



Johnny G Owens, MPT
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PROFILE

Highly motivated Physical Therapist specializing in limb salvage and sports medicine rehabilitation and research. Proven track record of clinical research in the rehabilitation of service members who have suffered blast trauma. Successfully developed multiple rehabilitative and sports performance programs in the military and civilian sector. Excellent interpersonal skills with the ability to develop key relationships. Consultant to professional sports teams, healthcare systems and university athletic programs.

CAREER HISTORY

Owens Recovery Science, INC

2015-Present

San Antonio, TX

Director of Clinical Education and Research

CEO of a medical research, education and device distribution corporation ranked in the INC 200 fastest growing companies in America.

The Center for the Intrepid

2004-2015

San Antonio Military Medical Center

Physical Therapist/Chief, Human Performance Optimization

Chief of Human Performance Optimization at a state-of-the-art DOD rehabilitation facility, the Center for the Intrepid. Rehabilitation specialist of patients involved in high energy lower extremity trauma and sports injuries. Creator of the Return to Run Clinical Pathway. Established and instituted the CFI Optimum Performance Program, CFI Sports Nutrition and the development of the CFI POWER program. Clinical instructor for US Army Baylor Doctoral Physical Therapy interns, Adjunct Professor at the Army Baylor Doctor of Physical Therapy program and guest lecturer for The University of Texas at San Antonio Health Science Center. Active trauma, regenerative medicine and sports medicine clinical researcher, program developer and national presenter.

The Preventive Medicine and Rehabilitation Centers

2002-2004

San Antonio, TX

Physical Therapist/Clinic Owner

Business partner/owner of two outpatient Physical Therapy clinics. Duties included clinic management, staff supervision, direct patient care, policy and procedure development, and new program establishment. Extensive use of MedX testing and training equipment including rehabilitation of patients utilizing aggressive rehabilitation following regenerative medicine procedures.

The Rehabilitation Institute of New Orleans,

2001-2002

Metairie, LA

Physical Therapist/Clinic Manager

Clinic manager of an actively growing and expanding outpatient sports medicine rehabilitation center. Gained approval for expansion into a significantly larger facility within six months of employment and

additionally received appropriation of \$100,000 capitol towards new equipment. Collaborated with architects, brokers and administration to locate design and develop the updated facility. Duties included clinic management, supervising and staffing Physical, Occupational and Speech Therapists, direct patient care, monthly outcome studies of patient care with implementation of performance improvement procedures and budgetary/productivity responsibilities.

Center for Performance

1998-2001

Texas City, TX

Physical Therapist

Performed direct patient care along with development of a new sports medicine program at an outpatient orthopedic facility. Program consisted of care for local college and high school athletes, presentations to the community on sports related injuries and performance testing with high-level training for athletes. Established weekly journal reviews, clinical research in association with The University of Texas Medical Branch and sports medicine protocol development.

EDUCATION

University of Texas Medical Branch, Galveston, TX.

1996-1998

- **Masters in Physical Therapy**
- **Masters Research:** *A Comparison of Physiological Responses to Synchronous vs. Asynchronous and Clockwise vs. Counterclockwise Upper Extremity Ergometry.*

University of Texas Medical Branch, Galveston, TX.

1994-1996

- **BS in Health Care Sciences,**

The University of Texas, Austin, TX.

1992-1994

Texas Tech University, Lubbock, TX

1989-1991

PUBLICATIONS

Book Chapters:

Sports Medicine and Rehabilitation a Sports-Specific Approach. Bushbacher, R., Prahlow, N., Shashank, D. *Injuries in Soccer.* Grossart, E., Owens, J., Oct 2008. Lippincott Williams and Wilkins.

American Academy of Orthopedic Surgeons. Post-Operative Orthopedic Rehabilitation. Green, A, Hayda, R. *Ankle and Pilon Fractures.* Owens, J, Kirk, K. July 2017. Wolters Kluwer.

Blood Flow Restriction Training: Current and Future Applications for the Rehabilitation of Musculoskeletal Injuries. Editors: Mason, J., Owens, J., Brown, W. June 2018. Wolters Kluwer

Return to Sport After ACL Reconstruction and Other Knee Operations. Noyes, F., Barber-Westin, S. *Early Post-operative Role of Blood Flow Restriction Therapy to Avoid Muscle Atrophy.* Patterson, S., Hughes, L., Owens, J. November 2019. Springer.

Knee Arthroscopy and Knee Preservation Surgery. Editors: Owens, J., Serringer, B. In-press. Springer.

Orthopaedic Physical Therapy: Secrets. Owens, Johnny, Patterson, S. 2024. Elsevier.

Foundations of Orthopaedic Physical Therapy. Blood Flow Restriction Training: Implications for Orthopaedic Physical Therapy. Weatherholt, A. VanWye, R. Owens, J. 2024. SLACK.

Publications:

Owens, J. Physical Therapy of the Patient with Foot and ankle Injuries Sustained in Combat. *Foot and Ankle Clinics*. March 2010.

Mase, V, Hsu, J, Wolf, S, Wenke, J, Baer, D, Owens, J, Badylak, S, Walters, T. Clinical Application of an ACellular Biologic Scaffold for Surgical Repair of a Large, Traumatic Muscle Defect of the Quadriceps Femoris Muscle: A Case Report. *Orthopedics*. July 2010. *Presented Podium: 13th Annual Hilton Head Workshop, Regenerative Medicine, 2009.*

Jeanne C. Patzkowski, MD, Ryan V. Blanck, CPO, Johnny G. Owens, MPT, Jason M. Wilken, PhD, MPT, James A. Blair, MD, and Joseph R. Hsu, MD. Can an Ankle-Foot Orthosis Change Hearts and Minds? *Journal of Surgical Orthopaedic Advances*. Vol 20, #1, Spring 2011.

Johnny G. Owens, MPT, James A. Blair, MD, Jeanne C. Patzkowski, MD, Ryan V. Blanck, CPO, and Joseph R. Hsu, MD. Return to Running and Sports Participation after Limb Salvage. *Journal of Trauma*. Vol 71, 1 July Supplement 2011.

Jeanne C Patzkowski, Ryan V Blanck, Johnny G Owens, Jason M Wilken, Kevin L Kirk, Joseph C Wenke, Joseph R Hsu and the Skeletal Trauma Research Consortium (STReC). Comparative Effect of Orthosis Design on Functional Performance. *Journal of Bone and Joint Surgery*. 2012 Mar 21;94(6):507-15. doi: 10.2106/JBJS.K.00254. Presented Poster: OTA 2011

Patzkowski JC, Owens JG, Blanck RV, Kirk KL, Hsu JR; Skeletal Trauma Research Consortium (STReC). Deployment After Limb Salvage for High-Energy Lower Extremity Trauma. *J Trauma Acute Care Surg*. 2012 Aug;73(2 Suppl 1):S112-5. Presented Podium: SOMOS 2011

Patzkowski JC, Owens JG, Blanck RV, Kirk KL, Hsu JR; Skeletal Trauma Research Consortium. Management of Posttraumatic Osteoarthritis with an Integrated Orthotic and Rehabilitation Initiative. *J Am Acad Orthop Surg*. 2012;20 Suppl 1:S48-53. doi: 10.5435/JAAOS-20-08-S48. Presented Podium: SOMOS 2011

Blair, J; Owens, J; Saucedo, J; Hsu, J. Functional rehabilitation with a foot plate modification for circular external fixation. *Foot and Ankle International*. 34(6):890-897, June 2013. Presented Podium: LLRS 2010. Presented Podium: SOMOS 2011

Owens, JG; Hsu JR; Blanck RV. Wounded Warriors: Dedicated Professionals Give the Injured Another Chance to Serve. *Journal of Bone and Joint Surgery-Journal of Orthopaedic Sports Physical Therapy Special Report: It Takes a Team*. 2013 March

Bedigrew, Katherine M., Jeanne C. Patzkowski, Jason M. Wilken, Johnny G. Owens, Ryan V. Blanck, Daniel J. Stinner, Kevin L. Kirk, Joseph R. Hsu, and Skeletal Trauma Research Consortium (STReC). 2014. "Can an Integrated Orthotic and Rehabilitation Program Decrease Pain and Improve Function after Lower Extremity Trauma?" *Clinical Orthopaedics and Related Research* 472 (10): 3017–25.

Blair, James A., Jeanne C. Patzkowski, Ryan V. Blanck, Johnny G. Owens, Joseph R. Hsu, and Skeletal Trauma Research Consortium (STReC). 2014. "Return to Duty after Integrated Orthotic and Rehabilitation Initiative." *Journal of Orthopaedic Trauma* 28 (4): e70–74.

Hylden, C; Burns, T; Stinner, D; Owens, J. Blood Flow Strengthening as a Rehabilitation Modality: A Case series. *J Spec Oper Med*. 2015 Spring;15(1):50-6.

Garg, K; Ward, C; Hartgen, B; Wilken, J; Stinner, D; Wenke, J; Owens, J; Corona, B. Volumetric muscle loss: persistent functional deficits beyond frank loss of tissue. *J Orthop Res*. 2015 Jan;33(1):40-6. doi: 10.1002/jor.22730. Epub 2014 Sep 18.

Corona, Benjamin T., Jessica C. Rivera, Johnny G. Owens, Joseph C. Wenke, and Christopher R. Rathbone. 2015. "Volumetric Muscle Loss Leads to Permanent Disability Following Extremity Trauma." *Journal of Rehabilitation Research and Development* 52 (7): 785–92.

Sheean AJ, Owens J, Suttles S, Crossland BW, Stinner DJ. Return to duty after severe bilateral lower extremity trauma. *J Spec Oper Med*. 2015 Spring;15(1):1-6.

Crowell, Michael S., Gail D. Deyle, Johnny Owens, and Norman W. Gill. 2016. "Manual Physical Therapy Combined with High-Intensity Functional Rehabilitation for Severe Lower Extremity Musculoskeletal Injuries: A Case Series." *The Journal of Manual & Manipulative Therapy* 24 (1): 34–44.

Ortiz D; Owens JG; Hsu JR; Pyo J; Deben S; Blanck RV; Dromsky DM. Collaborative Establishment of an Integrated Orthotic and Rehabilitation Pathway. *Jr of Surgical Orth Advances* 24.3 (2014): 155-158.

Russell Esposito, Elizabeth, Harmony S. Choi, Johnny G. Owens, Ryan V. Blanck, and Jason M. Wilken. 2015. "Biomechanical Response to Ankle-Foot Orthosis Stiffness during Running." *Clinical Biomechanics* 30 (10): 1125–32.

Sheean, Andrew J., David J. Tennent, Johnny G. Owens, Jason M. Wilken, Joseph R. Hsu, Daniel J. Stinner, and Skeletal Trauma Research Consortium (STReC). 2016. "Effect of Custom Orthosis and Rehabilitation Program on Outcomes Following Ankle and Subtalar Fusions." *Foot & Ankle International. / American Orthopaedic Foot and Ankle Society [and] Swiss Foot and Ankle Society* 37 (11): 1205–10.

Blair, James A., Emmanuel D. Eisenstein, Sarah N. Pierrie, Wade Gordon, Johnny G. Owens, and Joseph R. Hsu. 2016. "Lower Extremity Limb Salvage: Lessons Learned From 14 Years at War." *Journal of Orthopaedic Trauma* 30 Suppl 3 (October): S11–15.

Tennent, David J., Christina M. Hylden, Anthony E. Johnson, Travis C. Burns, Jason M. Wilken, and Johnny G. Owens. 2017. "Blood Flow Restriction Training After Knee Arthroscopy: A Randomized Controlled Pilot Study." *Clinical Journal of Sport Medicine: Official Journal of the Canadian Academy of Sport Medicine* 27 (3): 245–52.

Lynch, Andrew D., et al. "Current Concepts and Controversies in Rehabilitation After Surgery for Multiple Ligament Knee Injury." *Current reviews in musculoskeletal medicine* 10.3 (2017): 328-345.

Hsu, Joseph R., Johnny G. Owens, Jennifer DeSanto, John R. Ferguson, Kevin M. Kuhn, Benjamin K. Potter, Daniel J. Stinner, et al. 2017. "Patient Response to an Integrated Orthotic and Rehabilitation Initiative for Traumatic Injuries: The PRIORITI-MTF Study." *Journal of Orthopaedic Trauma* 31 Suppl 1 (April): S56–62.

Faltus, John, Johnny Owens, and Corbin Hedt. n.d. "Theoretical Applications of Blood Flow Restriction Training in Managing Chronic Ankle Instability in the Basketball Athlete." *International Journal of Sports Physical Therapy*, 13(3), 552.

Wilken, Jason M., Catherine W. Roy, Scott W. Shaffer, Jeanne C. Patzkowski, Ryan V. Blanck, Johnny G. Owens, and Joseph R. Hsu. 2018. "Physical Performance Limitations Following Severe Lower Extremity Trauma in Military Service Members." *Journal of Orthopaedic Trauma*, January.

Tennent, David J., Travis C. Burns, Anthony E. Johnson, Johnny G. Owens, and Christina M. Hylden. 2018. "Blood Flow Restriction Training for Postoperative Lower-Extremity Weakness: A Report of Three Cases." *Current Sports Medicine Reports* 17 (4): 119–22.

McEwen, James A., Johnny G. Owens, and Jeswin Jeyasurya. 2018. "Why Is It Crucial to Use Personalized Occlusion Pressures in Blood Flow Restriction (BFR) Rehabilitation?" *Journal of Medical and Biological Engineering*, April. <https://doi.org/10.1007/s40846-018-0397-7>.

Mattocks, Kevin T., Matthew B. Jessee, J. Grant Mouser, Scott J. Dankel, Samuel L. Buckner, Zachary W. Bell, Johnny G. Owens, Takashi Abe, and Jeremy P. Loenneke. 2018. "The Application of Blood Flow Restriction: Lessons From the Laboratory." *Current Sports Medicine Reports* 17 (4): 129–34.

Yow, Bobby G., David J. Tennent, Thomas C. Dowd, Jeremy P. Loenneke, and Johnny G. Owens. 2018. "Blood Flow Restriction Training After Achilles Tendon Rupture." *The Journal of Foot and Ankle Surgery: Official Publication of the American College of Foot and Ankle Surgeons*, February. <https://doi.org/10.1053/j.jfas.2017.11.008>.

Wong, M. L., Formiga, M. F., Owens, J., Asken, T., & Cahalin, L. P. (2018). Safety of blood flow restricted exercise in hypertension: a meta-analysis and systematic review with potential applications in orthopedic care. *Techniques in Orthopaedics*, 33(2), 80-88.

Potter, Benjamin K., Robert G. Sheu, Daniel Stinner, John Ferguson, Joseph R. Hsu, Kevin Kuhn, Johnny G. Owens, et al. 2018. "Multisite Evaluation of a Custom Energy-Storing Carbon Fiber Orthosis for Patients with Residual Disability After Lower-Limb Trauma." *The Journal of Bone and Joint Surgery. American Volume* 100 (20): 1781–89.

Weatherholt, Alyssa M., William R. Vanwye, Jackie Lohmann, and Johnny G. Owens. 2019. "The Effect of Cuff Width for Determining Limb Occlusion Pressure: A Comparison of Blood Flow Restriction Devices." *International Journal of Exercise Science* 12 (3): 136–43.

Patterson, Stephen, Luke Hughes, Stuart Warmington, Jamie Burr, Brendan Scott, Johnny Owens, Takashi Abe, et al. 2019. "BLOOD FLOW RESTRICTION EXERCISE POSITION STAND: Considerations of Methodology, Application and Safety." *Frontiers in Physiology* 10: 533.

Owens, Johnny G., Michelle R. Rauzi, Andrew Kittelson, Jeremy Graber, Michael J. Bade, Julia Johnson, and Dustin Nabhan. 2020. "How New Technology Is Improving Physical Therapy." *Current Reviews in Musculoskeletal Medicine*, March. <https://doi.org/10.1007/s12178-020-09610-6>.

Anderson, Ashley B., Johnny G. Owens, Stephen D. Patterson, Jonathan F. Dickens, and Lance E. LeClere. 2019. "Blood Flow Restriction Therapy: From Development to Applications." *Sports Medicine and Arthroscopy Review* 27 (3): 119–23.

Formiga, Magno F., Rebekah Fay, Savannah Hutchinson, Nicholas Locandro, Angel Ceballos, Alexandra Lesh, Joel Buscheck, Jacy Meanor, Johnny G. Owens, and Lawrence P. Cahalin. 2020. "Effect of Aerobic Exercise Training with and without Blood Flow Restriction on Aerobic Capacity in

Healthy Young Adults: A Systematic Review with Meta-Analysis.” *International Journal of Sports Physical Therapy* 15 (2): 175–87.

Cahalin, Lawrence P., Magno F. Formiga, Johnny Owens, Brady Anderson, and Luke Hughes. 2022. “Beneficial Role of Blood Flow Restriction Exercise in Heart Disease and Heart Failure Using the Muscle Hypothesis of Chronic Heart Failure and a Growing Literature.” *Frontiers in Physiology* 13 (July): 924557.

Mañago, Mark M., Kyle Kimbrell, Emily R. Hager, Hannah Dwight, Johnny Owens, and Michael Bade. 2022. “Clinical Use of Blood Flow Restriction in People with Neurologic Conditions: A Cross-Sectional Survey.” *Journal of Physical Therapy Science* 34 (4): 275–83.

Cahalin, Lawrence P., Magno F. Formiga, Johnny Owens, and Brian M. Osman. 2022. “A Meta-Analysis of Remote Ischemic Preconditioning in Lung Surgery and Its Potential Role in COVID-19.” *Physiotherapy Canada. Physiotherapie Canada*, February, e20210031.

Cognetti, Daniel J., Andrew J. Sheean, and Johnny G. Owens. 2022. “Blood Flow Restriction Therapy and Its Use for Rehabilitation and Return to Sport: Physiology, Application, and Guidelines for Implementation.” *Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology: SMARTT* 4 (1): e71–76.

Cahalin, L. P., Formiga, M. F., Anderson, B., Cipriano, G., Jr, Hernandez, E. D., Owens, J., & Hughes, L. (2022). A call to action for blood flow restriction training in older adults with or susceptible to sarcopenia: A systematic review and meta-analysis. *Frontiers in Physiology*, 13, 924614.

VanWye, William R., Alyssa M. Weatherholt, Lee J. Winchester, Johnny G. Owens, and Micah Spears. 2023. “Cardiovascular Responses during Light-Intensity Aerobic Exercise with Varying Levels of Limb Occlusion Pressures.” *International Journal of Exercise Science* 16 (2): 676–87.

Bielitzki, R., Behrens, M., Behrendt, T., Franz, A., Centner, C., Hughes, L., Patterson, S. D., Owens, J., Behringer, M., & Schega, L. (2024). The discrepancy between external and internal load/intensity during blood flow restriction exercise: Understanding blood flow restriction pressure as modulating factor. *Sports Medicine - Open*, 10(1), 95.

Research Funding

Current: 09/03/2021-09/29/2025

\$1,233,099

Funding: CDMRP PRORP- W81XWH-20-PRORP-CTA

Title: Blood Flow Restriction Therapy for the Post-Operative Rehabilitation of Anterior Cruciate Ligament Reconstruction with Quadriceps Tendon Autograft: A Randomized, Controlled Trial

Summary: This study will use functional muscle strength testing and magnetic resonance imaging (MRI) to assess the utility of a novel post-operative physical therapy regimen, which has the potential to expedite return-to-duty and maximize medical readiness following ACLR.

Current: 09/30/2015 – 09/29/2023 (completed)

\$3,800,000

Funding Source: CDMRP, PRORP

Title: REPAIR: Rehabilitation Enhancement by Partial Arterial Inflow Restriction

Summary: Multi-center randomized prospective trial to assess the return of muscle strength and size after femur fractures in patients who implement a blood flow restricted training modality to a standard rehabilitation program.

Past 03/30/2014-03/30/2016 (results published)

\$215,000

Funding source: AMMTI, TATRC

Title: The use of blood flow restricted training to enhance outcomes in patients after arthroscopic knee surgery.

Summary: Utilization of a unique and novel strength training modality (blood flow restriction) to enhance patient outcomes.

Past 04/30/2010-04/29/2014 (results published)

\$2,794,581

Funding source: Combat Casualty Care Research Program Competitive intramural funding, DOD

Title: Skeletal Trauma Research Consortium (STReC) 2

Summary: This project is a comprehensive translational research program building on practice-changing work accomplished and published by the Skeletal Trauma Research Consortium (STReC) during its first funding cycle. A series of hypotheses, rather than a single hypothesis, will be tested. This effort provides the people needed to conduct clinical studies, both prospective and retrospective, in the Department of Orthopaedics and Rehabilitation at Brooke Army Medical Center. These studies are focused on describing the clinical issues, reducing complications, and increasing the return to duty rate, particularly for those who have undergone limb salvage.

Past 06/30/2014-04/18/2018 (results published)

\$2,500,100

Funding source: USAMRAA, TATRC

Title: PRIORITI Patient Response to an Integrated Orthotic and Rehabilitation Initiative for Traumatic Injuries.

Summary: The objective of this study is to examine the benefits (and cost-benefits) of an integrated orthotic and rehabilitation program for limb salvage patients that incorporates a dynamic exoskeleton with a rigorous physical therapy regimen designed for scalability in both civilian and military environments.

Past 06/2012-04/2014 (results published)

\$248,202

Funding Source: AMMTI, TATRC

Title: Real Time Bio-Feedback During Running Rehabilitation

Summary: Prospective trials utilizing a biofeedback treadmill system to re-train running mechanics and running symmetry after injury with specific emphasis on amputee and limb salvage populations.

Review/Other Activities

Section Editor Knee Arthroscopy and Knee Preservation Surgery (Elsevier)

Guest Editor Techniques in Orthopedics Special Edition on Blood Flow Restriction

Reviewer British Journal of Sports Medicine

Major Extremity Trauma Research Rehabilitation Steering Committee

Reviewer Sports Health: A Multi-disciplinary Approach

APTA Post-Acute Covid-19 Exercise & Rehabilitation (PACER) Project

(<https://www.aptacvp.org/pacer-project-post-acute-covid-exercise-rehabilitation->)

National and International Presentations

The Ability to Return to Running and Sports Participation after Limb Salvage. Annual Scientific Meeting of the Limb Lengthening and Reconstructive Society. New York, NY July 16-17th 2010.

The Ability to Return to Running and Sports Participation after Limb Salvage. A Case series. Society of Military Orthopaedic Surgeons 52nd Annual Conference. Vail, CO December 13-17th, 2010.

Strength Gains of Limb Salvage Patients with Use of an Energy–Storing Ankle Foot Orthosis and Comprehensive Rehabilitation Protocol CPT(p) Brendan D. Masini, MD, Johnny G. Owens, MPT, LTC Joseph R. Hsu, MD. Society of Military Orthopaedic Surgeons 52nd Annual Conference. Vail, CO December 13-17th, 2010.

Advanced Functional Rehabilitation after Limb Salvage. Society of Military Orthopaedic Surgeons 52nd Annual Conference. Vail, CO December 13-17th, 2010

Integrated High Intensity Therapy After Severe Lower Limb Trauma. Extremity War Injuries VI: Data-Driven Progress in Combat Casualty Care. Washington, DC. January 19-21, 2011

Advanced Limb Salvage Rehabilitation Utilizing the Intrepid Dynamic Exoskeletal Orthosis (IDEO). 37th Academy Annual Meeting and Scientific Symposium. Orlando, FL. March 16-19, 2011.

Rehabilitation of the Combat Casualty. 27th Annual Meeting of the Orthopedic Trauma Association. San Antonio, TX. October 12-15, 2011.

Rehabilitation of Volumetric Muscle Loss Utilizing a Biological Scaffold. 1st Annual Symposium on Regenerative Rehabilitation. Pittsburgh, PA. November 3-4, 2011.

Management of Post-traumatic Osteoarthritis with an Integrated Orthotic and Rehabilitation Initiative. Society of Military Orthopaedic Surgeons 53rd Annual Meeting. San Diego, CA. December 12-16, 2011.

Deployment After Limb Salvage for High Energy Lower Extremity Trauma. Society of Military Orthopaedic Surgeons 53rd Annual Meeting. San Diego, CA. December 12-16, 2011.

Comparative Effect of Orthosis Design on Functional Performance. Poster Presentation. Society of Military Orthopaedic Surgeons 53rd Annual Meeting. San Diego, CA. December 12-16, 2011.

Technological Advancements in Rehabilitation. American Physical Therapy Association Annual Conference and Exposition. Tampa, FL. June 6-9, 2012.

Advanced Rehabilitation of the Service Member Suffering High Energy Lower Extremity Trauma. Army Baylor Physical Therapy Department Kersey Course. Ft Sam Houston, Tx. November 3-10, 2012.

Return to Duty After Integrated Orthotic and Rehabilitation Initiative. Blair, J; Patzkowski, J; Blanck, R; Owens, J; Hsu, J. Society of Military Orthopaedic Surgeons 54th Annual Meeting. Naples, FL. December 10-14, 2012.

Comparison of gait analysis in three patients after limb salvage with IDEO and post-transfemoral amputation with prosthetic. Bellamy, J; Wilken, J; Blanck, R; Owens, J; Ficke, J; Hsu, J; STRcC. Podium Presentation: Society of Military Orthopaedic Surgeons 54th Annual Meeting. Naples, FL. December 10-14, 2012.

Return to Duty of Special Operations Command Personnel after Limb Salvage for High Energy Lower Extremity Trauma. Patzkowski, J; Owens, J; Blanck, R; Hsu, J; STReC. Podium Presentation: Society of Military Orthopaedic Surgeons 54th Annual Meeting. Naples, Fl. December 10-14, 2012. Podium Presentation: Orthopaedic Trauma Association Annual Conference. Minneapolis, MN. October 4-6, 2012.

Collaborative Establishment of an Integrated Orthotic and Rehabilitation Pathway. Ortiz, D; Blair, J; Dromsky, D; Pyo, J; Deben, M; Owens, J; Blanck, R; Hsu, J; STReC. Podium Presentation: Society of Military Orthopaedic Surgeons 54th Annual Meeting. Naples, Fl. December 10-14, 2012.

The Return to Run Clinical Pathway. American Physical Therapy Association Combined Sections Meeting. San Diego, CA. January 22-24, 2013.

Return to Duty After Integrated Orthotic and Rehabilitation Initiative. Blair, J; Patzkowski, J; Blanck, R; Owens, J; Hsu, J. Limb Lengthening and Reconstruction Society 23rd Annual Conference. New York, NY. July 19-20, 2013.

Update on the Rehabilitation of Service Members after High Energy Lower Extremity Trauma. USAF Advanced Physical Therapy Course (OZO). July 27, 2013. San Antonio, Tx.

Limb Salvage Considerations. Burn and Multiple Trauma Course. August 19-23, 2013. Ft Sam Houston, TX.

The Surgeon Generals Triad: "Exercise". MEDCOM Command Lecture and Teleconference. September 19, 2013. Ft Sam Houston, TX.

Advanced Rehabilitation of the Service Member Suffering High Energy Lower Extremity Trauma. Army Baylor Physical Therapy Department Kersey Course. Ft Sam Houston, Tx. November 3-9, 2013.

Improving Outcomes for Patients with Lower Limb Trauma. 39th Academy Annual Meeting and Scientific Symposium (American Academy of Orthotists and Prosthetists) Orlando, FL. February 20-23, 2013.

Integrated Orthotic and Rehabilitation Initiative Results in Rapid Improvement. Society of Military Orthopaedic Surgeons 55th Annual Meeting. Vail, CO. December 9-13, 2013. *Founders Award Winner, best paper at SOMOS.*

Maximizing Function in Injured Service Members with Extremity Trauma. American Physical Therapy Association Combined Sections Meeting. February 3-6, 2014. Las Vegas, NV.

Optimizing Physical Therapy Patient Outcomes and Function Utilizing Blood Flow Restriction Training. Major Extremity Trauma Research (METRC) Steering Committee. February 10-11, 2014. Washington, DC.

Integrated Orthotic and Rehabilitation Initiative Results in Rapid Improvement. American Academy of Orthopaedic Surgeons 55th Annual Meeting. March 11-15, New Orleans, LA.

The IDEO and the Return to Run Clinical Pathway. DoD-VA Extremity Trauma and Amputation Center of Excellence (EACE). April 16, 2014. Ft Sam Houston, TX.

Blood Flow Restricted Training as a Rehabilitation Modality: A Case Series. Military Health System Research Symposium (MHSRS). August 18-21, 2014. Bethesda, MD.

Blood Flow Restricted Training as a Rehabilitation Modality: A Case Series. Association of Military Surgeons of the United States Annual Continuing Education Annual Meeting. December 2-5, 2014. Washington, DC.

Volumetric Muscle Loss Contributes to Permanent Disability Following Extremity Trauma. Society of Orthopaedic Military Surgeons 56th Annual Meeting. December 15-19, 2014. Scottsdale, AZ.

Advanced Rehabilitation and Technology for Enhancing Function. Combined Sections Meeting. February 4-7, 2015. Indianapolis, IN.

Blood Flow Restriction Training: A Novel Rehabilitation Modality. NFL Physicians Society Annual Scientific Meeting: NFL Combine. February 18-21, 2015. Indianapolis, IN

How an Integrated Orthosis and Rehabilitation Initiative has Improved Outcomes for Lower Extremity Limb Salvage Patients. Orthopedic Research Society Annual Meeting. March 28-31, 2015. Las Vegas, NV.

Regenerative Medicine Advancements for Soft Tissue and Bone. 1st Annual OPTIMIZE Conference: Arkansas Physical Therapy Association. September 26-27, 2015. Little Rock, AK.

The IDEO and Return to Run Program. 1st Annual OPTIMIZE Conference: Arkansas Physical Therapy Association. September 26-27, 2015. Little Rock, AK.

Blood Flow Restriction Rehabilitation. 1st Annual OPTIMIZE Conference: Arkansas Physical Therapy Association. September 26-27, 2015. Little Rock, AK.

Use of an Integrated Prosthetic and Rehabilitation Program to Maximize Service Members Function after Lower Extremity Trauma. AMSUS: Annual Continuing Education Meeting. December 1-4, 2015. San Antonio, TX.

Post-Operative Blood Flow Restriction Training Following Knee Arthroscopy: A Randomized Controlled Trial. 57th Annual Meeting SOMOS. December 7-11, 2015. St Petersburg, FL. (Presented by David Tennent, MD)

Use Of Partial Weight Bearing Treadmill For Early Rehabilitation Following Lower Extremity Trauma. 57th Annual Meeting SOMOS. December 7-11, 2015. St Petersburg, FL. (Presented by Aaron Barrow, MD)

A Custom Energy Storage And Delivery Dynamic AFO: Prescription Patterns Based On Injury Category. 57th Annual Meeting SOMOS. December 7-11, 2015. St Petersburg, FL. (Presented by Owen Hill, PhD)

Restoring Function After Limb Injury. Combined Sections Annual Meeting. February 17-20, 2016. Anaheim, CA.

Restricted Blood Flow. AOSSM: The Playbook for the NFL and Beyond. May 5-7, 2016. Denver, CO.

Blood Flow Restriction: Applying the Science to Sports Idols and Military Hero's. ACSM Annual Meeting. May 31-June 4, 2016. Boston, MA.

Blood Flow Restriction Training-Science and Application for Enhanced Neuromuscular Recovery. Sports Medicine Symposium of the Americas. July 15-17, 2016. Houston, TX.

Managing the Chaos: Rehab of Multiple Ligament Knee Injuries. Combined Sections Annual Meeting. February 15-18, 2017. San Antonio, TX.

Blood Flow Restriction: Applications for Rehabilitation and Performance in the MLB. PBATS Spring Symposium. February 4, 2017. Tampa, FL.

Blood Flow Restriction Rehabilitation: Instructional Course Lecture. May 8-13, 2017. AMSSM Annual Meeting: Medicine in Motion. San Diego, CA

What to Do When You Can't Load the Injury/Surgery: Blood Flow Restriction Rehabilitation. May 8-13, 2017. AMSSM Annual Meeting: Medicine in Motion. San Diego, CA

Blood Flow Restriction Rehabilitation. INOVA Capital City Sports Medicine Summit. May 12-13, 2017. Washington, DC.

Blood Flow Restriction Rehab for Sport and Trauma-Related Injury. NEXT: APTA Annual Conference and Expo. June 21-24, 2017. Boston, MA.

Blood Flow Restriction for the Athletic Trainer. Advanced Course Lecture: NATA 68th Clinical Symposia & AT Expo. June 26-29, 2017. Houston, TX.

Science and Clinical Application of Personalized Blood Flow Restriction. APTA Team Concepts Conference. November 30-Dec 1, 2017. Las Vegas, NV

Future of Blood Flow Restriction in Orthopedic Sports Medicine. Council on Sports Medicine Private Symposium. January 19-20, 2018. Palm Spring, FL

Can Blood Flow Restriction Rehabilitation Improve Cardiovascular Changes? APTA Combined Sections Meeting. February 20-24, 2018. New Orleans, LA.

Ankle-Foot Orthoses from Walking to Running: What You Really Need To Know. APTA Combines Sections Meeting. February 20-24, 2018. New Orleans, LA.

Blood Flow Restriction Therapy: Evidence and Outcomes. University of Texas Health Science Symposium Best Practices in Rehabilitation: The Knee. April 7, 2018. San Antonio, TX.

BFR Current Understanding of the Science. Sanford Sports Medicine Symposium. Friday, April 20, 2018. Sioux Falls, SD.

BFR Applications & Safety in Clinical Practice. Sanford Sports Medicine Symposium. Friday, April 20, 2018. Sioux Falls, SD.

BFR Rehabilitation for the Knee. Sanford Sports Medicine Symposium. Saturday, April 21, 2018. Sioux Falls, SD.

Blood Flow Restriction Rehabilitation: Mechanisms and Clinical Application. PAC12 Student Athlete Health and Wellness Initiative. May 12, 2018. Las Vegas, NV.

State of the Art of Blood Flow Restriction. Special Operations Medical Association Annual Conference. May 13-17, 2018. Charlotte, NC.

Personalized Blood Flow Restriction for Hockey Injuries. American Orthopedic Society of Sports Medicine NHL Hockey Symposium. August 17-19, 2018. Toronto, ON Canada

Personalized Blood Flow Restriction: From the Lab to the Clinic an Update on the State of the Science. Texas Physical Therapy Association Annual Conference. October 25-27, 2018. San Antonio, TX

Personalized Blood Flow Restriction: Clinical Applications and Certification: 38th Parallel Conference: 65th Medical Brigade. 11/02/2018. Seoul, South Korea.

Blood Flow Restriction Therapy: Where We are in 2019. AOSSM/OTA/SOMOS Extremity War Injuries Conference. January 21-23, 2019. Washington, D.C.

Blood Flow Restriction and Ischemic Preconditioning: State of the Science. APTA Combined Sections Meeting. January 24, 2019. Washington, D.C.

Blood Flow Restriction: Clinical Rehabilitation to Performance. California Athletic Trainers Association Annual Conference. February 22, 2019. Sacramento, CA.

Performance Enhancement Using Blood Flow Restriction Training: From Athletes to Older Adults with Sarcopenia. Academy of Orthopedic Physical Therapy Annual Orthopedic Meeting. April 6, 2019. Denver, CO.

Clinical Applications of Blood Flow Restriction Exercise: Lessons Learned from the Lab. Academy of Orthopedic Physical Therapy Annual Orthopedic Meeting. April 6, 2019. Denver, CO.

An Update on BFR in the NBA. NBATA Annual Combine Meeting. May 16, 2019. Chicago, IL.

Blood Flow Restriction: Try it This Works! AOSSM Annual Meeting. July 11-14, 2019. Boston, MA.

From Sports Stars to Sarcopenia: Blood Flow Restriction State of the Science. TPTA Annual Meeting. October 11-13, 2019. The Woodlands, TX

Blood Flow Restriction in Orthopedics. University of Texas Health Science Center Orthopaedic Grand Rounds. December 9, 2019. San Antonio, TX

Blood Flow Restriction Therapy: Where We are in 2020. AOSSM/OTA/SOMOS Extremity War Injuries Conference. January 21-23, 2020. Washington, D.C.

Blood Flow Restriction Training: Beyond Strength and Hypertrophy of Skeletal Muscle. APTA Combined Sections Meeting. February 15, 2020. Denver, CO.

Blood Flow Restriction therapy: State of the Science. University of Delaware 51st Annual Medical Aspects of Sports. February 29, 2020. Newark, DE.

Blood Flow Restriction: State of the Science in 2020. Steadman-Philippon Research Institute Grand Rounds. June 9, 2020. (Virtual)

Clinical use of Blood Flow Restriction. Where are we and where are we going? Evidence in Motion Align Virtual Conference. August 29, 2020.

Blood Flow Restriction for the Upper Extremity. Columbia Veterans Affairs The Movement System for the Upper Quarter Virtual Conference. September 18, 2020.

Blood Flow Restriction Rehabilitation. APTA Delaware Virtual Conference. November 7, 2020.

BFR Update and Current Concepts for the MLB Shoulder. Professional Baseball Physical Therapy Society Virtual Meetings. January 13, 2021. (Virtual)

Blood Flow Restriction: State of the Science in 2021. APTA Combined Sections Meeting. February 1, 2021 (Virtual)

Blood Flow Restriction for Stress Fractures. University of Arkansas Medical School 14th Annual Sports Medicine Symposium. March 20, 2021 (Virtual)

Blood Flow Restriction: Application for the Olympian from Rehab to Performance. USOPC Grand Round Lecture Series. April 8, 2021 (Virtual)

Blood Flow Restriction for Achilles Repairs. AOFAS Webinar Series. May 5, 2021 (Virtual)

Blood Flow Restriction State of the Science for the NBA 2021. NBATA Annual Combine Meeting. July 8, 2021 (Virtual)

Blood Flow Restriction Training. APTA Centennial Speaker Series. July 23-24, 2021 (Virtual)

Blood Flow Restriction Rehabilitation. Baylor College of Medicine Sports Medicine Symposium. July 30, 2021 Houston, TX.

Exercise with Blood Flow Restriction: An innovative Solution for Athletes, Patients, and Older Adults. American Academy of Sports Physical Therapy Annual Meeting & Scientific Conference. September 24, 2021. Indianapolis, IN.

Blood Flow Restriction Therapy for the Warrior Athlete: Where We are in 2021. Society of Military Orthopaedic Surgeons (SOMOS) 63rd Annual Meeting. December 14-17th, 2021. Squaw Creek, CA.

Blood Flow Restriction Rehabilitation: How we are doing it in the USA. Exposanita 22nd Annual International Health Care Conference. May 11-13, 2022. Bologna, Italy.

Personalized BFR – State of the Science 2022, Advancing Return to Play and Performance. Football-Medicine. Isokinetic Conference. June 4-5, 2022. Lyon, France.

Blood Flow Restriction Therapy: Where We are in 2022. AOSSM/OTA/SOMOS Extremity War Injuries Conference. August 15-16, 2022. Washington, D.C.

Blood Flow Restriction for Elite Human Performance. Air Forces Special Forces Advisory Board. February 6-8, 2023. Colorado Springs, CO.

It's Cuffing Season: BFR for the Upper Extremity Athlete. APTA Combined Sections Meeting. February 25, 2023. San Diego, CA.

Potential Role of Remote Ischemic Preconditioning and Blood Flow Restriction Training in the ICU. APTA Combined Sections Meeting. February 25, 2023. San Diego, CA.

Blood Flow Restriction for the Return of Function for the Soldier Athlete. Arthroscopy Association of North America Annual Meeting. May 4-6, 2023. New Orleans, LA.

Blood Flow Restriction for the Athlete: Maximize Recovery and Enhance Performance? 6th Annual HSS Professional Sports Medicine Conference. May 12, 2023. Citi Field, New York, NY.

From the Battlefield to Sports field: Lessons Learned from 14 Years of War. Southwest Research Institute International Performance Summit. July 20-21, 2023. San Antonio, TX.

A Comprehensive Approach to BFR after ACL Surgery. Medbridge ACL Summit. December 2, 2023. Virtual.

Potential Role of Blood Flow Restriction Training in Patients With Sarcopenia. Combined Sections Meeting. February 16, 2024. Boston, MA.

Relevant National Media

“Alex Smith Healed Enough to Walk Away” *Sports Illustrated*. April 22, 2021

“Washington Football Team’s Alex Smith Comeback from Nearly Losing His Leg” *60-Minutes*. January 18, 2021

“Why Celebs and Athletes are Embracing Blood Flow Restriction” *Men’s Health*. September 21, 2020

“ESPN E-60: Project 11-The Alex Smith Story” *ESPN*. May 1, 2020

“Innovation Boosts Recovery from Battlefield and Gridiron Injuries”. *Texas Medical Center News*. October 2018

“Could Blood Flow Restriction Training Help Injured Athletes Come Back Faster”? *Sports Illustrated*. September 2015

“The Medical Edge for a Former Number 1 Draft Pick” *Forbes*. July 2015

“Gators Using Advanced Military Technique to Rehab Injured Players” *Gatorzone*. 2015

“Houston Texans Using BFR Training” *ESPN*. February 2015.

“Tourniquet training to aid recovery of injured athletes” *ESPN*. October 2014

“How this Leg was Saved” *Time*. June 4, 2012

Featured Physical Therapist “Inspired to Act”: In Honor of National Physical Therapy Month. *Today in PT*. October 17, 2011.

“Life Changing Medicine” *Discovery Channel*. September 10, 2011.

“How to Build a Beating Heart” *National Geographic*. February 2011

“Growing Body Parts” *60 Minutes*. July 26, 2010.

“Miracle Cell” *PBS*. April 2004.