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OFFICE ADDRESS

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HOME ADDRESS

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EMPLOYMENT

Assistant Professor- The University of Alabama, Tuscaloosa, AL

College of Human Environmental Sciences
Department of Health Science
August 2014 - Present

EDUCATION

The University of North Carolina at Chapel Hill, Chapel Hill, NC

Interdisciplinary Program in Human Movement Science (Doctoral Program)
School of Medicine, Department of Allied Health Sciences
Anticipated Graduation: May 2014
Specialization: Biomechanics
Dissertation: *Effect of Swim Training on Physical Characteristics and Pain in Competitive Youth Swimmers*

The University of North Carolina at Chapel Hill, Chapel Hill, NC

Master of Arts in Exercise and Sport Science (Athletic Training)
College of Arts and Sciences
Graduation: May 2010
Thesis: *Effect of a 6-week Strengthening Program on Shoulder and Scapular Stabilizer Strength and Scapular Kinematics in Division I Collegiate Swimmers*

The University of North Carolina at Chapel Hill, Chapel Hill, NC

Bachelor of Arts in Exercise and Sports Science- Athletic Training and Bachelor of Arts in Psychology
Graduation: May 2008
Senior Honors Thesis Title: *A Comparison of Three Men's Lacrosse Helmets with regard to Cervical Spine Stability*

HONORS AND AWARDS

2013	Louis and Eleanor Duquette Human Movement Science Annual Scholarship
2013	ACSM Biomechanics Interest Group Student Research Award
2013	Future Faculty Fellowship Recipient
2010 - 2011	UNC- University Merit Doctoral Assistantship

2007	Golden Key International Honor Society
2007	National Athletic Trainers' Association Undergraduate Research and Education Scholarship Recipient
2007	North Carolina Athletic Trainers' Association Undergraduate Scholarship Recipient
2005 - 2008	UNC-Chapel Hill Dean's List

RESEARCH EXPERIENCE

University of Alabama, Tuscaloosa, AL

2014 – Present Director- Athletic Training Research Laboratory

University of North Carolina, Chapel Hill, NC Laboratory Research Assistant:

2010 - 2013 Sports Medicine Research Laboratory

2010 - 2013 Neuromuscular Research Laboratory

SCHOLARSHIP

Refereed Publications

1. **Hibberd EE**, Neuharth BM, Rucinski TJ, Myers JB. Relationship Between Pitch Count and Infraspinatus Cross-Sectional Area and Shoulder Range of Motion. *Journal of Sport Rehabilitation*. (In Review).
2. **Hibberd EE**, Laudner KG, Berkoff DJ, Kucera KL, Yu B, Myers JB. Comparison of Upper Extremity Physical Characteristics between Adolescent Competitive Swimmers and Non-Overhead Athletes. *American Journal of Sports Medicine*. (In Review)
3. Lisowski JK, Oyama S, **Hibberd EE**, Myers JB, Creighton RA, Prentice WE, The contribution of the biceps brachii on glenohumeral muscle activation. *Athletic Training and Sports Health Care*. 6 (4) 179-188: 2014.
4. **Hibberd EE**, Hackney AC, Lane AR, Myers JB. Assessing Biological Maturity: Chronological Age and the Pubertal Development Scale Predict Testosterone in Adolescent Males. *Journal of Science and Medicine in Sport*. (In Review)
5. Helms J, **Hibberd EE**, Myers JB, Spang J, Creighton RA. Biomechanical Outcomes of an Open Biceps Tenodesis. *Sports Health: A Multidisciplinary Approach*. (In Review)
6. **Hibberd EE**, Oyama S, Myers JB. Increase in Humeral Retrotorsion Accounts for Age-related Increase in Glenohumeral Internal Rotation Deficit in Youth/Adolescent Baseball Players. *American Journal of Sports Medicine*. 42 (4): 851-858: 2014.
7. Virag BJ, **Hibberd EE**, Oyama S, Padua DA, Myers JB. Prevalence of Freestyle Biomechanical Errors in Elite Competitive Swimmers. *Sports Health: A Multidisciplinary Approach*. 6 (3): 218-224: 2014.
8. **Hibberd EE**, Shutt CE, Oyama S, Blackburn JT, Myers JB. Physical Contributors to

- Glenohumeral Internal Rotation Deficit in High School Baseball Players. *Journal of Sport and Health Science*. (In Press)
9. **Hibberd EE**, Oyama S, Tatman JA, Myers JB. Dominant-limb Humeral Retrotorsion and Range of Motion Adaptation in Collegiate Baseball and Softball Position Players. *Journal of Athletic Training*. (In Press)
 10. Struminger AH, Lewek M, Goto S, **Hibberd EE**, Blackburn JT. Comparison of Gluteal and Hamstrings Activation During Five Commonly Used Plyometric Exercises. *Clinical Journal of Biomechanics*. 28(7): 783-789, 2013.
 11. **Hibberd EE** & Myers JB. Practice Habits and Attitudes and Behaviors Concerning Shoulder Pain in High School Competitive Swimmers. *Clinical Journal of Sports Medicine*. 23(6): 450-455, 2013.
 12. Myers JB, Oyama S, & **Hibberd EE**. Scapular dysfunction in high school baseball players sustaining a throwing-related upper extremity injury: a prospective study. *Journal of Shoulder and Elbow Surgery*. 22(9): 1154-1159, 2013.
 13. Oyama S, **Hibberd EE**, Myers JB. Change in Humeral Torsion and Shoulder Rotation Range of Motion in High School Baseball Players Over a 1-Year Period. *Clinical Biomechanics*. 28(3): 268-72, 2013.
 14. **Hibberd EE**, Oyama S, Spang JT, Prentice WE, Myers JB. Effects of 6-week strengthening program on scapular stabilizer strength and scapular kinematics in division I collegiate swimmers. *Journal of Sports Rehabilitation*. 21: 253-265, 2012.
 15. Myers JB & **Hibberd EE**. The reliability and validity of measurements designed to quantify posterior shoulder tightness. *Physical Therapy Reviews*. 17(4): 257-258, 2012.

Refereed Abstract Presentations

1. **Hibberd EE**, Neuharth BM, Rucinski TJ, Myers JB. Relationship Between Pitch Count and Infraspinatus Cross Sectional Area and Shoulder Range of Motion. *2014 National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, Indianapolis, IN (Oral)
2. Myers JB, **Hibberd EE**, Oyama S. Shoulder Flexibility and Humeral Retrotorsion do not Prospectively Predict Throwing-Related Arm Injury in High School Baseball Players. *2014 National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, Indianapolis, IN (Oral)
3. **Hibberd EE**, Hackney AC, Myers JB. Pubertal Development Stage Influences Humeral Retrotorsion in Skeletally Immature Baseball Players. *2014 American College of Sports Medicine Annual Meeting*, Orlando, FL. (Poster)

4. **Hibberd EE**, Hackney AC, Myers JB. Chronological Age and Pubertal Development Scale Predict Free Testosterone in Adolescent Males. *2014 Southeast Chapter of the American College of Sports Medicine Annual Meeting*, Greenville, SC. (Poster)
5. Helms J, **Hibberd EE**, Myers JB, Spang J, Creighton RA. Biomechanical Outcomes of an Open Biceps Tenodesis. *2013 North Carolina Orthopaedic Association*, White Sulphur Springs, WV. (Oral)
6. **Hibberd EE**, Oyama S, Myers JB. Increase in Humeral Retrotorsion Accounts for Age-related Increase in Glenohumeral Internal Rotation Deficit in Youth/Adolescent Baseball Players. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, Las Vegas, NV. (Poster)
7. **Hibberd EE**, Oyama S, Myers JB. Increase in Humeral Retrotorsion Accounts for Age-related Increase in Glenohumeral Internal Rotation Deficit in Youth/Adolescent Baseball Players. *2013 Mid-Atlantic Athletic Trainers' Association Symposium and Meeting*, Greenville, SC. (Oral)
8. **Hibberd EE**, Oyama S, Shutt CE, Blackburn JT, Myers JB. Physical Contributors to Glenohumeral Internal Rotation Deficit in High School Baseball Players. *2013 American College of Sports Medicine Annual Meeting*, Indianapolis, Indiana. (Thematic Poster)
9. Lisowski JK, Oyama S, Creighton RA, Prentice WE, **Hibberd EE**, Myers JB. The contribution of the biceps brachii on glenohumeral muscle activation. *2012 National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, St. Louis, MO. (Oral)
10. Oyama S, **Hibberd EE**, Myers JB. Effects of baseball participation and pitching on humeral retrotorsion in high school baseball players. *2012 National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, St. Louis, MO (Poster)
11. Oyama S, **Hibberd EE**, Myers JB. Changes in shoulder range of motion and humeral torsion in high school baseball players. *2012 American College of Sports Medicine Annual Meeting*, San Francisco, CA (Poster)
12. **Hibberd EE**, Oyama S, Myers JB. Attitudes and Behaviors concerning shoulder pain in youth competitive swimmers. *2012 Mid-Atlantic Athletic Trainers' Association Annual Meeting*, Greenville, SC. (Oral)
13. **Hibberd EE**. Conversion Disorder in a Collegiate Athlete. *2012 North Carolina Athletic Trainers Association Business Meeting*, Wrightsville Beach, NC. (Oral)
14. Shutt CE, **Hibberd EE**, Oyama S, Myers JB. Physical Contributors to Glenohumeral Internal Rotation Deficits (GIRD) in High School Baseball Players. *7th Annual ACC Meeting of the Minds Conference (2012)*, Blacksburg, VA. (Poster)

15. **Hibberd EE**, Oyama S, Spang JT, Prentice WE, Myers JB. Scapular kinematic and postural changes in collegiate swimmers due to swim training. *2011 National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, New Orleans, LA (Oral)
16. **Hibberd EE**, Myers JB, Oyama S, Prentice WE, Spang JT. Effect of a 6-week strengthening program on shoulder and scapular stabilizer strength and functioning in division I collegiate swimmers. *2010 National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, Philadelphia, PA (Oral)

Symposium Presentations

1. High School Baseball Research: Clinical Updates. *2013 Carolina Athletic Training Student Association Sports Medicine Seminar*, Chapel Hill, NC.
2. Physical Contributors to Glenohumeral Internal Rotation Deficit in High School Baseball Players. *2013 Human Movement Science Research Symposium*, Chapel Hill, NC.
3. Diagnostic Ultrasound for Athletic Trainers. *2012 Carolina Athletic Training Student Association Sports Medicine Seminar*, Chapel Hill, NC.
4. Attitudes and Behaviors concerning Shoulder Pain in Youth Competitive Swimmers. *2012 Human Movement Science Research Symposium*, Chapel Hill, NC.
5. Conversion Disorder in a Collegiate Swimmer. *2011 Carolina Athletic Training Student Association Sports Medicine Seminar*, Chapel Hill, NC.
6. Scapular Kinematic and Postural Changes in Collegiate Swimmers due to Swim Training. *2011 Human Movement Science Research Symposium*. Chapel Hill, NC.

Invited Speaker:

1. Young Professionals Spotlight: Q&A Panel. *2013 Mid-Atlantic Athletic Trainers' Association Student Symposium*. Greenville, SC.

Funding:

1. **Hibberd EE**, Hackney AC, Padua DA, Myers JB; (\$7,434) The Effect of an Acute Bout of Pitching on Measures of Inflammation, Fatigue, and Time to Recovery in NCAA Baseball Pitchers. NCAA Research Committee: Graduate Student Research Program. (Unfunded)
2. **Hibberd EE**, Myers JB; (\$2,498) Effect of Swim Training on Physical Characteristics in Youth Swimmers. Research and Education Foundation: National Athletic Trainers' Association. (Funded June 2013).
Role: Primary Investigator

3. Myers JB, Marshall SW, Oyama S, Guskiewicz KM, Blackburn JT, Creighton RA; (\$150,000) Physical contributors to throwing injuries: A prospective study. National Institutes of Health: National Institute of Arthritis and Musculoskeletal and Skin Diseases RO3 Small Grants Program for New Investigators. (Funded August 2009).
Role: Research Coordinator

Mentorship:

The University of North Carolina at Chapel Hill

Brett Pexa (2014-Present)

Recovery of the Infraspinatus Following an Acute Bout of Pitching in Collegiate Baseball Pitchers (Role: Committee Member)

Megan Shipp (2013-2014)

Acute Effects of a Bout of Strength and Conditioning on Flat Tennis Serve Kinematics (Role: Primary Doctoral Student Advisor)

Pamela Young (2013-2014)

Muscle Stiffness of the Superficial Shoulder Musculature and Its Relationship to Subacromial Space Width (Role: Primary Doctoral Student Advisor)

Brent Neuharth (2013-2014)

Relationship Between Pitch Count and Infraspinatus Cross-Sectional Area and Shoulder Range of Motion (Role: Primary Doctoral Student Advisor)

Pamela Hughes (2013-2014)

Association Between Athletic Injury and Athlete Burnout (Role: Secondary Doctoral Student Advisor)

Reid Jones (2011- 2013)

The effect of a typical swim training period on forward head and forward shoulder posture in competitive swimmers (Role: Primary Doctoral Student Advisor)

John Manor (2011- 2013)

Acute Effects of Posture Shirt Use on Scapular Kinematics and Rounded Shoulder Posture in Athletes With Poor Posture (Role: Primary Doctoral Student Advisor)

Chris Gibson (2011- 2013)

Alterations in Foot Plantar Pressures and Contact Area With Plantar Electrical Stimulation (Role: Secondary Doctoral Student Advisor)

Casey Shutt (2011- 2012)

Contributors to Rotational Range of Motion in High School Baseball Players (Role: Primary Doctoral Student Advisor)

Bonnie Virag (2010-2012)

Relationship between Freestyle Stroke Biomechanical Errors and Shoulder Pain in Competitive Swimmers (Role: Primary Doctoral Student Advisor)

Aaron Struminger (2010-2012)

A Comparison of Gluteus Medius, Gluteus Maximus, and hamstrings Activation during Commonly Used Plyometric Exercises (Role: Secondary Doctoral Student Advisor)

Jimmy Lisowski (2010-2011)

The Contribution of the Biceps Brachii on Glenohumeral Muscle Activation (Role: Secondary Doctoral Student Advisor)

TEACHING EXPERIENCE

The University of Alabama, Tuscaloosa, AL; Department of Health Science

Clinical Evaluation and Diagnosis II (Undergraduate- Fall 2014)

University of North Carolina, Chapel Hill, NC; Department of Exercise and Sport Science

Instructor

Research Methods (Undergraduate- 1 semester)

Human Anatomy (Undergraduate – 3 semesters)

Personal Health (Undergraduate – 2 semesters)

Human Cadaver Anatomy Lab (Undergraduate – 1 semester)

Emergency Care (Undergraduate – 3 semesters)

Lifetime Fitness-Swim Conditioning/Walking (Undergraduate – 4 semesters)

Teaching Assistant

Biomechanics (Undergraduate – 1 semester)

Fundamentals of Athletic Training (Undergraduate – 1 semester)

Human Anatomy (Undergraduate – 2 semesters)

Research and Statistics Lab in Sports Medicine (Graduate – 3 semesters)

Gross Anatomy for Athletic Trainers (Graduate – 1 semester)

Human Anatomy Review Laboratory (Undergraduate – 2 semesters)

CLINICAL EXPERIENCE

USA Swimming High Performance Master's Camp, Greensboro, NC

2011 - 2013 Athletic Trainer and Lecturer

University of North Carolina, Chapel Hill, NC

2006 - 2012 Summer Camp Athletic Trainer

2012: Volleyball, Baseball (ATC)

2011: Football, Baseball (ATC)

2010: Swimming, Basketball, Baseball (ATC)

2009: Swimming, Basketball (ATC)

2008: Football, Men's and Women's Lacrosse, Women's Soccer (ATC)

2007: Women's Soccer and Lacrosse, Volleyball, Field Hockey (ATS)

2006: Women's Soccer (ATS)

- 2008 - 2010 Graduate Assistant Athletic Trainer
Men's and Women's Swimming and Diving; Junior Varsity Men's Basketball; Physical Therapy/Athletic Training Clinic
- 2005 - 2008 Athletic Training Student
UNC Men's Lacrosse; UNC Women's Lacrosse; UNC Football; UNC Softball; Green Hope High School; Garner High School

Duke University, Durham, NC

- 2012 Women's Basketball Deep South Tournament Athletic Trainer
2011 Summer Camp Athletic Trainer: Women's Soccer, Football
2011 Women's Basketball Deep South Tournament Athletic Trainer

PROFESSIONAL MEMBERSHIPS

- 2012 - Present American College of Sports Medicine
2012 - Present American Society of Biomechanics
2005 - Present National Athletic Trainers' Association
2005 - Present Mid-Atlantic Athletic Trainers' Association
2005 - Present North Carolina Athletic Trainers' Association

PROFESSIONAL CERTIFICATIONS

- 2010 - Present Commission on Accreditation of Athletic Training Education Program
Approved Clinical Instructor
2010 - Present American Red Cross CPR/AED Instructor
2008 - Present Certified Athletic Trainer
2008 - Present North Carolina Licensed Athletic Trainer
2008 - Present National Academy of Sports Medicine- Performance Enhancement Specialist
2007 - Present National Academy of Sports Medicine- Certified Personal Trainer
2002 - Present American Red Cross CPR/AED Certification for the Professional Rescuer

PROFESSIONAL SERVICE

Service to the Profession:

- 2013 MAATA Quiz Bowl Question Writer
2012 - Present Journal of Sport Rehabilitation Reviewer
2011 - Present NCATA Honors and Awards Chairperson
2011 - Present Journal of Athletic Training Reviewer
2011 - Present Journal of Athletic Training CEU Question Writer

Service to the University:

- 2013 – Present Student Coordinator of HMSC Scientific Research Exchange Seminar
2013 UNC Human Movement Science Research Symposium Chairperson

2012-2013 Center for Academic Excellence Tutor
2012 – Present UNC Athletic Training Education Program Assistant
2012 UNC Human Movement Science Research Symposium Assistant Chairperson

PROFESSIONAL DEVELOPMENT

Continuing Education:

2011 Journal of Athletic Training Reviewer's Workshop, New Orleans, LA
2010 - 2011 NATA StarTracks Leadership Program

Teaching Seminars:

2013 Future Faculty Fellowship Program
What We Know About Mentoring

2012 Creating a Dynamic Syllabus
Flipping the College Classroom
Engaging Students in Large Classes

Professional Meetings:

2014 National Athletic Trainers' Association Annual Meeting and Clinical Symposia,
Indianapolis, IN, June 24-28, 2014.

American College of Sports Medicine Annual Meeting, Orlando, FL May 26 - May 30,
2014

Mid-Atlantic Athletic Trainers' Association Business Meeting and Symposium,
Greenville, SC, May 17-19, 2013

North Carolina Athletic Trainers' Association Spring Business Meeting and
Symposium, Wrightsville Beach, NC, March 8-10, 2014

UNC Human Movement Science Research Symposium, Chapel Hill, NC, February 22,
2014

2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposia, Las
Vegas, NV, June 24-27, 2013.

American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 28-June
1, 2013

Mid-Atlantic Athletic Trainers' Association Business Meeting and Symposium,
Greenville, SC, May 17-19, 2013

North Carolina Athletic Trainers' Association Spring Business Meeting and
Symposium, Concord, NC, March 21-22, 2013

UNC Human Movement Science Research Symposium, Chapel Hill, NC, March 1,

2013

Athletic Training Educators' Conference, Dallas, TX, January 11-13, 2013

2012 Mid-Atlantic Athletic Trainers' Association Business Meeting and Symposium, Greenville, SC, May 18-20, 2012

North Carolina Athletic Trainers' Association Business Meeting and Symposium, Wrightsville Beach, NC, March 16-18, 2012

UNC Human Movement Science Research Symposium, Chapel Hill, NC, February 17, 2012

2011 National Athletic Trainers' Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 19-22, 2011

North Carolina Athletic Trainers' Association Business Meeting and Symposium, Clemmons, NC, March 4-6, 2011

UNC Human Movement Science Research Symposium, Chapel Hill, NC, February 25, 2011

2010 National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Philadelphia, PA, June 23-26, 2010

2009 National Athletic Trainers' Association Annual Meeting and Clinical Symposium, San Antonio, TX, June 17-20, 2009

2007 North Carolina Athletic Trainers' Association Business Meeting and Symposium, Raleigh, NC, March 2-4, 2007

References:

1. Joseph B. Myers, PhD, ATC (advisor)

Department of Exercise and Sport Science
Associate Professor
2204 Stallings-Evans, CB #8700
Chapel Hill, NC 27599
Phone: 919-962-7543
Email: joemyers@email.unc.edu

2. Kevin M. Guskiewicz, PhD, ATC, FNATA

College of Arts and Sciences and Department of Exercise and Sport Science
Senior Associate Dean and Distinguished Professor
205 South Building, CB #3100
Chapel Hill, NC 27599
Phone: 919-962-1165
Email: gus@email.unc.edu

3. William E. Prentice, PhD, ATC, PT, FNATA

Department of Exercise and Sport Science
Professor
214 Fetzer Hall, CB #8700
Chapel Hill, NC 27599
Phone: 919-962-5174
Email: prentice@email.unc.edu

4. Darin A. Padua, PhD, ATC

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Department Chair and Professor
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Chapel Hill, NC 27599
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