





# 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 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

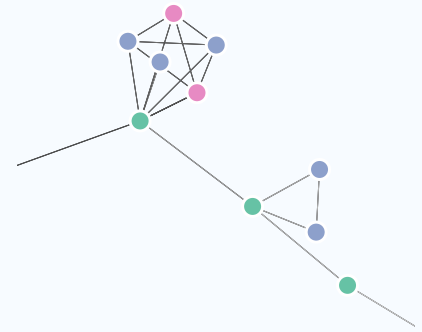
- 2004 | 2001 • **D.P.T.**  
Durham, NC  Duke University
- 1997 | 1992 • **B.S., Exercise Science**  
Bellingham, WA  Western Washington University

## RESEARCH EXPERIENCE

- 2014 | 2013 • **(PI) NSF 13-599 Proposal Number 1415691 - AZ FAST Grant 2x \$5000**  
Arizona  Jantes
  - 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 | 2013 • **(PI) R24HD065703-Po6BS02222013-1 \$30,000**  
Arizona  Jantes
  - 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 | 2015 • **Staff Physical Therapist**  
Scottsdale, AZ  HonorHealth
  - Outpatient orthopedic population
  - Performing research as well instructing residents attending our orthopedic residency program
- 2015 | 2008 • **Staff Physical Therapist**  
Fountain Hills, AZ  360 Physical Therapy
  - Gym-based clinic, outpatient orthopedic population



View this CV online with links at [https://github.com/sternb12/cv\\_](https://github.com/sternb12/cv_)

## CONTACT

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 [jantes12](#)  
 [sternb12](#)  
 [honorhealth.com](#)  
 [ben stern](#)



## LANGUAGE SKILLS



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.  
*Made with the R package [pagedown](#).*





The source code is available on [github.com/nstrayer/cv](https://github.com/nstrayer/cv).

Last updated on 2021-04-06.

- 2008  
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2006  
● **Staff Physical Therapist**  
Fountain Hills, AZ  Spooner Physical Therapy  
• Outpatient orthopedic population
- 2006  
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2004  
● **Staff Physical Therapist**  
Everett, WA  Proliance Surgeons: Everett Bone and Joint  
• Primarily post-surgery outpatient orthopedic population



## TEACHING EXPERIENCE

- current  
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2016  
● **Lecturer**  
Scottsdale, AZ  HonorHealth Orthopedic Physical Therapist Residency Program  
• Responsible for EBP and Clinical Reasoning lectures and material. Assist with various orthopedic lectures  
• Covered modern statistical computing algorithms  
• 4th year PhD level class
- 2000  
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1999  
● **Teaching Assistant and Lab Instructor**  
Bellingham, WA  Western Washington University  
• Human Anatomy  
• Undergraduate human anatomy course and laboratory
- 2000  
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1999  
● **Instructor**  
Bellingham, WA  Western Washington University  
• Introduction to Strength and Conditioning  
• Undergraduate level course introducing students to components of fitness
- 1999  
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1998  
● **Lecturer and Teaching Assistant**  
Bellingham, WA  Western Washington University  
• 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  
|  
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  
|  
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.