

William J. Hanney DPT, PhD, ATC, CSCS
University of Central Florida • 4000 Central Florida Blvd.
HPA-I, room 258 • Orlando, FL 32816

Education

- 2006-2012 Doctor of Philosophy; Nova Southeastern University, Fort Lauderdale, FL
Dissertation: Development of a clinical prediction rule to identify patients with neck pain likely to benefit from education and exercise. Dissertation Chair: Joshua A. Cleland, PT, PhD
- 2001-2004 Doctor of Physical Therapy; University of St. Augustine for Health Sciences, Institute of Physical Therapy, St. Augustine, FL
- 1997-1999 Master of Physical Therapy; University of St. Augustine for Health Sciences, Institute of Physical Therapy, St. Augustine, FL
- 1994-1996 Bachelors of Science; Exercise Science/Athletic Training; University of West Florida, Pensacola, FL

Clinical Appointments

- 2009-2012 Staff physical therapist; Florida Hospital, Orlando, FL
- 2007-2011 Staff physical therapist; Brooks Rehabilitation, Orlando, FL
- 2003-2005 Staff physical therapist; Health First Medical Rehabilitation, Melbourne, FL
- 2002-2003 Physical Therapy Supervisor; Beachside Physical Therapy, Indian Harbor Beach, FL
- 2000-2002 Staff physical therapist; Health First Palm Bay Outpatient Medical Rehabilitation, Palm Bay, FL
- 1999-2000 Staff physical therapist; HEALTHSOUTH Sports Medicine & Rehabilitation, Palatine, IL

Academic Appointments

- 2012-present Assistant Professor; University of Central Florida, Orlando, FL
- 2005-2012 Full time Instructor; University of Central Florida, Orlando, FL
- 2004-2005 Adjunct instructor; University of Central Florida, Orlando, FL

Teaching Experience

- PHT 6606 Research Methods – primary course instructor
- PHT 6618 Research Applications in Physical Therapy-primary course instructor
- PHT 7900 Capstone Project in Physical Therapy-primary course instructor
- PHT 5241 Therapeutic Exercise I-primary course instructor
- PHT 6245 Therapeutic Exercise II-primary course instructor
- PHT 6716C Advanced Orthopedic Physical Therapy-primary course instructor
- PHT 5260 Patient Care Skills-primary course instructor
- PHT 5156L Exercise Physiology-Laboratory instructor
- PHT 5240L Physical Assessments-Laboratory instructor

PHT 7722C Physical Therapy Integrations-co instructor
PHT 7134C Physical Therapy Integrations II-co instructor
PHT 5125L Kinesiology Lab – co instructor
PHT 7721C Advance Orthopedic Physical Therapy II – primary course instructor
PHT 7730C Primary Care in Physical Therapy – primary course instructor

Certifications

2003-present Manual Therapy Certification (MTC)
1996-present Certified Athletic Trainer (ATC)
1996-present Certified Strength and Conditioning Specialist (CSCS)
1994-present ACE certified personal trainer

Licensure

1999-present State of Florida/Physical Therapist; License #PT 18334, Expires: 11/30/13
1999-present State of Illinois/Physical Therapist; License #070-011399, Expires: 9/30/12
2002-present State of Florida/Athletic Trainer; License #AL 1383; Expires: 9/30/12

Journal Reviewer Activities

Manuscript Reviewer, Strength and Conditioning Journal
Manuscript Reviewer, Physical Therapy Reviews
Manuscript Reviewer, Journal of Strength and Conditioning Research

Journal Editorial Activities

2012-present Associate editor Strength and Conditioning Journal

Peer Reviewed Publications

Hanney WJ. (2000) Proprioceptive training for Ankle Instability. *Strength Cond J.* 22(5):63-68. (Times Cited: 3, Impact factor: 0.713)
Hanney WJ, Kolber MJ. (2007) Improving Muscle Performance of the Deep Neck Flexors. *Strength Cond J* 29(3):78-83. (Times Cited: 1, Impact factor: 0.713)
Nau E, **Hanney WJ,** Kolber MJ. (2008) Spinal Conditioning for Athletes with Lumbar Spondylolysis and Spondylolisthesis. *Strength Cond J.* 30(2):43-52. doi: 10.1519/SSC.0b013e31816a6d0f (Times Cited: 2, Impact factor: 0.713)
Pabian P, **Hanney WJ.** (2008) Functional Rehabilitation after Medial Meniscus Repair in a High School Football Quarterback: A Case Report. *N Am J Sports Phys Ther.* 3(3):161-9. (Times Cited: 1)
Hanney WJ, Kolber MJ. (2009) Implications for Physical Activity in the Population with Low Back Pain. *Am J Lifestyle Med.* 3(1): 63-70. (Times Cited: 6)

- Kolber MJ, **Hanney WJ**. (2009) The Dynamic Disc Model: A Systematic Review of the Literature. *Phys Ther Revs*. 14(3):181-187.
- Hanney WJ**, Kolber MJ, Schack-Dugre J, Negrete R, Pabian P. (2010) The Influence of Education and Exercise on Neck Pain. *Am J Lifestyle Med*. 4(2): 166-175. doi: 10.1177/1559827609351134. (Times Cited: 2)
- Welsh C, **Hanney WJ**, Podschun L, Kolber MJ. (2010) Rehabilitation of a Female Dancer with Anterior Knee Pain: Applying concepts of Regional Interdependence in Practice. *N Am J Sports Phys Ther*. (5)2: 85-97. (Times Cited: 1)
- Corrao M, Pizzinni G, Palo DR, **Hanney WJ**, Kolber MJ. (2010) Weight Training Modifications for the individual with Anterior Shoulder Instability. *Strength Cond J*. 32(4): 52-55. doi: 10.1519/SSC.0b013e3181e91f03. (Times Cited: 1, Impact factor: 0.713)
- Hanney WJ**, Kolber MJ, Cleland JA. (2010) Motor control exercise for persistent non-specific neck pain: A Systematic Review of the Literature. *Phys Ther Rev*. 15(2): 84-91.
- Negrete R, **Hanney WJ**, Kolber MJ, Ansley MK, McBride AB, Overstreet AL, Davies G. (2010) Reliability, minimal detectable change and normative values for tests of upper extremity function and power. *J Strength Cond Res*. 24(12): 3318-3325. doi: 10.1519/JSC.0b013e3181e7259c (Times Cited 3, Impact factor: 1.848)
- Kolber MJ, **Hanney WJ**. (2010) The reliability, minimal detectable change and construct validity of a clinical measurement for identifying posterior shoulder tightness. *N Am J Sports Phys Ther*. 5(4): 208-219.
- Hanney WJ**, Zbaraschuk K, Yi C, Klausner S, Wawrzyniak L. (2011) Neck pain: Exercise and Training Considerations. *Strength Cond J*. 33(3):104-110. doi: 10.1519/SSC.0b013e3182226c45 (Impact factor: 0.713)
- Negrete RJ, **Hanney WJ**, Kolber MJ, Davies G, Riemann B. (2011) Can Upper Extremity Functional Tests Predict the Softball Throw for Distance: A Predictive Validity Investigation. *Int J Sports Phys Ther*. 6(2):104-111.
- Salamh PA, Corrao M, **Hanney WJ**, Kolber MJ. (2011) The reliability and validity of measurements designed to quantify posterior shoulder tightness: a systematic review. *Phys Ther Rev*. 16(5):347-355.
- Hanney WJ**, Kolber MJ, (2011) The reliability of clinical measurements designed to quantify shoulder mobility. *Phys Ther Rev*. 16(6): 413-422.
- Miller RC, **Hanney WJ**, Young IA, Klausner SH. (2012) Application of Regional Interdependence in a 20 Year Old Male Collegiate Baseball Player with Recurrent Non-Specific Low Back Pain: A Retrospective Case Report. *Orthop Prac*. 24(1): 14-20.
- Kolber MJ, Fuller C, Marshall J, Wright A, **Hanney WJ**. (2012) The reliability and concurrent validity of scapular plan shoulder elevation measurements using a digital inclinometer and goniometer. *Physiother Theory Pract*. 28(2): 161-8. (doi:10.3109/09593985.2011.574203)
- Kolber MJ, **Hanney WJ**, Benevento JD. (2012) Quantifying Posterior Shoulder Tightness in the Athletic Population. *Strength Cond J*. 34(2):18-21. doi: 10.1519/SSC.0b013e318222fc298 (Impact factor: 0.713)
- Kolber MJ, **Hanney WJ**. (2012) The reliability and concurrent validity of shoulder mobility measurements using a digital inclinometer and goniometer: A technical report. *Int J Sports Phys Ther*. 7(3):306-313.
- Olson DA, Kolber MJ, Patel C, Pabian P, **Hanney WJ**. (2012) Aquatic exercise for treatment of low back pain: a systematic review of randomized controlled trials. *Am J Lifestyle Med*. [In press.]
- Kolber MJ, Corrao M, **Hanney WJ**. (2012) Characteristics of Anterior Shoulder Instability and Hyperlaxity in the Weight-Training Population. *J Strength Cond Res*. [In press]
- Hanney WJ**, Kolber MJ, Pabian P, Rothschild C, Garcia A, Stone A. (2012) Accelerated rehabilitation program following minimally invasive total knee arthroplasty. *Topics in Geriatric Rehab*. [In press]

- Kolber MJ, **Hanney WJ**, Lamb BM, Trukman B. Does physical therapy visit frequency influence length of stay following knee arthroplasty? [In Press]
- Diaz A, Kolber MJ, Patel C, Rothschild, C, **Hanney WJ**. (2012) Yoga as treatment for low back pain: A systematic review of randomized controlled trials. *Phy Ther Rev*. [Under review]
- Hanney WJ**, Kolber MJ, Patel C, George SZ, Cleland JA. Development of a preliminary clinical prediction rule to identify patients with neck pain that may benefit from a standardize program of stretching and muscle performance exercise. [Under review]
- Negrete R, **Hanney WJ**, Kolber MJ, Pabian P. Normative data for upper body pushing and pulling strength ration in adults aged 18-45 years. [Under Review]
- Hanney WJ**, Kolber MJ, Rothschild C, Pabian P, Cuenin BG, Diaz CM. Inter-rater reliability for measurement of lumbar reposition sense. [In process]
- Hanney WJ**, Kolber MJ, Patel C, George SZ, Cleland JA. Reliability of the clinical examination in patients with neck pain. [In process]

Abstracts/Posters

- Hanney WJ**, Kolber MJ. Poster presentation. The Dynamic Disc Model: A Systematic Review of the Literature. First Annual Brooks Rehabilitation Research Day - Hospital Jacksonville, FL November 4 2009
- Corrao M, Kolber MJ, **Hanney WJ**. The relationship between exercise selection and reported shoulder pain during weight training. National Strength and Conditioning Association Conference. Orlando, FL July 2010. doi: 10.1097/01.JSC.0000395669.82529.28 *J Strength Cond Res* 25(): S57. (Times Cited 2)
- Hanney WJ**, Miller R, Kolber MJ. Arnold Chiari Malformation in a 29- Year -Old Male Soldier. Combined Sections Meeting. American Physical Therapy Association. New Orleans LA, February 2011
- Hanney WJ**, Kolber MJ, Cleland JA. Motor Control Exercise for Persistent Neck Pain: A Systematic Review of the Literature. American Physical Therapy Association. New Orleans LA, February 2011
- Kolber MJ, Corrao M, Pizzini G, Palo D, **Hanney WJ**. Characteristics of Anterior Shoulder Instability in the Weight-Training Population. [Poster presentation] National Strength and Conditioning Association, National Conference, Las Vegas, July 2011.
- Kolber MJ, Corrao M, **Hanney WJ**. Clinical characteristics of shoulder impingement: a pilot investigation of healthy weight-training participants. [Poster presentation]. National Strength and Conditioning Association, National Conference. Rhode Island July 2012
- Pabian P, Greeno E, Ivey N, Young K, **Hanney WJ**. Isokinetic strength profiles of patients 11-13 weeks post ACL reconstruction: an analysis based on graft type and gender. [poster presentation] Combined Sections Meeting, American Physical Therapy Association. San Diego, CA January 2013.
- Pabian P, Greeno E, Schwartzberg R, **Hanney WJ**. A complete anterior cruciate ligament tear from an avulsed tibial eminence: a case report. [poster presentation] Combined Sections Meeting, American Physical Therapy Association. San Diego, CA January 2013.
- Hanney WJ**, George SZ, Kolber MJ, Young, I, Patel C, Cleland JA. A standardized program of stretching and strengthening: The Influence on perceived pain and disability in those with neck pain. [Poster presentation] Combined Sections Meeting, American Physical Therapy Association. San Diego, CA January 2013.
- Hanney WJ**, George SZ, Kolber MJ, Young, I, Patel C, Cleland JA. Preliminary development of a clinical prediction rule to identify patients with neck pain that may benefit from a standardized program of

stretching and muscle performance exercise. [Poster presentation] Submitted Combined Sections Meeting, American Physical Therapy Association. San Diego, CA January 2013.

Books/Book Sections

Hanney, WJ. (2012) Arthralgia. In James M. Ripe, M.D. Ed., Encyclopedia of Lifestyle Medicine and Health. Thousand Oaks, CA: SAGE publications.

Hanney, WJ. (2012) Overload Principle in PT. In James M. Ripe, M.D. Ed., Encyclopedia of Lifestyle Medicine and Health. Thousand Oaks, CA: SAGE publications.

Non-peer Reviewed Publications

Hanney WJ. (2004) Active Assistive Gleno-humeral Mobilization. Articulations. 10(2).

Hanney WJ. (2000) Proprioceptive training for the Upper Extremity. HealthSouth Clinical Outlet. July.

Hanney WJ, Kolber MJ. (2009) Low Back Pain in the Adolescent Athlete. Advance for Physical Therapists & PT Assistants. June 29 Vol 20 No 14.

Professional Presentations

Hanney WJ. Beyond the Pelvic Tilt. Florida Physical Therapy Association East Central District Meeting, Orlando, FL, April. 2003

Hanney WJ. A&P 101: Autonomy and Professionalism in Physical Therapy; Florida Physical Therapy Association East Central District Meeting. Fort Pierce, FL. 2004

Hanney WJ. Dynamic Core Stabilization in Sport Rehabilitation; UCF Rehabilitation Symposium, Orlando, FL February 2006

Hanney WJ. Principles of Core Stability in Rehabilitation, Florida Hospital Sport Medicine Conference Orlando, FL, July. 2006

Hanney WJ. Functional Training in Rehabilitation, Florida Physical Therapy Association Spring Conference. Orlando, FL. April 2006

Hanney WJ. Core Stabilization, Florida Physical Therapy Association Fall Conference Orlando, FL August 2006.

Hanney WJ. Florida Hospital Sports Medicine Conference; A Treatment Based Classification for Low Back Pain. Orlando, FL August 2008

Hanney WJ. A treatment Based Classification System for Patients with Low Back Pain. Let's get it Straight: What you need to know about spine diseases and disorders. Florida Hospital Neuroscience Institute. Orlando, FL August 2010

Kolber MJ, **Hanney WJ.** Posterior Shoulder Tightness. Combined Section Meeting American Physical Therapy Association. New Orleans, LA 2011

Hanney WJ. Evidence Based Practice: Practical Applications for the Busy Clinician. Florida Physical Therapy Association Spring Conference. Orlando, FL April 2011

Professional Affiliations

1994-present National Strength and Conditioning Association

1994-present National Athletic Trainers Association

- 1998-present American Physical Therapy Association
- 1998-present Orthopedic Section, American Physical Therapy Association
- 2003-present American Academy of Orthopedic Manual Therapists

Service

Community Service

- 2005-2007 Member, Florida Hospital; Spine Committee
- 2008-present UCF Faculty advisor for Florida Hospital Orthopedic Residency
- 2010-present Advisory Committee member; Daytona Beach College PTA program
- 2011-present Advisory Committee; Seminole State College PTA program

Professional

- 2001-2003 Florida Physical Therapy Association; East Central District Representative
- 2003-2005 Florida Physical Therapy Association; East Central District Treasurer
- 2005-present Florida Physical Therapy Association; East Central District Representative
- 2010-present Florida Physical Therapy Association; Conference Committee

Programmatic

- 2005-2008 Annual Rehabilitation Symposium Coordinator
- 2006-2009 Capstone committee
- 2006-2010 Adjunct faculty coordinator
- 2003-present Retention and advancement committee
- 2005-present Chair, UCF Physical Therapy Program; Retention and Advancement Committee
- 2005-present Member, UCF Physical Therapy Program; Curriculum Committee
- 2005-present Member, UCF Physical Therapy Program; Petitions and Grievances Committee

Department

- 2010-present Direction and activity committee

College

- 2010-present COHPA research committee
- 2011-present Honors in the Major committee

University

- 2011 – present Undergraduate Research Council Committee

Research Proposals

Funded Proposals

Development of a Clinical Prediction Rule to Identify Patients with Neck Pain Likely to Benefit from Education and Exercise. Principal Investigator: William J. Hanney, PT, DPT. American Physical Therapy Association Orthopaedic Section Young Investigator Research Grant. November 2009 (AWARDED) \$8145.00

Unfunded Proposals

The effectiveness of a standardized program of education and exercise for neck pain. Principal Investigator: William J. Hanney, PT, DPT Linda Crane Research Grant. Florida Physical Therapy Association. August 2009 - \$3,998.40 (not funded)

Predictive variables for low back pain in the weight training population. Principal Investigator: William J. Hanney, DPT, PhD. National Strength and Conditioning Association: Young Investigator Research Grant. March 15. \$15,000. (not funded)

Corporate Support

Development of a clinical prediction rule to identify patients with neck pain likely to benefit from education and exercise. Principle Investigator: William J. Hanney, PT, DPT. Thera-Band Academy- Hygenic Corp. October 2009. Supplies and materials valued at \$2332.08

Honors and Awards

2010 University of Central Florida; College of Health and Public Affairs Research Fellow
2011 Strength and Conditioning Journal Editorial Excellence Award

Professional Continuing Education

- SMT-1: High Velocity Low Amplitude Thrust Manipulation of Cervical, Thoracic, Lumbar and SI Joint. Spinal Manipulation Institute; American Academy of Manipulative Therapy. September 16-17, 2011 (15.0 hrs)
- Combined Sections Meeting of the American Physical Therapy Association 2011. (24.0 hrs)
- The Best Diagnostic Tests for Musculoskeletal Practice: A Critical Overview. Chad Cook, PT, PhD, MBA, OCS, FAAOMPT September 23, 2010. (9.0 hrs)
- FPTA 2009 Annual Conference & Assembly of Representatives. September 11-13, 2009. (17.0 hrs)
- From Paces to Laces: Perspectives on Running. Speaker Laura Podschun, PT, MPT, OCS, CSCS, Tracey McFarlane, PT, MSPT, Eric Bartos. August 8, 2009 (2.5 hrs)
- Advanced Topics in Management and Treatment of Back Injuries – Brooks Rehabilitation Hospital. Speaker: Carolyn Richardson, BPhy (hons), PhD. April 2008 (3 hrs)
- High-Velocity Low-Amplitude Thrust Manipulation of the Spine, Pelvis & Thorax – Spinal Manipulation Institute; American Academy of Manipulative Therapy. January 2008 (15 hrs)
- A Treatment-Based Classification Approach to Neck Pain – FPTA 2006 Annual Conference. August 2006 (3hrs)

- Physical Therapy for the Cervical Spine and Temporomandibular Joint – Orthopaedic Section, APTA Home study Course. May 2006 (30.0 hrs)
- Clinical Update on the Management of Low Back Pain – University of Florida Department of Physical Therapy. January 2006 (8hrs)
- Evaluating and Treating Pelvic Joint Malalignments” Roger C. Skovly, PT, Inc. Tampa, FL May 2005 (18hrs)
- Advanced Manipulation including Thrust for the Spine and Extremities – University of St. Augustine/Institute of Physical Therapy. St. Augustine, FL; Feb 2005 (36hrs)
- Coding & Reimbursement in PT Private Practice. Professional Physical Therapy Inc. Orlando, FL; January 2004 (7hrs)
- Evaluation and Treatment of the Complex Spinal Joints: The Subcranial and SI Joints. Clinical Rehab Education Seminars. Palm Harbor, FL; December 2003 (18 hrs.)
- Manual Therapy Certification. St. Augustine, FL July 2003 (38 hrs)
- Mobilization with Movement, “NAGS”, “SNAGS” and More for the Upper Quadrant. Northeast Seminars. Tampa, FL; March 2003. (13 hrs)
- Current concepts in Knee Rehabilitation. Kevin Wilk/FPTA Annual Conference. Ft. Myers, FL; August 2002 (4.5 hrs)
- E2 – Extremity Integration. University of St. Augustine/Institute of Physical Therapy. St. Augustine, FL; Feb 2002
- S2 – Advanced Evaluation and Manipulation of Pelvis, Lumbar and Thoracic Spine. University of St. Augustine/Institute of Physical Therapy. St. Augustine, FL; December 2001.
- S4 – Functional Analysis and Management of Lumbo-Pelvic Hip Complex. University of St. Augustine/Institute of Physical Therapy. St. Augustine, FL; December 2001
- Arts and Medicine. FPTA Annual Conference. Daytona Beach, FL; August 2001. (3 hrs)
- S3 – Advanced Evaluation and Manipulation of the Cranio-Facial Region, Cervical and Upper Thoracic Spine. University of St. Augustine/Institute of Physical Therapy. St. Augustine, FL; February 2001.
- Assessment of the Lumbar Spine RTN Broadcast 05/13/00 (4 hrs)
- Mobilization of the Nervous System: The Mobile Nervous System, Clinical Reasoning. RTN Broadcast. 05/11/00 (4 hrs)
- MF-1 Myofascial Manipulation. University of St. Augustine/Institute of Physical Therapy. St. Augustine, FL; February 2000
- SI Diagnosis and Treatment. HealthSouth Clinical Education Series. Avondale, IL; 02/12/00. (4 hrs)
- Functional Anatomy: A Cadaver Review and Biomechanics of the Leg, Ankle and Foot. RTN Broadcast 12/23/99 (4.0hrs)
- Using Patho-physiology for Evaluation and Intervention. RTN Broadcast 12/01/99 (4 hrs)
- HEALTHSOUTH Spine Lab Course. Avondale, IL 0/09/99. (15 hrs)
- Lower Kinetic Chain Functional Training. HEALTHSOUTH Chicago Region Saturday Clinical Education Series. Palos Heights, IL 10/09/00 (4 hrs)

- Lymphedema. HEALTHSOUTH Chicago Region Saturday Clinical Education Series. Palos Heights, IL 09/11/99 (4 hrs)
- Shoulder and Impingement. HEALTHSOUTH Chicago Region Saturday Clinical Education Series. Palos Heights, IL 08/21/99 (4 hrs)
- Manual Therapy of the Upper Quarter. HEALTHSOUTH Chicago Region Saturday Clinical Education Series. Avondale, IL 07/24/99 (4 hrs)
- S1- Spinal Evaluation and Manipulation. University of St. Augustine/Institute of Physical Therapy. St. Augustine, FL; Fall 1998
- E1 – Extremity Evaluation and Manipulation. University of St. Augustine/Institute of Physical Therapy. St. Augustine, FL; Fall 1998.
- Athletic Training Emergency Care (ATEC). Birmingham, AL; July 1996. (16 hrs)
- Cramer Athletic Injury Seminar. Gainesville, FL; June 1994. (32 hrs)