

CURRICULUM VITAE

Joseph Matthew Day PT, PhD, OCS, CIMT
University of Dayton

Education:

Doctor of Philosophy
University of Kentucky
Rehabilitation Science
August 2013

Master of Science in Physical Therapy (MSPT)
University of Kentucky
Physical Therapy
June 2004

Bachelor of Science
Murray State University
Biology
December 2000

Licensure Information:

Ohio #096.002502

Certifications:

Orthopedic Certified Specialist (since 2007)
Certified Integrated Manual Therapist (since 2009)
Graduate Certificate in College Teaching and Learning, University of Kentucky 2013
Burwin Institute Musculoskeletal Sonography 2012

Employment and Positions Held:

Associate Professor of Physical Therapy
Full time tenure track
University of Dayton
Dayton, Ohio
8/2017 – present

Physical Therapist
Good Neighbor House
Dayton, Ohio
12/2020 – present

Physical Therapist
Reach Out Clinic of Montgomery County
Dayton, Ohio
1/2018 – 3/2020

Assistant Professor of Physical Therapy
Full time tenure track
University of South Alabama
Mobile, Alabama
9/2013 – 7/2017

Physical Therapist
University of South Alabama Faculty Practice
Mobile, Alabama
6/2015 – 7/2017

Physical Therapist
Grelot Physical Therapy
Mobile, Alabama
8/2013 – 6/2015

Physical Therapist, Research Assistant, Mentor
Kentucky Hand and Physical Therapy
Lexington, Kentucky
8/2010 – 6/2013

Physical Therapist, Clinic Director, Clinical Instructor
Physiotherapy Associates
Jeffersonville, IN/Lebanon and Centerville OH
6/2006 – 7/2010

Physical Therapist
Physical Therapy Specialists
Louisville, Kentucky
8/2004 – 6/2006

Peer Reviewed Publications:

Day JM, Merriman H. Upper extremity soft tissue stiffness measured with shear wave elastography: A between-day reliability study. *Shoulder & Elbow*.0(0): May 2023:17585732231179115

Lucado AM, **Day JM**, Vincent JI, et al. Lateral Elbow Pain and Muscle Function Impairments. *Journal of Orthopaedic & Sports Physical Therapy* 2022;52:CPG1-CPG111.

Day JM. Implementation of Home Exercise Programs in a Pro-bono Clinic: An Exploratory Study. *The Internet Journal of Allied Health Sciences and Practice*. 2022 Jun 29;20(3), Article 17.**

Day JM. (2022). A call for ongoing vocational discernment in graduate health science programs. Lovett, Karen and Wilhoit, Stephen, "Engaging with Vocation on Campus" (2022). *Books and Book Chapters by University of Dayton Faculty*. 115. <https://ecommons.udayton.edu/books/115>

Lucado AM, **Day JM**. Test Prep for the CHT Exam, 4th Edition: Study Outline and Clinical Reference. Tendinopathies of the Upper Extremity and Biceps/Triceps Injuries. American Society of Hand Therapists**

Werner DM, Bellm EV, **Day JM**. Relationship of clinical measures with humeral torsion in young adults: a pilot study [published online ahead of print, 2021 May 24]. *J Man Manip Ther*. 2021;1-7. doi:10.1080/10669817.2021.1930861**

Day JM, Taylor J, Eiben K, Yitz J. Scapular motion is accelerated in asymptomatic individuals with dyskinesia: An Observational Study. *Journal of Bodywork and Movement Therapies*. Volume 26, April 2021, Pages 134-140. **

Day JM, Lucado AM, Dale RB, Merriman H, Marker CD, Uhl TL. The Effect of Scapular Muscle Strengthening on Functional Recovery in Patients With Lateral Elbow Tendinopathy: A Pilot Randomized Controlled Trial. *J Sport Rehabil.* 2021 Jan 13:1-10. doi: 10.1123/jsr.2020-0203 **

Lucado AM, Dale RB, Kolber MJ, **Day JM**. Analysis of Range of Motion in Female Recreational Tennis Players with and without Lateral Elbow Tendinopathy. *Int J Sports Phys Ther.* Aug 2020; 15 (4): **

Pitts G, Uhl TL, **Day JM**. Grip strength is more sensitive to changes in elbow position than isolated wrist extension strength in patients with lateral elbow tendinopathy [published online ahead of print, 2020 Jun 18]. *J Hand Ther.* 2020; S0894-1130(20)30050-8. **

Fedorczyk, J. M. **Day, J. M.** & Lucado, A.M (2020). Therapy Management of Lateral Elbow Tendinopathy In Terri M. Skirven (Ed.), *Rehabilitation of the Hand and Upper Extremity* (pp. 518-528). Elsevier. **

Fisher M, **Day JM**. Joint Mobility and Stability Strategies for the Shoulder. *Neurology in Orthopedics.* Orthopedic Section of the American Physical Therapy Association. 29.2.2019. **

Day, JM, Lucado AM, Uhl TL. A Comprehensive Rehabilitation Program for Treating Lateral Elbow Tendinopathy. *Int J Sports Phys Ther.* Sept 2019; 14 (5):818-82. **

Day, JM, Fletcher J, Coghlan M, Ravine, T. Review of scoliosis-specific exercise methods used to correct adolescent idiopathic scoliosis. *Arch Physiother.* 2019; 9:8.2019 Aug 23. **

Day, JM, Kennedy, Elizabeth, Fell, Dennis. A One-Week International Service Project Enhances Healthcare Competencies: A Mixed Methods Study. *Journal of Interprofessional Care.* Sep-Oct 2019; 33(5):437-445. **

Lucado AM, Vincent J, **Day JM**. Response letter to the role of proprioception of lateral elbow tendinopathy. *J Hand Ther.* Jan-Mar 2019; 32(1): 4-5. **

Lucado AM, Dale RB, Vincent J, **Day JM**. Do joint mobilizations assist in the recovery of lateral elbow tendinopathy? A systematic review and meta-analysis. *J Hand Ther.* 2019; 32(2):262-276. **

Day JM, Dale RB, Kennedy E. Home Exercises Versus On-Site Rehabilitation in the Management of Lateral Elbow Tendinopathy: A Critically Appraised Topic. *J Sport Rehabil.* 2018; 27(1):99-102. **

Day J M .Effect of Exercise Position on Percent Changes in Serratus Anterior Muscle Thickness. *J Exerc Sports Orthop* 4(1): 1-6. Oct. 2017 **

Fletcher, J, **Day, JM**, Utilization of the International Classification of Functioning, Disability, and Health as a Guide in Treating a Patient at Risk for Chronic Pain Syndrome. *PT Now.* Dec 21, 2016. <http://ptnow.org/clinical-cases-detail/chronic-pain-syndrome-utilization-of-biopsychosoci>. **

Day JM, Irion J, Bindele L. Home Exercise Adherence in an Underserved Spanish Speaking Community. *Journal of Physical Therapy and Health Promotion* 09/2015; 3(3):39-46. **

Day JM, Uhl TL; Nitz Arthur; Bush Heather. Arm Dominance Does Not Affect Scapular Muscle Strength and Endurance. *Physiotherapy Research and Theory*, 36(2):87-95. July 2015. **

Day JM, Uhl TL, Nitz AJ Stemple JC, Bush HM Scapular Muscle Performance in Patients with Lateral Epicondylalgia. *Journal of Orthopedic and Sports Physical Therapy*, 2015: 45(5) 414-424. **

Day JM, Willoughby J, Pitts DG, McCallum M, Foister R, Uhl TL. Outcomes following the conservative management of patients with non-radicular peripheral neuropathic pain. J Hand Ther. 2014; 27(3):192-200. **

Day JM, Uhl TL. Thickness of the Lower Trapezius and Serratus Anterior Using Ultrasound Imaging during a Repeated Arm Lifting Task. Manual Therapy, 2013 Dec; 18(6):588-93. **

Day, JM.; Nitz, Arthur; The Effect of Muscle Energy Techniques on Disability and Pain Scores in Individuals with Low Back Pain. Journal of Sport Rehabilitation, 2012 May; 21 (2): 194-98. **

Day, JM.; McKeon, Patrick; Nitz, Arthur; The Efficacy of Cervical/Thoracic Active Range of Motion for Detecting Changes Associated with Individuals Receiving Muscle Energy Techniques. Physical Therapy Reviews, 2010 Dec; 15 (6): 453-61 **

** *Published*

**Accepted for publication*

Peer Reviewed Scientific and Professional Presentations:

Day JM, Merriman H, Stacie Motosicke, Tristan McQuilkin, Austin Springer, Scott Blackburn, Nicholas Casey, Colin Smith
Upper Extremity Muscle and Tendon Stiffness Measured with Shear Wave Elastography: An Intra-rater Reliability Study: Poster Presentation
February 2023

Day JM, Merriman H, Stacie Motosicke, Tristan McQuilkin, Austin Springer, Scott Blackburn, Nicholas Casey, Colin Smith
Common Wrist Extensor Tendon and Pectoralis Muscle Stiffness in Competitive Tennis Players: A Pilot Study: Poster Presentation
February 2023

Day JM, Kyle Dieringer K, Subler M, Rehl D, Spahr E
The Influence of Arm Dominance and Sex on Muscle Stiffness: A Shear Wave Elastography Study
Combined Sections Meeting: Poster Presentation
February 2022

Day JM
Home Exercise Adherence in a Primary Care Physical Therapy Pro-Bono Clinic
Combined Sections Meeting: Poster Presentation
February 2021

Werner, D. Belm, E, **Day JM.**
Relationship of Clinical Measures with Humeral Torsion in Young Adults: A pilot study.
Combined Sections Meeting: Poster Presentation
February 2021

Day JM
Pathway to Integrating Teaching, Research, and Service in an International Setting: My Journey through West Africa, Global Education Seminar University of Dayton
School of Education and Health Sciences Building a Research Community Day: Oral Presentation
April 2020

Day JM, Jones T, Berger Y, Eiben K.
Scapular Acceleration in Patients with and without Dyskinesia
Combined Sections Meeting: Platform Presentation

February 2020

Day JM, Pitts DG, Uhl TM.

Grip Strength is More Sensitive to Changes in Elbow Position than Isolated Wrist Extension Strength in Patients with Lateral Elbow Tendinopathy
Combined Sections Meeting: Poster Presentation
February 2020

Day JM, Lucado A, Dale RB

Unlocking the Mysteries of Diffuse Elbow Pain
Combined Sections Meeting: 2 hour programming
January 2019

Lucado A, **Day JM**, Dale RB, Vincent J

Joint mobilizations and lateral elbow tendinopathy: A systematic review and meta-analysis
Combined Sections Meeting: Poster Presentation
January 2019

Day JM, Lucado A, Dale RB

The Effect of Scapular Muscle Strengthening on Functional Recovery in Patients with Lateral Elbow Tendinopathy
Combined Sections Meeting: Poster Presentation
January 2019

Day JM, Fell DW, Bennett AL, Cobbs K, Ehrhardt P, Wesson M

Perceptions of Patients and Providers Regarding an International Interprofessional Short-term Healthcare Service Trip
Combined Sections Meeting: Poster Presentation
February 2018

Day JM, Dale RB, Dowling J, Wyatt P, Papich H

Fatigue-Associated Changes in Scapular Control and Serratus Anterior
Combined Sections Meeting: Poster Presentation
February 2018

Day JM, Dale RB

The Relationship between Electromyographic Activity and Percent Change in Muscle Thickness of the Serratus Anterior
World Confederation of Physical Therapy: Poster Presentation
July 2017

Day JM, Fell DJ, Kennedy E.

A One-Week International Service Project is Effective to Enhance Healthcare Competencies World Confederation of Physical Therapy: Poster Presentation
July 2017

Day JM, Fell DJ

International Interprofessional Service Learning in Health Care
Confederation of Physical Therapy: Post Conference Continuing Education Course
July 2017

Day JM, Dale RB

The Relationship between Electromyographic Activity and Percent Change in Muscle Thickness of the Serratus Anterior
Combined Sections Meeting: Poster Presentation
February 2017

Day JM, Dale RB

Serratus Anterior Function Assessed with Smartphone Accelerometer and Ultrasound Imaging
Combined Sections Meeting Poster Presentation
February 2017

Day JM, Fell DJ, Kennedy E.

Mixed Methods Study: A One-Week International Service Project is Effective to Enhance Healthcare Competencies.
Combined Sections Meeting Poster Presentation
February 2017

Day JM

Anatomical Review and Treatment Based Classification of Patients with Lumbar Pain
Mobile Physical Therapy Association Continuing Education Course
September 2016

Day JM

Evidence Based Management of Patients with Rotator Cuff Tendinopathy
Mobile Physical Therapy Association Continuing Education Course
August 2016

Day JM, Uhl TL, G. Pitts, J. Willoughby, M. McCallum, R. Foister

Outcomes Following the Conservative Management of Patients with Non-radicular Peripheral Neuropathic Pain
Kentucky Neuroscience Institute Clinical-Translational Research Symposium Platform Presentation
September 2016

Day JM, Dale RB

Differential Diagnoses for Lateral Epicondylalgia
Alabama Physical Therapy Association Spring Conference -Continuing Education Presentation
April 2016

Day JM

Change in Scapular Muscle Thickness in the Serratus Anterior Across Different Exercise Positions
Combined Sections Meeting: Poster Presentation
February 2016.

Day JM, Irion J

Interprofessional Learning as part of Project Homeless Connect Event
Combined Sections Meeting: Poster Presentation
February 2016

Day JM

Conservative Management of Hip Labral Tears
Mobile Physical Therapy Association Continuing Education Course
September 2015

Day JM

Conservative Management of Patients with Lateral Epicondylalgia
Mobile Physical Therapy Association Continuing Education Course
August 2015

Day JM, Irion J.

Home Exercise Adherence in an Underserved Ecuadorian Community
World Confederation of Physical Therapy: Poster Presentation

May 2015

Day JM, Uhl TL, Nitz AJ, Bush H.

Scapular Muscle Assessment in Patient's with Lateral Epicondylalgia
World Confederation of Physical Therapy: Platform Presentation
May 2015.

Day JM, Irion J.

Home Exercise Adherence in an Underserved Ecuadorian Community
Combined Sections Meeting: Platform Presentation
February 2015

Day JM

Conservative Management for Patients with Nonradicular Peripheral Neuropathic Pain
Mobile Physical Therapy Association Continuing Education Course
September 2014

Day JM, Uhl TL, Nitz AJ, Bush H.

Scapular Muscle Assessment in Patient's with Lateral Epicondylalgia
Combined Sections Meeting: Platform Presentation
February 2014

Day JM, Uhl TL, Nitz AJ, Bush H.

Non-dominant Scapular Muscle Strength and Endurance in Healthy Individuals
Combined Sections Meeting: Poster Presentation
February 2014

Day JM, Uhl TL, G. Pitts, J. Willoughby, M. McCallum, R. Foister

Outcomes Following the Conservative Management of Patients with Non-radicular Peripheral
Neuropathic Pain
American Society of Hand Therapy Conference Platform Presentation
October 2013

Funded/In Review Grant Activity:

Kinney A, Reissman T, Reisman M, Barrios J, **Day JM**, Beerse M, Jackson K, National Science
Foundation Major Research Instrument Award – Caplex System. \$400,000, 2021-2022.

Burkhalter New Investigator Award: Co-investigator: \$ 5,000.00

Project title: "The Effect of Scapular Muscle Strengthening on Functional Recovery in Patients with
Lateral Epicondylalgia"

9/1/2016 – 6/30/2020: American Society of Hand Therapists

Community Grant: Greenlight Dayton Foundation Grant: \$3,000.00

Spring 2018

Internal Grant: Research Fellows University of Dayton: \$1,500.00

Spring 2018

Consult-New Investigator Orthopedic Section Grant from the American Physical Therapy Association.
Fall 2015

Non-Peer Reviewed Publications:

Day, JM How the Mysteries of the Rosary unveiled God's true presence while serving in rural Jamaica. Our Sunday Visitor. July 8, 2023. <https://www.oursundayvisitor.com/how-the-mysteries-of-the-rosary-unveiled-gods-true-presence-while-serving-in-rural-jamaica/>

Day JM. How Can We Move Away from Social Injustices? A Catholic, Marianist Perspective Myth and Reality: Reflections on our Travels through West Africa. ECommons. 2019. Pp61-64.

Manuscripts in Review

Day JM, Merriman, H. Common Wrist Extensor Tendon and Pectoralis Muscle Stiffness in Recreational Tennis Players. Journal of Sport and Rehabilitation

Current/Active Research Activity:

Primary Author
Wrist Extensor and Flexor Stiffness in Recreational Tennis Players
No Funding

Primary Author
Home Exercise Adherence in a Primary Care Physical Therapy Pro-Bono Clinic: A Cohort Study
No Funding

Primary Author
Learning Transfer among Physiotherapist after Manual Therapy Training
Seeking Funding

Secondary Author
Postoperative Management of Orthopedic Surgeries: Elbow: Independent Study Course, APTA # 27.1.6
No Funding

Membership in Scientific/Professional Organizations:

American Physical Therapy Association
Duration (from 2012 to - present)
Orthopedic Section Member
Health Policy and Administration Section Member
- Global Health Special Interest Group

Ohio State Physical Therapy Association

Community Service:

Homeless Connect Event Mobile, AL
University of South Alabama College of Health Sciences
Duration (from 2013 to 2017)

Christian Medical Missions of South Alabama
Participation in 2 Medical Missions Trips (Trinidad and Tobago; Dominican Republic)
Duration (2015, 2016)

Reach Out Medical Clinic – Dayton OH
Physical Therapy Treatment and interprofessional screenings for uninsured
Duration (2017 to 2020)

Good Neighbor House – Dayton OH
Physical Therapy Treatment and interprofessional screenings for uninsured
Duration (2020 to present)

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

University of Dayton School of Education and Health Sciences Priority Committee
August 2023-present

University of Dayton UD DPT Residency Committee Member
July 2022-present

University of Dayton Institutional Review Board: Human Subjects Review
Spring 2020 to present

Marianist Educational Associate
May 2021 to present

University of Dayton Vocation Mini-grant Subcommittee Member
Fall 2019 to 2022

School of Education and Health Sciences Honors and Awards Committee Member and Co-Chair
Sept. 2017 to May 2023

School of Education and Health Sciences Strategic Planning Working Group
Priority 2: Develop innovations within Education and Health Science Practices
Sept. 2017 to 2022

Physical Therapy Department International Interests Committee
Nov. 2017 to present

Honors and Awards:

UD Faculty, Students Volunteer Physical Therapy Services to Daytonians in Need
<https://udayton.edu/blogs/impact/2023/07-july/matt-day.php>
University of Dayton Blogs
July 10, 2023

Promotion to Associate Professor with Tenure. University of Dayton

Scholarship Award for Tenure Track Faculty. School of Education and Health Sciences. University of Dayton

American Physical Therapy Association Orthopedic Academy Poster Award Finalist for Combined Sections Meeting 2018. Poster title: Do joint mobilizations assist in the recovery of lateral elbow tendinopathy? A systematic review and meta-analysis.

Matt Day talks PT Service with the Homeless

<http://ptpintcast.com/2017/03/24/ep-180/>

PT Pintcast Interview: Episode 180

March 2017

Gauging Strategies for Pain.

PT in Motion name mentioned in featured article.

July 2017.

American Physical Therapy Association Global Health Special Interest Group Catalyst Award for Social Responsibility – Combined Sections Meeting 2016, 2017.

PTs and Students Address Homelessness and Health.

<https://www.apta.org/PTinMotion/News/2016/6/14/NEXTHomelessnessHealth/>

PT in Motion News. News from NEXT

June 14, 2016.

Continuing Education

Imaging in Physical Therapy Practice – Rehab Champions - 2021

University of Dayton Teaching Fellows

University of Dayton Global Education Seminar

University of Dayton Research Fellows

Team Based Learning in Higher Education – University of South Alabama

Combined Sections Meetings – 2015 - 2020

Trigger Point Dry Needling Part 1: Myopain Seminars – Charlotte, NC

Interprofessional Education for Health Science Students – Dayton, OH

Upper Quarter Dry Needling Certification – Columbus, GA

Assessment and Treatment of the Lumbar Spine (NIAOMT) - University of South Alabama

Team Based Learning in Higher Education – University of South Alabama

The Burwin Institute of Diagnostic Medical Ultrasound – Musculoskeletal Ultrasound

High Velocity Low Amplitude Thrust Manipulation of the Spine, Pelvis, and Thorax – Spinal manipulation Institute

Great Lakes Seminars: Mobilization of the Cervical & Thoracic Spine & Ribs

Treatment of the Lumbar Complex

The Basics of Sacroiliac Mobilization

Comprehensive Treatment of the Shoulder
Comprehensive Treatment of the Knee
Comprehensive Treatment of the Foot and Ankle
Treatment of Extremity Dysfunction through Mobilization
Synthesis (Certification Course for CIMT)

Clinical and Scientific Rational for Modern Manual Therapy - Ola Grimsby Institute

Principles of Modern Manual Therapy - Michigan State University School of Osteopathy

Core Strengthening- KY APTA sponsored

David Back Clinic Concept and Software training

Current Concepts of Orthopedics Physical Therapy - Orthopedic section of the APTA

Current Teaching Responsibilities in the Entry-Level Program for Academic Year of Site Visit:

Year 1 – Fall

Clinical Sciences 1 – Therapeutic Exercise - lecture/lab
Medical Diagnostics – lecture and problem based learning

Year 1 –Spring

Clinical Sciences 2 –Physical Agents in Rehabilitation - lecture/lab

Year 2 – Spring

Orthopedics I Lab Assistant

Year 3 - Fall

Orthopedics II Tutorial Facilitator
Orthopedics II Lab Director
Orthopedics II Seminar
Clinical Skills Lab Assistant – Advanced Therapy
Clinical Issues Seminar Guest Lecture – Advanced Therapy

Year 3 – Spring

Independent Study