

Dillon J. Douglass, LAT, ATC

39 Dearborne Cove
Jackson, TN 38305
(731)-426-3666
dillondouglass7@gmail.com

Education

Tennessee State University (Nashville, TN)
Major: *Doctorate of Physical Therapy*

June 2020- current
GPA: 4.0

Middle Tennessee State University (Murfreesboro, TN)
Major: *Athletic Training*

Bachelor of Science
Summa Cum Laude

Clinical Experience

Certified Athletic Trainer

Sports Plus Rehab Centers (Jackson, TN)

June 2019- May 2020

- Provided athletic training services including consultation in relation to prevention, evaluation, treatment and rehabilitation of athletic injuries to two area high schools
- Marketed all entities of West Tennessee Healthcare to coaches, student-athletes, their families, and their communities
- Implemented educational opportunities for coaches, student-athletes, and communities
- Administered weekly athletic training services for industrial factory workers

Athletic Training Student

Brentwood Academy (Brentwood, TN)

January 2019- May 2019

- Provided individualized sports coverage under supervision
- Gained experience with Basketball, Wrestling, and Track & Field teams
- Formulated rehabilitation protocols according to physician orders

Tennessee Orthopedic Alliance (Murfreesboro, TN)

August 2018- December 2018

- Assisted physical therapist with individual patient rehabilitation and SOAP notes
- Aided with total joint replacement, orthopedic injuries, and chronic pain rehabilitation

Minnesota Vikings, Summer Intern (Minneapolis, MN)

July 2018- August 2018

- Expanded therapeutic modality experience in heat, cold, sound, and light therapy
- Performed team-support duties such as maintaining equipment and inventory
- Learned about non-traditional rehabilitation techniques including blood flow restriction and cryochamber therapy

Vanderbilt University Women's Lacrosse

January 2018- May 2018

- Aided with soft tissue rehabilitation techniques such as scraping and trigger point release
- Gained experience with both upper and lower extremity injuries

Lavergne High School (Lavergne, TN)

July 2017-December 2018

- Demonstrated upper and lower extremity evaluation under supervision

- Gained experience with Football, Soccer, Volleyball, and Cross-Country teams
- Created rehabilitation programs for upper and lower extremity injuries

Middle Tennessee State University Baseball

January 2017- May 2017

- Responsible for upper extremity rehabilitation under supervision including UCL tear, rotator cuff repair and shoulder impingement
- Learned and applied manual techniques including massage, cupping, scraping

Middle Tennessee State University Football

July 2016-December 2016

- Gained valuable travel experience with Division I Football
- Assisted in rehabilitation of a posterolateral corner knee injury
- Aided in exit physicals and interacted with team physicians

Honors

- Preparing Our Tomorrow Uniquely in Stem (POTUS) Fellow *2020*
- Most Outstanding Athletic Training Major *2019*
- Tennessee Athletic Trainers’ Society Undergraduate Student of the Year *2018*
- Professional Football Athletic Trainer’s Society Minority Scholarship Recipient *2018*

Certifications

- American Heart Association CPR/AED for Professional Rescuer *August 2018- Current*
- Board of Certification Certified Athletic Trainer #200034822 *May 2019- Current*

Publications

- Binkley, H. M., Douglass, D.J., Phillips.K., Wise. S. L. (2020). “Rehabilitation and Return to Sport After Nonsurgical Treatment of Achilles Tendon Rupture.” *National Strength and Conditioning Journal*. Ahead of print.

Membership

- American Physical Therapy Association
- National Athletic Trainers Association
- Tennessee Athletic Trainers Society
- Southeast Athletic Trainers Association
- Iota Tau Alpha Honor Society

Volunteer/ Extracurricular

- DPT Class of 2023 Executive Officer *2020- current*
- Building Brothers and Sister of our Community Mentor *2016 – 2018*
- Habitat for Humanity *2017, 2018*
- Tennessee Orthopedic Alliance Pre-Participation Physicals *Spring 2017, 2018*
- MTSU Scholars Academy Mentor *2015 - 2018*