

BENJAMIN STERN

I have over 15 years of clinical experience as a physical therapist. I have enjoyed teaching at the undergraduate level as well as in our Orthopedic Physical Therapist Residency program at Honor Health. I have published articles in textbooks and journals. My current research interest is trying to determine whether it is possible to predict non-contact injuries using nonlinear dynamics or machine learning methods.



EDUCATION

- 2004**
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2001
● **Doctor of Physical Therapy**
Duke University 📍 Durham, NC
- 2001**
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1998
● **M.S., Exercise Science, Human Movement and Performance**
Western Washington University 📍 Bellingham, WA
 - Thesis: The effect of age on isokinetic strength ratios of the lower extremity
- 1997**
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1992
● **B.S., Exercise Science**
Western Washington University 📍 Bellingham, WA



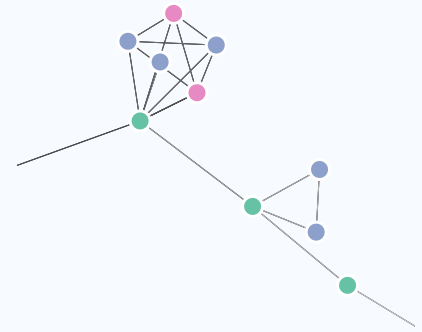
RESEARCH EXPERIENCE

- 2014**
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2013
● **(PI) NSF 13-599 P1415691 - AZ FAST Grant 2x \$5000**
Jantes 📍 Arizona
 - Applied Mechanical Oscillation Device to Improve Rotator Cuff Function
The goal of this project was to develop a prototype rehabilitation system to improve rotator cuff function. This project is currently in re-write and re-submission.
- 2013**
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2013
● **(PI) R24HD065703-P06BS02222013-1 \$30,000**
Jantes 📍 Arizona
 - Wireless Portable Movement Training
The goal of this study was to develop a prototype wireless rehabilitation system based on a smart platform and compare the effects of using this device on gait parameters in a population of individuals who have suffered a stroke.



INDUSTRY EXPERIENCE

- current**
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2015
● **Staff Physical Therapist**
HonorHealth 📍 Scottsdale, AZ
 - Outpatient orthopedic population
 - Performing research as well instructing residents attending our orthopedic residency program



View this CV online with links at
[_https://github.com/sternb12/cv/raw/r](https://github.com/sternb12/cv/raw/r)

CONTACT

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🐦 JanTes12
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🔗 [honorhealth.com](#)
in ben stern

LANGUAGE SKILLS



Made with the R package

I have worked in a variety of roles ranging from clinician to PI to lecturer and CI. I enjoy collaboration with peers both within and outside of my field.

- 2015
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2008
 Staff Physical Therapist
 360 Physical Therapy
 📍 Fountain Hills, AZ
 - Gym-based clinic, outpatient orthopedic population
- 2008
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2006
 Staff Physical Therapist
 Spooner Physical Therapy
 📍 Fountain Hills, AZ
 - Outpatient orthopedic population
- 2006
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2004
 Staff Physical Therapist
 Proliance Surgeons: Everett Bone & Joint
 📍 Everett, WA
 - Primarily post-surgery outpatient orthopedic population

TEACHING EXPERIENCE

- current
|
2016
 Lecturer
 HonorHealth Orthopedic Physical Therapist Residency Program
 📍 Scottsdale, AZ
 - Responsible for EBP and Clinical Reasoning lectures and material. Assist with various orthopedic lectures
- 2000
|
1999
 Teaching Assistant and Lab Instructor
 Western Washington University
 📍 Bellingham, WA
 - Human Anatomy
 - Undergraduate human anatomy course and laboratory
- 2000
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1999
 Instructor
 Western Washington University
 📍 Bellingham, WA
 - Introduction to Strength and Conditioning
 - Undergraduate level course introducing students to components of fitness
- 1999
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1998
 Lecturer and Teaching Assistant
 Western Washington University
 📍 Bellingham, WA
 - Kinesiology
 - Undergraduate level course study of human movement from mechanical, physiological and pathological perspectives

SELECTED PUBLICATIONS, POSTERS, AND TALKS

- 2021
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2021
 State dependence: Does a prior injury predict a future injury?
 Physical Therapy in Sport
 - Stern BD, Hegedus EJ, Lai YC.

I am passionate about education. I believe that no topic is too complex if the teacher is empathetic and willing to think about ideas differently.

- 2020
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2020
- **Injury prediction as a nonlinear system**
Physical Therapy in Sport
• Stern BD, Hegedus EJ, Lai YC.
- 2016
|
2016
- **Potential limitations of the Functional Movement Screen: A clinical commentary**
British Journal of Sports Medicine
• Wright A, Stern B, Hegedus EJ, Tarara D, Taylor J, Dischiavi S.
- 2013
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2013
- **A suggested model for physical examination and conservative treatment of athletic pubalgia**
Physical Therapy in Sport
• Hegedus EJ, Stern BD, Reiman M, Tarara D, Wright A.
- 2013
|
2013
- **Book Chapter: Physical Examination Tests of the Knee**
Orthopedic Physical Examination Tests: An Evidence-Based Approach 2nd ed.
• Stern BD, In Cook C, Hegedus E.
- 2009
|
2009
- **Beyond SpPIN and SnNOUT: Considerations with dichotomous tests during assessment of diagnostic accuracy**
Journal of Manual and Manipulative Therapeutics
• Hegedus EJ and Stern B.
- 2007
|
2007
- **Variation in reported safety of lumbar interbody fusion: Influence of industrial sponsorship and other study characteristics**
Spine
• Fenton J, Mirza SK, Lahad A, Stern BD, Deyo RA.
- 2007
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2007
- **Book Chapter: Physical Examination of the Low Back (update to 1992 JAMA article)**
The Rational Clinical Examination. JAMA/Archives Book Publishing
• Stern BD, In: Simel DL and Rennie D, eds.