

# Nicole L. Cosby, PhD, ATC

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## Office

Point Loma Nazarene University  
Department of Kinesiology  
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## **EDUCATIONAL BACKGROUND**

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### **Doctor of Philosophy**

University of Virginia, Charlottesville, VA  
Curry School of Education  
Sports Medicine  
Conferred: August 2011  
Dissertation: The effects of joint mobilizations in the treatment of subacute lateral ankle sprains

### **Master of Education**

San Jose State University, San Jose, CA  
College of Applied Sciences and arts - Kinesiology  
Major Area: Athletic Training  
Conferred: August 2004  
Thesis: Effect of burnout in high school certified athletic trainers

### **Bachelor of Arts**

Point Loma Nazarene University, San Diego, CA  
Department of Kinesiology  
Major Area: Athletic Training  
Conferred: May 2002

## **PROFESSIONAL EXPERIENCE**

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### **Graduate Teaching**

University of Virginia, Curry School of Education, Department of Kinesiology. Fall 2007 – Present  
Responsibilities include: Contributing to instruction in undergraduate Kinesiology program and the graduate athletic training curriculum.

### **Research Assistant**

University of Virginia, Exercise and Sport Injury Laboratory. Fall 2009 – Spring 2011  
Responsibilities included: organization of laboratory regulatory documents and assisting in daily operations of clinical research projects.

### **Clinical Experience**

University of Virginia  
Graduate Assistant Athletic Trainer  
University of Virginia Men's Tennis  
Fall 2007 – Spring 2009

Point Loma Nazarene University  
Assistant Athletic Trainer  
Men's and Women's Cross Country and Track  
Fall 2004-Spring 2007; Fall 2011-Current

Lehigh High School  
Head Athletic Trainer  
San Jose State Graduate Assistant  
Fall 2002-Spring 2004

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**TEACHING**


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**University of Virginia**

## Undergraduate Courses

- EDHS 4610      Emergency Medical care (Spring 2008)  
 EDHS 544L      Athletic Training Injuries Laboratory (Spring 2010, 2011)

## Graduate Courses

- EDHS 899      Masters Thesis (Fall 2007 – Spring 2011) – Teaching Assistant

**Point Loma Nazarene University**

## Undergraduate Courses

- ATR 102                      Emergency Medical Care (Fall 2004, 2005, 2006, 2011, 2012, 2013)  
 ATR 415                      Therapeutic Modalities and Pharmacology (Fall 2013, Spring 2005, 2006, 2007, 2012, 2013)  
 KPE 280L                    Athletic Training Laboratory (Spring 2005, 2006, 2007)  
 ATR 390, 391, 493          Clinical Instructor (Fall 2004, 2005, 2006, 2011, 2012, 2013; Spring 2005, 2006, 2007, 2012, 2013)

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**PUBLICATIONS**


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**Manuscripts in Publication**

1. Croy T, **Cosby NL**, Hertel J. Active ankle motion may result in changes to the talofibular interval in individuals with chronic ankle instability and ankle sprain copers: a preliminary study. *Journal of Manual and Manipulative Therapy*. 2013; 21(3):127-133.
2. Sims J, **Cosby NL**, Hertel J, Saliba S. The Effect of Wii Fit® and Traditional Rehabilitation on Static and Dynamic Measures of Postural Control in Patients with Non-acute Lower Extremity Injuries. *Journal of Athletic Training*. 2013; 48(3):314-325.
3. **Cosby NL**, Hertel J. Relationships between measures of dorsiflexion range of motion and posterior talar glide in healthy individuals. *Athletic Training and Sports Health Care*. 2011; 3(2): 76-85.
4. **Cosby NL**, Hertel J. Clinical Assessment of Ankle Injury Outcomes: Case Scenario Using the Foot and Ankle Ability Measures. *Journal of Sport Rehabilitation*. 2011; 20(1): 89-99.
5. **Cosby NL**, Grindstaff TL, Parente W Hertel J. Effects of anterior to posterior talocrural joint mobilizations in individuals with acute lateral ankle sprains. *Journal of Manual Manipulation Therapy*. 2011; (8):76-83.
6. Ott B, **Cosby NL**, Grindstaff TL, Hart JM. Hip and knee muscle function following aerobic exercise in individuals with patellofemoral pain syndrome. *Journal of Electromyography and Kinesiology*. 2011; (21):631–637.
7. **Cosby NL**, Chinn L. Assessment of dorsiflexion range of motion using two clinical weight bearing measures. *Athletic Training and Sports Health Care*. 2011.
8. **Cosby NL**, Grindstaff TL. Dorsiflexion range of motion self-mobilization. *The Strength and Conditioning Journal*.
9. McMullen K, **Cosby NL**, Hertel J, Hart JM. Lower extremity postural control immediately following fatiguing hip abduction exercise. *Journal of Athletic Training*. 2011; (46): 607-614.

**Manuscripts in Press****Book Chapters**

1. Hart JM, Selkow N, **Cosby NL**, Bessette, M. Pathophysiology of low back pain. Mercer's Orthopedic Textbook.

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## CONFERENCE PRESENTATIONS

### Refereed Research Presentations

1. **Cosby NL**, Grindstaff TL. A Model for Conservative Management of Chronic Ankle Instability. National Athletic Trainers' Association Annual Meeting and Clinical Symposia. Invited presentation and lab at the National Athletic Trainers' Association Annual Meeting and Symposium. St. Louis, MO. June 19, 2012.
2. **Cosby NL**, Grindstaff TL, Parente W Hertel J. Changes in pain after a single bout of anterior to posterior talocrural joint mobilizations in individuals with acute lateral ankle sprains. Presented at the National Athletic Trainers' Association Annual Meeting and Symposium. New Orleans, LA. June 21, 2011.
3. **Cosby NL**, Hertel J. Relationships between measures of dorsiflexion range of motion and posterior talar glide in healthy individuals. Presented at the International Foot and Ankle Biomechanics Conference. Seattle, WA. September 16, 2010.
4. Orozco C, **Cosby NL**, Harrison B, Hart J. Postural Control in Persons with Low Back Pain Following Stabilization Exercises. Presented at the Far West Athletic Trainers' Association Annual Meeting and Clinical Symposium. Honolulu, HI. July 1, 2010.
5. **Cosby NL**, Grindstaff TL, Parente W Hertel J, Effects of anterior to posterior talocrural joint mobilizations in individuals with acute lateral ankle sprains. Presented at the National Athletic Trainers' Association Annual Meeting and Symposium. Philadelphia, PA. June 21, 2010. *Journal of Athletic Training* (2010);45(3):S-13.
6. Sims J, **Cosby NL**, Hertel J, Saliba S. The Effect of Wii Fit® and Traditional Rehabilitation on Static and Dynamic Measures of Postural Control in Patients with Non-acute Lower Extremity Injuries. Presented at the National Athletic Trainers' Association Annual Meeting and Symposium. Philadelphia, PA. June 20, 2010. *Journal of Athletic Training* (2010);45(3):S-67.
7. McMullen K, **Cosby NL**, Hertel J, Hart JM. Lower extremity postural control immediately following fatiguing hip abduction exercise. Presented at the National Athletic Trainers' Association Annual Meeting and Symposium. Philadelphia, PA. June 21, 2010. *Journal of Athletic Training* (2010);45(3):S-40.
8. **Cosby NL**, Hertel J. Relationships between measures of dorsiflexion range of motion and posterior talar glide in healthy individuals. Presented at the National Athletic Trainers' Association Annual Meeting and Symposium. San Antonio, TX. June 20, 2009. *Journal of Athletic Training* (2009);44(3):S-118
9. Naick J, **Cosby NL**, Lee SY, Hertel J. Relationships Between Measures of Core Stability and Static and Dynamic Balance. Presented at the National Athletic Trainers' Association Annual Meeting and Symposium. San Antonio, TX. June 20, 2009. *Journal of Athletic Training* (2009);44(3):S-71

### Clinical Workshops/ Laboratory Sessions

1. **Cosby NL**, Chinn L. Functional Testing Tools for the Clinician. Presented at the Virginia Athletic Trainers Association Annual Meeting and Symposium, Charlottesville, VA. January, 2010.
2. **Cosby NL**, Chinn L. Measurements of ankle arthrokinematics – techniques used. Conducted at the University of Virginia Art and Science of Sports Medicine Conference. Charlottesville, Virginia. June 2010.
3. **Cosby NL**, Chinn L. Measurements of ankle arthrokinematics – techniques used. Conducted at the University of Virginia Art and Science of Sports Medicine Conference. Charlottesville, Virginia. June 2009.

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## FUNDING ACTIVITIES

### Extramural Grants Funded

Source: Orthopaedic Section, American Physical Therapy Association, Inc.

Title: The effects of joint mobilizations in the treatment of subacute lateral ankle sprains

PI: Terry Grindstaff, PhD, PT, ATC

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Role: Co- Investigator

Period: 2010

Amount: \$15,000

Description: Determine the effects of multiple bouts of anterior to posterior talocrural joint mobilizations in individuals with subacute lateral ankle sprains.

Source: National Athletic Trainers' Association Research and Education Foundation Masters Grant

Title: Effect of Joint Mobilizations in Individuals with Diminished Dorsiflexion.

PI: Julia Brandt, Med, ATC

Role: Co-Investigator

Period: Spring 2010

Amount: \$1,000

Description: To determining the effect of joint mobilizations on dorsiflexion range of motion in individuals with diminished range of motion

Source: National Center for Complementary and Alternative Medicine

Title: Acute Effects of Distal Fibular and Talocrural Joint Mobilizations in Individuals with Chronic Ankle Instability

PI: Jay Hertel, PhD, ATC

Role: Sub-Investigator

Period: 2009-2011

Amount: 250,000

Description: Determine the effect of two different joint mobilization techniques on patient oriented and functional outcomes.

### **Extramural Grants (Not Funded)**

Source: National Athletic Trainers' Association Research and Education Foundation Doctoral Grant

Title: The Effects of Anterior to Posterior Joint Mobilizations in Individuals with Acute Lateral Ankle Sprain

PI: Nicole L. Cosby, MA, ATC

Period: 2009

Amount: \$2,500 (Not Funded)

Description: Determine if multiple bouts of joint mobilizations are effective at increasing range of motion and improving self reported function in individuals with acute ankle sprain

Source: National Athletic Trainers' Association Research and Education Foundation Doctoral Grant

Title: The Effects of Anterior to Posterior Joint Mobilizations in Individuals with Acute Lateral Ankle Sprain

PI: Nicole L. Cosby, MA, ATC

Period: 2010

Amount: \$2,500 (Not Funded)

Description: Determine if multiple bouts of joint mobilizations are effective at increasing range of motion and improving self reported function in individuals with acute ankle sprain

### **Intramural Grants (Funded)**

Source: Point Loma Nazarene University Alumni Association

Title: The use of real time ultrasound following acute ankle injuries in collegiate athletics

PI: Nicole L. Cosby, PhD, ATC

Period: 2012-2013

Amount: \$2000

Description: To determine if real time ultrasound can be used a clinical diagnostic tool in the assessment of lateral ankle ligaments following ankle injury

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## **MENTORING**

### **Masters Thesis Committees**

1. Naick J. Relationships Between Measures of Core Stability and Static and Dynamic Balance. May 2008. Doctoral Student Mentor (UVA)
2. Sims J. The Effect of Wii Fit® and Traditional Rehabilitation on Static and Dynamic Measures of Postural Control in Patients with Non-acute Lower Extremity Injuries. May 2009. Doctoral Student Mentor. (UVA)

3. Orozco C. Postural Control in Persons with Low Back Pain Following Stabilization Exercises. May 2009. Doctoral Student Mentor. (UVA)
4. McMullen K. Lower extremity postural control immediately following fatiguing hip abduction exercise. May 2009. Doctoral Student Mentor. (UVA)
5. Brandt J. Effects of talocrural joint mobilization in individuals with diminished dorsiflexion range of motion after ankle sprain. May 2010. Doctoral Student Mentor (UVA)
6. Ott B. Hip and knee muscle function following aerobic exercise in individuals with patellofemoral pain syndrome. May 2010. Doctoral Student Mentor. (UVA)
7. Dartt C. Effects of textured insoles on static and dynamic postural control in individuals with Chronic Ankle Instability. May 2011. Doctoral Student Mentor. (UVA)

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## PROFESSIONAL AFFILIATIONS/CERTIFICATIONS

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1. American College of Sports Medicine, Member
2. National Athletic Trainers' Association, Certified Member, Certification # 080302129, Membership #993455
3. Commonwealth of Virginia Board of Medicine, Athletic Training License, License #0126000957
4. American Red Cross CPR/ AED Instructor Certification

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## PROFESSIONAL SERVICE ACTIVITIES

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### Manuscript Reviewer

1. Manual Therapy (2013-present)
2. Journal of Athletic Training (2009 to present)
3. Athletic Training and Sports Health Care (2009 to present)
4. Journal of Sport Rehabilitation (2009 to Present)

### Conference Reviewer

1. Curry Research Conference (2010 to present)

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## HONORS AND AWARDS

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1. The McCue Society Graduate Student Scholarship. Awarded by The McCue Society. June 2010.
2. Linda K Bunker Award. Awarded by The Curry School of Education Foundation at the University of Virginia. April 2010.
3. Student Athletic Education Scholarship. Awarded by Kinesiology Department, Point Loma Nazarene University. August 2002.

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## REFERENCES

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### Jay Hertel, PhD, ATC

Associate Professor of Kinesiology  
University of Virginia  
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434-243-8673  
434-924-1389 (fax)  
[jhertel@virginia.edu](mailto:jhertel@virginia.edu)

### Jeff Sullivan, PhD, ATC

Athletic Training Education Program Director  
Associate Professor of Kinesiology  
Point Loma Nazarene University  
3900 Lomaland Dr.  
San Diego, CA 92106  
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**Leon Kugler, PhD, ATC**

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