

TROY RICHARD GARRETT

Division of Athletic Training
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EDUCATION

Doctorate of Education, Rehabilitative Studies, University of Northern Iowa, Cedar Falls, Iowa. December 17, 2016
Research Interests: Graston Technique, Undergraduate Athletic Training Education.
Dissertation: "A Follow-Up of Patient Reported Outcomes in Chronic Plantar Heel Pain Subjects Treated with Graston Technique: A Mixed Methods Approach."
Dissertation Chair: Dr. Peter J. Neibert. PhD

Master of Science, Health and Sport Sciences, University of Oklahoma, Norman, Oklahoma.
Area of Specialization: Health Promotion. May 9, 1998.

Bachelor of Science, Exercise Science, Truman State University, Kirksville, Missouri. Area of Specialization: Athletic Training. December 18, 1995.

EXPERIENCE

University of Northern Iowa, Cedar Falls, Iowa. Assistant Athletic Trainer/Instructor 2007-Present. Athletic Trainer for Track and Field 2007-2009, Wrestling 2009-Present

Wilmington College, Wilmington, Ohio. Assistant Athletic Trainer/Instructor 2005-2007
Athletic Trainer for Division III Cross Country Nationals (2006), Women's Soccer, Softball, & Men's Basketball

Good Samaritan Hospital, Cincinnati, Ohio. Athletic Trainer 2004-2005
Outpatient Physical Therapy Outreach ATC to Cincinnati State Technical and Community College-Basketball, Soccer, and Golf.

Truman State University, Kirksville, Missouri. Assistant Athletic Trainer/Instructor 2000-2004
Athletic Trainer for Football and Men's Basketball, Insurance Coordinator.

Southeastern Oklahoma State University, Durant, Oklahoma. Athletic Trainer/Instructor 1998-2000
Athletic Trainer for all aspects of sports medicine, with nine varsity sports.

University of Oklahoma, Norman, Oklahoma, Graduate Assistant Athletic Trainer 1996-1998
Athletic Trainer for Women's Gymnastics, Football, and Tennis.

PUBLICATIONS

Hecimovich, M., King, D., & Garrett, T. *Accelerometric Analysis of Head Impacts in Amateur Wrestling: An Exploratory Analysis*, **International Journal of Wrestling Science**, 6:2, 117-126, 2016. DOI: 10.1080/21615667.2017.1315842

Garrett, T.R. & Neibert, P.J. *The Effectiveness of a Gastrocnemius-Soleus Stretching Program as a Therapeutic Treatment of Plantar Fasciitis*, **Journal of Sport Rehabilitation**, 22, 308-312, 2013.

COLLEGE TEACHING EXPERIENCE

University of Northern Iowa, Clinical Preceptor/Approved Clinical Instructor

42T:019 Prevention and Care Laboratory
42T:033 Emergency Care in Athletic Training-Lecture
42T:034 Emergency Care in Athletic Training Clinical Experience
42T:135 Upper Body Injury Assessment Clinical Experience
42T:138 Lower Body Injury Assessment Clinical Experience
42T:140 Athletic Training Practicum
42T:158 Therapeutic Exercise Clinical Experience
AT 3000 Athletic Training Clinical Integration
AT 3030 Acute Care in Athletic Training
AT 3031 Acute Care in Athletic Training Lab
HPELS 1030 Dimensions of Well-Being: Australian Rules Football Lab

Wilmington College, Approved Clinical Instructor

HPE 193 Emergency Care in Athletic Training

Truman State University, Approved Clinical Instructor

ES 280: Principles of Athletic Training
ES 290: Athletic Training Practicum: Equipment Intensive
ES 291: Athletic Training Practicum: Upper Extremity
ES 431: Injury Care for Active People
ES 435: Athletic Training Room Management
ES 436: Athletic Injury Evaluation
HLTH 195: Lifetime Health and Fitness

Southeastern Oklahoma State University

HPER 4802: Care and Prevention of Athletic Injuries

PRESENTATIONS

Garrett, T. (March 11, 2017) *Helmet and Shoulder Pad Removal for Football, a Paradigm Shift*. Winter Education, Covenant Hospital EMS Services, Waterloo, IA.

Garrett, T. (June 27, 2014) *Effect of Graston Technique® as a Treatment for Patients with Chronic Plantar Fasciitis: A Randomized Controlled Trial*. NATA 65th Clinical Symposia and AT Expo, Open Communication, Indianapolis, IN.

Garrett, T. (August 25, 2012) *Emergency Care of Cervical Spine Injuries*, EMS refresher course, North Keokuk County Fire Department, South English, IA.

Garrett, T. (January 5, 2002) *Rehabilitation of Patello-Femoral Injuries*, Emporia State University Sports Medicine Seminar, Emporia, Kansas.

Garrett, T. (October 8, 1998) *How to Evaluate and Treat those Upper Body Owies*, Oklahoma Association for Health, Physical Education, Recreation, and Dance, State Convention, Oklahoma City, Oklahoma.

Garrett, T. (October 9, 1998) *How to Evaluate and Treat those Lower Body Owies*, Oklahoma Association for Health, Physical Education, Recreation, and Dance, State Convention, Oklahoma City, Oklahoma.

Garrett, T. & Wahnee, J. (October 9, 1998) *Rehab on a Budget*, Oklahoma Association for Health, Physical Education, Recreation, and Dance, State Convention, Oklahoma City, Oklahoma.

HONORS AND AWARDS

Approved Clinical Instructor of the Year- University of Northern Iowa, May 2010
Athletic Training Service Appreciation- Wilmington College 2005-2007

PROFESSIONAL DEVELOPMENT

NATA Certified Athletic Trainer- February 4, 1996
Board of Athletic Training, State of Iowa License 000635
Emergency Medical Technician, July 2008, Iowa License B-07-336-04
Graston Technique- Module 1: July 14, 2008, Module 2: April 18, 2010
Certified Pool and Spa Operator-December 2007
Emergency Care and Safety Institute – Instructor- Health Care Provider CPR
National Weather Service Trained Spotter – BH1019, April 2017

Affiliations

National Athletic Trainers' Association
Mid-America Athletic Trainers' Association
Iowa Athletic Trainers' Society

REFERENCES

Michelle Boyd, MS, ATC Head Athletic Trainer, Truman State University, 100 E Normal St.,
Kirksville, MO 63501 660-785-7364, email: mboyd@truman.edu.

Jennifer Walker, MA, ATC AT Clinical Coordinator, Wilmington College, 1870 Quaker Way,
Wilmington, OH, 45177 937-481-2393, email: Jennifer.Walker@wilmington.edu

Dr. Peter Neibert, Ph.D., ATC Assistant Professor, University of Northern Iowa, Human
Performance Center 003D, Cedar Falls, IA 50614-0244 319-273-6447
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