

## CURRICULUM VITAE

Brad Mensen  
10702 Golden Oaks Dr. Dubuque, Iowa, 52003  
563-239-0332  
Clarke University Physical Therapy Department

### Education:

**ScD- Doctor of Science** (In progress), Texas Tech University, Lubbock Texas, 2021- present  
Anticipated graduation in Fall 2024

**DPT- Doctor of Physical Therapy**, Clarke University, Dubuque Iowa, 2012-2015

**ATC- Bachelor of Science in Athletic Training**, University of Iowa, Iowa City Iowa, 2008-2012

### Licensure Information/Registration Number:

State of Iowa Physical Therapy license number: 078066

State of Iowa Athletic Training license number: 001059

### Board Certifications

**SCS**-Sports Certified Specialist from the ABPTS- 2020. Certification number: SP200130

**CSCS**- Certified Strength and Conditioning Specialist from the NSCA- 2014. # 7247912827

**BOC**-Board of Certification for the Athletic Trainer- 2012- BOC # 2000010238

### Other Certifications

APTA Credentialed CI- Level 1- 01/09/2024

Dry Needling from the North American Institute of Orthopedic Manual Therapy. 3/29/2023

Instrument Assisted Soft Tissue Mobilization from HawkGrips. 3/29/2021

Select Functional Movement Assessment 1 and 2. Fall 2018

### Employment and Positions Held:

Assistant Professor, Clarke University, Dubuque Iowa, July 2020-present

Staff Physical Therapist, Physical Therapy Solutions, Dubuque Iowa, July 2020-present

Staff Physical Therapist, Kepros Physical Therapy, Marion Iowa, January 2017-June 2020

Staff Physical Therapist, Mercy Medical Center, Cedar Rapids Iowa, August 2015-December 2016

Staff Athletic Trainer, Clarke University, Dubuque Iowa, January 2013-December 2014

### Peer Reviewed Scientific and Professional Presentations:

- Comparisons of Growth Mindset and Grit in 1st, 2nd, and 3rd Year DPT Students- Poster accepted to CSM 2024
- Electromyographic changes in Biceps Brachii during fatigue testing in college aged students with blood flow restriction- Poster accepted to Iowa APTA spring conference 2024 and won 2<sup>nd</sup> place

### Abstracts:

Non-Peer Reviewed Publications: None

Non-Peer Reviewed Presentations:

- Lead a 6 hour CEU course to licensed physical therapists on Thoracic Outlet Syndrome- Fall 2023
- Lead an 8 hour continuing education course to the 2<sup>nd</sup> year DPT students on Hawk Grips Instrument Assisted Soft Tissue Mobilization each Spring semester from 2021-present
- Headaches and dizziness, knowledge of the entry level DPT- February 2022
- Headaches- Background, diagnosis, and treatment: - February 2021
- Understanding Chronic Pain- Introduction to central and peripheral sensitization to the general public that patients and clinicians attended- May 2019

Funded/In Review Grant Activity: None

Current/Active Research Activity:

- Pain pressure threshold changes in response to thoracic spine manipulation
- Sleep metrics of a night shift nurse
- Health Promotion Education in DPT curriculum

Membership in Scientific/Professional Organizations:

Member of the American Physical Therapy Association

Consultative and Advisory Positions Held:

DPT Class of 2024 Academic Advisor

Community Service:

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

- Search committee for physical therapy office assistance and for biology faculty position
- Faculty Development Committee team member
- Chair of Faculty Development Committee 2023-2025
- In person and virtual prospective student recruitment meetings
- Participated in PT highlight day
- Attended weekly DPT staff meetings
- Attended monthly faculty senate meetings
- Admissions committee for entry into the DPT program

Honors and Awards:

- Meneve Dunham Award for Excellence in Teaching- Presented to the Faculty  
Clarke University, 2021
- Olive C Farr Student Scholarship recipient  
Iowa Physical Therapy Association, 2014

Continuing Education Attended:

**Miscellaneous Continuing Education in 2024**

- Putting the Value Back in Lab Results- APTA- 9/4/2024- 1 hour
- 2024 APTA Iowa Spring Conference- Des Moines, IA- 4/5/24- 6 hours
- Evaluation and Diagnosis of TMJ- Colin Connelly, PT, DPT -2/22/24- 1 hour
- Credential Clinical Instructor Level 1- American Physical Therapy Association-1/9/24- 16 hours
- Male Pelvic Floor Dysfunction- Jason Putz, PT- 2/7/24- 1 hour

### **Academic courses at Texas Tech University-**

- Thesis Defense- 1 credit hour- Fall 2024
- Dissertation project- 3 credit hours- Summer 2024
- Advanced Clinical Practice for the Shoulder Complex- 3 credit hours- Spring 2024
- Updates in orthopedic surgical management of the lower extremity and spine- 3 credit hours- Fall 2023
- Educational Evaluation in Health Professions- 3 credit hours- Fall 2023
- Advanced Clinical Practice for the knee complex- 3 credit hours- Summer 2023
- Advanced Soft Tissue Management: Topics in Dry Needling- 3 credit hours- Spring 2023
- Motor Control in Orthopedics- 3 credit hours- Spring 2023
- Diagnostic Imaging- 3 credit hours- Fall 2022
- Advanced Therapeutic exercise- 3 credit hours- Fall 2022
- Biomechanics in Orthopedics- 3 credit hours- Summer 2022
- Curriculum Design and Teaching in Health Professions- 3 credit hours- Summer 2022
- Advanced Clinical practice for the Cervical spine- 3 credit hours- Spring 2022
- Introduction to Statistical Analysis- 2 credit hours- Spring 2022
- Advanced Clinical practice for Lumbosacral disorders- 3 credit hours- Fall 2021
- Advanced Musculoskeletal Management of the Thoracic Spine, Ribs, and Thoracic Outlet Syndrome- 3 credit hours- Summer 2021

### **Online CEU via Medbridge: completed in 2023**

- Emergency Management of Skeletal injuries- 1.75 hours
- Emergency Management of soft tissue injuries- 1.75 hours
- Emergency Management of cardiovascular conditions-1.5 hours
- Environmental considerations for the athlete- 2.75 hours
- Emergency management of athletes with spine and visceral injuries- 1.5 hours
- Protective Sports Equipment and proper fitting- 1.5 hours

### **Miscellaneous Continuing Education in 2023**

- What's vision got to do with it- DeAnn Fitzgerald OD- 1/13/23- 3 hours
- Vestibular- Jenna Bush DPT-2/8/23- 3 hours
- Lifestyle Medicine & Food as Medicine Essentials Course Bundle- American College of Lifestyle Medicine-8/15/23- 5.5 hours

### **Miscellaneous Continuing Education in 2021 & 2022**

- When Seeing in Believing: Musculoskeletal Ultrasound- Adam Susmarski, DO, FACSM- Spring 2022- 1 hour
- Instrument Assisted Soft Tissue Mobilization- HawkGrips -Spring 2021- 8 hours
- Blood Flow Restriction Therapy-Spring 2021.-Wesely Wedewer DPT, FAAOMT, SCS, OCS - .5 hours
- Nutrition for the Physical therapist-Daniel Brachman DPT, OCS, FAAOMPT- Spring 2021- 1 hour

### **Online Courses through the "International Academy of Orthopedic Medicine" (IAOM)**

- Diagnosis and Management of the Thoracic Spine- Summer 2021- 7 hours
- A complete Clinicians Approach to Musculoskeletal Management of Thoracic Pain- Summer 2021- 16 hours
- Diagnosis and Management of the Lumbosacral Spine and Sacroiliac Joint- Summer 2021- 8 hours

- A complete Clinicians Approach to Musculoskeletal Management of Lumbar Spine Pain- Summer 2021 – 16 hours
- Diagnosis and management of the Cervical spine- Fall 2021- 7 hours
- A complete Clinicians Approach to Musculoskeletal Management of Cervical spine Pain- Fall 2021- 16 hours
- Case Study Integration: Secondary Knee Arthropathy- Summer 2023- 13.25 hours
- Diagnosis and management of the knee- Summer 2023- 8 hours
- Diagnosis and management of the Shoulder and Shoulder girdle- Fall 2023-8 hours
- Differential diagnosis and musculoskeletal management of the shoulder complex-in person- Fall 2023- 14.5 hours

### **2021 combined sections meeting of the American Physical Therapy Association**

- Pills and Spills: an assessment of Medications and Fall risk in older patients- 1 hour
- When Can I Start Running after ACL reconstruction? 1.5 hours
- Advanced rehabilitation to optimize return-to-sport outcomes after ACL reconstruction- 1 hour
- Management of Patients with Complex spine related pain- 1 hour
- Pharmacology of Chemotherapeutic Drugs: What therapists need to know for oncology rehab 1 hour
- Science meets practice- ACL surgical and rehabilitation treatment strategies- 1 hour
- Science meets practice- role of graft selection in pediatric and adolescent ACL reconstruction- 1.5 hours

### **Online CEU via Medbridge: completed in 2021**

- The Athletes hip: Screening & evaluation of posterolateral hip pain- 1.5 hours
- The Athlete's hip: Treatment of hip pathology- 1.75 hours
- The movement system: Advanced running assessment and treatment- 2.25 hours
- The Movement system: Throwing Biomechanics and Treatment- 2.75 hours
- Pharmacology for the Neurologic Physical Therapist -1.5 hours
- General principles of pharmacology- 1 hour

### **Online course through the National Strength and Conditioning Association-**

- Nutrition -Fall 2020- 5 hours

### **Online CEU via Medbridge: completed in 2020**

- The knee- injuries unique to knee structure and function.- 2 hours
- Current guidelines for prenatal – 1.25 hours
- Postpartum fitness program design – 1.25 hours
- Clinical Bike fitting- 3 hours
- Strength Training for older adults part 1 and 2- 3.5 hours
- Running footwear- 1.75 hours
- Clinicians role in endurance sports performance- 1.25 hours
- Mental health concerns in athletes- 3 hours
- Peak performance and psychology of performance 1.25 hours
- Assessment and treatment of the athletes elbow- 1.5 hours
- Common Injuries and Pathologies of the Elbow wrist and Hand in sport- 1.5 hours
- Biomechanics of the shoulder- 1.5 hours
- Clinical Gait Assessment- 1.5 hours
- Strength and Conditioning in sports- 2.5 hours
- Foot and ankle mechanics- 2 hours
- Shoulder fractures, little league shoulder, and Sprengel deformity- 1 hour
- Management of the Cervical and Thoracic spine in sport- 1 hour

- group injury prevention- 1.5 hours
- Advanced rehab for the baseball pitcher to improve ROM and strength- 2 hours
- Management and Treatment of Hip injuries part A and B- 3 hours
- Imaging for upper quarter sports Injuries- 1.25 hours
- Imaging for lower quarter sports injuries- 1.25 hours
- The hip: assessment of hip injuries in Athletes- 2 hours
- ICF best practice recommendation and the update: Lateral ankle- 3 hours
- Current concepts in knee rehabilitation- 2 hours
- The shoulder: overuse injuries in athletes- 1.75 hours
- The shoulder: traumatic and post operative injuries- 1.75 hours
- Pharmacology in Sport- 1.5
- Pulmonary Care in Athletes- 1.25
- The Cardiovascular system and Ancillary Tests for the Sports Therapist- 2 hours
- Infectious disease for the Sports Therapist- 1.5 hours
- Abdominal and Genitourinary Injuries for the Sports Therapist- 1 hour
- Integumentary system in sports- 1.5 hours
- The Female Athlete Triad- 3.25 hours
- psychology of injury- 1.75
- Nutrition in sports- 2.75
- Evidence-informed Practice for the Clinical Specialist- 2 hours
- Pre-Participation Evaluation: Medical and musculoskeletal- 2.25 hours
- Exertional Heat Illnesses- 4.5 hours

**Course-** Spine manipulation 1 & 2 in 2019 through American Academy Of Manipulative Therapy

**Online CEU via Medbridge: completed in 2019**

- ACL and PCL injuries, surgeries, and rehabilitation- 5.25 hours
- Evidence-Based examination of the Cervical spine- 5.5 hours
- Emergency management: musculoskeletal issues- 1 hour
- Emergency management: shock, Soft tissue injuries, sickle cell, & sudden cardiac death- 2 hours
- Emergency management: athletic care, spinal and visceral injuries- 1.75
- Emergency Management: Environmental Considerations and Hydration- 1.5 hours
- Protective Equipment in Sports- 2.5 hours

**Course-** Selective Functional Movement Assessment 2 (SFMA 2)- Fall 2018

**Online CEU via Medbridge: completed in 2018**

- Lower extremity alignment: a proximal rehabilitation approach- 2 hours
- Adolescent Idiopathic scoliosis: Part 1,2,3 & 4- 7.5 hours
- Global dynamic functional stability for the hip and pelvis 1.5 hours
- exercise prescription for hip and pelvis part 1 and 2- 3.5 hours

**Course-** SFMA 1 - Spring 2017

**Online CEU via Medbridge: completed in 2017**

- Clinical examination of the runner: assessment, testing, gait correlations, and corrections
- return to sport and discharge testing- 3.5 hours
- Foundations of returning the injured athlete to sports: muscle physiology, strength training, and eccentric loading- 4.25 hours
- Run Better: Strength and power development for endurance athletes- 2 hours
- Rehabilitation of the throwing shoulder- 1.75 hours

- Return to sport of the Overhead athlete- 2 hours
- The swimmers Shoulder: Swimmers Aren't pitchers- 1 hour
- Lumbar spine: Athletic Low Back Pain 1.5 hours
- Move to improve: using movement analysis to drive performance and prevent injuries- 7.5 hours
- The running athlete: Part A, B, and C- 13.75

**Current Teaching Responsibilities in the Entry-Level Program:**

Fall-2023

DPT 514- Functional Anatomy and Biomechanics

DPT 612- Pathophysiology

DPT 614- Musculoskeletal PT I

DPT 619- Clinical Practicum II

Spring- 2024

DPT 529- Clinical Practicum I

DPT 629- Clinical Practicum II

DPT 624- Musculoskeletal PT II

DPT 621- Pharmacology

DPT 528- Therapeutic Exercise