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

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

Clinical Experience Certified Athletic Trainer

Sports Plus Rehab Centers (Jackson, TN)

- 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)

- 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)

- 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)

- 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

- 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)

Demonstrated upper and lower extremity evaluation under supervision ٠

June 2020- current GPA: 4.0

Bachelor of Science Summa Cum Laude

June 2019- May 2020

January 2019- May 2019

August 2018- December 2018

January 2018- May 2018

July 2017-December 2018

July 2018- August 2018

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

Middle Tennessee State University Baseball

- 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

- Gained valuable travel experience with Division I Football
- Assisted in rehabilitation of a posterolateral corner knee injury ٠
- 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

- Most Outstanding Athletic Training Major 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

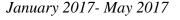
Binkley, H. M., Douglass, D.J., Phillips.K., Wise. S. L. (2020). "Rehabilitation and Return to ٠ Sport After Nonsurgical Treatment of Achilles Tendon Rupture." National Strength and Conditioning Journal. Ahead of print.

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



July 2016-December 2016