

CURRICULUM VITAE

01/2024

Adam C Thomas, PT, DPT, EdD, SCS, MA, ATC

Northeastern University
Department of Physical Therapy, Movement, and Rehabilitation Sciences
360 Huntington Ave
Boston, MA 02115
ad.thomas@northeastern.edu

Education:

Doctorate
United States Sports Academy
Doctor of Education in Sports Management with emphasis in Sports Medicine
2024

Doctorate
Northeastern University
Physical Therapy
2012

Master of Arts
Western Michigan University
Physical Education – Athletic Training
2001

Bachelor of Science
Northeastern University
Athletic Training
1999

Licensure Information:

Commonwealth of Massachusetts, #20161, 2012 – present (active) – Physical Therapy
Commonwealth of Massachusetts, #1658, 2000 – present (active) – Athletic Training

Certifications:

Board Certified Sports Clinical Specialist
American Board of Physical Therapy Specialties
2015 – present

Blood Flow Restriction Certified
Owens Recovery Science
2018 – present

CPR/AED and First Aid Instructor
American Heart Association
2019-present

Certificate for Leading for Equity, Diversity and Inclusion in Higher Education
University of Michigan
2021

Neufit Practitioner Certification: Level 1
Neufit
2023 – present

Employment and Positions Held:

Academic

Director, Transitional DPT Program
Non-tenure track
Northeastern University, Department of Physical Therapy, Movement and Rehabilitation
Sciences
Boston, MA
2019 – present

Associate Clinical Professor
Non-tenure track
Northeastern University, Department of Physical Therapy, Movement and Rehabilitation
Sciences
Boston, MA
2020 - present

Assistant Clinical Professor
Non-tenure track
Northeastern University, Department of Physical Therapy, Movement and Rehabilitation
Sciences and Athletic Training Education Program
Boston, MA
2005 - 2015

Adjunct Faculty
Non-tenure track
Bridgewater State University, Athletic Training Education Program
Bridgewater, MA
2013

Lecturer
Non-tenure track
Merrimack College
North Andover, MA

2004 - 2005

Clinical

Physical Therapist/Athletic Trainer
Northeastern University, Department of Athletics
Boston, MA
2023 - present

Physical Therapist/Athletic Trainer
New England Free Jacks, Major League Rugby
Quincy, MA
2022 - present

Physical Therapist/Athletic Trainer
Premier Lacrosse League
USA
2020 - 2022

Physical Therapist/Athletic Trainer
Chicago Cubs
Chicago, IL
2019

Physical Therapist/Athletic Trainer
Boston Red Sox
Boston, MA
2015 - 2018

Physical Therapist/Athletic Trainer
Sports and Physical Therapy Associates
Boston, MA
2014 - 2015

Physical Therapist/Athletic Trainer
South Shore Hospital Center for Orthopedics, Spine and Sports Medicine
Hingham, MA
2012 - 2014

Physical Therapist/Athletic Trainer
Boston Cannons Professional Lacrosse Team
Boston, MA
2009 - 2015

Physical Therapist/Athletic Trainer
United States Outdoor Lacrosse
USA
2012 - 2015

Physical Therapist/Athletic Trainer
United States Indoor Lacrosse
USA
2010 - 2015

Athletic Trainer
Northeastern University, Department of Athletics
Boston, MA
2005 - 2011

Athletic Trainer
Merrimack College
North Andover, MA
2004 - 2005

Minor League Head Athletic Trainer/Strength and Conditioning Coordinator
Houston Astros
Kissimmee, FL
2002 - 2004

Peer Reviewed Publications:

Thomas A. Does Isometric Rotator Cuff Strength Correlate to Endurance-Implications for Overhead Athletes? *Journal of Athletic Enhancement*. 2021; 10 (7).

Thomas A. Head Linear and Rotational Forces and the Relationship to Sub-Concussive Hits in the Professional Lacrosse Player. *European Journal of Sports Exercise Science*. 2021.

Folmar E, **Thomas A.** A Comparison of Kinesiology and Athletic Taping on Ankle Range of Motion. *Foot and Ankle Orthopaedics*. 2018

Thomas A, Kulik A, Kroshus E, Baugh C. Exploring the culture of concussion safety in major league lacrosse - a cross-sectional survey. *Journal of Athletic Enhancement*. 2015.

Fitzpatrick D, **Thomas A.** Interprofessional South African Global Experience: Impact on Facilitation and Assessment of Cultural Competence and Core Value Development, 3-year study. *World Confederation for Physical Therapy Congress 2015*. Singapore. 2015. (Abstract)

Corkery M, O'Rourke B, Viola S, Yen S, Rigby J, Singer K, **Thomas A.** An examination of the association between altered lumbar motor control, joint hypermobility and low back pain in athletes. *Asian Journal of Sports Medicine (Low Back Special Edition)*. 2014.

Hanson E, Stetter K, Li R, **Thomas A**. An intermittent pneumatic compression device reduces blood lactate concentrations more effectively than passive recover after Wingate testing. *Journal of Athletic Enhancement*. 2013; 2 (3).

Peer Reviewed Scientific and Professional Presentations:

Corkery M, O'Rourke B, Viola S, Yen S, Rigby J, Singer K, **Thomas A**.

An exploratory examination of the association between altered lumbar motor control, joint mobility and low back pain in athletes.

Platform presented at: APTA Combined Sections Meeting, Indianapolis, IN.

February 5, 2015

Corkery M, Rigby J, Singer K, O'Rourke B, Viola S, Yen S, **Thomas A**.

Motor control, joint mobility and low back pain in athletes: are they related?

Platform presented at: APTA Combined Sections Meeting. Indianapolis, IN.

February 5, 2015

Folmar E, Yen S, **Thomas A**.

A Comparison of Kinesiology and Athletic Taping on Ankle Range of Motion.

Poster presented at: American Orthopaedic Foot & Ankle Society. Boston, MA.

July 2018

Thomas A, Hanrahan M, Kulik A, Paolino C, Posner A.

Head Linear and Rotational Forces and the Relationship to Sub-concussive Hits in the Professional Lacrosse Player.

Poster presented at: American Physical Therapy Association Combined Sections Meeting. San Antonio, TX.

February 2017

Folmar E, **Thomas A**, Arabadjis A, Holmes B, Kilkenny B, Plum A, Yen S.

A Comparison of Kinesiology and Athletic Taping on Ankle and Knee Kinematics.

Poster presented at: APTA of MA 2016 Fall Conference and Exposition. Norwood, MA.

November 2016

Thomas A, Machold D, Raymond K, Valls G, Young C.

Comparing Dual-Task Balance Scores and Weak Neck Strength/Proprioception in Previously Concussed and Non-Concussed NCAA Division One Hockey Players.

Poster presented at: American Physical Therapy Association Combined Sections Meeting. Anaheim, CA.

February 2016

Fitzpatrick D, **Thomas A**, Patel N.

Interprofessional South African Global Experience: Impact on Facilitation and Assessment of Cultural Competence and Core Value Development, 3-year study.

Poster presented at: World Confederation for Physical Therapy Congress 2015.

Singapore.

May 2015

Fitzpatrick D, **Thomas A**, Patel N.

South Africa Dialogue: Impact of a Global Experience in a Physical Therapy/Health Science Curriculum on the Facilitation of Cultural Competence and Core Value Development.

Poster presented at: American Physical Therapy Association Combined Sections Meeting. San Diego, CA. February 2013

Castrejana T, Lago M, Krawiec C, **Thomas A.**

Delayed Onset Compartment Syndrome Secondary to a Thigh Contusion in a Division 1 Men's Hockey Athlete: A Case Study.

Poster presented at: NATA Annual Meeting and Clinical Symposium. Las Vegas, NV. June 2013.

Marsden D, **Thomas A.**

Alcoholism and its Implications in Fetal Alcohol Spectrum Disorders in South Africa.

Poster presented at: The First International Conference on Prevention of FASD. Edmonton, Alberta (Canada). 2013

Other Scientific and Professional Presentations:

Thomas A

Clinical Assessment and Treatment Techniques for the Baseball Pitcher.

Medical University of South Carolina, Charleston, SC

Presented to faculty and students

09/2023

Thomas, A.

Elbow Assessment and Treatment Strategies

South Shore Hospital Center for Orthopedics, Spine and Sports Medicine, Hingham, MA

Presented to staff physical therapists

06/2021

Thomas, A.

Dry Needling – Interventions and Clinical Application.

Northeastern University, Boston, MA.

Presented to faculty and students

04/2021

Thomas, A.

Clinical Assessment and Treatment Techniques for the Baseball Pitcher.

University of New Hampshire, Durham, NH.

Presented to faculty and students

12/2019

Thomas, A.

Clinical Assessment and Treatment Techniques for the Baseball Pitcher.

Northeastern University, Boston, MA.

Presented to DPT students
10/2019

Thomas, A.
Clinical Assessment and Treatment Techniques for the Baseball Pitcher.
Seton Hall University, Newark, NJ.
Presented to faculty and students
10/2019

Thomas, A.
Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete.
Northeastern University, Boston, MA.
Presented to DPT students
01/2019

Thomas, A.
Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete.
University of New Hampshire, Durham, NH.
Presented to Athletic Training students
12/2018

Thomas, A.
Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete.
Northeastern University, Boston, MA.
Presented to DPT students
01/2018

Thomas, A.
Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete.
University of New Hampshire, Durham, NH.
Presented to Athletic Training students
11/2017

Thomas, A.
Clinical Assessment and Treatment Techniques for the Baseball Player and Overhead Athlete.
Northeastern University, Boston, MA.
Presented to DPT students
01/2017

Thomas, A.
Concussion identification and on the field management.
South Shore Hospital Center for Orthopedics, Spine and Sports Medicine, Hingham, MA.
09/13/2014

Thomas, A.
Identification and on field management of the acute shoulder injury.
South Shore Hospital Center for Orthopedics, Spine and Sports Medicine, Hingham, MA.
09/13/2014

Thomas, A.
Identification and on field management of the acute knee injury.
South Shore Hospital Center for Orthopedics, Spine and Sports Medicine, Hingham, MA.
Presented to staff physical therapists
09/13/2014

Thomas, A.
Walking Kinematics and Clinical Applications.
University of the Witwatersrand, Johannesburg, South Africa.
05/16/2014

Thomas, A.
Concussions: Management, Treatment, Prevention and the role of the Physical Therapist.
University of Kwazulu-Natal, South Africa.
06/06/2013

Thomas, A.
Working with the American Athlete.
University of the Witwatersrand, Johannesburg, South Africa.
Presented to faculty and students
05/22/2013

Thomas, A.
Pathologies in Baseball and Softball
Northeast Rehab Services, Haverhill, MA.
Presented to staff physical therapists and athletic trainers
04/23/2005

Current/Active Research:

Thomas, A (PI)
Influence of three drills on the biomechanics of the baseball swing
Northeastern IRB Approved; no funding required

Thomas, A (PI)
Injuries in Professional Rugby: Systematic Review
No IRB required; no funding required

Membership in Scientific/Professional Organizations:

National Athletic Trainers Association

1999-present
Member

American Physical Therapy Association
2014-2022
Member

American Physical Therapy Association Sports Section Member
2014-2019
Member

Services to the University/College/School on Committees/Councils/Commissions:

University-wide

2020 - present
Northeastern University Hodgkinson Award Committee

2020 - present
Office of Student Conduct and Conflict Resolution Hearing Advisor

2007 - 2015
Faculty Marshall in Commencement Ceremony

College

2021 - present
Bouve Academic Affairs Committee

2010 - 2013
Bouve College Undergraduate Curriculum Committee

2010 - 2015, 2020 - 2023
Bouve College Award Committee

Department

2020 - present
Academic Affairs Committee

2013 - 2015, 2020 - 2023
Awards Committee

2020
PhD Admissions Committee

2019 - present
tDPT Admissions Committee

2012 - 2015
Sports Concentration Committee

2014 - 2015
Sports Clinical Residency Program Committee

2013 - 2015
Academic Standing Committee

Honors and Awards:

Dr. Mary J Hickey Mentorship Award

Northeastern University, Department of Physical Therapy, Movement, and Rehab
Sciences
2023

Marguerite Sanderson Award
Northeastern University, Department of Physical Therapy, Movement, and Rehab
Sciences
2023

Continuing Education Attended:

Neufit Level One Certification
Neufit
May 2023

Combined Sections Meeting in San Antonio, TX
APTA.
February 2022

Y Balance Certification Course
Functional Movement Systems
January 2022

Immediate Care in Rugby Course in Washington, DC
World Rugby
January 2022

First Aid in Rugby
World Rugby
January 2022

Concussion Management for Doctors and Health Care Professionals
World Rugby
January 2022

Concussion for Elite Level Match Day Medical Staff
World Rugby
January 2022

COVID 19 – Return to Play Awareness for Coaches & Players
World Rugby
January 2022

Exertional Sickling in Athletes: Treatment and Prevention
Medbridge
January 2022

Exertional Sickling in Athletes: Etiology and Recognition
Medbridge
January 2022

Exertional Heat Illness - Advanced Analysis of Intrinsic Risk Factors
Medbridge
January 2022

Differentiating Exertional Heat Exhaustion and Exertional Heat Stroke
Medbridge
January 2022

Exercise-Associated Muscle Cramps
Medbridge
January 2022

Suicide Care for Physical and Occupational Therapists
Medbridge
January 2022

LGBTQ+ Harassment: Are you IN or are you OUT?
National Athletic Trainers Association
January 2022

Best Practices for the Use of Cupping Therapy in Athletic Training Based on Current Evidence
National Athletic Trainers Association
January 2022

Rehabilitation Considerations for Return to Hitting
National Athletic Trainers Association
January 2022

Elbow Injuries in the Throwing Athlete
National Athletic Trainers Association
January 2022

Life after ACL Injury: Optimizing Muscle Function Now to Preserve Health and Well-Being
Later
National Athletic Trainers Association
January 2022

An Evidence Based Approach for the Treatment of SLAP Lesions
National Athletic Trainers Association
January 2022

Safe Space Ally Training for the Athletic Trainer
National Athletic Trainers Association
January 2022

AFO'S: Custom Composite AFOs
Allard USA
January 2022

Current Concepts in Gait Biomechanics
Allard USA
January 2022

SWASH Orthosis Certification
Allard USA
January 2022

Leading for Equity, Diversity and Inclusion in Higher Education
University of Michigan
March 2021

Combined Sections Meeting in Denver, CO
APTA
February 2020

Eastern Athletic Trainer's Association Annual Conference in Mashantucket, CT
Eastern Athletic Trainer's Association
January 2020

Current Teaching Responsibilities in the Entry-Level Program for AY:

Projected Spring 2024

2024, Term 5
PT 6406, Lab for Musculoskeletal Management One
Primary, Lab Coordinator and Instructor

2024, Term 5
PT 6512, DPT Capstone
Lecturer Group Advisor

2024, Term 5
Comprehensive Examination
Primary, Coordinator

Fall 2023

2023, Term 2
PT 6350, Lab for Foundations of Physical Therapy Examination and Therapeutic Activities
Primary, Lab Coordinator and Instructor

Summer Two 2023

2023, Term 1
PT 5101, Foundations of Physical Therapy
Primary, Lecturer

2023, Term 1
PT 5102, Lab for Foundations of Physical Therapy
Primary, Lab Coordinator and Instructor