

Richard Burton Westrick, PT, DPT, DSc
Board Certified Clinical Specialist in Orthopaedic and Sports Physical Therapy

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- 2017-present Associate Professor, Department of Physical Therapy – MGH Institute of Health Professions, Boston, MA
- 2018-present Research Physical Therapist, ORISE Research Fellow supporting Military Performance Division, US Army Research Institute of Environmental Medicine, Natick MA
- 2018-present Injury Prevention Specialist, O2X Human Performance, Boston, MA

PREVIOUS EMPLOYMENT EXPERIENCE

- 2015-2017 Deputy Division Chief, Military Performance Division – U.S. Army Research Institute of Environmental Medicine (USARIEM)
- 2014-2017 Manager, Military Occupational Medicine Research Program, Return-to-Duty after Musculoskeletal Injury Task Area (P2)
- Chair, JPC-5 Defense Health Program, Prevention of Training and Occupational Injury Working Group
- Principal Investigator, Research Physical Therapist – Military Performance Division, USARIEM
- 2014-2015 Chief, Environmental Medicine Branch – U.S. Army Research Institute of Environmental Medicine (USARIEM)
- 2011-2013 Chief, Arvin Sports Physical Therapy Clinic; United States Military Academy - West Point, NY 10996
- Assistant Professor & Research Coordinator, U.S. Military-Baylor University Sports Physical Therapy Doctoral Program
- Principal Investigator, Orthopaedic Research Program, Keller Army Community Hospital

- 2010-2011 Resident Physical Therapist & Doctoral (D.Sc.) candidate; Keller Army Community Hospital, Arvin Sports Physical Therapy Clinic, USMA-West Point, NY 10996
- 2007-2010 Director, Rehabilitation & Conditioning; 10th Special Forces Group (Airborne), Fort Carson, CO 80902
- 2007-2008 Task Force Physical Therapist; Combined Joint Special Operations Task Force & 10th Special Forces Group – Arabian Peninsula, Iraq (x2 rotations)
- 2006-2007 Assistant Chief, Physical Therapy; 121st Combat Support Hospital, Yongsan/Seoul Korea, APO, AP 96205
- 2005-2006 Physical Therapy Intern, Evans Army Community Hospital, Fort Carson, CO 80913
- 2003-2005 U.S. Army-Baylor Doctoral Program in Physical Therapy. Army Medical Department Center & School, Fort Sam Houston, TX 78234
- 1999-2003 U.S. Army, 91BN9, Physical Therapy Specialist (technician)
- 1995-1999 U.S. Army, 91B, Medical Specialist (medic)

PROFESSIONAL LICENSURE

- 2006-present Colorado Department of Regulatory Agencies, Physical Therapy License Number: PTL-9250
- 2014-present Massachusetts Board of Allied Health; Physical Therapy License Number: 21124

BOARD CERTIFICATIONS

- 2011-present Board-Certified Sports Clinical Specialist (SCS), American Board of Physical Therapy Specialties
- 2009-present Board-Certified Orthopedic Clinical Specialist (OCS), American Board of Physical Therapy Specialties

EDUCATION

- 2011 Doctor of Science in Physical Therapy (D.Sc.); Baylor University, U.S. Army-Baylor Doctoral Program in Sports Physical Therapy, West Point, NY

- 2011 Sports Physical Therapy Residency; Keller Army Community Hospital, United States Military Academy, West Point, NY
- 2006 Doctor of Physical Therapy (DPT); U.S. Army-Baylor Doctoral Program in Physical Therapy, Fort Sam Houston, TX
- 2003 BS, Sports Health / Wellness Promotion; University of Colorado at Colorado Springs, Colorado Springs, CO

TEACHING & ACADEMIC APPOINTMENTS

- 2017-Present Associate Professor, MGH Institute of Health Professions, Doctoral Program in Physical Therapy, Boston, MA
- 2018-Present Injury Prevention Instructor, O2X Human Performance, Boston, MA
- 2013-Present Instructor; US Military Musculoskeletal Residency Program (Primary Courses: Upper Extremity, Musculoskeletal Imaging)
- 2011-2014 Assistant Professor; US Military-Baylor University Post-Professional Physical Therapy Doctoral Program, West Point, NY (Primary Courses: Clinical Residency I & II and Functional Assessments)
- 2012-2016 Adjunct Faculty; Columbia University College of Physicians and Surgeons – Doctoral Program in Physical Therapy, New York, NY
- 2012-2016 Lead Instructor: Dry Needling for Military and Federal Healthcare Providers (Level I & II Courses)
- 2011-present Instructor; Kinetacore Physical Therapy Education; Dry Needling Course(s), Brighton, CO (Level I & II Courses)
- 2010-2010 Teaching Assistant; Regis University Fellowship in Orthopaedic Manual Physical Therapy; Cervico-Thoracic Course, Summer 2011, Regis University, Denver, CO

AWARDS

- 2017 Outstanding Research Accomplishment Team Award – Occupational Physical Assessment Test; 2017 Military Health System Research Symposium
- 2017 Wolf Pack Award – Occupational Physical Assessment Test Research Team; U.S. Army Medical Department (FY 2017, 2nd Quarter)

- 2016 Iron Major Award – Physical Therapist; U.S. Army Medical Department, Army Medical Specialists Corps
- 2015 Achievement of Distinction – APTA Sports Physical Therapy Section: Outstanding Case Report Manuscript Award, International Journal of Sports Physical Therapy
- 2013 RAMSCA Endowment for Scholarly Activity Award; Retired Army Medical Specialists Corps Association. Endowment awarded for research titled: “Development of a ‘Tactical Athlete Functional Scale’ and Military Specific Outcomes Measures for the Upper and Lower Body.”
- 2013 Achievement of Distinction – APTA Sports Physical Therapy Section: Outstanding Research Manuscript Award, International Journal of Sports Physical Therapy
- 2006 COL (Ret) David Greathouse Excellence in Research Award; US Army – Baylor University Doctoral Program in Physical Therapy
- 2003 Outstanding Health Sciences Undergraduate Award; University of Colorado at Colorado Springs, Beth-El College of Nursing and Health Sciences

PUBLICATIONS

Teyhen D, Rieger J, **Westrick R**, Miller A, Molloy J, Wainner R, Childs J. Changes in deep abdominal muscle thickness during common trunk-strengthening exercises using ultrasound imaging. *J Orthop Sports Phys Ther.* 2008 Oct;38(10):596-605

Westrick R, Miller J, Carow S, Gerber J. Exploration of the Y-Balance Test for Assessment of Upper Quarter Closed Kinetic Chain Performance. *Int J Sports Phys Ther.* 2012 Apr; 7(2): 139-147

Westrick R, Diebal A, Gerber J. Dorsal Triquetrum Fracture. *J Orthop Sports Phys Ther.* 2012 Apr; 42(4): 380

Westrick R, Zylstra E, Issa T, Miller J, Gerber J., Evaluation and Treatment of Musculoskeletal Chest Wall Pain in a Military Athlete. *Int J Sports Phys Ther.* 2012 June; 7(3): 323-332

Roach C, Cameron K, **Westrick R**, Owens B., Rotator Cuff Weakness is not a Risk Factor for First Time Glenohumeral Instability. *Orthopaedic Journal of Sports Medicine* 2013 Jan; 1(1):1-6

Westrick R, Duffey M, Cameron K, Gerber J, Owens B, Isometric Shoulder Strength Reference Values for Physically Active Collegiate Males and Females. *Sports Health* 2013 Jan; 5(1): 17-21

Miller J, **Westrick R**, Diebal A, Marks C, Gerber J., Immediate Effects of Lumbopelvic Manipulation and Lateral Gluteal Kinesio Taping on Unilateral Patellofemoral Pain Syndrome: A Pilot Study. *Sports Health: A Multidisciplinary Approach*. 2013 May; 5(3): 214-219

Diebal A, **Westrick R**, Gerber J., Lisfranc Fracture in a Military Cadet. *Sports Health: A Multidisciplinary Approach*, 2013 May; 5(3): 281-285

Dembowski S, **Westrick R**, Zylstra E, Johnson M, Treatment of Hamstring Strain in a Collegiate Pole Vaulter. *Int J Sports Phys Ther*. 2013 Jun; 8(3) 328-339

Crowell M, **Westrick R**, Fogarty B, Johnson M, Cysts of the Lateral Meniscus. *Int J Sports Phys Ther*. 2013 Jun; 8(3) 340-348

Westrick R, Fogarty B, Johnson M, Spinoglenoid Cysts. *J Orthop Sports Phys Ther*. 2013 Jul; 43(7): 511

Glenesk K, Fogarty B, **Westrick R**, Isolated Posterior Cruciate Ligament Injury. *J Orthop Sports Phys Ther*. 2013 Oct; 43(10): 759

Shepard NP, **Westrick RB**, Owens BD, Johnson MR, Bony Avulsion of the Pectoralis Major in a 19-year-old Male Judo Athlete: A Case Report. *Int J Sports Phys Ther*. 2013 December; 8(6): 862-870

Mason JS, Tansey KA, **Westrick RB**, Treatment of Subacute Posterior Knee Pain in an Adolescent Ballet Dancer Utilizing Trigger Point Dry Needling: A Case Report *Int J Sports Phys Ther*. 2014 Feb; 9(1) 116-125

Shepard N, **Westrick R**, Johnson M, Fractures Through the Base of the Second and Third Metacarpals. *J Orthop Sports Phys Ther*. 2014 Feb; 44(2): 129

Garrison M, **Westrick R**, Johnson M, Morel-Levallee Lesion of the Lumbar Region *J Orthop Sports Phys Ther*. 2014 Mar; 44(3):223

O'Laughlin SJ, Flynn TW, **Westrick RB**, Ross MD, Diagnosis and Expedited Surgical Intervention of a Complete Hamstring Avulsion in a Military Combatives Athlete: A Case Report *Int J Sports Phys Ther*. 2014 Jun; 9(3) 371-376

Shepard N, **Westrick R**, Johnson M, Fracture of the Capitate *J Orthop Sports Phys Ther*. 2014 Jul; 44(7):541

Garrison M, **Westrick R**, Johnson M, Benenson J, Association Between the Functional Movement Screen and Injury Development in College Athletes. *Int J Sports Phys Ther* 2015 Feb; 10 (1): 21-28

Flautt W, **Westrick R**, Cervical Myelopathy in a Special Operations Soldier, *J Orthop Sports Phys Ther*. 2015 Mar; 45(3):233

Crowell MS, Dedekam EA, Johnson MR, Dembowski SC, **Westrick RW**, Goss DL, Diagnostic Imaging in a Direct-Access Sports Physical Therapy Clinic: A 2-year Retrospective Practice Analysis *Int J Sports Phys Ther* 2016 Oct; 11(5): 708-717

Smith LB, **Westrick RB**, Sauers S, Cooper A, Scofield D, Claro P, Warr B Underreporting of Musculoskeletal Injuries in the US Army: Findings from an Infantry Brigade Combat Team Survey Study, *Sports Health* 2016 Nov; 8(6):507-513

Seay JF, Shing T, Wilburn K, **Westrick R**, Kardouni J Lower Extremity Injury Increases Risk of Developing First-time Low Back Pain in the U.S. Army, *Medicine and Science in Sports and Exercise (MSSE)* 2017 Dec; Epub ahead of print

Flautt W, Rowland R, **Westrick R**, Cervical Fracture With Complete Ligamentous Disruption While Skydiving, *J Orthop Sports Phys Ther*. 2018 In Review

Cohen B, Pacheco B, Foulis S, Canino M, Redmond J, **Westrick R**, Hauret K, Sharp M, Surveyed Reasons for not Seeking Medical Care Regarding Musculoskeletal Injuries in U.S. Army Trainees, *Military Medicine*, 2018 In Review

PUBLISHED ABSTRACTS

Teyhen D, Rieger J, **Westrick R**, Miller A, Molloy J, Wainner R, Childs J. Changes in deep abdominal muscle thickness during common trunk-strengthening exercises using ultrasound imaging. *J Orthop Sports Phys Ther*. 2006

Miller J, **Westrick R**, Diebal A, Marks C, Gerber J., Immediate Effects of Lumbopelvic Manipulation and Lateral Gluteal Kinesio Taping on Unilateral Patellofemoral Pain Syndrome: A Pilot Study. *J Orthop Sports Phys Ther*. 2012

Cameron K, Campbell S, Peck, K, **Westrick R**, Owens B. Extreme Glenoid Retroversion is Associated with Increased Rotator Cuff Strength in the Shoulder. *Med Sci Sport Ex*. 2013

Garrison M, Dembowski S, **Westrick R**, Shepard N, Johnson M. Acute Scapular Pain in a Collegiate Wrestler. *J Orthop Sports Phys Ther* 2014

Westrick RB, Zylstra E, Johnson M, Gerber JP. Dry Needling for Patellofemoral Pain: A Modified Delphi Study of Physical Therapy Practice Patterns. *J Orthop Sports Phys Ther* 2014 Jan; 44(1): A184

Westrick RB, Dembowski SD, Glenesk KR, Gerber JP. Risk Determination for Patients Receiving Dry Needling Treatment in a Direct Access Physical Therapy Clinic: A Retrospective Review *J Orthop Sports Phys Ther* 2014 Jan; 44(1): A184-185

PRESENTATIONS

Teyhen D, Rieger J, **Westrick R**, Miller A, Molloy J, Wainner R, Childs J. Changes in deep abdominal muscle thickness during common trunk-strengthening exercises using ultrasound imaging. Texas Physical Therapy Association Annual Meeting, 2005

Teyhen D, Rieger J, **Westrick R**, Miller A, Molloy J, Wainner R, Childs J. Changes in deep abdominal muscle thickness during common trunk-strengthening exercises using ultrasound imaging. APTA Combined Sections Meeting, 2006

Cameron K, Campbell S, Peck, K, **Westrick R**, Owens B. Extreme Glenoid Retroversion is Associated with Increased Rotator Cuff Strength in the Shoulder. NATA Annual Meeting, 2013

Miller J, **Westrick R**, Diebal A, Marks C, Gerber J., Immediate Effects of Lumbopelvic Manipulation and Lateral Gluteal Kinesio Taping on Unilateral Patellofemoral Pain Syndrome: A Pilot Study. APTA Combined Sections Meeting, 2013

Cameron K, Campbell S, Peck, K, **Westrick R**, Owens B. Extreme Glenoid Retroversion is Associated with Increased Rotator Cuff Strength in the Shoulder. ACSM Annual Meeting, 2013

Westrick RB, Zylstra E, Johnson M, Gerber JP. Dry Needling for Patellofemoral Pain: A Modified Delphi Study of Physical Therapy Practice Patterns. APTA Combined Sections Meeting, 2014

Westrick RB, Dembowski SD, Glenesk KR, Gerber JP. Risk Determination for Patients Receiving Dry Needling Treatment in a Direct Access Physical Therapy Clinic: A Retrospective Review. APTA Combined Sections Meeting, 2014

Westrick RB, Morrow J, Suttles S, Sela K, Christiansen T. Tactical Athletes Symposium: Physical Therapists Working with Firefighters, Law Enforcement, and Military Personnel. APTA Combined Sections Meeting, 2016

Westrick RB, Christiansen T, Mitchler J, Williamson J, Mann B. Tactical Strength & Conditioning: Bridging Rehabilitation and Performance. APTA Combined Sections Meeting, San Antonio, TX 2017

Westrick RB, Garrison M, Sela K, Morrow J, Christiansen T. Fire, Police, and Military Tactical Athletes: Here it's not a Game! APTA Combined Sections Meeting, San Antonio, TX 2017

Wilburn K, Seay JF, Shing TL, Kardouni JR, **Westrick RB** Lower Extremity Injury as a Risk of Developing First-time Low Back Pain in the U.S. Army, Tactical Athlete Human Factors Summit, Auburn University, 2017

Westrick RB, Wilburn KL, Collier J, Stoneberger C, Vail K. How Physical Therapists Can Enhance Firefighter, Police, and Military Readiness, APTA Combined Sections Meeting, New Orleans, LA 2018

Westrick RB, Rhon D. Science Meets Practice: Injury Prediction, Prevention, and Disability: Should We Shift Our Efforts, APTA Combined Sections Meeting, New Orleans, LA 2018

CURRENT & ONGOING FUNDED RESEARCH:

Development of Military Specific Outcomes Measures: The Military Lower Quarter Functional Scale. Role: Principal Investigator, Funded by Military Operational Medicine Research Program 2016-current

Factors Influencing Return-to-Duty Determinations in the U.S. Army. Role: Principal Investigator, Funded by Military Operational Medicine Research Program 2016-current

Musculoskeletal Injury Reporting in the U.S. Military. Role: Principal Investigator, Funded by U.S. Army Research Institute of Environmental Medicine 2015-current

Physical Standards for Return-to-Duty Following Musculoskeletal Injury. Role: Assistant Investigator (PI: Jan Redmond), Funded by Military Operational Medicine Research Program 2016-current

Relationship Between Lower Extremity Injury and Development of Lower Back Pain. Role: Assistant Investigator (PI: Joe Seay), Funded by U.S. Army Research Institute of Environmental Medicine 2017

APPOINTMENTS & COMMITTEES

2011-present Manuscript reviewer: International Journal of Sports Physical Therapy (IJSPT)

2012-present Manuscript reviewer: Journal of Orthopaedic & Sports Physical Therapy (JOSPT)

2012-present Manuscript reviewer: Sports Health Journal

2013-present Manuscript reviewer: Journal of Athletic Training

2013-present APTA Specialization Academy of Content Experts (SACE), Sports Clinical Specialist (SCS) test item writer

2014 APTA – ABPTS Sports Standard Setting Committee, SCS Exam

2014-2015 SPTS – Public Relations Committee member

- 2014-2017 Chair, JPC-5 Defense Health Program, Prevention of Training and Occupational Injury Working Group
- 2014-2017 Manager, Military Occupational Medicine Research Program, Return-to-Duty after Musculoskeletal Injury Task Area (P2)
- 2014-present Manuscript reviewer: Military Medicine
- 2014-present Adjunct Research Fellow, Rocky Mountain University of Health Professions, Provo, UT
- 2015-present Chair, Tactical Athlete Special Interest Group, Sports Physical Therapy Section of the American Physical Therapy Association
- 2018 APTA – ABPTS Sports Standard Setting Committee, SCS Exam

PROFESSIONAL ORGANIZATIONS

- 2003-present American Physical Therapy Association (APTA) - member; Orthopaedic Section (Imaging SIG); Sports Section (Tactical Athlete SIG); Federal Section
- 2006-present National Strength & Conditioning Association (NSCA) – member; Tactical Strength & Conditioning (TSAC) section
- 2006-present American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) – member
- 2010-present American College of Sports Medicine – member