

***CURRICULUM VITAE***

**W. BEN KIBLER, M.D., FACSM**

1221 South Broadway  
Lexington, Kentucky 40504  
Office: (859) 258-8575

- BORN:** 09/29/46, Kingsport, Tennessee
- MARITAL STATUS:** Married, two sons
- COLLEGE:** Vanderbilt University, Nashville, Tennessee, 1968  
BA in Chemistry, magna cum laude  
Phi Beta Kappa  
All Southeastern Conference Baseball Team  
NCAA Post Graduate Scholarship
- MEDICAL SCHOOL:** Vanderbilt University, 1972  
Justin Potter Merit Scholarship
- INTERNSHIP:** Straight Surgery internship, Parkland Hospital, Dallas, Texas, 1972-1973
- RESIDENCY:** Orthopedic surgery residency, Vanderbilt University, 1974-1977
- SPECIAL TRAINING:**  
Fellowship at Neuromuscular Disease Research Center,  
Vanderbilt University, 1973-1974
- CERTIFICATION:** Board certified in Orthopedic Surgery, 1978
- LICENSURE:** Tennessee 1973  
Kentucky 1977
- UNIVERSITY APPOINTMENT:**  
Associate Clinical Professor, Departments of Family Practice and  
Physical Medicine, University of Kentucky Medical School
- HOSPITAL STAFF MEMBERSHIP:**  
St. Joseph Hospital, Lexington, Kentucky  
St. Joseph Hospital East, Lexington, Kentucky  
Cardinal Hill Rehabilitation Hospital, Lexington, Kentucky

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 2*

**ORGANIZATIONS:** Fellow - American Academy of Orthopedic Surgeons  
Member – American Orthopedic Association  
Kentucky Medical Association  
Lexington Medical Society  
Fellow - American College of Sports Medicine  
Member - American Orthopedic Society for Sports Medicine  
Member - Orthopedic Rehabilitation Association  
Founding Member - Society for Tennis Medicine and Science  
Associate Member - Arthroscopy Association of North America  
Member - American Shoulder and Elbow Surgeons  
Member – International Society of Arthroscopy, Knee Surgery, and Orthopedic Sports Medicine (ISAKOS)

## **ADMINISTRATIVE POSITIONS:**

**COMMITTEES:**

- Lexington Clinic
- Heads of Section, 1980-1989, 1998-Present
- Strategic Planning, 1998
- Medical Practices, 1999
- Kentucky Medical Association
- Medical Aspects of Sports, 1985-Present
- American College of Sports Medicine
- Continuing Medical Education, 1985-1989
- Publications Committee, 1989-1995
- Nominating Committee, 1989-1995, 1999-2001
- Program Committee, 1993-2001
- Strategic Planning Committee, 1996-2000, 2004-Present
- Medicine Task Force, 1997-Present
- Team Physician Consensus Conference Representative, 1999-Present
- American Orthopedic Society for Sports Medicine
- Council of Delegates, 1989-1996
- Peer Review Committee, 1990-1996
- Education Committee, 2001-Present
- Instructional Course Chair, 2003-2006
- Program Committee, 2003-2006
- Committee on Athletes with Disabilities, 2000-2002
- ABOS Sports Medicine Question Writing Task Force 2005-2006
- American Academy of Orthopedic Surgeons
- Committee on Evaluation, Sports Medicine Subcommittee, 1991-1997
- United States Tennis Association
- Sports Science Committee, 1989-Present
- United States Soccer Federation
- Sports Medicine Committee, 1990-1996
- Society of Tennis Medicine and Science
- Board of Directors, 1998-Present

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 3*

- American Shoulder and Elbow Surgeons
  - Program Committee, 1997, 2001
  - Membership Committee, 2000-Present
- ISAKOS
  - Upper Extremity Committee, 2003-Present, Deputy Chair, 2003-2004, Chair, 2004-Present
  - Program Committee 2004-Present

### **OFFICES HELD:**

- Head, Section of Orthopedics, Lexington Clinic, 1980-1989, 1998-Present
- Medical Director, Lexington Clinic Sports Medicine Center, 1983-Present
- President, Society for Tennis Medicine and Science, 1990-1998
- Vice President, American College of Sports Medicine, 1995-1998
- Board of Directors, American College of Sports Medicine, 1990-1996, 1997-2000
- Board of Directors, American College of Sports Medicine Foundation, 1998-2000
- Chair, Sports Medicine Subcommittee, United States Tennis Association, 1992-Present
- Chair, Strategic Planning Committee, Lexington Clinic, 1998
- Chair, Medical Practices Committee, Lexington Clinic, 1999

### **TEAM PHYSICIAN:**

Lexington Legends Baseball Team  
Transylvania University, Lexington, Kentucky  
Asbury College, Wilmore, Kentucky  
Union College, Barbourville, Kentucky  
Lexington Catholic High School, Lexington, Kentucky  
North Laurel High School, London, Kentucky  
South Laurel High School, London, Kentucky

### **ORTHOPEDIC CONSULTANT:**

Van der Meer Tennis Center, Hilton Head, South Carolina  
University of Kentucky Tennis Team  
Georgetown College, Georgetown, Kentucky  
Lexington Tennis Club, Lexington, Kentucky  
Association of Tennis Professionals, Jacksonville, Florida  
WTA Tour, St. Petersburg, Florida

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 4*

### **HONORS AND AWARDS:**

- Plagenhof Award for Sports Science, U.S. Professional Tennis Registry, February 1998
- Citation Award for contributions to Sports Medicine, American College of Sports Medicine, June 1998
- Vince Higgins Lectureship, Australian College of Sports Physicians, October 1998
- President's Lecture, American College of Sports Medicine, June 2002
- Best Doctors in the United States, 2004-2005, 2005-2006
- Keynote Speaker, American Shoulder and Elbow Therapists Meeting, May 2004
- Delegation Leader, People to People International Sports Medicine Exchange to New Zealand and Australia, September 2005

### **CURRENT RESEARCH:**

- Muscle Activation Patterns in the Hip and Trunk in Tennis Serve and Groundstrokes
- Patterns of Scapular Dyskinesia and Associated Muscle Activations
- Validation of Clinician's Evaluation of Scapular Dyskinesia
- The Effect of Bracing on Scapular Kinematics
- Clinical Examination Findings Associated with Superior Glenoid Labral Tears
- Kinematics, Kinetics, and Muscle Activation Patterns in the Scapula and Shoulder in the Tennis Serve
- Muscle Activation Patterns in Rehabilitation Exercises

### **PUBLICATIONS:**

#### **Editorial Positions:**

- Associate Editor, Medicine and Science in Sports and Exercise, 1994-1998
- Editorial Reviewer, American Journal of Sports Medicine
- Board of Editors, Physician and Sports Medicine
- Editorial Reviewer, Clinical Journal of Sport Medicine
- Editorial Reviewer, Journal of Shoulder and Elbow Surgery
- Editorial Reviewer, British Journal of Sports Medicine

#### **Papers:**

1. Kibler W Ben: "Skeletal Muscle Necrosis Secondary to Parathion," Toxicology and Applied Pharmacology, 25: 117-122, 1973.
2. Fenichel GM, Kibler W Ben: "Chronic Inhibition of Cholinesterase as a Cause of Myopathy," Neurology, 22: 1026-1033, 1972.

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 5*

3. Fenichel GM, Kibler W Ben: "The Effect of Immobilization and Exercise on Acetylcholine Mediated Myopathies," Neurology, 24: 1086-1090, 1974.
4. Moore Charles, Kibler W Ben: "Examination of Peripheral Joints," Primary Care, December 1978.
5. Kibler W Ben, McQueen C, Uhl T: "Fitness Evaluations and Fitness Findings in Competitive Junior Tennis Players," Clinics in Sports Medicine, April 1988.
6. Kibler WB, Chandler TJ, Uhl T, Maddox R: "A Musculoskeletal Approach to the Preparticipation Physical Examination.," American Journal of Sports Medicine, July 1989.
7. Chandler TJ, Kibler WB: "Flexibility Findings in Elite Tennis Players," American Journal of Sports Medicine, March 1990.
8. Kibler WB: "Concepts in Exercise Rehabilitation," Chapter 52, Sports Induced Soft Tissue Inflammation, AOSSM, June 1990.
9. Kibler WB: "Clinical Aspects of Muscle Injury," Medicine and Science in Sports and Exercise, August 1990.
10. Kibler WB, Chandler TJ, Goldberg C: "Functional Biomechanical Deficits in Runners with Plantar Fasciitis," American Journal of Sports Medicine, January 1991.
11. Kibler WB: "The Role of the Scapula in the Overhead Throwing Motion," Contemporary Orthopedics, May 1991.
12. Kibler WB, Chandler TJ, Stracener ES: "Musculoskeletal Adaptations and Injuries Due to Overtraining," in JO Hollowsay (ed.): Exercise and Sports Science Reviews, Vol. 20, 1992, pp. 99-126.
13. Chandler T Jeff, Kibler WB: "Strength, Power and Endurance in College Tennis Players," American Journal of Sports Medicine, 20:4, 455-458, June 1992.
14. Kibler WB, Chandler TJ, Pace BK: "Principles of Rehabilitation After Chronic Tendon Injuries," Clinics in Sports Medicine, 11: 3: 661-673, July 1992.
15. Kibler WB, Chandler TJ: "Musculoskeletal Adaptations and Injuries Associated with Intense Participation in Youth Sports," Chapter 7, Intensive Participation in Children's Sports, Human Kinetics 1993.

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 6*

16. Chandler TJ, Kibler WB: "A Biomechanical Approach to the Prevention, Treatment and Rehabilitation of Plantar Fasciitis," Sports Medicine, 15(5):344-352, May 1993.
17. Kibler WB: "Analysis of Sport as a Diagnostic Aid," The Shoulder, A Balance of Mobility and Stability, AAOS, 1993.
18. Kibler WB: "Injuries in Adolescent and Preadolescent Soccer Players," Med Sci Sports Exercise, 25(12):1330-1333, 1993.
19. Kibler WB, Chandler TJ: "Sport Specific Screening and Testing," Sports Injuries, Principles of Prevention and Care, Chapter 17, I.O.C. Encyclopedia of Sports Medicine, Blackwell, London, 1993.
20. Chandler TJ, Kibler WB: "Muscle Training in Injury Prevention," Sports Injuries, Principles of Prevention and Care, Chapter 19, I.O.C. Encyclopedia of Sports Medicine, Blackwell, London, 1993.
21. Kibler WB: "A Framework for Sports Medicine: Evaluation and Treatment," Physical Medicine Clinics of North America, 5:(1) 1-9, February 1994.
22. Kibler WB: "Physiology of Exercising Muscle," P. 3-5, "Clinical Implications of Exercise: Injury and Performance," P. 17-25. AAOS Instructional Course Lectures Vol. 43. AAOS, Chicago, 1994.
23. Kibler WB, Chandler TJ: "Racquet Sports," in Fu F, Stone D, (eds.): Sports Injuries: Mechanisms, Prevention, Treatment, Chapter 32, Williams and Wilkins, Baltimore, 1994.
24. Kibler WB, Chandler TJ: "Sports Specific Conditioning," American Journal of Sports Medicine, 22(3), 1994.
25. Kibler WB: "Clinical Biomechanics of the Elbow," Med Sci Sports Exercise, 26: 1203-1207, 1994.
26. Kibler WB, Chandler TJ, Rueter BH: "Advances in Conditioning," Orthopedic Knowledge Update - Sports Medicine, AAOS, Rosemont, IL, pp. 65-73, 1994.
27. Kibler WB: "Current Concepts of Shoulder Biomechanics: Pathology and Treatment," J. South Orthopedic Association, 3(3):232-243, 1994.
28. Kibler WB, Herring SA: "Formulating an Exercise Program," in Hunter-Griffin, L (ed.): Rehabilitation of the Injured Knee, pp. 81-85, Mosby, St. Louis, 1994.
29. Kibler WB, Chandler TJ: "Sports Specific Rehabilitation - Baseball and Tennis," in Hunter-Griffin, L (ed.): Rehabilitation of the Injured Knee, pp. 219-226, Mosby, St. Louis, 1994.
30. Kibler WB: "Biomechanical Analysis of the Shoulder During Tennis Activities," Clinics in Sports Medicine, 14(1):79-86, 1995.

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 7*

31. Kibler WB: "Pathophysiology of Overload Injuries Around the Elbow," Clinics in Sports Medicine, 14(2):447-457, 1995.
32. Kibler WB: "Exam of the Shoulder," in Pettrone FA (ed.): The Shoulder in the Overhead Athlete, McGraw-Hill, New York, 1995.
33. Kibler WB: "Specificity and Sensitivity of the Anterior Slide Test in Throwing Athletes with Superior Glenoid Labral Tears," Arthroscopy, 11(3):296-300, 1995.
34. Kibler WB: "Current Concepts of Shoulder Biomechanics for Tennis," Tennis: Sports Medicine and Science, pp. 59-72, Rau, Dusseldorf, Germany, 1995.
35. Kibler WB: "Current Concepts - Shoulder Rehabilitation," in Advances in Operative Orthopedics, Vol. 3, pp. 249-300, 1995.
36. Kibler WB: "The Preparticipation Exam," "Ergogenic Aids," "The Knee," "The Ankle and Foot," "A Framework for Rehabilitation," "Overtraining," in Kibler, WB (ed.): The ACSM's Handbook for the Team Physician, Williams and Wilkins, Baltimore, March 1996.
37. Richards D, Kibler WB: "Rehabilitation of the Shoulder, and Rehabilitation of the Injured Knee," in Sallis RE, Allen ME, Massimino F (eds) ACSM's Sports Medicine Review, Mosby, St. Louis, 1996, pp. 138-140, 210-212.
38. Kibler WB, Chandler TJ, Livingston B, Roetert EP: "Shoulder Rotation in Elite Tennis Players -Effect of Age and Tournament Play," American Journal of Sports Medicine 1996; 24(3):279-285.
39. Kibler WB, Naessens G: Preparticipation Physical Examination, in Garrett WE, Kirkendall DT, Contigulia SR (eds) The U.S. Soccer Sports Medicine Book, Williams & Wilkins, Baltimore, 1996, pp. 147-164.
40. Kibler WB, Livingston BP, McMullen J: Soccer Tournament Coverage, in Garrett WE, Kirkendall DT, Contigulia SR (eds) The U.S. Soccer Sports Medicine Book, Williams & Wilkins, Baltimore, 1996, pp. 165-174.
41. Kibler WB: Arthroscopic Findings in Ankle Ligament Reconstruction. Clin Sports Med 1996; 15(4):799-805.
42. Kibler WB, Garrett WE: Pathophysiologic Alterations in Shoulder Injury, AAOS Instructional Course Lectures Vol. 46, AAOS, Rosemont IL, 1997, pp. 3-6.
43. Kibler WB: Normal Shoulder Mechanics and Function. AAOS Instructional Course Lectures Vol. 46,

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 8*

AAOS, Rosemont IL, 1997, pp. 39-42.

44. Kibler WB, Livingston B, Chandler TJ: Shoulder Rehabilitation: Clinical Application, Evaluation, and Rehabilitation Protocols. AAOS Instructional Course Lectures Vol. 46, AAOS, Rosemont IL, 1997, pp. 43-52.
45. Kibler WB: Diagnosis, Treatment, and Rehabilitation Principles in Complete Tendon Ruptures in Sports. Scand J Med Sci Sports, 1997; 7:119-129.
46. Kibler WB: Rehabilitation of the Shoulder, in Norris TR (ed) Orthopedic Knowledge Update: Shoulder and Elbow, A.A.O.S., Rosemont, IL, 1997, pp. 289-300.
47. Kibler WB: The Role of the Scapula in Athletic Shoulder Function. Am J Sports Med 26:325-337, 1998.
48. Kibler WB: Shoulder Rehabilitation: Principles and Practice. Med Sci Sports Exerc 30(4) (supplement) 540-550, 1998.
49. Kibler WB: A Framework for Rehabilitation, Determining the Extent of the Functional Deficit, Rehabilitation of the Shoulder, Rehabilitation of the Elbow, Rehabilitation of the Wrist and Hand, Rehabilitation of the Ankle and Foot, in Kibler WB, Herring SA, Press JM (eds) Functional Rehabilitation of Sports and Musculoskeletal Injuries, Aspen, Gaithersburg, MD, 1998.
50. Kibler WB, Chandler TJ: Musculoskeletal and Orthopedic Considerations of Overtraining, in Kreider RB, Fry AC, O'Toole ML (eds) Overtraining in Sport, Human Kinetics, Champaign, IL, 1998, pp 169-190.
51. Kibler WB: Shoulder and Elbow Rehabilitation, in Arendt EA (ed) Orthopedic Knowledge Update Sports Medicine 2 AAOS, Rosemont IL, 1999, pp 237-249.
52. Burkhart SS, Morgan CD, Kibler WB: Shoulder Injuries in Overhead Athletes: The "Dead Arm" Revisited. Clin Sports Med 19:125-159, 2000.
53. Kibler WB: Superior Glenoid Labral Tears in the Shoulder. Sports Medicine Consult 1:1-6, 2000.
54. Kibler WB: The Kinetic Chain Concept, in Ellenbecker TS (ed) Knee Ligament Rehabilitation, Churchill Livingstone, New York, 2000, pp 301-307.
55. Kibler WB, Van Der Meer D: The Biomechanical Fundamentals, Commonalities, and Preferences of Tennis Strokes, in Haake SJ, Coe A (eds) Tennis Science and Technology, Blackwell, London, 2000, pp 355-361.
56. Kibler WB, Safran MR: Musculoskeletal Injuries in the Young Tennis Player. Clin Sports Med

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 9*

- 19:781-793, 2000.
57. Kibler WB: Evaluation and Diagnosis of Scapulothoracic Problems in the Athlete. Sports Med Arthroscopy Rev 8:192-202, 2000.
  58. Kibler WB: Closed Kinetic Chain Exercises in Sports Rehabilitation. Clin Phys Med 11:369-384, 2000.
  59. Kibler WB, McMullen J, Uhl TL: Shoulder Rehabilitation Strategies, Guidelines, and Practice. Op Tech Sports Med 8:258-267, 2000.
  60. Kibler WB: Scapular Disorders, in Garrett WE, Speer KP, Kirkendall DT (eds) Principles and Practice of Orthopedic Sports Medicine, Lippincott Williams and Wilkins, Philadelphia, 2000, pp 497-510.
  61. Kibler WB, Chandler TJ: Tennis, in Garrett WE, Kirkendall DT, Squires DL (eds) Principles and Practice of Primary Care Sports Medicine, Lippincott Williams and Wilkins, Philadelphia, 2001, pp 577-590.
  62. Kibler WB, Van Der Meer D: "Mastering the Kinetic Chain." In Roetert P, Groppe J (eds) World Class Tennis Technique, Human Kinetics, Champaign, IL, 2001, pp 99-114.
  63. Kibler WB, McMullen J, Uhl T: Shoulder Rehabilitation Strategies, Guidelines, and Practice. Ortho Clin North America 2001; 32:527-538.
  64. Kibler WB, Livingston B: Closed Chain Rehabilitation for Upper and Lower Extremities. J Am Acad Ortho Surg 2001; 9:412-421.
  65. Kibler WB. "Tennis," "Rehabilitation of Shoulder and Knee Instability in Female Athletes: Principles and Practice," in Garrett WE (ed) Women's Health in Sports and Exercise, AAOS, Rosemont, IL, 2001, pp 245-254, 265-278.
  66. Kibler WB, Uhl TL, Maddux JWQ, et al. Qualitative Clinical Evaluation of Scapular Dysfunction: A Reliability Study. J Should Elb Surg 2002; 11:550-556.
  67. Kibler WB. Pathophysiology of Tennis Injuries – An Overview, in Renstrom P(ed) I.O.C. Encyclopedia – Tennis, Blackwell, London, 2002, pp 147-154.
  68. Kibler WB. Rehabilitation Principles of Injuries in Tennis, in Renstrom P(ed) I.O.C. Encyclopedia – Tennis, Blackwell, London, 2002, pp 262-277.
  69. Kibler WB. Principles of Rehabilitation in Tennis Players, in Maquirriain J(ed) Medicina Deportiva Aplicada Al Tenis, Grafica Integral S.A., Buenos Aires 2002, pp 67-78.
  70. Kibler WB, van der Meer D. Mastering the Kinetic Chain, in Roetert P, Groppe J (eds) World Class

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 10*

- Tennis Technique, Human Kinetics, Champaign, IL, 2002, pp 99-114.
71. Kibler WB, McMullen J. Accelerated Shoulder Rehabilitation, in Norris TR (ed) Orthopedic Knowledge Update: Shoulder and Elbow, AAOS, Rosemont, IL, 2002, pp 403-410.
  72. Kibler WB. Soft Tissue Injuries, in Ireland ML, Nattiv A (eds) The Female Athlete, Saunders, Philadelphia, 2002, pp 347-352.
  73. Livingston BP, Chandler, TJ, Kibler WB, Safran MR. Racquet Sports, in Ireland ML, Nattiv A (eds) The Female Athlete, Saunders, Philadelphia, 2002, pp 683-694.
  74. Rubin B, Kibler WB. Fundamental Principles of Shoulder Rehabilitation: Conservative to Postoperative Management. Arthroscopy 2002; 18(supplement) 29-39.
  75. Kibler WB, Duerler K. Electrical Stimulation, in Delee J, Drez D, Miller M (eds) Orthopedic Sports Medicine, Saunders, Philadelphia, 2003, pp 349-351.
  76. Kibler WB, Duerler K. Application of Heat, in Delee J, Drez D, Miller M (eds) Orthopedic Sports Medicine, Saunders, Philadelphia, 2003, pp 356-358.
  77. Kibler WB, McMullen J. Scapular Dyskinesia and Its Relation to Shoulder Pain. J Am Acad Orthop Surg 2003; 11: 142-152.
  78. Kibler WB, Chandler TJ. Functional Rehabilitation and Return to Training and Competition, in Frontera WR (ed) Rehabilitation of Sports Injuries, Blackwell, London, 2003, pp 288-300.
  79. Kibler WB, McMullen J. Rehabilitation of Scapular Dyskinesia, in Brotzman SB, Wilk KE (eds) Clinical Orthopedic Rehabilitation 2<sup>nd</sup> Ed, Mosby, St. Louis, 2003, pp 244-250.
  80. Burkhart SS, Morgan CD, Kibler WB. Current Concepts: The Disabled Throwing Shoulder: Spectrum of Pathology Part I: Pathoanatomy and Biomechanics. Arthroscopy 2003, 19:404-420.
  81. Burkhart SS, Morgan CD, Kibler WB. Current Concepts: The Disabled Throwing Shoulder: Spectrum of Pathology Part II: Evaluation and Treatment of SLAP Lesions in Throwers. Arthroscopy 2003, 19: 531-559.
  82. Burkhart SS, Morgan CD, Kibler WB. Current Concepts: The Disabled Throwing Shoulder: Spectrum of Pathology Part III: The SICK Scapula, Scapular Dyskinesia, the Kinetic Chain, and Rehabilitation. Arthroscopy 2003, 19: 641-661.
  83. Kibler WB, Chandler TJ. Range of Motion in Junior Tennis Players Participating in an Injury Risk Modification Program. J Sci Med Sports 2003; 6:51-62.
  84. Kibler WB. Management of the Scapula in Glenohumeral Instability. Techniques Shoulder Elb Surg

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 11*

- 2003; 4:89-98.
85. Kibler WB. Rehabilitation of Rotator Cuff Tendinopathy. Clin Sports Med 2003; 22:837-848.
  86. Zeller BL, McCrory JL, Kibler WB, et al. Differences in Kinematics and EMG Activity Between Men and Women During the Single-legged Squat. Am J Sports Med 2003; 31:449-456.
  87. Kibler WB. Rehabilitation Following Operative Shoulder Arthroscopy, in Tibone JE, Savoie FH, Shaffer BS (eds) Shoulder Arthroscopy, Springer, New York, 2003, pp 217-230.
  88. Kibler WB, McMullen J. Scapulothoracic Problems in Overhead Athletes, in Krishnan SG, Hawkins RJ, Warren RF (eds) The Shoulder in the Overhead Athlete, Lippincott, Philadelphia, 2004, pp 222-235.
  89. Wise MB, Uhl, TL, Mattacola, CG, Nitz, AJ, Kibler, WB. Shoulder Musculature Activation During Supported and Unsupported Active Range of Motion Upper Extremity Exercises. J Should Elb Surg 2004; 13:614-620.
  90. Tripp, BL, Uhl, TL, Kibler, WB, Gecewich, BD. Assessment of Scapular Symmetry in Pathologic and Non-Pathologic Subjects Using a Three Dimensional Motion Analysis System. J Should Elb Surg 2004; 13(5): E1.
  91. Kibler, WB, Sciascia, AD. Kinetic Chain Contributions to Elbow Function and Dysfunction in Sports. Clin Sports Med 2004; 23(4): 545-552.
  92. Kibler, WB, McMullen, J. Scapulothoracic Problems in Overhead Athletes. In: Krishnan (ed) The Shoulder in the Overhead Athlete, Lippincott: Philadelphia, 2004, pp 222-235.
  93. Kibler, WB. Integrated Biomechanics of the Shoulder and Elbow. In: Garrick J (ed) Orthopedic Knowledge Update: Sports Medicine, AAOS, Rosemont, IL, 2004, pp 47-51.
  94. Kibler, WB, Dome, DC. Chronic Shoulder Injuries. In: Garrick J (ed) Orthopedic Knowledge Update: Sports Medicine, AAOS, Rosemont, IL, 2004, pp 79-88.
  95. Kibler, WB. The Kinetic Chain. In: Speer, K. (ed) Injury Prevention and Rehabilitation for Active Older Adults, Human Kinetics, Champaign, IL, 2005, pp 49-57.
  96. Kibler, WB, Safran, M. Tennis Injuries. Med Sport Sci 2005; 48: 120-137.
  97. Kibler, WB, Press, J, Sciascia, AD. The Role of Core Stability in Athletic Function. Sports Med 2006; 36(3): 189-198.

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 12*

98. Kibler, WB, Sciascia, AD, Dome, DC. Evaluation of Apparent and Absolute Rotator Cuff Weakness in Shoulder Injury by the Scapular Retraction Test (SRT). Am J Sports Med: In Press.

### **PUBLICATIONS:**

#### **Books:**

1. Kibler W Ben, Uhl T, Connelly R: "Sports Medicine for Coaches," Vol. VII, USPTR Instructional Manual.
2. Kibler WB: The Sports Pre-Participation Exam, Human Kinetics Publishers, Champaign, IL, July 1990.
3. Krahl H, Pieper HG, Kibler WB, Renstrom PAH: Tennis: Sports Medicine and Science, Rau Dusseldorf, Germany, 1995.
4. Kibler WB: The ACSM Handbook for the Team Physician, Williams and Wilkins, Baltimore, 1996.
5. Kibler WB, Herring SA, Press JM: Functional Rehabilitation of Sports and Musculoskeletal Injuries, Aspen, Gaithersburg, MD, 1998.
6. Kibler WB (ed). Current Concepts in Tendinopathy. Clin Sports Med 2003; 22:4.
7. Kibler WB (section editor). Injuries of the Upper Extremity, OKU Sports Medicine 3, AAOS, Rosemont, IL, 2004.

### **VISITING LECTURESHIPS:**

- April 1990 - Seattle Sports Medicine Study Group, Seattle, WA
- November 1990 - Metropolitan New York Sports Medicine Society, New York, NY
- December 1991 - University of Pittsburgh, Pittsburgh, PA
- January 1992 - Methodist Hospital Sports Medicine Center, Indianapolis, IN
- March 1993 - Hughston Orthopedic Clinic, Columbus, GA
- August 1993 - Steadman-Hawkins Clinic, Vail, CO
- March 1994 - University of West Virginia, Morgantown, WV
- March 1994 - University of Vermont, Burlington, VT
- October 1994 - New Jersey Orthopedic Society, New Brunswick, NJ

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 13*

December 1994 - University of Alabama – Birmingham

March 1995 - Steadman-Hawkins Clinic, Vail, CO

May 1995 - Cincinnati Orthopedic Society

August 1995 - Yale University, New Haven, CT

August 1995 - Duke University, Durham, NC

July 1996 - University of Pittsburgh, Pittsburgh, PA

November 1996 - University of Kentucky, Lexington, KY

November 1996 - Chicago Sports Medicine Society

December 1996 - University of Vienna, Vienna, Austria

March 1997 - Brown University, Providence, RI

May 1997 - University of Manitoba, Winnipeg, Manitoba

November 1997 - Mayo Clinic, Rochester, MN

November 1997 - Stanford University, Palo Alto, CA

December 1997 - University of Louisville, Louisville, KY

January 1998 - West Virginia Orthopedic Society

March 1998 - Kansas City Sports Medicine Roundtable

March 1998 - University of Missouri-Kansas City, Kansas City, MO

September 1998 - University of Louisville, Louisville, KY

October 1998 - Victorian Institute of Sport, Melbourne, Australia

October 1998 – Australian College of Sports Physicians

April 1999 - Jefferson County Orthopedic Society, Louisville, KY

October 1999 - Gunderson Clinic, Lacrosse, WI

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 14*

- November 1999 - Duke University, Durham, NC
- January 2000 - Dutch Orthopedic Society, Rotterdam, The Netherlands
- January 2000 - Ohio State University, Columbus, OH
- August 2000 – Yale University, New Haven, CT
- October 2001 – British Association of Sports Medicine
- March 2002 – University of Wisconsin, Milwaukee, WI
- June 2002 – British Elbow and Shoulder Society, Norwich, England
- December 2002 – University of California San Francisco, San Francisco, CA
- June 2003 – British Lawn Tennis Association Sports Medicine Meeting, London, England
- June 2003 – Combined Meeting of Dutch and Flemish Tennis Associations Sports Medicine Meeting, Ghent, Belgium
- September 2003 – Vanderbilt University, Nashville, TN
- November 2003 – Brazilian Society of Orthopedics and Traumatology, Recife, Brazil
- March 2004 – University of Washington, Seattle, WA
- April 2004 – U.S. Army Sports Medicine Program, West Point, NY
- April 2004 – Wright State Medical School, Dayton, OH
- May 2005 – Ohio State University, Columbus, OH
- December 2005 – Lithuanian Association of Orthopedics and Traumatology, Vilnius, Lithuania

**MEETINGS AND SEMINARS CHAIRED:**

- Program Chair, Interdisciplinary Conference on Muscle Injuries, Lexington, KY, 1985
- Program Chair, ACSM Team Physician's Course, Orlando, FL, 1993

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 15*

- Chair, AOSSM Tutorial on Shoulder and Elbow Rehabilitation, 1994, 1995
- Program Chair, 4<sup>th</sup> International Conference on Tennis Medicine and Science, Miami, FL, 1998
- Program Chair, Functional Rehabilitation Using Kinetic Chain Principles, Lexington, KY, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005
- Program Chair, ACSM/AOSSM/AMSSM Advanced Team Physician Course, Phoenix, AZ, 1999
- Program Chair, E.B.I. Conference on Sports Medicine, New York, 1999, 2001, 2005
- Program Chair, AAOS Course on Review and Update for Practicing Physicians, 2000, 2001, 2002
- Chair, ACSM Roundtable on Overload Injuries, 2001
- Program Chair, STMS North American Meeting, Hilton Head, SC, 2003
- Chair, The Scapular Summit, Lexington, KY, 2003
- Instructional Course Chair, AOSSM Annual Meeting, 2004

### **MEETINGS AND SEMINARS GIVEN:**

- |          |  |
|----------|--|
| August   | 1981 - "Tennis Fitness"  |
| January  | 1982 - "Fitness for Swimming"  |
| April    | 1983 - "Fitness for Running I"   |
| April    | 1983 - "Fitness for Running II"  |
| May      | 1983 - "Fitness for Bicycling"   |
| October  | 1983 - "Fitness and Rehabilitation in Athletes"  |
| February | 1984 - "Fitness for Running III"   |
| October  | 1984 - "Women in Sports"   |
| January  | 1985 - "Preparticipation Fitness Exams in Athletes," American Academy of Orthopedic Surgeons |
| March    | 1985 - "Fitness for Running IV"  |

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 16*

- October 1985 - "Children in Sports"
- November 1985 - "Fitness for Aerobics"
- March 1986 - "Fitness for Running"
- May 1986 - "Sports Nutrition"
- July 1986 - "Sports Specific Exams," American Orthopedic Sports Medicine Society
- September 1986 - "Evaluation of Tennis Players," US Open Tennis Conference
- October 1986 - "Injuries to Tennis Players," USPTR Tennis Conference
- January 1987 - "Prevention of Tennis Injuries," USPTR International Tennis Conference
- January 1987 - "Preparticipation Fitness Exams," American Academy of Orthopedic Surgeons
- May 1987 - "Symposium on Preparticipation Exams," American College of Sports Medicine
- May 1987 - "Overload Injuries to Weekend Athletes," American Association of Orthopedic Nurses, Baltimore, MD
- October 1987 - "Interdisciplinary Conference on Muscle Injuries," Lexington, KY
- October 1987 - "Injuries in Tennis Players" and "Fitness Exams," USPTR Tennis Conference, Hilton Head, SC
- December 1987 - "Treatment of Tennis Injuries in Tennis Players," ITCA Coaches Conference, Fort Myers, FL
- December 1987 - "Common Softball Injuries," National Softball Association Annual Meeting, Lexington, KY
- January 1988 - "Preparticipation Evaluation Exams," Southeastern ACSM Meeting, Winston-Salem, NC
- February 1988 - "Muscle Injuries," AAOS Instructional Course Lecture, AAOS Annual Meeting, Atlanta, GA
- May 1988 - "Racquet Sports," Colloquium, American College of Sports Medicine Annual Meeting, Dallas, TX

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 17*

- June 1988 - "Preparticipation Exams," Instructional Course, AOSSM Annual Meeting, Palm Springs, CA
- August 1988 - "The Shoulder in Tennis," USTA Tennis Teachers Conference, New York, NY
- October 1988 - "Shoulder Injuries in Tennis Players," USPTR Tennis Conference, Hilton Head, SC
- December 1988 - "On Court Conditioning Drills," ITCA Conference, Fort Myers, FL
- January 1989 - "Sports Medicine for Exercise Physiologists," SEACSM, Atlanta, GA
- January 1989 - "Fitness and Conditioning in Tennis Players," Great Britain Tennis Teachers' Conference, London
- February 1989 - "Muscle Injuries," AAOS Instructional Course Lectures, Las Vegas, NV
- April 1989 - "Fitness Exams" and "Tennis Injuries," Canadian Tennis Teachers' Conference, Toronto
- May 1989 - Chairman, "Interdisciplinary Symposium on Muscle Injuries," ACSM Annual Meeting, Baltimore, MD
- May 1989 - "Clinical Aspects of Muscle Injury," ACSM, Baltimore, MD
- May 1989 - "Rehabilitation of ACL Injuries," Tutorial Lecture, ACSM, Baltimore, MD
- June 1989 - "Muscle Injuries," AOSSM Instructional Course Lectures, Traverse City, MI
- October 1989 - "Conditioning for Tennis Players - On Court and Off," US Professional Tennis Registry Meeting, Hilton Head, SC
- November 1989 - "Overload Injuries Around the Shoulder" and "Surgical Approaches to the Painful Shoulder," American Academy of Physical Medicine and Rehabilitation, San Antonio, TX
- December 1989 - "The Overhead Throwing Motion," "Surgical Approaches to the Painful Shoulder" and "Criteria for Return to Play from Shoulder Surgery," Rehabilitation Institute of Chicago Annual Meeting
- December 1989 - "Posterior Muscle Firing Patterns in the Tennis Serve," Intercollegiate Tennis Coaches Association Meeting, Fort Myers, FL

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 18*

- January 1990 - "Muscle Strains," AAOS Instructional Course Lecture, New Orleans, LA
- January 1990 - "Posterior Shoulder Firing Patterns," Poster Exhibit, AAOS Instructional Course, New Orleans, LA
- February 1990 - "Sports Specific Pearls for Tennis," "Biomechanics of the Elbow," "Glenoid Labral Tears," ACSM Team Physicians Course, Phoenix, AZ
- April 1990 - "Rotator Cuff Rehabilitation," "Injuries to the Elbow," San Francisco Spine Institute, San Francisco, CA
- April 1990 - "Muscle Strain Injuries," Seattle Sports Medicine Study Group, Seattle, WA
- May 1990 - Chairman, "Sports Science of Tennis Symposium," ACSM Annual Meeting, Salt Lake City, UT
- May 1990 - "Musculoskeletal Adaptations to Tennis," "Examination of the Shoulder," ACSM Annual Meeting, Salt Lake City, UT
- June 1990 - "Sports Specific Conditioning Programs," AOSSM Annual Meeting, Sun Valley, ID
- July 1990 - "Muscle Strain Injuries" and "The Preseason Examination," UTMB Sports Medicine Symposium, Galveston, TX
- October 1990 - "Muscle Strain Injuries, Evaluation and Treatment" - Guest Lecturer, Vanderbilt University School of Medicine, Nashville, TN
- November 1990 - "Rehabilitation of Soft Tissue Injuries," Metropolitan New York Sports Medicine Society, New York, NY
- November 1990 - "Rehabilitation Strategies for the Shoulder," Orthopedic Rehabilitation Association, San Antonio, TX
- December 1990 - "Musculoskeletal Adaptations in Preadolescent Intensively Trained Athletes," Symposium on the Effect of Intense Athletic Training on Preadolescent Youth, Peoria, IL
- January 1991 - "Rehabilitation of Patellar and Achilles Tendinitis," Combined AOSSM/JOSSM Meeting, Hawaii
- May 1991 - "Injuries in Youth Soccer Athletes," in Medical Aspects of Soccer Symposium, ACSM, Orlando, FL
- May 1991 - "The Role of Muscle Loading in Rehabilitation of Overload Injuries," in Symposium

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 19*

- on Inflammation in Sports Medicine, ACSM, Orlando, FL
- May 1991 - "Rehabilitation after Athletic Injury: Framework and Treatment," ACSM Clinical Lecture, Orlando, FL
- July 1991 - "Sports Specific Conditioning, Parts I and II," AOSSM Instructional Courses, Orlando, FL
- July 1991 - "Motions About the Shoulder" (Chairman), AOSSM, Orlando, FL
- August 1991 - "Profiling of Tennis and Tennis Players," "Rehabilitation of Shoulder Injuries," First World Congress of Tennis Medicine and Science, New Haven, CT
- September 1991 - "Bad Tennis Strokes Can Hurt More Than Your Game," USTA Tennis Teachers Conference, New York, NY
- February 1992 - "Exercise Testing for Tennis Players" and "Common Tennis Injuries," USTA Elite Coaches Workshop, Indianapolis, IN
- February 1992 - "Medial and Lateral Collateral Ligament Injuries," "Basic Science of Muscle, Cartilage and Bone," "ACL Injuries," "Principles of Rehabilitation," ACSM Team Physician Course, Palm Springs, CA
- March 1992 - "Biomechanical Demands on the Tennis Athlete," ATP Tour Forum, Miami, FL
- April 1992 - "Adaptations to Athletically Induced Stresses," Colloquium on Sports Medicine, Houston, TX
- May 1992 - "Motions about the Shoulder," ACSM Symposium on Clinical Biomechanics of the Shoulder (Moderator), Dallas, TX
- May 1992 - "Prevention of Injuries by Muscular Strengthening," Colloquium, ACSM, Dallas, TX
- July 1992 - "The Shoulder at Risk," "Overtraining," AOSSM Annual Meeting, San Diego, CA
- August 1992 - "Shoulder Problems in Tennis Players," RCA Championships Sports Medicine Symposium, Indianapolis, IN
- August 1992 - "Back Problems in Tennis Players," Society of Tennis Medicine Annual Meeting, New Haven, CT
- September 1992 - "Evaluation of Sports Techniques as a Diagnostic Tool," AAOS Workshop on the Shoulder, Vail, CO

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 20*

- December 1992 - "The Musculoskeletal Preparticipation Exam" and "Rehabilitation After Injury," ACSM Team Physician Video Series
- December 1992 - "The Preparticipation Exam," "Sports Profiling - Tennis," and "Sports Profiling - Soccer," Rehabilitation Sports Medicine Course, Chicago, IL
- January 1993 - "The Shoulder - Mechanics and Rehabilitation," "Clinical Exam of the Shoulder," Texas Chapter ACSM, Fort Worth
- February 1993 - "Physiology of Macrotrauma and Microtrauma" in Symposium on "Physiology of Exercising Muscle," AAOS, San Francisco, CA
- March 1993 - "The Shoulder, Mechanics, Adaptations, and Pathology," "Rehabilitation of the Shoulder," "Problems and Pearls in Baseball," "Problems and Pearls in Tennis," "Functional Anatomy of the Foot," ACSM Team Physicians Meeting, Orlando, FL
- March 1993 - "The Shoulder, Mechanics, Pathology, and Treatment," AOSSM/JOSSM Meeting, Hawaii
- April 1993 - "Physician's Perspective on Rehabilitation," USTA Sports Medicine Conference, Tampa, FL
- June 1993 - "Analysis of Sports Demands," ACSM Annual Meeting, Seattle, WA
- July 1993 - "Shoulder Rehabilitation Using Kinetic Chain Methods," "Strength and Power Acquisition for Athletic Activity," AOSSM Annual Meeting, Sun Valley, ID
- August 1993 - "Current Concepts of Knee Rehabilitation," "Shoulder Biomechanics and Pathology," "Shoulder Rehabilitation," "Elbow Biomechanics," ACSM CAQ Course, San Francisco, CA
- August 1993 - "Clinical Shoulder Biomechanics," RCA Tennis Championships Sports Medicine Course, Indianapolis, IN
- August 1993 - "Physiologic and Biomechanical Basis of Shoulder Rehabilitation," Steadman-Hawkins Clinic, Vail, CO
- October 1993 - "Energy and Force Contributions to Shoulder Biomechanics," "Biomechanics of the Elbow - Clinical Aspects," Society of Tennis Medicine Annual Meeting, Ponte Vedra, FL
- January 1994 - "Current Concepts of Shoulder Rehabilitation," "Sports Specific Rehabilitation," AAOS Winter Sports Meeting, Steamboat Springs, CO

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 21*

- January 1994 - "Physiology and Biomechanics of the Shoulder," SEACSM Meeting, Greensboro, NC
- February 1994 - "Current Concepts - Rehabilitation of the Injured Athlete," AOSSM Advanced Team Physician Meeting, Orlando, FL
- February 1994 - "Strength and Power for Athletic Activity," AAOS Instructional Course Lecture, New Orleans, LA
- February 1994 - "Complete and Accurate Diagnosis in Shoulder Rehabilitation," Orthopedic Rehabilitation Association Symposium, New Orleans, LA
- March 1994 - "Physiological and Biomechanical Basis for Shoulder Rehabilitation," "Management of Superior Glenoid Labral Tears," University of West Virginia and University of Vermont
- April 1994 - "Current Concepts - Shoulder Rehabilitation," AANA Annual Meeting, Orlando, FL
- April 1994 - "Elbow Biomechanics," Tennis Injuries Conference, Atlanta, GA
- May 1994 - "Fitness Testing for Tennis," 2nd International Conference of Tennis Medicine and Science, Essen, Germany
- June 1994 - "Physiological and Biomechanical Basis for Shoulder Rehabilitation," "The Lower and Upper Extremity in the Kinetic Chain," "Controversies in Pathology and Diagnosis of Shoulder Injuries," ACSM Annual Meeting, Indianapolis, IN
- June 1994 - "Shoulder Rehabilitation Using Kinetic Chain Methods," AOSSM Annual Meeting, Palm Springs, CA
- October 1994 - "AOSSM Tutorial on Shoulder and Elbow Rehabilitation," Lexington, KY
- December 1994 - "Biomechanics of Throwing," "Rehabilitation of Throwing Injuries," AOSSM Course of Shoulder Injuries, Orlando, FL
- February 1995 - "Physiology of Exercising Muscle - Basic Science of Rehabilitation," AAOS Instructional Course Lecture, Orlando, FL
- March 1995 - "Basic Science of Rehabilitation," "Rehabilitation of Impingement," "Rehabilitation of Rotator Cuff Injuries," "Biomechanics of the Elbow," AOSSM Sports Medicine Course, Hawaii
- March 1995 - "Current Concepts of Closed Chain Rehabilitation," Steadman-Hawkins Clinic, Vail, CO

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 22*

- May 1995 - "The Disc at Risk," "Clinical Biomechanics of the Elbow," ACSM Annual Meeting, Minneapolis, MN
- July 1995 - "Shoulder Rehabilitation Using Kinetic Chain Principles," AOSSM Instructional Course, Toronto, Canada
- September 1995 - "Muscle Firing Patterns in Tennis," "Flexibility Adaptations in Tennis," Society for Tennis Medicine and Science, Hilton Head, SC
- October 1995 - AOSSM Tutorial on Shoulder and Elbow Rehabilitation, Lexington, KY
- December 1995 - "How Can Fitness Decrease Injury Risk," "Overuse Injuries of the Wrist," First Viennese Symposium on Sports Traumatology, Vienna, Austria
- December 1995 - "Rehabilitation from Tennis Injuries," ATP Tour Medical Directors Meeting, Ponte Vedra, FL
- January 1996 - "Muscle Firing Patterns in Tennis Players," "Clinical Context of the Shoulder," Third International Conference on Tennis Sports Medicine and Science, Melbourne, Australia
- January 1996 - "Biomechanics of the Elbow," "Shoulder Rehabilitation," Conference on Tennis Injuries, Wellington, New Zealand
- February 1996 - "Normal Shoulder Function," "Pathophysiology of Shoulder Injury," AAOS Instructional Course Lecture, AAOS Annual Meeting, Atlanta, GA
- March 1996 - "Closed Chain Rehabilitation," "Impingement Revisited," Puerto Rican Sports Medicine Congress, San Juan, Puerto Rico
- April 1996 - "Motor Control Aspects of ACL Injuries," ACL Study Group, Nevis, West Indies
- June 1996 - "Impingement Revisited," "Biomechanical Basis of Shoulder Function," ACSM Annual Meeting, Cincinnati, OH
- July 1996 - "Basic Science Basis for Shoulder Research Design," University of Pittsburgh Research Seminar, Pittsburgh, PA
- July 1996 - "Diagnosis of Cervical Spine Problems," "Functional Anatomy of the Scapula," "Basic Concepts of Shoulder Rehabilitation," AAOS Update on the Shoulder and Elbow, Vancouver, Canada
- October 1996 - "Current Concepts of Shoulder Rehabilitation," American Shoulder and Elbow

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 23*

Surgeons Annual Meeting, Amelia Island, FL

- December 1996 - "Normal Shoulder Function in Tennis," "Conditioning for Tennis" - A.T.P. Tour Medical Director's Meeting, London, England
- December 1996 - "Wrist Injuries," "Biomechanics of the Elbow and Wrist," Society of Tennis Medicine Meeting, St. Anton, Austria
- January 1997 - "ACL Injuries in Females," "Conditioning Using Kinetic Chain Principles," SEACSM Meeting, Atlanta, GA
- February 1997 - "Basic Science and Clinical Application of Shoulder Rehabilitation," AAOS Annual Meeting, San Francisco, CA
- May 1997 - "Physiological and Biomechanical Basis for Shoulder Function," "Guidelines for Shoulder Rehabilitation," "Treatment Considerations in Multi-Directional Instability," Hughston Clinic Conference on Shoulder Instability, Columbus, GA
- May 1997 - "Impingement Revisited," "Surgical Indications in Shoulder Injuries" - University of Manitoba, Winnipeg, Manitoba
- June 1997 - "Motor Activation Patterns in the Upper Extremity," "Expectations from Surgery for Instability," "Etiologic Factors in Overload Injuries," A.C.S.M. Annual Meeting, Denver, CO
- September 1997 - "Shoulder Rehabilitation Principles," A.S.E.S. Annual Meeting, Newport, RI
- October 1997 - "Musculoskeletal Adaptations to Sports Demands, "Anterior Shoulder Stabilization," "Closed Chain Rehabilitation," I.O.C. Sports Medicine Conference, Monte Carlo, Monaco
- October 1997 - "Surgical Options in Impingement Syndrome," Joyner Sports Medicine Symposium, Hilton Head, SC
- November 1997 - "Guidelines for Shoulder Rehabilitation," "The Role of the Scapula in Shoulder Function" - Mayo Clinic Sports Medicine Symposium, Rochester, MN
- November 1997 - "Internal Impingement," "Open Shoulder Stabilization," Shoulder Surgery Controversies, Dana Point, CA
- November 1997 - "The Importance of Shoulder Internal Rotation," S.T.M.S. Annual Meeting, New Haven, CT

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 24*

- December 1997 - "Shoulder Rehabilitation - Basic Science and Clinical Application," "Preparticipation Exams," "Problems of the Young Thrower," "Surgical Indications in Patellofemoral Pain," Advanced Team Physician Course, Phoenix, AZ
- December 1997 - "Overhead Overload Injuries," "Valgus Overload Triad," "Baseball and Tennis," R.I.C. Sports Medicine Program, Chicago, IL
- January 1998 - "Elbow Tendinitis," "Impingement Revisited" - West Virginia Orthopedic Society, Charleston, WV
- February 1998 - Non-Operative Treatment of Rotator Cuff Injury," "Physical Exam and Imaging in Shoulder Instability," "Neurological Injuries Around the Elbow," AOSSM Course on the Shoulder and Elbow, Marco Island, FL
- March 1998 - "Sport Specific Evaluation of Athletes," Kansas City Sports Medicine Roundtable, Kansas City, MO
- March 1998 - "Impingement Revisited," University of Missouri-Kansas City, Kansas City, MO
- March 1998 - "The Importance of Shoulder Internal Rotation, "Prevention of Overload Injuries" - 4th International Conference on Tennis Sports Medicine and Science, Miami, FL
- May 1998 - "Closed Chain Rehabilitation," "A-C and S-C Joint Problems" - Symposium on Shoulder Injuries, "The Importance of Shoulder Internal Rotation" - Symposium on Tennis, F.I.M.S. Meeting, Orlando, FL
- May 1998 - "Overtraining in Sport", "Tendon Injuries in older Athletes", " Sports Medicine Conditions That Aren't What They Seem To Be", ACSM Annual Meeting, Orlando, FL
- June 1998 - "Clinical Biomechanics and Physiology of Throwing, Kicking, and Running Skills", "Shoulder Rehabilitation Guidelines" , Instructional Courses, A.O.S.S.M. Annual Meeting, Vancouver, Canada.
- July 1998 - "The Shoulder Exam" - ACSM Video Series for Physicians.
- October 1998 - "Symposium on Shoulder Rehabilitation", Seventh International Congress of Shoulder Surgery, Sydney, Australia.
- October 1998 - "Instability of the Shoulder ", " Guidelines for Shoulder Rehabilitation ", Anterior Knee Pain", "Impingement Revisited", Australian College of Sports Physicians, Adelaide, Australia

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 25*

- October 1998 – “Kinetic Chain Injuries and Conditioning”, Victorian Institute of Sport, Melbourne, Australia
- October 1998 – “The Importance of the Scapula in Shoulder Pain”, “ Exam for Microinstability “, “ Guidelines for Shoulder Rehabilitation”, Symposium on Shoulder Controversies, Laguna Hills, California
- December 1998– “Basic Science Underlying Conditioning”, ‘Microtrauma Shoulder Instability”, “Closed Chain Shoulder Rehabilitation”, “Closed Chain Knee Rehabilitation”, Advanced Team Physician Course, Orlando, Florida
- April 1999 – “Surgical Treatment of Superior Glenoid Labral Tears,” Jefferson County Medical Society, Louisville, Kentucky
- May 1999 – “Physical Exam of the Shoulder,” University of Kentucky Sports Medicine Symposium, Lexington, Kentucky
- May 1999 – “Glenoid Labral Tears,” “Sport Specific Discussion Group on Tennis,” ACSM Annual Meeting, Seattle, Washington
- June 1999 – “Biomechanical Implications of Knee Brace Use,” “Gender Differences in Muscle Activation in Cutting Activities,” AOA Annual Meeting, Sun Valley, Idaho
- June 1999 – “Hip/Trunk Contributions in ACL Injury, “ AOSSM/NIH Consensus Conference on Non-Contact ACL Injury, Hunt Valley, Maryland
- June 1999 – “Rehabilitation of Shoulder and Elbow Injuries,” “Injuries in Women Tennis Players,” NIH/AAOS Conference on Women’s Sports Issues, Hunt Valley, Maryland
- June 1999 – “Rotator Cuff Injuries in Throwing Athletes,” Instructional Course Lecture, AOSSM Annual Meeting, Traverse City, Michigan
- June 1999 – “Guidelines for Rehabilitation,” “Shoulder Rehabilitation from Evaluation to Return to Play,” Internation Conference on Arthroplasty and Arthroscopy, San Diego, California
- August 1999 – “Clinical Biomechanics of Throwing Function and Dysfunction,” Conference on Functional Rehabilitation, Lexington, Kentucky
- October 1999 – “The Role of the Scapula in Throwing,” “Closed Chain Rehabilitation,” “Impingement Revisited,” Gunderson Clinic, Lacrosse, Wisconsin
- October 1999 – “Internal Shoulder Impingement,” “Scapular Rehabilitation,” Controversies Around

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 26*

the Shoulder, Laguna Hills, California

- October 1999 – “Glenoid Labral Tears,” “Principles of Shoulder Rehabilitation,” American Physical Therapy Association Sports Meeting, Cincinnati, Ohio
- November 1999 – “Physical Exam of the Shoulder,” AANA Fall Course, San Diego, California
- November 1999 – “How Do Muscles Really Work,” The Role of the Scapula in Throwing, Duke University, Durham, North Carolina
- December 1999 – “The Role of the Scapula in Throwing,” “Update on ACL Injuries,” “Elbow Tendinitis,” “Integrated vs. Isolated Rehabilitation,” Advanced Team Physician Course, Phoenix, Arizona
- December 1999 – “Update on ACL Injuries,” “Labral Lesions and Internal Impingement,” E.B.I. Symposium on Sports Medicine, New York, New York
- January 2000 – “Conditioning for Baseball,” “Conditioning for Tennis,” National Strength and Conditioning Association Meeting, Anaheim, California
- January 2000 – “Closed Chain Rehabilitation,” Dutch Orthopedic Society, Rotterdam, The Netherlands
- March 2000 – “Clinical Issues in Rehabilitation of the Shoulder and Elbow,” AAOS Instructional Course Lecture, Orlando, Florida
- March 2000 – “Role of the Scapula,” “Surgical Treatment of Labral Tears,” Spring Sports Medicine Symposium, Cincinnati, Ohio
- June 2000 – “Superior Glenoid Labral Tears,” “Shoulder Rehabilitation Strategies,” A.C.S.M. Annual Meeting, Indianapolis, Indiana
- July 2000 – “Internal Impingement,” L.T.A. Wimbledon Sports Medicine Conference, London, England
- August 2000 – “Biomechanical Commonalities in Tennis Strokes,” “Injuries in Tennis Players – Causation and Prevention,” I.T.F. Sports Science Conference, London, England
- October 2000 – “Internal Impingement,” “Correlation of Scapular Dyskinesia with Shoulder Injuries,” Controversies in Shoulder Surgery, Costa Mesa, California
- December 2000 – “Shoulder Instability,” “Elbow Tendinitis and Instability,” AAOS Review and Update Course, Washington, D.C.

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 27*

- January 2001 – “Physical Exam of the Shoulder,” “Rehabilitation of the Shoulder,” “Achilles Tendinosis,” “Patellar Tendinosis,” “Plantar Fasciitis,” “Chronic Hamstring Injury,” AAOS/AOSSM Winter Sports Medicine Course, Lake Tahoe, Nevada
- March 2001 – “Clinical Issues in Shoulder and Elbow Rehabilitation,” “Neuromuscular Contributions to Patellofemoral Injury,” Instructional Course Lectures, AAOS Annual Meeting, San Francisco, California
- May 2001 – “The Role of the Scapula in Throwing,” ACSM Annual Meeting, Baltimore, MD
- May 2001 – “Criteria for Return to Play,” “Impingement Revisited,” “Does the Tennis Serve Contribute to Shoulder Injuries,” ISAKOS Meeting, Montreaux, Switzerland
- September 2001 – “Heat Illness in Tennis Players,” USTA Meeting, New York
- October 2001 – “Internal Rotation Deficit,” “Scapular Dyskinesis Patterns,” Shoulder Controversies Course, Costa Mesa, CA
- October 2001 – “Impingement Revisited,” “What Makes the Ball Go,” BASM Meeting, Cardiff, Wales, England
- November 2001 – “Labral Injuries,” “Rehabilitation of Shoulder Injuries,” AAOS Course on the Shoulder, Chicago, IL
- December 2001 – “Shoulder Instability,” “Elbow Tendinitis,” “Closed Chain Rehabilitation,” AAOS Review and Update Course, San Francisco, CA
- February 2002 – “Neuromuscular Considerations in Patellofemoral Pain,” AAOS Instructional Course Lecture, Dallas, TX
- February 2002 – “Distant Physical Findings Associated with Shoulder and Elbow Injuries,” ASES Specialty Day Instructional Course, Dallas, TX
- March 2002 – “Impingement Revisited,” “Labral Lesions,” “Closed Chain Rehabilitation,” University of Wisconsin Sports Medicine Conference, Milwaukee, WI
- May 2002 – “What Makes the Ball Go,” “Elbow Injuries in Throwing Athletes,” ACSM Meeting, St. Louis, MO
- June 2002 – “Injury Prevention for the Shoulder,” “Labral Injuries,” “Closed Chain Rehabilitation,” STMS Meeting, Stockholm, Sweden
- June 2002 – “Evaluation and Treatment of Scapula Disorders,” “Shoulder Rehabilitation,”

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 28*

B.E.S.S. Meeting, Norwich, England

- August 2002 – “Injuries in Female Tennis Players” – Sanex WTZ Symposium – New York, NY
- August 2002 – “The 4000 Watt Tennis Player,” – USTA Tennis Teachers Conference
- September 2002 – “What Makes the Ball Go,” “Scapular Dyskinesis,” Aspen Sports Medicine Conference, Aspen, CO
- October 2002 – “Internal Rotation Deficit,” “Significance of Scapular Dyskinesis Findings” – Shoulder Controversies, Costa Mesa, CA
- November 2002 – “What Makes the Ball Go,” “Rehabilitation of Trunk and Scapula in Shoulder Injuries,” International Conference on the Shoulder, Assisi, Italy
- December 2002 – “Impingement Syndromes,” “Closed Chain Rehabilitation,” “Lower Leg Tendinopathy,” AAOS Review and Update Course, San Francisco, CA
- February 2003 – “Patellofemoral Rehabilitation”, “Shoulder Dislocations in the High School Athlete”, AAOS Annual Meeting, New Orleans, LA
- February 2003 – “Outcomes from Impingement Treatment”, AANA Specialty Day, New Orleans, LA
- February 2003 – “Rehabilitation of Rotator Cuff Tendinopathy”, International Symposium on Ligaments and Tendons, New Orleans, LA
- May 2003 – “The Elbow in Throwing Sports”, “The Scapula in Shoulder Injury”, ACSM Meeting, San Francisco, CA
- June 2003 – “The Kinetic Chain in Tennis”, “Injury Prevention in Tennis”, British LTA Meeting, London, England
- July 2003 – “The Kinetic Chain in Throwing Injuries”, AOSSM Annual Meeting, San Diego, CA
- August 2003 – “Impingement Revisited”, The Scapular Summit, Lexington, KY
- September 2003 – “Biomechanics and Coaching Applications of the Abbreviated Serve Motion”, USTA Tennis Teachers Conference, New York, NY
- September 2003 – “The Kinetic Chain in Power Development”, STMS Meeting, Hilton Head, SC
- October 2003 – “Scapular Dyskinesis”, “AC Joint Injuries”, Shoulder Controversies, Costa Mesa, CA

## ***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 29*

- November 2003 – “What Makes the Ball Go”, “The Role of the Scapula”, “Shoulder Rehabilitation”, “Patellofemoral Pain”, Brazilian Society for Orthopedics and Traumatology, Recife, Brazil
- December 2003 – “Partial Rotator Cuff Tears”, “Shoulder Rehabilitation”, Isakos Upper Extremity Committee Meeting, Paris, France
- March 2004 – “Impingement Revisited”, “Exam of the Scapula”, AAOS Meeting, San Francisco, CA
- March 2004 – “What Makes the Ball Go”, “Scientific Basis of Rehabilitation”, University of Washington, Seattle, WA
- May 2004 – “The Kinetic Chain and Shoulder Function”, “Non-operative Treatment of Shoulder Injuries”, Congress on Shoulder Injury, Rome, Italy
- June 2004 – “Impingement Revisited”, “Rotator Cuff Injuries”, ACSM Annual Meeting, Indianapolis, IN
- June 2004 – “Internal Impingement”, “Core Stability”, Wimbledon Sports Medicine Congress, London England
- June 2004 – “Scapular Function in the Throwing Athlete”, “Internal Rotation Deficits”, “Non-operative Treatment of Shoulder Injury”, AOSSM Annual Meeting, Quebec, Canada
- July 2004 – “The Weekend Warrior – Rotator Cuff Injuries”, TAFP Meeting, Houston, TX
- October 2004 – “Biomechanics of the Throwing Motion”, Shoulder Controversies, Orange County, CA
- January 2005 – “The Scapula in Shoulder Function”, “Rehabilitation of the Shoulder”, EBI Sports Medicine Conference, New York, NY
- February 2005 – “Impingement Revisited”, “Biomechanics of the Throwing Motion”, AAOS Instructional Courses, AAOS Annual Meeting, Washington, DC
- March 2005 – “GIRD in Tennis Players”, “Commonalities and Individual Preferences in the Tennis Serve”, STMS Meeting, Palm Desert, CA
- April 2005 – “Sport Specific Problems in Tennis”, “Rehabilitation of the Shoulder”, ISAKOS Meeting, Hollywood, FL
- April 2005 – “Scientific Basis of Shoulder Rehabilitation”, “SLAP Injuries”, “Posterior Labral Injuries”, Cherry Blossom Seminar, Washington, DC

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 30*

- May 2005 – “The Elbow in Throwing”, ACSM Annual Meeting, Nashville, TN
- June 2005 – “The Scapula in the Throwing Athlete”, Sport-Specific Shoulder Problems in Tennis”, AOSSM Annual Meeting (ICL), Keystone, CO
- September 2005 – “The Role of the Scapula in Shoulder Function”, “Rehabilitation of the Shoulder”, People to People Sports Medicine Program, Auckland, New Zealand
- October 2005 – “Rehabilitation of the Shoulder”, “Examination of the Shoulder”, Shoulder Controversies, Orange County, CA
- December 2005 – “Principles of Shoulder Rehabilitation”, “Rehabilitation of Impingement”, Lithuanian Association of Orthopedics and Traumatology, Vilnius, Lithuania

**PAPERS GIVEN:**

- April 1980 - "Examination of the Shoulder Joint," Lexington Clinic Spring Conference
- April 1982 - "Fitness Evaluation for Athletes," Lexington Clinic Spring Conference
- May 1982 - "Common Sports Injuries," Kentucky Society of Physician's Assistants
- May 1982 - "Treatment of Athletic Injuries," Kentucky Red Cross Society
- May 1983 - "Plantar Fasciitis," Vanderbilt Orthopedic Society
- May 1984 - "Arthroscopy in Older Individuals," Vanderbilt Orthopedic Society
- November 1984 - "Common Sports Injuries" and "Ergogenic Aids in Sports," Kentucky Society of Physician's Assistants
- April 1985 - "Plantar Fasciitis," Sports Medicine Tour Group to China
- May 1985 - "Strength and Flexibility Findings in Athletes with Plantar Fasciitis," Mid-America Orthopedic Association, San Juan, Puerto Rico
- November 1985 - "Plantar Fasciitis" and "Operative Treatment of Ankle Instability," Kentucky Podiatric Society
- March 1986 - "Tennis Injuries," McDonald's Tennis Tournament

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 31*

- April 1986 - "Arthroscopy as a Diagnostic Aid in Joint Problems," Lexington Clinic Spring Conference
- May 1986 - "Fitness Findings in Elite Tennis Players," American College of Sports Medicine
- May 1987 - Symposium - "Preparticipation Exams for Athletes," American College of Sports Medicine
- October 1987 - "Sports Medicine in China," Vanderbilt Alumni Meeting, Nashville, TN
- January 1988 - "Fractures of the Upper Extremity," "Musculoskeletal Injuries in Adolescents," "Overload Injuries in the Upper Extremity," ACSM Clinical Conference, Breckenridge, CO
- June 1988 - "Flexibility and Strength Findings in Athletes with Plantar Fasciitis," American Orthopedic Society for Sports Medicine Annual Meeting, Palm Desert, CA
- November 1988 - "Hindfoot Injuries," Southern Medical Association Sports Medicine Section, New Orleans, LA
- March 1989 - "Basic Anatomy of Muscle," "Concepts in Exercise Rehabilitation," ACSM Team Physician Course, Orlando, FL
- May 1989 - "Concepts in Exercise Rehabilitation," NIH/AOSSM Symposium on Soft Tissue Inflammation, Washington, DC
- June 1989 - "Functional Scapular Instability in Throwing Athletes," AOSSM Annual Meeting, Traverse City, MI
- January 1990 - "Posterior Muscle Firing Patterns in Tennis Players," AAOS Annual Meeting, New Orleans, LA
- March 1990 - "Problems with Racquet Sports," "Elbow Biomechanics," "Rehabilitation of Shoulder Injuries," ACSM Team Physician Course, Phoenix, AZ
- November 1990 - "Rehabilitation of Shoulder Injuries," Orthopedic Rehabilitation Association, San Antonio, TX
- November 1990 - "Muscle Strain Injuries," New York Sports Medicine Study Group, New York, NY
- January 1991 - "Rehabilitation of Tendinitis," AOSSM/JOSSM Joint Meeting, Hawaii
- January 1991 - "Sports Specific Conditioning," "Evaluation of Chronic Ankle Pain," "Overload Injuries," SEACSM, Louisville, KY

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 32*

- April 1991 - "Muscular Adaptations in Sports," Kentucky Orthopedic Society, Lexington, KY
- April 1991 - "Clinical Evaluation of Shoulder Pain in the Athlete," Vanderbilt Orthopedic Society, Nashville, TN
- July 1991 - "Superior Glenoid Labral Tears," "Clinical Tests and Associated Findings," AOSSM, Orlando, FL
- August 1991 - "Superior Glenoid Labral Tears," Southern Orthopedic Association, Colorado Springs, CO
- April 1992 - "Preparticipation Exam - Exclusions and Modifications," University of Kentucky Spring Sports Medicine Course, Lexington, KY
- March 1993 - "The Incidence of Positive Anterior Slide Tests in Symptomatic and Asymptomatic Shoulders," SEC Sports Medicine Symposium, Lexington, KY
- March 1993 - "Functional Rehabilitation of Sports Medicine Injuries," Orthopedic Rehabilitation Association Annual Meeting, Atlanta, GA
- April 1994 - "Use of the Contralateral Patellar Tendon as a Graft," Kentucky Orthopedic Society Meeting, Lexington, KY
- April 1994 - "Sensitivity and Specificity of the Anterior Slide Test," AANA Annual Meeting, Orlando, FL
- May 1994 - "Shoulder Flexibility in Elite Tennis Players," "Rehabilitation of Muscle Injuries," 2nd International Conference of Tennis Medicine and Science, Essen, Germany
- January 1995 - "Arm Pain in Gymnastics," ACSM Southeastern Chapter Meeting, Lexington, KY
- April 1995 - "Concepts of Closed Chain Rehabilitation," Lexington Orthopedic Society Meeting, Lexington, KY
- November 1995 - "Rehabilitation in HMO Settings," Justin Potter Scholars Reunion, Nashville, TN
- April 1996 - "Functional Outcomes in Shoulder Rehabilitation," VOS Meeting, Asheville, NC
- May 1997 - "Correlation of Spinal Level and Goniometric Measurements of Shoulder Internal Rotation," A.C.S.M. Meeting, Denver, CO
- September 1997 - "Correction of Shoulder Rotational Deficits with a Specific Conditioning Program," American Shoulder and Elbow Surgeons Meeting, Newport, RI

***CURRICULUM VITAE***

***W. BEN KIBLER, M.D.***

*Page 33*

- November 1997 - "Kinematics and Muscle Firing Patterns in the High Performance Tennis Serve," S.T.M.S. Meeting, New Haven, CT
- March 1998 - "Shoulder Kinematics" – 4<sup>th</sup> International Conference on Tennis, Miami, CA
- October 1998 - "Physiologic Capsular Shift and Accelerated Rehabilitation", Seventh International Congress of Shoulder Surgery, Sydney, Australia.
- March 1999 - "Lower Extremity Muscle Activation Patterns in the Tennis Serve," STMS Meeting, Palm Springs, CA
- October 1999 - "Clinical Exam Findings in Posterior Superior Glenoid Labral Tears," ASES Annual Meeting, Philadelphia, PA
- January 2000 - "Lower Extremity Muscle Activation Patterns in Groundstrokes," Southeastern ACSM Meeting, Charlotte, NC
- March 2000 – "Late Sequelae of Posterolateral Elbow Instability," AAOS Annual Meeting, Orlando, FL
- October 2003 – "Muscle Activation Patterns and Kinematics in the Tennis Serve", ASES Meeting, Dana Point, CA
- September 2004 – "Scapular Kinematics in Patients with Shoulder Injury", ASES Meeting, New York, NY
- June 2005 – "Rotator Cuff Strength with and without Scapular Retraction", AOSSM Meeting, Keystone, CO