning to assess exercise performance in the home environment using common consumer-level technology.
- Clinical consultant for University of Pittsburgh Mechanobiology Laboratory, with emphasis on rehabilitation programs for patients with Achilles tendinopathy, undergoing combined platelet-rich plasma therapy and tendon procedures.
- Coordinates clinician education series on current topics in orthopaedic and sports physical therapy for the purposes of staff development

2017 – present: **Administrative Director, Physical Therapy Residency and Fellowship Programs**

- Provide administrative oversight for all physical therapy programs within UPMC Centers for Rehab Services
  - Geriatric
  - Orthopaedic
  - Neurologic
  - Sports
  - Women’s Health/Pelvic Floor
- Foster development of clinical fellowship programs
- Ensures programs maintain compliance with current regulations as dictated by the American Board of Residency and Fellowship Education (ABPTRFE)

2006 – present: **Director, Orthopaedic Physical Therapy Residency Program**

- Responsibilities include program design, implementation, and mentoring of current residents

2001 – 2017: **Senior Staff Physical Therapist**

- Experience treating patients from an active population with various musculoskeletal disorders.
- Developed protocols and served as reference for outside clinics regarding post-operative rehabilitation of patients undergoing arthroscopic hip procedures.
- Served as clinical instructor and data collector for research projects.
- Experience with recreational, high school, collegiate, and professional athletes (NFL,PGA,NHL,ATP,MLB,MLS,UFC).
- Responsible for fostering professional development and clinical expertise of staff
- Experience as part of multidisciplinary team responsible for development of clinical pathways for treatment of patients with hip fractures.
- Lead clinician for CRS/UPMC regenerative medicine initiative involving implementation of physical therapy treatment for patients undergoing extra-cellular matrix graft implementation to treat volumetric muscle loss.

2001- 2003: **Sports Physical Therapy Residency Program**

- Completed 2-year sports physical therapy program jointly sponsored by the *University of Pittsburgh Medical Center* and *Centers for Rehab Services*,Pittsburgh, PA.
- Residency program included post professional didactic education (towards M.S. degree), research responsibilities, on-field athletic venue coverage, and teaching responsibilities.

## **PROFESSIONAL PRESENTATIONS:**

2021 *Sensor-Based Evaluation of Physical Therapy Exercises. 2021 43rd Annual International Conference of the IEEE Engineering in Medicine & Biology Society (EMBC).* Whitford A, Kim E, Enseki K, Popchak A, Halilaj E, Hodgins J. Accepted presentation.

*4th Annual Hip Preservation Program Conference: The Unstable Adolescent Hip.* UPMC St. Margaret. Pittsburgh, PA. Discussed physical therapy considerations in adolescents experiencing hip instability.

*Early Postoperative Performance of the PROMIS Following Primary Hip Arthroscopy and Periacetabular Osteotomy with Concomitant Hip Arthroscopy. International Society for Hip Arthroscopy (ISHA): 2021 Virtual Annual Scientific Meeting.* Kohlrieser D, Enseki KR, Popchak A, Rao B, Ellis T.

2020 *Groin Pain Syndrome: Where Do I Go?* American Academy of Sports Physical Therapy. Webinar delivering evidence-based content on anatomical concepts, evaluation, and treatment of athletes with groin pain syndrome

*#everyBODYmoves Global Online Summit.* endpjaralysis.org. Virtual event focused on increasing patient mobility. Discussed modification of outpatient physical therapy services to promote mobility and telehealth delivery during the COVID-19 outbreak.

*3rd Annual UPMC Hip Preservation Program Conference - Groin Pain Syndrome known as Sports Hernia.* UPMC St. Margaret. Pittsburgh, PA. Virtual session discussing evaluation principles for combined adductor and lower abdominal injuries in athletes.

2019 *International Society for Hip Arthroscopy (ISHA): Annual Scientific Meeting.* Madrid, Spain. Presented lectures on the rehabilitation of patients with hip dysplasia and microinstability. Served as session moderator. Worked as part of focus group to develop consensus paper preoperative rehabilitation.

*Rehabilitation Strategies for Disorders of the Hip Complex- Master Class.* Instituto Wilson Mello. Campinas, Brazil. 2-day course covering various topics pertaining to rehabilitation of hip disorders. Participated as moderator and keynote speaker for related national hip conference.

*2nd Annual UPMC Hip Preservation Program Conference - Management of Posterior Hip Pain.* UPMC St. Margaret. Pittsburgh, PA. Session discussing evaluation and treatment principles for patients with greater trochanteric pain syndrome.

*Current Concepts in Evaluation and Treatment of the Hip Region.* University of Michigan/MedSport. Ann Arbor, MI. Integrative course covering didactic and lab-based material. Emphasis was placed on merging topics in non-arthritis and extra-articular hip pain. Current postoperative rehabilitation protocols and relative case studies were also presented.

2018 *International Society for Hip Arthroscopy (ISHA): Annual Scientific Meeting.* Melbourne, Australia. Presented lectures on the topics of regenerative medicine implications for rehabilitation and ischiomfemoral impingement. Served as session moderator and advisor to conference committee.

- 2017 *Current Concepts in Evaluation and Treatment of Hip Disorders*. HealthWorks. Morgantown, WV. Taught 2-day course covering topics of femoral acetabular impingement, the unstable hip, athletic pubalgia, and postoperative treatment of hip disorders.
- International Society for Hip Arthroscopy (ISHA): Annual Scientific Meeting*. Santiago, Chile. Presented lectures on the topics of the evolving process of postoperative rehabilitation and extra-articular hip injuries. Guest instructor in cadaveric anatomy lab with international faculty.
- Biomechanical Applications in Treatment of the Hip Joint*. Slippery Rock University, Slippery Rock, PA. Provided lecture and laboratory experience to physical therapy graduate students with an emphasis on normal and abnormal biomechanical function of the hip joint complex.
- Evaluation and Treatment of Hip Disorders*. Physical Therapy and Sports Medicine Clinics. Hartford, CT. Co-presented lectures and laboratory for 2-day course covering conservative and postoperative treatment of hip disorders in the active population.
- 2016 *International Society for Hip Arthroscopy (ISHA): Annual Scientific Meeting*. San Francisco, CA. Presented lectures on the topics of postoperative rehabilitation following periacetabular osteotomy and gender-specific strategies in hip rehabilitation.
- Non-operative Management of Hip Dysfunction and Post-operative Management of Hip Arthroscopy*. University of Pittsburgh. Pittsburgh, PA. Taught portion of 2-day course covering postoperative treatment of hip conditions.
- 2015 *International Society for Hip Arthroscopy (ISHA): Annual Scientific Meeting*. Cambridge, England. Presented lectures on the topics of functional movement and capacity testing and differential diagnosis issues for patients with hip pathology.
- Current Concepts in Conservative and Postoperative Treatment of Hip Injuries*. Thompson Health. Canandaigua, NY. One-day course covering the diagnosis and treatment of various hip joint disorders.
- Post-Operative Rehabilitation after Hip Arthroscopy: A Search for the Evidence*. Cheatham SW, Enseki KR, Kumagai-Shimamura K, Kolber MJ. [Poster presentation] FWATA Annual Meeting, San Diego, CA.
- Update: Diagnosis and Treatment of Athletic Hip Injuries*. 2.0-hour course for Physicaltherapy.com. Discussion of conservative and postoperative management of athletic hip joint injuries.
- Post-Operative Rehabilitation after Hip Arthroscopy: A Search for the Evidence*. Cheatham SW, Enseki KR, Kumagai-Shimamura K, Kolber MJ. [Poster presentation] MAATA Annual Meeting, Omaha, NE.
- 2014 *"All Hands on Deck" – Manual Therapy for the Hip*. UPMC Centers for Rehab Services, Pittsburgh, PA. Provided instruction and laboratory instruction to practicing physical therapists with an emphasis on joint mobilization for the hip complex.

*Hip Disorders in the Outpatient Population.* UPMC Centers for Rehab Services. Pittsburgh, PA. Provided a clinical update on diagnosis and treatment of hip disorders as part of an educational series for UPMC-CRS Neurological Physical Therapy Services.

*Keeping Athletes Hip.* UPMC Center for Sports Medicine. Pittsburgh, PA. Presented lectures and demonstrations pertaining to extra-articular hip pathology/sports hernia and postoperative rehabilitation for athletes with hip joint disorders.

*VI Congresso Internacional de Fisioterapia Manual (5<sup>th</sup> International Congress of Manual Physical Therapy).* João Pessoa, Brazil. Presented lectures on classification-based treatment of hip pathology and the evolution of postoperative treatment for non-arthritis hip disorders.

*Rehabilitation Strategies for Disorders of the Hip Complex.* Instituto Wilson Mello. Campinas, Brazil. 2-day course covering various topics pertaining to rehabilitation of hip disorders. Provided laboratory instruction to clinicians to ensure learning of evaluation and treatment techniques.

2013 *Current Concepts in Hip Region Rehabilitation.* The Jackson Clinics. Ashburn, VA. A 1.5 day course discussing: diagnosis, treatment, imaging, surgical intervention, and outcome tools for patients with hip region pathology. Co-instructor with RL Martin.

*International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS) 9<sup>th</sup> Biennial Congress: Sports Concurrent Course.* Toronto, Canada. Presented lectures on treatment on extra-articular and intra-articular hip pathology. Served as moderator for lecture series on muscle and tendon treatment advancements.

*Hip Techniques Course.* APTA Orthopaedic Section Annual Meeting. Orlando, FL. Lecture and lab focusing on diagnosis and conservative treatment of non-arthritis hip pathology.

2012 *Differential Diagnosis, Evaluation, and Management of Lumbopelvic, Abdominal, and Hip Pain.* Duquesne University. Pittsburgh, PA. Co-instructor for a 2-day course covering diagnosis and treatment of orthopaedic and non-orthopaedic causes of hip and pelvic pain.

*Conservative and Post-operative Issues for Individuals with Acetabular Labral Tears and Associated Lumbopelvic Pain.* 2012 Conference for the International Federation of Manipulative Physical Therapists (IFOMPT). Quebec, Canada. Presentation and panel member discussing the topic of acetabular labral tears and lumbopelvic pain.

*III Jornada de Cirurgia Preservadora e Artroscopia do Quadril.* Hospital Moinhos de Vento. Porto Alegre, Brazil. Two-day international conference. Three lectures covering postoperative rehabilitation, treatment of performing artists, and martial artists with hip injuries.

*Diagnosis and Treatment of Athletic Pubalgia.* Conducted in-service at Centers for Rehab Services, UPMC Center for Sports Medicine. Pittsburgh, PA.

*Evaluation, Conservative Intervention, and Postsurgical Rehabilitation for Individuals with Nonarthritic Hip Pain.* APTA Combined Sections Meeting. Chicago, IL.

2011 *Clinical Update: Disorders of the Hip Region*. Northwestern PPTA. DuBois, PA. One-day course covering the diagnosis and treatment of various hip joint disorders. Attendees were licensed physical therapists in the state of Pennsylvania.

*Rehabilitation after arthroscopic hip procedures: A Case-Based Presentation*. Chatham University. Pittsburgh, PA. Two-hour grand rounds presentation for faculty and graduate students.

2010 *Non-Operative and Operative Management of the Hip and Shoulder: An Arthroscopic Orthopedic Surgeon and Physical Therapist's Perspective*. Intermountain Healthcare System. Salt Lake City, UT. Provided 2-day course with lecture and laboratory components.

*Current Concepts in Differential Diagnosis and Treatment of Hip Disorders*. Pennsylvania State University. State College, PA. One-day lecture series for the Pennsylvania State University Student Health Services, Physical Therapy Department, and athletic trainers.

*Screening for Hip Joint Pathology in the Outpatient Setting*. Pennsylvania State University. State College, PA. University Nursing Services Campus-wide Symposium. One-hour lecture with a focus on screening and appropriate treatment pathways for individuals presenting with pain in the hip region.

*Clinical Update on the Treatment of Hip Pathology*. 2010 Southwest District of the PPTA: Mini-Combined Sections Meeting. Lecture discussing differential diagnosis, classification-based treatment, and postoperative rehabilitation.

*Hip Pathology in Athletes*. UPMC Center for Sports Medicine. Pittsburgh, PA. Athletic Training Service "Current Issues in Athletic Training" seminar.

*Physical Therapy for a Patient with Birmingham Hip Resurfacing: a Case Report*. Karas S, Enseki K. 2010 APTA Combined Sections Meeting. San Diego, CA.

*Current Concepts in Differential Diagnosis, Classification-Based Treatment, and Surgical Management of Hip Disorders*. 2010 APTA Combined Sections Meeting. San Diego, CA.

2009 *What's the Hip Got to Do With It?* ProPT. Newark, DE. One-day course covering hip joint pathology, differential diagnosis, return to sport, and relevant case studies.

*Current Concepts in Diagnosis and Treatment of Acetabular Labral Tears in the Athletic Population*. Pennsylvania Athletic Training Society Annual Symposium. Johnstown, PA. Lecture discussing the diagnosis and treatment of athletes with acetabular labral tears.

*Rehabilitation of Hip Injuries in the Athlete*. Philadelphia Congress of Sports Medicine. Philadelphia, PA.

2008 *Current Concepts in Differential Diagnosis, Classification Based Treatment and Surgical Management of Hip Disorders*. Providence Health Care System. Portland, OR. Two-day course covering anatomy, biomechanics, injury classification, surgical, and conservative treatment of hip injuries.

- 2007 *Postoperative Treatment of the Hip Joint in Performing Artists*. 2007 APTA Combined Sections. Boston, MA. Presentation for the performing arts special interest group of the APTA.
- Update on Differential Diagnosis and Treatment Options for Hip Pathology in Athletes*. UPMC Center for Sports Medicine. Pittsburgh, PA. Athletic Training Service "Current Issues in Athletic Training" seminar.
- 2006 *The Hip Joint: Current Concepts in Examination, Physical Therapy and Surgical Treatment Options of the Hip*. University of Pittsburgh, Department of Physical Therapy. Pittsburgh, PA. Presented content regarding anatomy, biomechanics, differential diagnosis, and post-operative treatment of the hip joint.
- Can Pain Distribution Distinguish Individuals with Acetabular Labral Tears From Individuals With Iliotibial Band Syndrome?* 2006 APTA Combined Sections Meeting. San Diego, CA. Co-researcher with RL Martin and BT Kelly.
- 2005 *Hip Disorders: Advancements in Differential Diagnosis, Classification-based Treatment and Surgical Management*. Duquesne University. Pittsburgh, PA. One-day course discussing differential diagnosis of pathology affecting the hip, lumbosacral region, sacroiliac complex, and pubic areas.
- Differential Diagnosis, Classification-Based Treatment, and Surgical Management of Hip Disorders: Current Advancements that Will Affect Your Practice*. APTA Combined Sections Meeting. New Orleans, LA. Co-presenter with R Erhard, and RL Martin.
- 2004 *Indications and Post-Operative Rehabilitation Following Hip Arthroscopy*. Hospital for Special Surgery. New York, NY. Topics covered include clinical indications and subsequent treatment of patients undergoing various arthroscopic procedures for the hip joint.
- Update on Post-Operative Rehabilitation Following Hip Arthroscopy*. St. Margaret's Hospital (UPMC). Pittsburgh, PA. Brief review of rehabilitation concepts for specific surgical procedures to an audience of visiting orthopaedic surgeons.
- Inter-tester Reliability of Hip ROM Measurements and Special Tests*. 2004 APTA Combined Sections Meeting. Nashville, TN. Co-researcher with D. Browder, and J. Fritz.
- Clinical vs. Portable Neuromuscular Stimulators: A Comparison of Quadriceps Femoris Torque Production Capability*. 2004 APTA Combined Sections Meeting. Nashville, TN. Co-researcher with CL Lyons, JB Robb, A Rabin, JJ Irrgang, and GK Fitzgerald.
- Millenium Conference Series V: Current Concepts in Surgical Intervention, Physical Therapy Examination, and Treatment of the Hip*. University of Pittsburgh, Department of Physical Therapy. Pittsburgh, PA. Presented content regarding anatomy, biomechanics, differential diagnosis, and post-operative treatment of the hip joint.
- 2003 *Millennium Conference Series IV: An Update on the Hip: Current Surgical Intervention, Physical Therapy Examination, and Treatment Protocol*. University of Pittsburgh, Department of Physical Therapy. Pittsburgh, PA. Presented content regarding anatomy, biomechanics, differential diagnosis, and post-operative treatment of the hip joint.

- 2002 *77<sup>th</sup> Annual Safety, Health, Environmental, Security Conference & Exhibit: Prevention of Knee, Foot, and Ankle Injuries.* Western PA Safety Council. Monroeville, PA.
- 2002 *Current Issues in Athletic Training: Management of Hip, Low Back, and Pelvic Injuries.* UPMC Center for Sports Medicine. Pittsburgh, PA. Athletic Training Service “Current Issues in Athletic Training” seminar.
- 2001 *Noxious Level Electrical Stimulation in the Treatment of Musculoskeletal Pain.* Conducted in-service at Centers for Rehab Services, UPMC Center for Sports Medicine. Pittsburgh, PA.

**ACADEMIC RESPONSIBILITIES:**

- 2021-present **Adjunct Professor**, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Physical Therapy
- 2007- 2014 **Adjunct Faculty**, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Sports Science and Nutrition
- 2003-2021 **Adjunct Faculty**, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Physical Therapy
- 2002-2021 **Clinical Faculty**, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Physical Therapy
- 2003-present **Clinical Faculty**, Centers for Rehab Services, Sports Physical Therapy Residency Program
- 2018-present PT 2078: *Evidence-Based Practice VII.* University of Pittsburgh. Assisted graduate physical therapy students in preparation for implementation of clinical outcomes projects to be conducted in conjunction with their final clinical affiliations.
- 2010-present HRS 2908: *Advanced Musculoskeletal Assessment and Injury Prevention.* University of Pittsburgh. Single lecture and lab covering clinical assessment of hip pathology.
- 2009-2014 ATHTR 306/L: *Therapeutic Exercise I/Lab.* Duquesne University. Single lecture covering anatomy, biomechanics, evaluation, intervention, and update of surgical procedures for the hip joint in the athletic population.
- 2007-2014 REHSCI 1831: *Therapeutic Modalities.* University of Pittsburgh. A course in the undergraduate athletic training curriculum (lecture and laboratory). Served as primary instructor for the course.
- 2005-present HRS 2867: *Pathokinesiology of Orthopedic Injury.* University of Pittsburgh. A course designed to provide a detailed and sequential approach to understanding the static and dynamic structures responsible for joint stability. Taught portion of the class discussing these mechanisms as related to the hip joint (1 class).
- 2005-2009 REHSCI 1822: *Athletic Training Injury Evaluation and Treatment II.* University of Pittsburgh. Provided a series of lectures covering evaluation, treatment, and surgical considerations of the hip joint in the athletic population.



- 2003 HRS 2310: *Advanced Musculoskeletal Anatomy*. University of Pittsburgh. A post-professional course covering musculoskeletal anatomy. Lecture material regarding anatomy and biomechanics of the hip joint and pelvic complex.
- 2003-present HRS 2362: *Evaluation and Treatment of the Lower Extremity*. University of Pittsburgh. A course in the advanced masters degree curriculum. Taught portion of the class dealing with evaluation, treatment, and post-operative protocols of the hip joint.
- 2002-present PT 2031: *Musculoskeletal Causes, Analyses and Intervention in Movement Dysfunction I*. University of Pittsburgh. A course in the entry level physical therapy doctorate program. Taught portion of the class dealing with evaluation, differential diagnosis, treatment, and post-operative protocols of the hip joint.
- 2002-present PT 2030: *Human Anatomy*. University of Pittsburgh. A course in the entry level physical therapy doctorate program. Taught portion of course dealing with anatomy and biomechanics of the hip joint and pelvic complex. Course content included lecture and laboratory portions.

#### **PEER REVIEWED PUBLICATIONS**

Ellis T, Kohlrieser D, Rao B, **Enseki K**, Popchak A, Martin RL. A comparison of 6-month outcomes between periacetabular osteotomy with concomitant hip arthroscopy to isolated hip arthroscopy for femoroacetabular impingement. *Arch Orthop Trauma Surg*. 2021 Apr 18. doi: 10.1007/s00402-021-03886-0. Epub ahead of print. PMID: 33866407.

Takla A, O'Donnell J, Voight M, Byrd T, Dienst M, Martin R, Philippon M, **Enseki KR**, et al. The 2019 International Society of Hip Preservation (ISHA) physiotherapy agreement on assessment and treatment of femoroacetabular impingement syndrome (FAIS): an international consensus statement, *Journal of Hip Preservation Surgery*, 2021,, hnaa043, <https://doi.org/10.1093/jhps/hnaa043>

Bento AO, Falótico G, **Enseki K**, Cunha RA, Ejnisman B, Arliani G, Cohen M. Morphological Changes of the Hip Commonly Associated With Femoroacetabular Impingement Are Not Correlated With Rotational Range of Hip Motion in Elite Soccer Athletes. *Sports Health*. 2021 Feb 4:1941738120973662. doi: 10.1177/1941738120973662. Epub ahead of print. PMID: 33535888.

Neph A, Schroeder A, **Enseki KR**, Everts PA, Wang JH, Onishi K. Role of mechanical loading for platelet-rich plasma-treated achilles tendinopathy. *Curr Sports Med Rep*. 2020;19(6):209-216.

Kivlan B, Carrol L, Burfield A, **Enseki KR**, Martin RL. Length change of the iliofemoral ligament during tests for anterior microinstability of the hip joint; *Int J Sports Phys. Ther*; 2019; Aug; 16(3). 613.

Martin RL, McDonough C, **Enseki K**, Kohreiser D, Kivlan BR. Clinical relevance of the ligamentum teres: a systematic review; submitted to *Int J Sports Phys Ther*; 2019; Jun;14(3) 459.

Strotmeyer S, **Enseki K**. Traumatic anterior cruciate ligament (ACL) rupture from muaythai kickboxing: A case report. *Arch Sports Med*. 2017; 1(2):84-86 Volume 1(2)

Cibulka MT, Bloom NJ, **Enseki KR**, Macdonald CW, Woehrle J, McDonough CM. Hip pain and mobility deficits-Hip osteoarthritis: Revision 2017; *J Orthop Sports Phys Ther.* 2017 Jun;47(6):A1-A37.

Bove AM, Clohisy J, DeWitt J, Di Stasi S, **Enseki K**, Harris-Hayes M, Lewis CL, Reiman MP, Ryan JM. Cost-effectiveness analysis of hip arthroscopic surgery and structured rehabilitation alone in individuals with hip labral tears: Letter to the editor. *Am J Sports Med.* 2017; Mar;45(3):NP1-NP2.

Cheatham SW, **Enseki KR**, Kolber MJ. The clinical presentation of individuals with femoral acetabular impingement and labral tears: A narrative review of the evidence. *J Bodyw Mov Ther.* 2016; Apr;20(2):346-55.

Cheatham SW, **Enseki KR**, Kolber MJ. Response to Dwyer's Commentary on "Postoperative Rehabilitation After Hip Arthroscopy" *J Sports Rehab.* Nov 2015; 24 (4): 421-422

Cheatham S, **Enseki KR**, Kolber M. Post-operative rehabilitation after hip arthroscopy: A search for the evidence. *Journal of Sport Rehabilitation.* 2015; 24: 421-422.

**Enseki KR**, Kohliesser D. Rehabilitation following hip arthroscopy: An evolving process. *Int J Sports Phys. Ther.* 2014; 9(6):1-9.

**Enseki KR**, Harris-Hayes M, White DM, Cibulka MT, Woehrle J, Fagerson TL, Clohisy JC. Nonarthritic hip joint pain. *J Orthop Sports Phys Ther.* 2014 Jun;44(6):A1-A32.

Tranovich MJ, Salzler MJ, **Enseki KR**, Wright VJ. A review of femoroacetabular impingement and hip arthroscopy in the athlete. *The Physician and Sportsmedicine.* 2014; 42(1): 1-13.

**Enseki KR**, Read B. An overview of hip fractures in the geriatric population. *Topics in Geriatric Rehabilitation.* 2013; 29(4): 272-276.

**Enseki KR**, Berliner M. Rehabilitation following total hip arthroplasty surgery. *Topics in Geriatric Rehabilitation.* 2013; 29(4): 260-267.

Karas S, **Enseki KR**. Physical therapy following a hip resurfacing procedure. *J Nov Physiother.* 2013; 3: 157.

Edelstein J, Ranawat A, **Enseki KR**, et al. Post-operative guidelines following hip arthroscopy. *Curr Rev Musculoskelet Med.* 2012; 5(1):15-23.

**Enseki KR**, Draovitch P. Rehabilitation for hip arthroscopy. *Operative Techniques in Orthopaedics.* 2012; 20(4): 278-281.

**Enseki KR**, Martin RL, Kelly BT. Rehabilitation after arthroscopic decompression for femoral acetabular impingement. *Clinics in Sports Medicine.* 2010; 29(2):247-255.

Cibulka MT, White DM, Woehrle J, Harris-Hayes M, **Enseki K**, Fagerson TL, Slover J, Godges JJ Hip Pain and Mobility Deficits - Hip osteoarthritis: Clinical practice guidelines linked to the international classification of functioning, disability and health from the Orthopaedic Section of the American Physical Therapy Association. *J Orthop Sports Phys Ther.* 2009; 39(4) A1-A25.

**Enseki KR**, Martin RL, Draovitch P, et al. The hip joint: arthroscopic procedures and postoperative rehabilitation. . *J Orthop Sports Phys Ther*. 2006;36(7):516-525.

Martin RL, **Enseki KR**, Draovitch P, et al. Acetabular labral tears of the hip: Examination and diagnostic challenges. *J Orthop Sports Phys Ther*. 2006;36(7):503-515.

### **NON-PEER REVIEWED PUBLICATIONS**

**Enseki KR**. Multidisciplinary Management for Sports and Orthopedic Rehab. *Rehab Management* (digital publication: <http://www.rehabpub.com/2015/10/multidisciplinary-management-sports-orthopedic-rehab/>). October 14, 2015.

**Enseki KR**. The role of physical therapy in addressing chronic pain. *Chronicle (American Chronic Pain Association)*. Summer 2005.

### **BOOK CHAPTERS**

Campbell A, Voight M, **Enseki KR**, Kohlrieser D. Hip Rehabilitation. In: Azar F, *Orthopaedic Knowledge Update: Sports Medicine* 6. Wolters Kluwer Health, Philadelphia, PA; 2020.

Nigolian JW, **Enseki, KR**, Spaeder D, Popchak, A. The Role of Upper Extremity Strength and Throwing Programs on Injury Prevention in Baseball Players: A Literature Review. In: *Essential Topics in Baseball: From Performance Analysis to Injury Prevention*. Nova Publishers, Hauppauge, NY; 2020.

Martin RL, Kivlan BR, **Enseki KR**. Rehabilitation after Hip Arthroscopy. In: McCarthy JC, Noble PC, Vilar RN. *Hip Joint Restoration: Worldwide Advances in Arthroscopy, Arthroplasty, Osteotomy and Joint Preservation Surgery*. Springer, NY; 2017.

**Enseki KR**, Kohlrieser D, Young A. Hip Rehabilitation. In: Miller MD, *Orthopaedic Knowledge Update: Sports Medicine*. American Academy of Orthopaedic Surgeons, Rosemont, IL; 2015

**Enseki KR**, Cheatham SW. Hip Disorders: Extraarticular. In: Cheatham SW, Kolber. *Orthopedic Management of the Hip and Pelvis*. Elsevier, PA; 2015.

**Enseki KR**, Kohlrieser D. Femoral Acetabular Impingement and Labral Tears. In: Cheatham SW, Kolber. *Orthopedic Management of the Hip and Pelvis*. Elsevier, PA; 2015.

Martin RL, **Enseki KR**. Nonoperative management and rehabilitation of the hip. In: Safran MR, Sekiya JK, Ranawat AS, Leunig M. *Techniques in Hip Arthroscopy and Joint Preservation Surgery*. Elsevier, PA; 2010.

Irrgang JJ, **Enseki KR**. Rehabilitation following ACL reconstruction. In: Fu F Cohen M. *Current Concepts in ACL Reconstruction*. Thorofare, NJ: SLACK Inc; 2008.

Kelly BT, Draovitch P, **Enseki KR**, et al. Hip arthroscopy and the management of nonarthritic Hip Pain. In: Neal S. Elattrache et al, eds. *Surgical Techniques in Sports Medicine*. Baltimore, MD: Lippincott Williams & Wilkins; 2007.

## **CONTINUING EDUCATION/COURSE MANUSCRIPTS**

**Enseki KR**, Kohlrieser D, Burfield A. *The Hip: Evidence-informed physical therapy management*. Independent study course 31.2.10. Primary author for monograph used in continuing education course for the American Academy of Orthopaedic Physical Therapy.

**Enseki KR**, Kohlrieser D, Mauro C, Ellis T, Kopka M. *Postoperative management of orthopaedic surgeries: Hip*. Independent study course 27.1.1. Primary author for monograph used in continuing education course for the American Academy of Orthopaedic Physical Therapy.

**Enseki KR**. *Rehabilitation treatment strategies for osteoarthritis of the hip*. Western Schools. Designed a 3-credit hour home study course for osteoarthritis of the hip.

**Enseki KR**, Draovitch P, Kelly BT, Philippon MJ. *Current concepts in post-operative management of the hip*. Independent study course 15.2.1. Primary author for monograph used in continuing education course for the Orthopaedic section of the APTA.

## **JOURNAL/MANUSCRIPT REVIEWER**

- *International Journal of Sports Physical Therapy*
- *Journal of Athletic Training*
- *Journal of Orthopaedic and Sports Physical Therapy* (manuscript and musculoskeletal imaging submissions)
- *Journal of Sport Rehabilitation*
- *PM&R: The Journal of Injury, Function, and Rehabilitation*
- *Physical Therapy in Sport*
- *Journal of Athletic Training*
- *Journal of Manipulative Therapeutics*

## **PROFESSIONAL LEADERSHIP**

2021-present **Associate Editor, *International Journal of Sports Physical Therapy***

2019-present **Vice Chair, Hip Special Interest Group. *American Academy of Sports Physical Therapy***. Collaborative group formed with the purpose of disseminating information within the domain of athletic hip injuries through forums, meetings, and educational programming.

2018-present **Chair, ICF Based Orthopaedic Physical Therapy Clinical Practice Guidelines: Hip Panel, *American Academy of Orthopaedic Physical Therapy***. Primary author (non-arthritic hip pain) and secondary author (osteoarthritis).

2018-present **Physiotherapy Committee Member. *International Society for Hip Arthroscopy (ISHA)***. Maintains advisory role in developing annual conference content. Assists in developing an internationally recognized certification program for physical therapists treating patients after hip arthroscopy. Development of a consensus paper describing optimal preoperative physical therapy.

2019-present **Director, Annual Orthopaedic Meeting.** *Academy of Orthopaedic Physical Therapy.*  
Provides oversight in content development and faculty recruitment. Work closely with AOPT board-of-directors to ensure recurring viability of annual meeting.

#### **AWARDS**

2009 **Pennsylvania Physical Therapy Association Research Committee Award.** Best Case Report for “Physical Therapy for a Patient with Birmingham Hip Resurfacing: A Case Report”. Co-recipient with Steven Karas, PT, OCS.

#### **OTHER EXPERIENCE:**

2021-present **APTA Combined Sections Meeting Abstract Reviewer** – Academy of Sports Physical Therapy

2016-present **APTA Combined Sections Meeting Abstract Reviewer** – Academy of Orthopaedic Physical Therapy

2013-present **Independent Study Course Development Work Group,** *Orthopaedic Section of the American Physical Therapy Association.* Collaborative effort with numerous clinicians throughout the United States to develop effective means of providing independent study courses offered through the APTA utilizing current technological trends.

2010-present **University of Pittsburgh- Department of Physical Therapy Clinical Instructor Focus Group.** Collaboration with academic and clinical faculty to develop assessment tools and assure quality of clinical education received by entry-level students.

2006-present **ICF Based Orthopaedic Physical Therapy Practice Guidelines: Hip Panel,** *Academy of Orthopaedic Physical Therapy.* Participation in development of physical therapy guidelines for conditions of the hip that use the framework of the International Classification of Functioning and Disability (ICF) for classification of impairments in body structure and function, activity limitations and participation restrictions.

2015-2018 **PhysicalTherapy.com.** Recurrent role as presenter for continuing education courses on the topics of hip pathology, examination, and intervention. (4 courses to date)

2001-2003 **Athletic Training Assistant,** *Keystone Oaks High School, Pittsburgh, PA*

2017 **6th Annual International Symposium on Regenerative Rehabilitation.** Pittsburgh, PA. Hosted by the University of Pittsburgh and Kyoto University, Japan.

**Move Forward PT** (APTA Consumer information website); guest editor for web-based consumer page on “*Snapping Hip Syndrome*”.

**APTA PT Now.** *Femoralacetabular Impingement: Nonsurgical Management.* Co-authored web-based clinical guidelines for treatment. Co-author with Marcie Harris-Hayes PT, DPT, MSCI and Nancy Bloom, PT, DPT, MSOT

- 2016 **Western Schools Continuing Education.** *Total hip arthroplasty: current concepts in pre- and postsurgical physical therapy.* Western Schools. Served as a content expert and peer reviewer for a 3-credit continuing education course.
- 2014 **Clinical Practice Guidelines for Physiotherapists Using Pilates to Treat People with Chronic Low Back Pain,** External Advisory Group Member for project conducted by Cherie Wells, based out of the University of Western Sydney, Australia.
- 2013 **Topics in Geriatric Rehabilitation.** Guest editor for special issue journal on the aging hip.
- 2011 **Evidence in Motion Sports Specialization Review Course.** Developed PowerPoint presentation and narrative detailing common athletic injuries of the hip and groin regions
- 2009 **American College of Occupational and Environmental Medicine (ACOEM) – Occupational Medicine Practice Guidelines.** Served as an external reviewer and content expert in making recommendations regarding the final review of guidelines for hip and groin disorders.
- The Institute for Leadership in Physical Therapy (LAMP): Becoming the Autonomous Professional of Choice (C1).** APTA Section on Health Policy and Administration. Three-day educational model focusing on expansion of leadership and professional capacity by developing leadership behaviors.
- 2008 **Principles of Medical Screening and Differential Diagnosis for Physical Therapy Practice** *Duquesne University, Pittsburgh PA-* Department of Physical Therapy. Enrolled in a two-day course in both lecture and laboratory format, designed to expose the participant to skills of differential diagnosis in a variety of physical therapy settings.
- 2003 **Research Assistant,** University of Pittsburgh, Pittsburgh, PA- School of Nursing Responsible for assisting in data collection, modifying intervention protocols, and administering intervention to individuals in the knee osteoarthritis population.
- 2002 **Spinal Manipulative Therapy Course,** *University of Pittsburgh, Pittsburgh, PA* Completed 56 hours of supervised/certified training in spinal manipulative therapy; awarded competency recognition.
- 2001 **Injury Coverage for Pittsburgh Ballet,** provided coverage for injured dancers performing in the Nutcracker ballet.
- 2000 **Research Assistant,** *University of Pittsburgh, Pittsburgh, PA*–Department of Epidemiology Data collector for a study examining the effect of physical activity on people with knee replacements secondary to osteoarthritis.

**OTHER ACTIVITIES:**

- 2002-2003 *City of Pittsburgh Marathon:* participated in general organization and escorting for post-competition drug-testing of marathon participants.
- 2004-2006 *Dapper Dan Wrestling Classic.* Provided athletic training coverage for high school wrestlers participating in the annual exhibition; featuring elite wrestlers from the state of Pennsylvania versus select wrestlers from other states.