

# KATHRYN A. WEBSTER, PhD, LAT, ATC

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## SUMMARY

- Seventeen years college teaching experience
- Thirteen years of certified athletic trainer clinical experience
- National and international professional presentations
- Refereed journal publications

## EDUCATION

### UNIVERSITY OF TOLEDO Toledo, OH

- Doctor of Philosophy, Exercise Science, May 2010
- Research interests include chronic ankle instability, functional dynamic postural control, and functional rehabilitation. Dissertation title: *Measures of plantar pressure and muscle activation influences of fatigue in those with and without chronic ankle instability*

### INDIANA STATE UNIVERSITY Terre Haute, IN

- Masters of Science, Athletic Training, July 1997
- Thesis title: *Comparison of PNF and static stretching techniques with superficial application of thermal modalities on hip extension range of motion*

### DICKINSON COLLEGE

- Bachelors of Arts, American Studies, May 1995

## TEACHING EXPERIENCE

### BOSTON UNIVERSITY Boston, MA (August 2010-present)

#### Clinical Assistant Professor

- Courses taught:
  - Examination and Treatment I AT510 (Summer '16-present)
  - Examination and Treatment II AT511 (Fall '17)
  - Examination and Treatment III AT512 (Spring '17-present)
  - Performance Enhancement in Sport AT633 (Fall '17-present)
  - Evidence to Practice AT 625 (Fall '17-present)
  - Principles of Evidence Based Practice HP572 (Fall '10-present)
  - Foundations of Athletic Training AT355 (Fall '13-'17)
  - Orthopedic Rehabilitation AT430 (Spring '14-Spring '16)
  - Clinical Athletic Training I Assistant AT404 (Fall '10-'16)
  - Functional Anatomy PT520 (Summer '14)
  - Athletic Training Practicum II AT304 (Fall '10- Fall '12)
  - Exam and Diagnosis of Orthopedic Injuries AT356 (Spring '11, '12)
  - Athletic Training Practicum III AT305 (Spring '11, '12)

### UNIVERSITY OF TOLEDO Toledo, OH (August 2006-May 2010)

- Courses taught:
  - Lower Extremity Evaluation (Fall '07, '08)
  - Introduction to Athletic Training (Fall '07,'08,'09)
  - Biomechanics Lab (Spring '10)

- Clinical Skills IV-Therapeutic Modalities and General Medical Conditions (Spring '07,'08, '09)
- Clinical Skills V-Therapeutic Exercise (Fall '06,'09)
- Human Anatomy Lab (Spring '08,'09)
- Teaching Assistant for Therapeutic Exercise (Spring '07,'08)
- Teaching Assistant for Therapeutic Modalities (Fall '06, '07)
- Preceptor 2006-2010

**TRINITY INTERNATIONAL UNIVERSITY Deerfield, IL** (August 1999-May 2006)

- Courses taught:
  - Prevention and Care of Athletic Injuries, lecture and lab (Spring '99-06)
  - Advanced Assessment of the Lower Extremity (Fall '00-06)
  - Biomechanics (Fall '99)
- Preceptor 2003-2006

**VASSAR COLLEGE Poughkeepsie, NY** (September 1997-May 1999)

- Assisted with non-accredited athletic training course taught by full time faculty member, taught classes, aided with lesson plans
- Taught weekly to athletic training aids on various topics in prevention and care of athletes
- Supervised athletic training aids in athletic training room, practices, and contests

**RESEARCH EXPERIENCE**

**UNIVERSITY OF TOLEDO Toledo, OH** (August 2006-present)

- Performed scientific research related to dynamic postural control and functional movement with emphasis on populations with chronic ankle instability in the University of Toledo Athletic Training Motion Analysis Lab under supervision of Dr. Phillip Gribble. Conducted independent research, learned use of lab instrumentation, developed protocols, recruited and scheduled subjects, collected and analyzed data, mentored undergraduate student research as well as masters level theses projects, and collaborated on numerous lab projects.

**CLINICAL ATHLETIC TRAINING EXPERIENCE**

**BOSTON UNIVERSITY Boston, MA** (August 2010-2016)

**Clinical Instructor**

- Facilitated athletic training education in the athletic training facility and pole-vault practice 4-8 hours/week
- Evaluated and treated various patients who needed care in the Case Athletic Training Facility

**HEALTH THERAPY PARTNERS Toledo, OH** (June 2007-August 2007)

**Athletic Trainer:**

- Aided in care of patients for therapeutic modalities and rehabilitative exercise
- Worked with multiple age groups and activity levels of patients to aid in recovery from surgery and injury

**TRINITY INT'L UNIVERSITY Deerfield, IL/ CONDELL MEDICAL CENTER** (August 1999-July 2006)

**Head Athletic Trainer and Instructor:**

- Served in contractual position for athletics and education from Condell Medical Center to Trinity
- Head athletic trainer administrative responsibilities included writing athletic training room policies and procedures, overseeing budget, inventory, ordering supplies, coordinating team physician relationship, attending weekly athletic departmental meetings. Responsible primarily for football, including travel, as well as men's basketball, men's and women's soccer, and baseball
- Supervised students in Athletic Training Education Program
- Contributed to Athletic Training Education Program accreditation process (2000-2003)

**HUDSON VALLEY ORTHOPEDICS AND SPORTS MEDICINE Poughkeepsie, NY (May-August 1999)**

- Provided services in office with sports-medicine fellowship trained orthopedic surgeon, Dr. William O. Thompson. Scheduled surgeries, scheduled physician assistants for surgery, maintained patient flow, answered patients' questions, instructed patients in home exercise programs

**VASSAR COLLEGE Poughkeepsie, NY (September 1997- May 1999)**

**Assistant Athletic Trainer:**

- Cared for 24 intercollegiate sports with primary responsibilities including covering traveling with men's lacrosse, men's and women's volleyball
- Supervised athletic training aids
- Worked as Club Sport Liaison, seeing club sport athletes and general student population at Vassar's on-campus Student Health Services two to three times a week
- Coordinated Substance Abuse Program for Office of Athletics

**TERRE HAUTE SOUTH HIGH SCHOOL Terre Haute, IN (August 1996-June 1997)**

**Graduate Assistant:**

- Provided athletic training services along with two other graduate students for high school of over 2,000 students with a variety of sports
- Oversaw athletic training room care as well as contest and practice coverage

**INDIANA STATE UNIVERSITY Terre Haute, IN (August 1995-June 1996)**

**Graduate Assistant:**

- Coordinated care for cross country/track and field, graduate athletic trainer for over 75 athletes
- Traveled with teams and arranged meal plans
- Supervised undergraduate athletic training students

**DICKINSON COLLEGE Carlisle, PA (January 1992- May 1995)**

**Athletic Training Aid:**

- Worked as athletic training aid under supervision of athletic trainers (over 1600 hours)
- Activities included on-field care of athletes injured during practice or contests, rehabilitation, travel, and overnight trips with 19 intercollegiate teams

**PUBLICATIONS**

- Vesci AS, Webster KA, Sich M, Marinko LN. Resistance training in youth improves athletic performance: a systematic review. *Athl Train and Sports Health Care*. 2017;9(4):184-192.
- Webster KA, Pietrosimone BG, Gribble PA. Lower extremity muscle activation during a lateral hop before and after fatigue in those with and without chronic ankle instability. *J Athl Train*. 2016;51(8):629-636.
- Webster KA, Gribble PA. A comparison of electromyography of gluteus medius and maximus in subjects with and without chronic ankle instability. *Phys Ther Sport*. 2013;14(1):17-22.
- Gribble PA, Brigle J, Pietrosimone BG, Pfile KJ, Webster KA. Intrarater reliability of the Functional Movement Screen. *J Strength Cond Res*. 2013;27(4):978-981.
- Webster KA, Gribble PA. Time to stabilization comparison of ACL-repaired versus healthy knees in Division I female athletes. *J Athl Train*. 2010;45(6):580-585.

- **Webster KA**, Gribble PA. Functional rehabilitation in those with chronic ankle instability: a systematic review. *J Sport Rehabil.*2010;19(1):98-114.

## ORIGINAL RESEARCH PRESENTATIONS

### Invited Speaker

- Guest lecture Boston University College of Health and Rehabilitation Sciences: Sargent College, SARAT405 Clinical Athletic Training II "Footwear Applications for Various Foot Types" February, 2013-2018.
- Boston Marathon Educational Programing for Athletic Trainers. "Evidence-Based Rehabilitation for Ankle Instability" April, 2013.
- Guest lecture Boston University College of Health and Rehabilitation Sciences: Sargent College, SARAT405 Clinical Athletic Training II "Functional Movement Screening" February, 2013, 2014.
- Guest lecture Boston University School of Education, PE505 Sport Science. "Role of Athletic Trainers in Sports Psychology Interventions", February, 2012.
- National Athletic Trainers' Association Symposium Learning Lab Assistant. "New Approaches to Ankle Rehabilitation" New Orleans, June 2011.
- The Female Athlete; Special Considerations. "Lower Extremity Injury Prevention" University of Toledo Medical Center, Toledo, OH, October 2009.
- National Athletic Trainers' Association Symposium Learning Lab Assistant. "Functional Balance and Outcome Assessments for the Lower Extremity" San Antonio, TX, June 2009.
- Guest lecturer for Introduction to Exercise Science. University of Toledo, Fall '08, Spring '09, Fall '09.
- Guest lecturer for Clinical Interventions. University of Toledo, Spring 2009.

### Presentations

- **Webster K**, Hoch M. Role of intrinsic foot muscle in prevention and rehabilitation of lower extremity injuries", Learning Lab, National Athletic Trainers' Association Symposium, Houston, TX. June 2017.
- Mace K, **Webster KA**. "Fostering communication skills in athletic training students". Model Practice Showcase, Athletic Training Educators' Conference, Grapevine, TX. February 2017.
- **Webster KA**, Liu K, Kaminski TW. "The correlation of frontal plane ankle joint laxity to frontal plane time-to-stabilization measures in healthy and ankle-injured patients" Free communications presentation at National Athletic Trainers' Association Symposium, Baltimore, MD, June 2016. Reprinted in *J Athl Train.* 2016.
- **Webster KA**, Mace KD. "Advanced Airway Management: an essential part of your emergency skills" Workshop presentation at the Eastern Athletic Trainers' Association Annual Meeting and Clinical Symposium, Boston, MA, January 2016.
- **Webster KA**, Vincent LR, Docherty CL. "Peak plantar pressures during walking in chronic ankle instability and healthy patients" Poster presentation International Ankle Symposium, Dublin, Ireland, October 2015. Reprinted in *Br J Sports Med:* 2015;49:Suppl 1 A22-A23. doi:10.1136/bjsports-2015-095573.56.

- **Webster KA.** “Evidence-based Approach to Ankle Rehabilitation: Hip Check” Special Topics Presentation National Athletic Trainers’ Association Symposium, St. Louis, MO, June 2012.
- **Webster KA,** Pietrosimone BG, Armstrong CW, Gribble PA. “Plantar Pressures in Those With and Without Chronic Ankle Instability While Landing a Lateral Hop” Podium presentation National Athletic Trainers’ Association Symposium, New Orleans, LA, June 2011. Reprinted in *J Athl Train.* 2011;46(3):S-101.
- McClelland, RI, Laursen, RM, **Webster, KA.** “Successful Management of Bilateral Scapular Dyskinesia: A Clinical Case Report” Poster presentation National Athletic Trainers’ Association Symposium, New Orleans, LA, June 2011. Reprinted in *J Athl Train.* 2011;46(3):S-152.
- **Webster KA,** Pietrosimone BG, Armstrong CW, Gribble PA. “Preparatory Muscle Activation during a Lateral Hop Before and After Fatigue in Those With and Without Chronic Ankle Instability” Presented at International Foot and Ankle Biomechanics Symposium for podium presentation, Seattle, WA, September 2010.
- **Webster KA,** Cuson MJ, Brigle JR, Wiczorkowski MP, Gribble PA. “Sport-Level and Sex Comparisons of Functional Movement Screen Scores” Poster presentation at National Athletic Trainers’ Association Symposium, Philadelphia, PA, June 2010. Reprinted in *J Athl Train.* 2010;45(3):S119.
- Pollock KM, Sato A, **Webster KA,** Shinohara J, Aminaka N, Pietrosimone BG, Jackson KR, Gribble PA. “The Star Excursion Balance Test as a Predictor of Lower Extremity Injury in High School Football Players” Podium presentation at National Athletic Trainers’ Association Symposium, June 2010. Reprinted in *J Athl Train.* 2010;45(3):S51.
- **Webster KA,** Gribble PA. “A Comparison of Hip Muscle Activation During Functional Exercises in Those With & Without Chronic Ankle Instability” Podium presentation at the International Ankle Symposium, Sydney, Australia, July 2009. Reprinted in *J Ortho Sports PhysTher.* 2009;9(10):A11.
- **Webster KA,** Gribble PA. “A Comparison of Hip Muscle Activation During Four Closed-Kinetic Chain Exercises in Those With and Without Chronic Ankle Instability” Poster presentation at National Athletic Trainers’ Association Symposium, San Antonio, TX, June 2009. Reprinted in *J Athl Train.* 2009;44(3):S111.
- **Webster KA,** Gribble PA. “A Comparison of Hip Muscle Activation During Functional Exercises in Those With & Without Chronic Ankle Instability” Podium presentation at University of Toledo Department of Kinesiology Research Symposium, May 2009.
- **Webster KA,** Siler, ME, Gribble PA. “Hip Torque as a Predictor of Time to Stabilization in Division I Female Athletes” Podium presentation at National Athletic Trainers’ Association Symposium, St. Louis, MO June 2008. Reprinted in *J Athl Train.* 2008;43:S24.
- Rupp KA, Aminaka N, **Webster KA,** Siler, ME, Gribble PA. “Comparison of knee flexion and extension torque in Division I volleyball and soccer players” Poster presentation at National Athletic Trainers’ Association Symposium, St. Louis, MO June 2008. Reprinted in *J Athl Train* 2008;43:S24.
- Trumbull M, **Webster KA,** Aminaka N, Siler, ME, Gribble PA. “Comparison of hip flexion and extension torque in Division I volleyball and soccer players” Poster presentation at National Athletic Trainers’ Association Symposium, St. Louis, MO June 2008.

- **Webster KA**, Gribble PA. “Time to stabilization comparison of ACL-repaired versus healthy knees in Division I female athletes” Poster presentation at National Athletic Trainers’ Association Symposium, Anaheim, CA June 2007. Reprinted in *J Athl Train.* 2007;42:S89.
- **Webster KA**, Yartym C, Reynolds C, Sandrey MA, Ingersoll CD. “Comparison of PNF and static stretching techniques with superficial application of thermal modalities on hip extension range of motion” Poster presentation at National Athletic Trainers’ Association Symposium, Baltimore, MD June 1998. Reprinted in *J Athl Train.* 1998;33:S67.

## MENTORING

### Masters students

- Satya Patel “The discriminative value of functional performance testing in patients with chronic ankle instability: a systematic review”, faculty mentor for PT practicum project, Fall 2017
- Maya Inoventseva The effect of a cognitive behavioral therapy intervention on the treatment of chronic low back pain: a critically appraised topic. faculty mentor for PT practicum project, Fall 2017.
- Antigone Matsakis “Resistance training in adolescents improves performance-based outcomes: A systematic review,” faculty consultant for PT practicum project, Fall 2014.
- Beth Wolfe “Injury rate in collegiate athletes with low body mass index”, faculty consultant for master’s project, Spring 2012.
- Mary Cuson “Ankle and knee injury prediction in men’s and women’s collegiate basketball players using the Functional Movement Screen” Doctoral student mentor for Master’s Thesis, Spring 2010.
- Jill Brigle “Inter and Intra-rater reliability for the Functional Movement Screen” Doctoral student mentor for Master’s Thesis, Spring 2010.
- Mike Wiczorkowski “Ankle and knee injury prediction in boys and girls basketball players using the Functional Movement Screen” Doctoral student mentor for Master’s Thesis, Spring 2010.

### Undergraduate students

- Chris Wall “The effects of fatigue on hip muscles in chronic ankle instability and healthy subjects.” Doctoral student mentor for Senior Student Research Project expected completion Spring 2010.
- Betsy Claus “Plantar foot pressures in chronic ankle instability and healthy subjects during lateral hopping.” Doctoral student mentor for Senior Student Research Project expected completion Spring 2010.
- Michelle Sutherland “Star Excursion Balance Test results following a Wii and traditional core rehabilitation intervention” Doctoral student mentor for Senior Student Research Project Spring 2010.
- Tessa Campolietti “Balance Error Scoring System results following a Wii and traditional core rehabilitation intervention” Doctoral student mentor for Senior Student Research Project Spring 2010.
- Alaina Pirnat “Static postural control measures following a Wii and traditional core rehabilitation intervention” Doctoral student mentor for Senior Student Research Project Spring 2010.
- Todd Sigler, “A comparison of gluteus medius and gluteus maximus maximum voluntary contraction techniques.” Doctoral student mentor for Senior Student Research Project Spring 2009.

## MEDIA PLACEMENTS

- Lower Extremity Review wrote a piece on chronic ankle instability, utilizing results from my published article, "Webster KA, Pietrosimone BG, Gribble PA. Lower extremity muscle activation during a lateral hop before and after fatigue in those with and without chronic ankle instability. J Athl Train. 2016;51(8):629-636." as well as quotes from me. October, 2016. Link: <http://lermagazine.com/news/in-the-moment-sports-medicine/hip-check-proximal-focus-could-help-cai-rehab>.
- Sports Medicine Research: In the Lab & In the Field highlighted published research, "Webster KA, Pietrosimone BG, Gribble PA. Lower extremity muscle activation during a lateral hop before and after fatigue in those with and without chronic ankle instability. J Athl Train. 2016;51(8):629-636." October, 2016. Link: <http://www.sportsmedres.org/2016/10/cleared-for-landing-chronic-ankle-instability.html>
- National Athletic Trainers' Association webinar series, "What's Next" related to issues in moving to a masters' degree. Presented Boston University's model of incorporation of research into curriculum. November, 2016.

## AWARDS and SCHOLARSHIPS

- Sargent College Dean's Summer Scholarship Award, Boston University, Summer 2011
- Outstanding Graduate Teaching Assistant, Dept. of Kinesiology, University of Toledo, May 2010
- Outstanding Graduate Teaching Assistant, Dept. of Kinesiology, University of Toledo, May 2008
- National Athletic Trainers' Research Education Foundation Doctoral Scholarship, June 2008

## CERTIFICATIONS and LICENSURES

- BOC athletic trainer #089702630
- Athletic training preceptor 2002-present
- MA Athletic Training Licensure 2010-present #2133
- OH Athletic Training Licensure 2006-2010 #002706
- IL Athletic Training Licensure 1999-2007#096-001292
- CPR for the professional rescuer

## MEMBERSHIPS

- National Athletic Trainers' Association (1997-present) Member # 963551
- Eastern Athletic Trainers' Association (1997-1999, 2010-present)
- Great Lakes Athletic Trainers' Association (1997-2010)
- Ohio Athletic Trainers' Association (2006-2010) License # AT.002706
- Illinois Athletic Trainers' Association (1999-2007)

## CLINICAL SERVICE

### **Boston Marathon** (April 2014-2017)

- Treated injured patients in Medical Tent A and B

### **Jimmy Fund Walk** (September 2011)

- Supervised students in medical tent and medical volunteer in treating participants.

### **Glass City Marathon** (April 2009, April 2010)

- Medical volunteer working throughout the course and in medical tent handling injuries, working with physicians, nurses, and EMTs
- Consulted with medical team for future improvements to medical care for participants.

### **Chicago Marathon** (October 2004, October 2005)

- Supervised athletic training students from multiple programs.
- Coordinated with physicians, nurses, physical therapists, and EMTs at medical tent at the finish line to care for participants in the medical tent.

### **Indiana State University** (August 1995-June 1997)

- Worked as research assistant for undergraduate and graduate program directors Dr. Kenneth Knight and Dr. Christopher Ingersoll
- Assisted in preparation of self-study for re-accreditation process of ISU ATEP to JRC

#### **ACADEMIC SERVICE**

- Board of Certification item writer (May 2011-2017)
- Boston University Faculty Council representative (August 2017-present)
- Boston University Faculty Council alternate representative (August 2014-2017)
- Sargent College Faculty Council (August 2016-present)
- Sargent College Undergraduate Education Committee Chair (August 2016-May 2018)
- Sargent College Undergraduate Education Committee Member (August 2013-2016)
- Sargent College PT/AT Committee for Academic Policy and Procedures member (August 2010-present)
- Faculty Search Committee member (December 2011-March 2012)
- *Journal of Athletic Training* manuscript reviewer (May 2010-present)
- *Athletic Training and Sports Health Care* manuscript reviewer (May 2010-present)
- *Physical Therapy in Sport* manuscript reviewer (June 2014-present)
- *International Journal of Sports Medicine* manuscript reviewer (September 2013-present)
- Session moderator: Feature Presentation: “ACL Injury Prevention: Past, Present and Future.” National Athletic Trainers’ Association Symposium, San Antonio, TX, (June 2009)
- Coached and supervised Ohio Quiz Bowl team to compete in state competition (January 2009, 2010)

#### **SOCIAL SERVICE**

- Participated in wrapping and distributing Christmas gifts to local families in need through Goodwill, Boston, MA (December 2010-present).
- Packed and helped distribute over 700 backpacks to needy families in the greater Boston area through Hope Fellowship Church, Cambridge, MA. (August 2011-present).
- Volunteered at Christmas tree giveaway, providing Christmas trees to local families in greater Boston area through Hope Fellowship Church, Cambridge, MA (December 2011-present).
- Prepared and served meals for homeless through Hope Café program at Hope Fellowship Church, Cambridge, MA (monthly 2011-2013).
- Helped provide school supplies to local elementary school through Grace Church sponsorship, Toledo, OH (August 2008, August 2009).
- Packing a distributing Thanksgiving baskets of food to needy families in Toledo area through local churches (November 2008, November 2009).
- Volunteered at community picnic to feed local families through Grace Church, Toledo, OH (July 2008, July 2009).
- Served and prepared food once a month at Cherry Street Mission, Toledo, OH (January-June 2007)