

# JOEL BIALOSKY

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## EDUCATION

**Doctor of Philosophy in Rehabilitation Science** 8/08

University of Florida, Gainesville, Florida  
Dissertation: Mechanisms of Manual Therapy  
Advisor: Steven George PT, PhD

**Master of Science in Musculoskeletal Physical Therapy** 12/98

University of Pittsburgh, Pittsburgh, Pennsylvania.

**Bachelor of Science in Physical Therapy** 8/90

Ithaca College, Ithaca, New York.

Licensed to practice in: Pennsylvania  
Florida

## WORK EXPERIENCE

### CLINICAL

**Clinic Therapy Director, Concentra Medical Center: Pittsburgh, Pennsylvania** 9/03 to 12/04

An orthopedic, outpatient center specializing in worker's compensation care

- Responsible for providing physical therapy services to injured workers, overseeing clinic, supervising physical therapy students, and providing inservices to staff.

**Facility Director, Centers for Rehab Services (a partner of University of Pittsburgh Medical Center), Moon Township Office, Moon Township, Pennsylvania.** 9/96 to 9/02

An orthopedic outpatient center

- Responsible for providing physical therapy services, marketing the clinic to physicians and insurance companies, office budget, hiring, evaluating and supervising clinic staff, and organizing monthly staff meetings and inservices; Clinical Instructor for physical therapy students.

**Physical Therapist III, University of Pittsburgh Medical Center- Center for Sports Medicine, Pittsburgh, Pennsylvania.** 7/93 to 9/96

An orthopedic outpatient center.

- Staff physical therapist responsible for providing physical therapy services, supervising students, member of comprehensive spine team, inserviced staff and visiting therapists, committees for efficient operations of clinic, assistant team leader, data collection for various research projects, twice voted employee of the month.

**Physical Therapist, Champlain Valley Physicians Hospital, Plattsburgh, New York.** 12/91 to 6/93

An acute care hospital

- Staff physical therapist providing in and out patient care

**Physical Therapist, University Hospital, Syracuse, New York.** 9/90 to 11/91

An acute care hospital

- Staff physical therapist providing in patient care

### ACADEMIC

**Clinical Assistant Professor University of Florida, Gainesville, Florida** 8/08 to present

**Clinical Faculty University of Pittsburgh University Drive Division Veteran's Administration Hospital, Pittsburgh, Pennsylvania.** 9/02 to 9/03

An acute care hospital

- Responsible for providing physical therapy services, supervising students, assisting director with administrative responsibilities, overseeing primary care program, and teaching in University of Pittsburgh Physical Therapy Program.

## TEACHING EXPERIENCE

### TEACHER'S ASSISTANT

- Teacher's assistant University of Florida Evidence II class Fall 2007
- Teacher's assistant University of Florida Evidence I and Case Study I class Fall 2005, Fall 2006
- Teacher's assistant University of Florida Case Study II class Summer 2005, Summer 2006
- Teacher's assistant University of Florida Orthopedics class 2005, 2006

### GUEST LECTURER

- Guest lecture PHC 6711 Measurement in Epidemiology and Outcomes Research 4/2010
- Assisted with PHT 6187 Functional Anatomy I, University of Florida entry level physical therapy program
- Guest lecturer and assisted with PHT 6188 Functional Anatomy II, University of Florida entry level physical therapy program
- Guest lecturer to Introduction to Health Professions course University of Florida regarding scientific application of physical therapy March 2006, February 2007
- Guest Lecturer Duquesne University physical therapy class regarding physical therapy treatment for the injured worker November 2004
- Lecturer at Treatment of the Knee and Treatment of the Low Back physical therapy assistant courses offered at the University of Pittsburgh Center for Sports Medicine March 1994 and 1995.
- Guest lecturer entry level physical therapy class at the University of Pittsburgh in lumbar spinal stabilization exercises August 1994
- Guest lecturer entry-level physical therapy class at the University of Pittsburgh in use of cervical and lumbar traction and auto-traction November 1994.
- Guest lecturer first year physical therapy and medical students at the University of Pittsburgh in cadaver anatomy of the spine December 1993, June 1995.
- Guest lecturer to orthopedic study group in Pittsburgh, Pennsylvania regarding the biomechanics of the upper cervical spine.

### COORDINATOR

- Co- instructor PHT 6771 Musculoskeletal Disorders I (4 credits) and II (4 credits)
- Designed and instructed manual therapy elective to University of Florida Sports and Orthopedic Physical Therapy Fellows, DPT students, and clinicians, Summer 2006

## RESEARCH EXPERIENCE

- Acting study coordinator

Title: Mechanisms of Neural Mobilization for Chronic Pain

Type: R21AT002796-01A1

Agency: National Institutes of Health (NCCAM)

Direct Costs: \$275,000

Funding Period: 2006 – 2008

Status: Ongoing

*This study investigates whether patients with carpal tunnel syndrome demonstrate excessive central sensitization of pain and if a novel manipulative and body-based method (neural mobilization) reduces central sensitization of pain.*

- Primary Investigator

Title: Mechanisms of Manual Therapy in the Treatment of Low Back Pain

Type: Opportunity Fund

Agency: University of Florida Division of Sponsored Research

Direct Costs: \$85,146

Funding Period: 2010 – 2012

Status: Ongoing

*This study investigates the believability and evoked expectation for treatment outcomes of a novel manual therapy placebo. Additionally, this study investigates competing mechanisms related to central sensitization of pain and placebo through which a manipulative and body-based method (spinal manipulation) alters pain and disability in individuals experiencing low back pain.*

## PUBLICATIONS

### PEER REVIEW PUBLICATIONS

- George SZ, Fritz JM, **Bialosky JE**, Donald D. The effect of a fear-avoidance-based physical therapy intervention for patients with acute low back pain: results of a randomized clinical trial. *Spine* 2003; 28: 2551-2560. PMID: 14652471
- George,SZ, **Bialosky JE**, Fritz,JM. physical therapist management of a patient with acute low back pain and elevated fear-avoidance beliefs. *Physical Therapy* 2004; 84: 538-549. PMID: 15161419
- George,SZ, **Bialosky JE**, Donald,D. The centralization phenomenon and fear-avoidance beliefs as prognostic factors for low back pain. *The Journal of Orthopaedic and Sports Physical Therapy.* 2005; 35: 580-588. PMID: 16268245
- George SZ, Bishop MD, **Bialosky JE**, Zeppieri G, Robinson ME. The immediate analgesic effects of spinal manipulation on thermal pain sensitivity. *BMC Musculoskelet Disord.* 2006; 7:68. PMID: 16911795
- George SZ, **Bialosky JE**, Whittmer VT, Robinson ME. Sex differences in pain drawing area for individuals with chronic musculoskeletal pain. *The Journal of Orthopaedic and Sports Physical Therapy.* 2007; 37: 115-121. PMID: 17416126
- **Bialosky JE**, Bishop MD, Robinson ME, Barabas JA, George SZ. The influence of expectation on spinal manipulation induced hypoalgesia. an experimental study in normal subjects. *BMC Musculoskeletal Disorders.*2008;9:19. PMID: 18267029
- Hirsh AT, George SZ, **Bialosky JE**, Robinson ME. Fear of pain, pain catastrophizing, and acute pain perception: relative prediction and timing of assessment. *J Pain*, 2008;9; 806-812. PMID: 18486557
- **Bialosky JE**, Hirsh AT, Robinson ME, George SZ. Manipulation of pain catastrophizing: an experimental study in healthy participants. *J Pain Res*, 2008;1:1-7. PMID: 21197286
- **Bialosky JE**, Bishop MD, Robinson ME, Price DD, George SZ. The mechanisms of manual therapy in the treatment of musculoskeletal pain: a proposed comprehensive model. *Man Ther*, 2009;14; 531-538. PMID: 19027342
- **Bialosky JE**, Bishop MD, Robinson ME, Zeppieri G, George SZ. Spinal manipulative therapy has an immediate effect on therapy on thermal pain sensitivity in people with low back pain: A randomized, controlled trial. *Physical Therapy*, 2009;89; 1292-1303. PMID: 19797305
- **Bialosky JE**, Bishop MD, Price DD, Robinson ME, Vincent KR, George SZ. A randomized sham controlled trial of a neurodynamic technique in the treatment of carpal tunnel syndrome. *The Journal of Orthopaedic and Sports Physical Therapy.* 2009;39:709-723. PMID: 19801812
- **Bialosky JE**, Bishop MD, Robinson ME, George SZ. The relationship of the audible pop to hypoalgesia associated with high velocity, low amplitude thrust manipulation. An experimental study in pain free participants. *Journal of Manipulative and Physiological Therapeutics*, 2010; 33(2):117-124. PMID: 20170777
- Robinson ME, **Bialosky JE**, Bishop MD, Price DD, George SZ. Supra-threshold scaling, temporal summation, and after-sensation: Relationships to each other and anxiety/fear. *Journal of Pain Research.* 2010;3:25-32. PMID: 21197307
- Coronado RA, **Bialosky JE**, Cook CE. The Temporal Effects of a Single Session of High-velocity, Low-amplitude Thrust Manipulation on Subjects with Spine Pain: a Systematic Review. *Physical Therapy Reviews.* 2010;15;29-35.
- **Bialosky JE**, Bishop MD, Cleland JA. Individual Expectation for Physical Therapy Interventions in the Treatment of Musculoskeletal Pain: an overlooked, but pertinent factor. *Physical Therapy*; 2010; 90(9):1345-1355. PMID: 20592270
- Bishop MD, **Bialosky JE**, Cleland JA. Patient expectations of benefit from common interventions and effects on outcome: secondary analysis of a clinical trial of manual therapy interventions. *Journal of Manipulative and Manual Therapeutics.* 2011: 19(1); 20-25.
- **Bialosky JE**, Bishop MD, George SZ, Robinson ME. Placebo Response to Manual Therapy: Something out of nothing? *Journal of Manual and Manipulative Therapeutics.* 2011: 19(1); 11-19.
- Alappattu MJ, Bishop MD, **Bialosky JE**, George SZ, Robinson ME. Stability of Behavioral Estimates of Activity-Dependent Modulation of Pain. *J Pain Res.* 2011;4;151-157.
- **Bialosky JE**, Bishop MD, Robinson ME, Price DD, George SZ. Heightened Pain Sensitivity in Individuals with Signs and Symptoms of Carpal Tunnel Syndrome and the Relationship to Clinical Outcomes Following a Manual Therapy Intervention. *Manual Therapy.* Accepted for publication

### In Review

- **Bialosky, JE**, Simon, C, Bishop MD, George, SZ. Basis for Spinal Manipulative Therapy: Physical Therapy Perspective. *Journal of Electromyography and Kinesiology.*
- Coronado RA, Gay CW, **Bialosky JE**, Carnaby (Mann) GD, Bishop MD, George SZ. Changes in Pain Sensitivity following Spinal Manipulation: a Systematic Review and Meta- Analysis. *Journal of*

## OTHER PUBLICATIONS

- **Bialosky JE**, Bishop MD, George SZ. Response to “Regional interdependence: a musculoskeletal model whose time has come.” *J Orthop Sports Phys Ther.* 2008; 38: 159-161. PMID: 18349496
- **Bialosky JE**, Bishop MD, George SZ. How spinal manipulative therapy works: why ask why? *J Orthop Sports Phys Ther.* 2008; 38: 293-295. PMID: 18515964
- Patel N, **Bialosky JE**. The assessment and inclusion of balance training in the rehabilitation of an elderly man with symptomatic bilateral knee osteoarthritis. *Orthopedic Physical Therapy Practice, 2010; 22(2)*

## PRESENTATIONS

### Local

- Steven Z. George, **Joel E. Bialosky**, Virgil Wittmer, and Michael E. Robinson (May 2005). The Influence of Sex, Personality, and Coping Style on the Pain Drawing. Poster presented at the 4<sup>th</sup> Annual Pain Research Day, University of Florida. Gainesville, FL..
- Steven Z. George, **Joel E. Bialosky**, Mark D. Bishop (September 2005). Neuronal Plasticity of Pain: Response to Rehabilitation Interventions. Poster presented at the Neuromuscular Plasticity Symposium, University of Florida. Gainesville, FL.
- **Joel E. Bialosky**, Steven Z. George, Adam T. Hirsh, Ryland J. Galmish, Michael E. Robinson (March 2006). Pain Catastrophizing's Effect on Pain: Initial Results of an Ongoing Study. Poster presented at PPHP Research Day, University of Florida, Gainesville, FL.
- **Joel E. Bialosky**, Steven Z. George, Mark D. Bishop (March 2006). Manual Therapy Induced Analgesia. A Comparison of Healthy Subjects and Those with Low Back Pain. Poster presented at the Neuromuscular Plasticity Symposium, University of Florida. Gainesville, FL.
- Adam T. Hirsh, Steven Z. George, **Joel E. Bialosky**, Michael E. Robinson (April 2007). Influence of Pain-Related Fear and Catastrophizing on Acute Pain Perception. Poster presented at PPHP Research Day, University of Florida, Gainesville, FL.
- **Joel E. Bialosky**, Steven Z. George, Josh A. Barabas, Valdora L. Martelli, Lauren A. Gates, Michael E. Robinson (April 2007). The Effect of Subject Expectation on Spinal Manipulation Induced Hypoalgesia. Poster presented at PPHP Research Day, University of Florida, Gainesville, FL.
- **Joel E. Bialosky**, Mark D. Bishop, Michael E. Robinson, Donald D. Price, Stephen Z. George (January 2008). Immediate Effects of Manual Therapy on Pain Perception in Individuals Experiencing Carpal Tunnel Syndrome. Poster presented at the Neuromuscular Plasticity Symposium, University of Florida. Gainesville, FL.
- **Joel E. Bialosky** (June 2011). The Mechanisms of Manual Therapy in the Treatment of Musculoskeletal Pain. Oral presentation at the University of Florida Clinical and Translational Science Institute Research Day.

### National

- Steven Z. George, **Joel E. Bialosky**, Virgil Wittmer, and Michael E. Robinson (February 2006). The Influence of Sex, Personality, and Coping Style on the Pain Drawing. Poster presented at the American Physical Therapy Association Combined Sections Meeting in San Diego, CA.
- **Joel E. Bialosky**, Steven Z. George, Mark D. Bishop (March 2006). Manual Therapy Induced Analgesia. A Comparison of Healthy Subjects and Those with Low Back Pain. Platform presentation at the American Academy of Orthopedic and Manual Physical Therapy Conference in Charlotte, North Carolina.
- **Joel E. Bialosky**, Steven Z. George, Josh A. Barabas, Valdora L. Martelli, Lauren A. Gates, Michael E. Robinson (October 2007). The Effect of Subject Expectation on Spinal Manipulation Induced Hypoalgesia. Poster presented at ACRM-ASNR Joint Educational Conference, Washington, DC.
- **Joel E. Bialosky**, Mark D. Bishop, Michael E. Robinson, Giorgio Zeppleri Jr., Steven Z. George (February 2008). Immediate Effects of Spinal Manipulative Therapy in Subjects With Low Back Pain: A Pilot Study. Platform presentation at the Combined Sections Meeting of the American Physical Therapy Association in Nashville, Tennessee.
- **Joel E. Bialosky**, Mark D. Bishop, Michael E. Robinson, Josh A. Barabas, Steven Z. George (February 2008). The Effect of Subject Expectation on Spinal Manipulation Induced Hypoalgesia. Platform presentation at the Combined Section Meeting of the American Physical Therapy Association in Nashville, Tennessee.
- **Joel E. Bialosky**, Adam T. Hirsh, Michael E. Robinson, Ryland J. Galmish, Steven Z. George (May 2008). A Randomized Study of the Effects of Catastrophizing on Experimental Pain. Poster presented at the 27<sup>th</sup> Annual Scientific Meeting of the American Pain Society in Tampa, Florida.
- **Joel E. Bialosky** (October 2008). The Immediate and 3 Week Effects of Neural Mobilization in Individuals with Carpal Tunnel Syndrome. Platform presentation at the American Academy of Orthopedic and Manual Physical Therapy Conference in Seattle, Washington.

- **Joel E. Bialosky**, Mark D. Bishop, Donald D. Price, Michael E. Robinson, Kevin R. Vincent, Steven Z. George (February 2009). A Novel Sham Intervention for the Study of Neurodynamic Treatment Techniques in Individuals with Carpal Tunnel Syndrome. Poster presented at the American Physical Therapy Association Combined Sections Meeting in Las Vegas, Nevada.
- **Joel E. Bialosky** and Steven Z. George (February 2010). Factors predicting improved outcomes for individuals with carpal tunnel syndrome receiving upper extremity manual therapy. Poster presented at the American Physical Therapy Association Combined Sections Meeting in San Diego, California.
- Andrea Behrman, Kathy Light, Carolyn Patten, Dave Fuller, Steven George, **Joel Bialosky**, Mark Bowden, Emily Fox, Barbara Smith, Elisa Gonzalez-Rothi, Virginia Little. (February 2010). Bridging Science and Clinical Practice. You can be that Scientist. Presentation at the American Physical Therapy Association Combined Sections Meeting in San Diego, California.
- **Joel E. Bialosky**, Mark D. Bishop, Steven Z. George (February 2011). Pain Sensitivity Associated with Carpal Tunnel Syndrome and the Clinical Relevance. Platform presentation at the American Physical Therapy Association Combined Sections Meeting in New Orleans, Louisiana.

### Invited

- Presentation at Neuronoons re: the mechanisms of manual therapy in the treatment of musculoskeletal pain, University of Florida, Gainesville, FL., July 2007, 2008
- Presented to the Northern Florida Gainesville Sub District Physical Therapy Association Meeting re: translating evidence into clinical practice 2/24/09
- Presented to the Florida Physical Therapy Association Northern District Super Meeting; "Embrace the pop" 3/4/09
- Presented to University of Florida Pain Special Interest Group 12/2009
- Presented to University of Florida Pain Journal Club 4/2010
- Presented 8 hour continuing education course "Implementing spinal thrust mobilization into clinical practice" as fund raiser for University of Florida Physical Therapy Nicaragua trip 1/2010
- Presented lecture to Shands Physical and Occupational Therapy Clinical Seminar Series "The specific effects of non-specific effects of interventions for musculoskeletal pain" 4/2010
- Keynote Speaker for the research day at the American Academy of Orthopedic and Manual Physical Therapists annual conference 10/2010 in San Antonio, Texas
- Invited presentation to University of St. Augustine faculty and residency program regarding pain and manual therapy 12/10/2010

### POPULAR MEDIA

- Participant in Physical Therapy Journal podcast related to the management of musculoskeletal disorders 9/2010

### AWARDS

- Journal of Orthopedic and Sports Physical Therapy 2009 Excellence in Research Award
- Accepted to attend 8<sup>th</sup> Annual Intensive Workshop on Grant Writing, Preparation, and Submissions in Rehabilitation Research (ERRIS), January 2010
- Rehabilitation Research Career Development Program K12 Scholar, January 2009 – Present
- National Institutes of Health Neuromuscular Plasticity Research Training Predoctoral Fellowship (T32 HD043730), University of Florida
- College of Public Health and Health Professions Dean's Scholar Award, May, 2008
- The Frederick Family Scholarship in Physical Therapy, May, 2007
- Outstanding Teaching Assistant Award, University of Florida, Department of Physical Therapy, July 2006

### CERTIFICATIONS

- Fellowship in the American Academy of Orthopedic Manual Physical Therapists
- American Board of Physical Therapy Specialties Certified Clinical Specialist in Orthopaedic Physical Therapy
- American Physical Therapy Association Credentialed Clinical Instructor
- Certified Ergonomics Assessment Specialist

### PROFESSIONAL ORGANIZATIONS

- American Physical Therapy Association
  - Research Section
  - Orthopedic Section
- American Academy of Orthopedic and Manual Physical Therapists

- American Pain Society

## **SERVICE**

### **PROFESSIONAL**

- Research committee member American Academy of Orthopedic and Manual Physical Therapists
- Research Chairman Pain Medicine Special Interest Group of the Orthopedic Section of the American Physical Therapy Association
- Associate Editor Journal of Manual and Manipulative Therapy
- Reviewed abstracts for American Physical Therapy Association Combined Sections 2008-2011 Annual Meeting
- Journal Reviewer
  - Journal of Physical Therapy
  - Journal of Orthopedic and Sports Physical Therapy
  - Journal of Manual and Manipulative Therapy
  - Journal of Manual and Physiological Therapeutics
  - Physiotherapy Theory and Practice
  - Journal of Pain
  - Journal of Behavioral Medicine

### **DEPARTMENTAL**

- Marketing committee
- Fellowship committee
- Advertising task force
- Student clinical and competency task force
- Faculty Supervisor for student run equal access physical therapy clinic
- Faculty mentor for orthopedic resident research hours 2009,2010
- Mentor undergraduate honors students research project 2011
- Abstract reviewer for PPHP research day 2009-2011
- Mentor for University of Florida Physical Therapy Evidence Based Practice III class 2009-2011
- Marshall 2008 - 2011 graduation at University and College level