

# **Heather Ketelaar Vincent, Ph.D., FACSM**

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## **I. EDUCATION:**

- 2003-2005 University of Virginia, Charlottesville Virginia**  
NCCAM Postdoctoral Fellowship  
Clinical Research, specialty biologic modalities
- 1995-1999 University of Florida, Gainesville Florida**  
Doctorate, August 1999  
Exercise Physiology (Health, Human Performance), minor Physiology
- 1993-1995 University of Massachusetts, Amherst Massachusetts**  
Master of Science, September 1995  
Exercise Physiology, minor Biochemistry
- 1987-1991 University of Massachusetts, Amherst Massachusetts**  
Bachelor of Science, June 1991  
Major-Zoology, Double Minors-Exercise Science and Fine Arts

## **II. EXPERIENCE:**

- 2022 Vice Chair, Research**  
University of Florida  
Department of Physical Medicine and Rehabilitation, Division of Research  
**Director, UF Health Sports Performance Center**  
**Director, Exercise Medicine and Functional Fitness Laboratory**
- 2018-2021 Associate Professor with Tenure**  
University of Florida  
Department of Orthopaedics and Rehabilitation, Division of Research  
**Director, UF Sports Performance Center**  
**Director, Human Performance Laboratory**
- 2007-2018 Assistant Professor**  
University of Florida  
Department of Orthopaedics and Rehabilitation, Division of Research
- 2006 Research Director**  
HealthSouth, Inc.
- 2005-2006 Assistant Professor of Clinical Research**  
University of Virginia
- 2005-2006 Adjunct Assistant Professor**

University of Virginia  
Department of Physical Medicine and Rehabilitation

**2003-2005 NCCAM Postdoctoral Fellow**

University of Virginia  
Center for the Study of Complementary and Alternative Therapies (CSCAT),

**1999-2003: Assistant Professor**

Stetson University  
Department of Integrative Health Sciences

**2000-2003: Director of the Lifestyle Appraisal Program**

Stetson University  
Department of Integrative Health Sciences

**1999: Cardiopulmonary Pharmacology Instructor**

Santa Fe Community College

**1998-1999: Pre-Doctoral Fellow, American Heart Association**

University of Florida  
Department of Exercise and Sport Sciences

**1995-1998: Research Assistant**

University of Florida  
Center for Exercise Science, Exercise Biochemistry

**1996: Director of the U.F. Lifestyle Appraisal Center**

University of Florida, Department of Exercise Science

**1993-1995: Graduate Research Assistant**

University of Massachusetts  
Department of Exercise Science

**1991-1993: Research Assistant**

Yale University  
Howard Hughes Medical Institute

**1991-1993: Research Assistant**

Yale University  
Department of Internal Medicine

**1988-1990: Research Assistant**

University of Massachusetts  
Department of Zoology

**III. AWARDS AND HONORS:**

University of Florida, elected to Promotion and Tenure Committee 2021-2023  
University of Florida, College of Medicine, Exemplary Teaching Award 2016, 2019  
University of Florida Term Professor, 2018-2021  
Elected to UF Faculty Senate, 2014-2017 term

Fellowship, American College of Sports Medicine, 2014  
US Bone and Joint Decade Scholar award recipient  
National Institutes of Health Loan repayment Award recipient  
Community Board of Directors, American Heart Association, Volusia-Flagler Division  
HAND grant recipient for course enhancement, Stetson University  
Faculty Summer Research Award Recipient, Stetson University, two years  
Patrick J. Bird Dissertation Award Recipient for outstanding dissertation project Univ. of Florida  
American Heart Association (AHA-Florida Affiliate) Graduate Student Fellowship Recipient  
ACSM Southeast Chapter Student Research Award Recipient  
C.A. Boyd Award Recipient for Outstanding Doctoral Student, University of Florida  
Recipient of the National ACSM Doctoral Research Award  
Appointed to Sigma Xi research fraternity  
Appointed Head Teaching Assistant for Teaching Excellence  
ACSM New England Chapter, Recipient of Outstanding Masters Student Award (Mark Connelly Memorial Award)

#### **IV. EDITORIAL BOARD ACTIVITY AND EXTERNAL REVIEWER ACTIVITY:**

Associate Editor, Medicine and Science in Sports and Exercise, 2016-present  
Associate Editor, PM&R Journal, 2014-21

External Reviewer 1992-present

PM&R Journal (19)

Sports Medicine

Sports Biomechanics (2)

Free Radicals in Biology and Medicine (3)

Medicine and Science in Sports and Exercise (136)

American Journal of Physical Medicine and Rehabilitation (9)

Gait & Posture (9)

Current Sports Medicine Reports (5)

International Journal of Obesity (3)

Obesity Research

Obesity Reviews

Archives of Physical Medicine and Rehabilitation (8)

British Journal of Nutrition

International Journal of Sports Medicine

Clinical Orthopaedics and Related Research (7)

Pain Medicine (3)

Clinical Rehabilitation (2)

BioMed Central: muscle physiology section

Diabetes, Obesity and Metabolism

Metabolism

Physician and Sports Medicine (3)

Rejuvenation Research

Injury Epidemiology

European Journal of Lipid Science and Technology

Molecular and Cellular Biology

Journal of Electromyography and Kinesiology

International Journal of Behavioral Medicine  
Experimental Gerontology  
JMIR Diabetes  
Clinical Interventions in Aging  
Oxidative Medicine and Cellular Longevity  
Nutrition Journal  
Journal of Comparative Effectiveness Research  
Journal of Chiropractic Medicine  
Journal of Sports Engineering and Technology

## **V. CURRENT PROFESSIONAL AFFILIATIONS and ACTIVITIES**

American Academy of Physical Medicine and Rehabilitation, 2006-present  
    Serving on Evidence Committee, 2017-2019 term  
    Scientific Abstract Reviewer 2012, 2013, 2014, 2015, 2018, 2019, 2020, 2021  
American Heart Association, 1998-2010  
American College of Rheumatology, 2021- present  
American College of Sports Medicine, 1991- present  
    Chair, Consumer Outreach Committee, 2020-present  
    Serving on Consumer Outreach Committee, 2012-2015, 2015-2018 terms  
    Chair, subcommittee on Review, Update and Refresh of our Existing Brochure Content, 2019-2020.  
Childhood Arthritis and Rheumatology Research Alliance, 2019-present  
Southeast Chapter, American College of Sports Medicine 201-present  
Clinical Science Committee of the International Society Physical Rehabilitation Medicine  
    Served on special Interest Group on Obesity and Metabolic Conditions, 2013-2014  
Sigma Xi Research Society, 1994-2018  
The Obesity Society, 2010- present  
The American Pain Society, 2012-2016  
Orthopaedic Research Society, 2015-2020  
Osteoarthritis Action Alliance 2017- present  
    Osteoarthritis Action Alliance, Steering Committee 2020-current  
    Osteoarthritis Action Alliance Weight Management Task Force, OA Prevention Work Group 2017- present  
    OAAA/ACE Course Development Working Group 2019-present  
Osteoarthritis Research Society International, 2016-present  
    Communications Committee Member, 2020- present  
US Lacrosse 2012-2019

## **VI. SCIENTIFIC PRESENTATIONS and PUBLICATIONS:**

### **ORAL PRESENTATIONS, SYMPOSIA and SEMINARS**

Accepted

1. Madsen A, Sharififar S, Oberhaus J, Vincent KR, **Vincent HK**. Anxiety state impact on recovery of runners with lower extremity injuries. Submitted to American Academy of

Physical Medicine and Rehabilitation (AAPMR) Annual Meeting, Baltimore, MD. October 23-25, 2022.

2. **Vincent HK**, Lentini L, Casella Z, Thomas M, Bhavsar P, Woolnough LU. Patient and caregiver beliefs of importance of physical function, gait and quality of life as part of clinical care for juvenile idiopathic arthritis. Submitted to American Academy of Physical Medicine and Rehabilitation (AAPMR) Annual Meeting, Baltimore, MD. October 23-25, 2022.
3. Fryar C, Oberhaus J, Sharififar S, Vincent KR, **Vincent HK**. Running-related Achilles pain is associated with recent shoe change and landing mechanics in recreational runners. Submitted to American Academy of Physical Medicine and Rehabilitation (AAPMR) Annual Meeting, Baltimore, MD. October 23-25, 2022.
4. **Vincent HK**, Johnson AJ, Sibille KT, Vincent KR and Cruz-Almeida Y. Six-year weight cycling effects on knee pain, physical function and depression in adults with knee osteoarthritis. Submitted to American Academy of Physical Medicine and Rehabilitation (AAPMR) Annual Meeting, Baltimore, MD. October 23-25, 2022.

#### Presented

1. **Vincent HK**, Sharififar S, Lentini L, Woolnough LU. Functional biomarkers in children with juvenile idiopathic arthritis (JIA) and healthy children. University of Florida, COM Research Day, February 11, 2022.
2. Sein M, Vincent KR, **Vincent HK**. Joint pain patterns and muscle strengthening modify multi-fall risk in older adults over four years. University of Florida, COM Research Day, February 11, 2022.
3. Mickle AM, Garvan CS, Bartley E, Brooks AK, **Vincent HK**, Goodin BR, Fillingim RB, Sibille KT. Exploring the allostatic load of pain, interference, and the buffering of resilience. US Association for the Study of Pain. Cincinnati, OH. May 18-21, 2022.
4. **Vincent HK** (Session Chair), Ma H. Opportunities to engage in and optimize quality of physiatry research. Submitted to: American Academy of Physical Medicine and Rehabilitation (AAPMR) Annual Meeting, Nashville, TN. October 28, 2021.
5. Herman DC, Caswell SV, Kelshaw PM, **Vincent HK**, Lincoln AE. The effect of protective headgear on concussion injury rates in high school girls' lacrosse. Oral presentation at Association of Academic Physiatrists (AAP) Annual Meeting. at October 8-12, 2021. Philadelphia, PA.
6. Vincent KR and **Vincent HK** (panelist). Running Medicine - new evidence on clinical exam, functional assessment and injury prevention in runners. American Academy of Physical Medicine and Rehabilitation (AAPMR) Annual Meeting, Nashville, TN. October 25, 2021.
7. **Vincent HK**. Invited speaker for educational session. Pain Research and Intervention Center of Excellence (PRICE) Virtual Data Blitz Event. "Translating Pain and Function

Research into Clinical and 'Community' Use" Sponsored by the Department of Engineering. Gainesville, FL. June 2, 2021.

8. **Vincent HK** and Vincent KR. Presenters. Tutorial Lecture. Exercise for lower extremity osteoarthritis: A translational approach from bench to bedside. American College of Sports Medicine Annual Meeting. San Francisco, May 29, 2021.
9. **Vincent HK** and Vincent KR. Moderator and Presenter. Performing a medically based gait analysis for runners: Applying methods to sample patients. Workshop. American College of Sports Medicine Annual Meeting. San Francisco, May 29, 2021.
10. **Vincent HK**, Bernier A. Presenters. Fitness mini-clinic addresses physical wellness and future disease risk among children with metabolic disease and obesity. Innovations in Primary Care Virtual Conference: Building a Community of Innovators. University of Florida, Gainesville, FL. April 16, 2021.
11. **Vincent HK**. Invited Speaker. Approach to Pediatric Obesity, A virtual CME series a virtual lecture series for pediatric and specialty care providers. University of Florida, Gainesville, FL. March 3, 2021.
12. **Vincent HK**, Vasilopoulos T. Obesity and physical activity trajectories during midlife shape later-life mobility status. Virtual presentation at ObesityWeek®, Virtual Assembly, November 2-6, 2020.
13. **Vincent HK**, Invited Speaker. CAQ Review Session (Part 2). Exercise is Medicine: Treating Medical Conditions with Exercise (Depression, Obesity, and Cardiovascular Disease) American College of Sports Medicine Annual Meeting. San Francisco, May 29, 2021.
14. **Vincent HK**, Panel Speaker. Panel Members: Tsiros MD, Shultz S, Getchell N. Becoming InterACTIVE: How Can We Help Children with Obesity 'Move Well' So They Can 'Move More'? Clinical Workshop-Hands On Demonstration. American College of Sports Medicine Annual Meeting. San Francisco, May 28, 2021.
15. **Vincent HK**, Panel Speaker. Invited. Session: Session: Using Informatics Collaboratively in Sports Medicine: How Do We Use it and What Do We Do With it? Talk: Wearables and Incorporation of Research into Clinical Sports Medicine: Using Technology to Improve Your Sports Medicine Practice. American Medical Society of Sports Medicine Annual Meeting, Atlanta, Georgia. April 24-29, 2020. Cancelled, COVID 2020.
16. Vincent HK, Chen C, Bruner M, Horodyski M, Vincent KR, **Vincent HK**. Impact of body mass index on biomechanics of recreational runners. Poster presentation at UF College of Medicine Annual Celebration of Research, Gainesville FL, February 25, 2020.
17. Woolnough LU, Pomputius A, **Vincent HK**. Juvenile idiopathic arthritis, gait characteristics and relation to function. Poster presentation at UF College of Medicine Annual Celebration of Research, Gainesville FL, February 25, 2020.

18. **Vincent HK** and Vasilopoulos T. Tutorial Lecture. Preparing for the “Silver Tsunami”: Can exercise shift projections in disability among aging midlifers? Presented at the Southeast American College of Sports Medicine (SEACM) Annual Conference. Jacksonville, FL. February 13, 2020.
19. **Vincent HK**. Symposium Chair and Moderator. Tutorial Lecture. Panel speakers Andrew Lincoln, Shane Caswell and Margot Putukian. The science of lacrosse: evolution of safe play in a rapidly changing sport. American College of Sports Medicine, Orlando, FL May 30, 2019.
20. Bruggeman BS, **Vincent HK**, Guo Y, Mercado RE, Modave F, Bernier A. Simple tests of cardiorespiratory fitness in a pediatric population: a feasibility study. Pediatric Academic Societies/Pediatric Endocrine Society Meeting. Baltimore, MD. April 24-May 1, 2019. Poster.
21. Smith MS, Vincent HK, Bruner M, Tripp B. A comparison of wet bulb globe thermometer versus wet bulb globe temperature estimation. Presented at Annual Meeting of American Medical Society for Sports Medicine (AMSSM) April 12-17, 2019. Clinical Journal of Sports Medicine. 29(2):162-171, 2019.
22. **Vincent HK**, Symposium Chair and Moderator. Exercise benefits for chronic low back pain in obese individuals. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Orlando, FL. October 27, 2018.
23. **Vincent HK**. Moderator. Outstanding resident research podium session. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Orlando, FL. October 27, 2018.
24. **Vincent HK**. Moderator. Research Spotlight: quality improvement podium session. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Orlando, FL. October 27, 2018.
25. **Vincent HK**, Chen C, Bruner M, Wasser JG and Vincent KR. Invited, talk. Recent history of lower extremity injury and kinetic characteristics of overweight and obese runners. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Orlando, FL. October 25, 2018.
26. Zaremski JL, Zeppieri G, Jones DL, Tripp BL, Hones K, Mills L, Franz M, Stein J, Novak K, Sperling E, Bruner M, **Vincent HK**, Horodyski MB. Invited, talk. An unaccounted workload factor: pitch counts in high school baseball pitchers. An observational study. American Medical Society for Sports Medicine Annual Meeting, Orlando, FL. April 26, 2018.
27. Zaremski JL, Zeppieri G, Jones DL, Tripp BL, Hones K, Mills L, Franz M, Stein J, Novak K, Sperling E, Bruner M, **Vincent HK**, Horodyski MB. An unaccounted workload factor: pitch counts in high school baseball pitchers. an observational study. Celebration of Research, University of Florida College of Medicine, Gainesville, FL. February 19, 2018.

28. **Vincent HK**, Zdziarski-Horodyski LA, Hagen JE, Patrick M, Sadasivan KK, Guenther R, Vasilopoulos T, Sharififar S, Horodyski M. PROMIS outcome measures and mental health in orthopaedic trauma patients during early recovery. Celebration of Research, University of Florida College of Medicine, Gainesville, FL. February 19, 2018.
29. Gupta S, Sharififar S, Zdziarski-Horodyski L, Vasilopoulos T, **Vincent HK**, Horodyski M, Sadasivan KK, Hagen JE. Which comes first following musculoskeletal trauma, depression and anxiety symptoms or narcotic abuse? Celebration of Research, University of Florida College of Medicine, Gainesville, FL. February 19, 2018.
30. Haupt E, **Vincent HK**, Harris A, Vasilopoulos T, Guenther R, Sharififar S, Hagen JE. Pre-injury depression and anxiety in patients with orthopedic trauma and their treatment. Celebration of Research, University of Florida College of Medicine, Gainesville, FL. February 19, 2018.
31. **Vincent HK**, Zdziarski LA, Horodyski M, Hagen JE, Vasilopoulos T, Sadasivan KK. Invited, talk. Patient and clinical outcomes with a transformational coaching intervention after orthopaedic trauma. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Denver, CO. October 14-15, 2017. *FINALIST PRESIDENT CITATION AWARD*
32. **Vincent HK**, Wasser JG, Chen C, Vincent KR. Invited, talk. Motion features related to shoulder pain in lacrosse athletes: implications for prehabilitation. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Denver, CO. October 14-15, 2017. *FINALIST PRESIDENT CITATION AWARD*
33. Herman DC, Harris A, Massengill C, Chen C, Leavitt T, **Vincent HK**. Invited, talk. The effect of visual and auditory attention tasks on running biomechanical and metabolic performance. Association for Academic Physiatrists Annual Meeting, Las Vegas, NV. February 8-11, 2017.
34. **Vincent HK**. Invited Tutorial. Navigating the challenges of musculoskeletal pain with exercise in obese children. American College of Sports Medicine 2017, Tutorial: Exercise is Medicine, Impact of physical activity on health and the prevention of treatment of disease and disability in clinical settings. Denver, CO. June 1, 2017.
35. **Vincent HK**. Invited. CAQ lecture. Exercise Physiology, Aerobic. American College of Sports Medicine 2017, Denver, CO. June 1, 2017.
36. **Vincent HK**. Invited talk. Obesity prevention and OA. Symposium: Reducing the Burden of osteoarthritis through prevention. Osteoarthritis Research International (OARSI), Las Vegas, NV. April 27, 2017.
37. **Vincent HK**. Invited talk: Running is medicine for the brain. Running Medicine Conference 2017. UF College of Medicine. Clearwater Beach, FL; February 2-3<sup>rd</sup>, 2017.
38. **Vincent HK**. Invited talk: Video gait analysis: what to look for and how different cameras provide different data. Running Medicine Conference 2017. UF College of Medicine. Clearwater Beach, FL; February 2-3<sup>rd</sup>, 2017.



39. **Vincent HK.** Invited Talk: Nutrition for optimal performance. Topics in Internal Medicine Conference. UF College of Medicine. Clearwater Beach, FL; September 22, 2016.
40. Negron G, Chen C, Fallgatter K, **Vincent HK**, Herman DC. Ankle bracing effects on lower extremity biomechanics during drop-jump and jump-cutting tasks. Celebration of Research, UF College of Medicine, Gainesville, FL February 22, 2016.
41. **Vincent HK**, Zdziarski LA, Vasilopoulos T, Horodyski M, Hagen J, McClelland J, Sadasivan KK. The orthopaedic trauma experience in obese and morbidly obese patients: implications for hospital preparedness. Celebration of Research, UF College of Medicine, Gainesville, FL February 22, 2016.
42. Herman DC, Negron G, Fallgatter K, **Vincent HK**. The influence of strength on jump landing biomechanics during maturation in females – implications for ACL injury risk and prevention. Celebration of Research, UF College of Medicine, Gainesville, FL February 22, 2016.
43. Zdziarski LA, **Vincent HK**, Sadasivan KK, Vasilopoulos T, Horodyski M. Assessment of athletic trainers communication skills in the orthopaedic trauma hospital setting. Celebration of Research, UF College of Medicine, Gainesville, FL February 22, 2016.
44. Vincent KR, Leavitt T, Zdziarski LA, Chen C, Herman DC, McClelland J, Wasser JG, Horodyski M, Zaremski J, **Vincent HK**. Effects of increasing or decreasing cadence on metabolic, cardiopulmonary and biomechanical responses during downhill running. Celebration of Research, UF College of Medicine, Gainesville, FL February 22, 2016.
45. Fallgatter K, Zdziarski LA, Chen C, Herman D, Leavitt T, McClelland J, Wasser JG, Vincent KR, Horodyski M, **Vincent HK**. Comprehensive biomechanical and metabolic analysis of running with differing hydration gear conditions. Celebration of Research, UF College of Medicine, Gainesville, FL February 22, 2016.
46. Vasilopoulos T, Horodyski M, Zdziarski LA, Sadasivan K, **Vincent HK**. Age moderates association between pre-existing psychological illness and inpatient outcomes for orthopaedic trauma patients. American Psychosomatic Society. Translating Research into Practice: From Bench to Policy Denver, Colorado March 9-12, 2016 Oral presentation, abstract 1595.
47. Herman DC, Negron G, Fallgatter K, **Vincent HK**. The influence of strength on jump landing biomechanics during maturation in females – implications for ACL injury risk and prevention. Association for Academic Physiatrists Annual Meeting, Sacramento, CA. February 17-20, 2016; WINNER: Electrode Store Best Paper Award in the Faculty Category for the 2016 AAP Annual Meeting.
48. **Vincent HK**, Leavitt T. Invited talk: Current research and clinical applications of the UF Running Medicine Clinic and UF Sports Performance Center. The Endurance Sports Show. Salt Lake City, UT. February 5, 2016.
49. Jacobs K, Riveros D, **Vincent HK**, Herman, DC. Effect of jump landing surface and handheld sports equipment on landing error scoring system grades. International Society for Biomechanics in Sports, Poitiers, France. June 29-July 3, 2015.

50. Sadasivan KK, **Vincent HK** and Zdziarski LA. How can we implement an integrated-delivery-of-care-approach to improve functional quality of life and emotional well-being after orthopedic trauma? Florida Orthopaedic Society. St Petersburg, FL, June 7, 2015.
51. **Vincent HK**. Lacrosse motion and injury prevention. Symposium: Translational use of Sport-Specific Biomechanics for Injury Prevention. American College of Sports Medicine Annual Meeting. San Diego, CA, May 30, 2015.
52. **Vincent HK**. Learning about running longevity from movement strategies of masters and heavy runners. Highlighted Symposium: Running Medicine: Translating the Science into Practice. American College of Sports Medicine Annual Meeting. San Diego, CA, May 27, 2015.
53. Zdziarski LA, Horodyski MB, Coyne E, **Vincent HK**, Hill I, Chen C, Rehtine GR, Prasarn ML. Minimizing motion in the injured spine during spine boarding with 90° rotation: Comparison of three techniques. National Athletic Trainers Association (NATA) Annual Clinical Symposium, St. Louis, MO. June 24, 2015. Podium presentation.
54. Horodyski MB, Zdziarski LA, Coyne E, **Vincent HK**, Hill I, Chen C, Marschall R, Sleeth CD, Prasarn ML, Rehtine GR. Evaluating EMS Protocols: Using the 6+ Spine Board Technique Still Recommended. National Athletic Trainers Association (NATA) Annual Clinical Symposium, St. Louis, MO. June 23-26, 2015. Podium presentation.
55. **Vincent HK**. Invited Talk. Biomechanical analysis of sport injury for injury prevention in young athletes. Safety in Adolescent & High School Sports Medicine Conference. Gainesville, FL. February 21, 2015. Podium presentation.
56. **Vincent HK**. Invited Talk. Dietary programs and running performance: What is new? UF Running Medicine Conference, Gainesville, FL. February 19, 2015. Podium presentation
57. **Vincent HK**. Invited Talk. What exactly is normal running gait? UF Running Medicine Conference, Gainesville, FL. February 20, 2015. Podium presentation
58. Sauder NR, **Vincent HK**, Fregly BJ. Do External Load Measures Predict Knee Contact Force Changes Due To Weight Loss? Summer Biomechanics, Bioengineering and Biotransport Conference (SB3C2015). Abstract 1158. Snowbird resort Utah, June 17-20, 2015.
59. Zdziarski LA, Horodyski M, Montero C, Chen C, **Vincent HK**. Identification of musculoskeletal injury predictors in recreational obese and non-obese runners. Southeast National Athletic Trainers Association Clinical Symposium & Members Meeting, Atlanta, GA, March 14-16, 2014.
60. Zdziarski LA, Chen C, Slater CD, Vincent KR, Montero C, **Vincent HK**. Dominant versus non-dominant lacrosse throw sex differences: A potential for injury? National Athletic Trainers' Association National Meeting, Indianapolis, IN, June 25-28, 2014.
61. Zdziarski LA, Chen C, Slater CD, Vincent KR, Montero C, **Vincent HK**. Sex difference in pelvic and trunk rotation during a lacrosse throw. American College of Sports Medicine Annual Meeting, Orlando FL, May 27 - 31, 2014. Podium presentation.

62. **Vincent HK** and Vincent KR. Invited talk: Knee pain, obesity, physical function and health. Institute of Aging Senior Health Series, Gainesville, FL April 16-17, 2014.
63. Zaremski JL, Cong C, Barnes L, Vincent KR, **Vincent HK**. Effect of upper extremity motion in runners at different speeds. *Clinical Journal of Sports Med*, 2014; 24 (2):168. American Medical Society for Sports Medicine, New Orleans, LA; April 7, 2014. Podium presentation.
64. **Vincent HK**. Practical considerations for starting a running program for weight loss. Running Medicine 2014: Gainesville, FL February 13, 2014. Podium presentation.
65. **Vincent HK**. How to get the most from your patient: elements of a good running history. Running Medicine 2014: Gainesville, FL February 13, 2014. Podium presentation.
66. **Vincent HK**. Gait changes with resistance exercise training. American College of Sports Medicine, Symposium Chair and presenter, Indianapolis, IN, May 28, 2013. Podium presentation.
67. Conrad B, Decker R, Seay A, Barnes R, **Vincent HK**. Does awareness of being observed affect gait? Gait and Clinical Movement Analysis Society Annual Meeting. Cincinnati, OH, May 14-17, 2013. P. 53, abstract 144.
68. Hua A, Sheedy E, Seay A, Montero C, Barnes L, **Vincent HK**, Conrad BP. Contribution of age and gender on running mechanics of the hip at different running speeds. Biomechanical and Engineering Sciences Annual Meeting Seattle, WA September 26, 2013.
69. Kinney AL, **Vincent HK**, Harman MK, Coburn J, D'Lima DD, Fregly BJ. Effects of body weight modification on internal knee contact forces during gait. Proceedings of the ASME Summer Bioengineering Conference. Vol A1, 55607, Sunriver, OR, June 26-29, 2013. doi: 10.1115/SBC2013-14727
70. Hua A, Sheedy E, Seay A, Montero C, Barnes L, **Vincent HK**, Conrad B. Differences in frontal plane running kinematics by age and gender. Gait and Clinical Movement Analysis Society Annual Meeting. Cincinnati, OH, May 14-17, 2013, p.134-135, Abstract 142.
71. Conrad B, Montero C, Seay A, Edenfield K, Vincent KR, **Vincent HK**. Comparison of running shod and barefoot in mid-forefoot runners. Gait and Clinical Movement Analysis Society Annual Meeting Proceedings Cincinnati, OH, May 14-17, 2013 .p. 136-137, Abstract 143.
72. **Vincent HK**. Symposium Chair and presenter. Effects of resistance exercise on fear avoidance, physical function in obese adults with chronic back pain. American College of Sports Medicine, Indianapolis, IN, May 28, 2013. Podium presentation.
73. **Vincent HK**. Invited presenter. Nutritional considerations for weight loss, Academic Association of Physiatrists (AAP), New Orleans, LA. March 8, 2013. Podium presentation.

74. **Vincent HK**, Percival SS, Conrad BP, Seay AN, Montero C, Vincent KR. Examination of the effects of hyaluronic acid (HA) viscosupplementation on synovial fluid inflammatory proteins in knee osteoarthritis; potential age and disease severity effects. College of Medicine Celebration of Research, Gainesville, FL, March 11, 2013.
75. Adams E, Conrad BP, Seay AN, Montero C, Seay AN, Barnes LL, Barnes R, Vincent KR, **Vincent HK**. Differences in fuel utilization in young, middle aged and older recreationally competitive runners at self-selected speed. UF College of Medicine Celebration of Research, Gainesville, FL, March 11, 2013.
76. Sadasivan KK, **Vincent HK**, Haupt E, Tang S. The effect of obesity on healthcare costs and resource utilization in patients with acetabular fracture. UF College of Medicine Celebration of Research, Gainesville, FL, March 11, 2013.
77. Chen D, Montero C, Seay AN, **Vincent HK**, Vincent KR. Maximal leg strength gains on pain and physical function in concentrically and eccentrically resistance trained patients with knee osteoarthritis. UF College of Medicine Celebration of Research, Gainesville, FL, March 11, 2013.
78. **Vincent HK**, Seay AN, Montero C, Vincent KR, Hurley RW. Muscle cross sectional area increases and low back pain severity decreases in obese older adults after progressive resistance exercise. The Annual Obesity Society Scientific Meeting. San Antonio, TX, September 20-24, 2012, 397-P, p.63.
79. **Vincent HK**, Seay AN, Montero C, Conrad BP, Vincent KR, Hurley RW, George SZ. Resistance exercise training increases exercise capacity and reduces exercise pain severity in obese older adults with low back pain. The Annual Obesity Society Scientific Meeting. San Antonio, TX, September 20-24, 2012, 560-P, p.71.
80. Montero C, Vincent KR, Seay AN, Hurley RW, **Vincent HK**. Leg extension strength is a strong predictor of 6 minute walk distance in older overweight adults with knee osteoarthritis. The Annual Obesity Society Scientific Meeting. San Antonio, TX, September 20-24, 2012, 564-P, p.71.
81. **Vincent HK**, Seay AN, Conrad BP, Creasy R, Percival SS, MacMillan M, Vincent KR. Physiological and inflammatory cytokine responses to acute eccentric and concentric resistance exercise. UF College of Medicine 2012 Celebration of Research, Gainesville FL, March 19, 2012.
82. **Vincent HK**, Seay AN, Montero C, Conrad BP, Vincent KR, George SZ, Hurley RW. Resistance exercise in obese older adults with chronic back pain: preliminary results. UF College of Medicine 2012 Celebration of Research, Gainesville FL, March 19, 2012.
83. **Vincent HK**, Seay AN, Montero C, Conrad BP, Vincent KR. Adiposity and low strength contribute to ambulatory performance in obese individuals with knee osteoarthritis. UF College of Medicine 2012 Celebration of Research, Gainesville FL, March 19, 2012.
84. **Vincent HK**. Effect of body mass index on rehabilitation outcomes after orthopedic trauma. Florida Orthopaedic Society (FOS), Orlando FL, May 20-23, 2011.

85. **Vincent HK.** Micronutrients for health and performance. Shands Health Care Curriculum, Family Medicine, Gainesville FL, February 23, 2011.
86. **Vincent HK.** Exercise for Spine Health. Oak Hammock Medical Education Series. Gainesville, Florida, February 2, 2011.
87. Spiwak E, **Vincent HK.** Case Study: Persistent lumbar pain in a competitive middle-aged runner: What happened after one year? UF 3<sup>rd</sup> Annual Running Medicine Conference, Innovation and Practice Through Science. Gainesville, FL March 3-4, 2011.
88. Lam N, **Vincent HK.** Effect of running and walking in barefoot and shod conditions on gait parameters in trained runners. UF 3<sup>rd</sup> Annual Running Medicine Conference, Innovation and Practice Through Science. Gainesville, FL March 3-4, 2011.
89. **Vincent HK,** Vincent KR, Seay AN, Conrad BP. Evaluation of running cadence on kinematics and vertical lift in young healthy runners. UF 3<sup>rd</sup> Annual Running Medicine Conference, Innovation and Practice Through Science. Gainesville, FL March 3-4, 2011.
90. Martenson M, **Vincent HK.** Consequences of Poor Hip Flexibility and Other Biomechanical Considerations in a Competitive Marathon Runner: A Case Study. UF 3<sup>rd</sup> Annual Running Medicine Conference, Innovation and Practice Through Science. Gainesville, FL March 3-4, 2011.
91. Lamb KM, **Vincent HK,** Vincent KR, Seay AN, Conrad BP. Hip and pelvic kinematics in elite healthy and injured long distance runners. UF 3<sup>rd</sup> Annual Running Medicine Conference, Innovation and Practice Through Science. Gainesville, FL March 3-4, 2011.
92. **Vincent HK,** Barnes R, Vincent KR, Seay AN, Conrad BP. Anterior leg pain in a novice runner: compartment syndrome, anterior tarsal tunnel; syndrome or claudication? A case study. UF 3<sup>rd</sup> Annual Running Medicine Conference, Innovation and Practice Through Science. Gainesville, FL March 3-4, 2011.
93. **Vincent HK.** Symposium Chair and presenter. Obesity and the disability crisis: Joint Pain, disability and obesity characteristics influencing functional impairment. Moderator and speaker in: Obesity, Musculoskeletal Disease and Disability. American Academy of Physical Medicine and Rehabilitation, Seattle WA, November 4-7, 2010. Podium presentation.
94. **Vincent HK,** DeJong G, Putnam K, Horn S, Smout R, Hsieh J, Tian W. Obesity and rehabilitation outcomes following total knee replacement. ACRM ASNR Joint Education Conference Progress in Rehabilitation Research, Montreal, Quebec, Canada, October 21-23, 2010. Podium presentation.
95. **Vincent HK,** Lamb KM, Day TI, Tillman S, Vincent KR. Inverse relationship of fear of movement and perceived knee function in morbidly obese patients with surgical knee diagnoses. Association of Academic Physiatrists, Annual Meeting in Bonita Springs, FL, April 6-10, 2010. Podium presentation.
96. **Vincent HK,** Lamb KM, Vincent KR. Effect of bariatric surgery weight changes on functional recovery after total knee arthroplasty compared with knee arthroplasty alone:

A preliminary study. Association of Academic Physiatrists, Annual Meeting in Bonita Springs, FL, April 6-10, 2010. Podium presentation.

97. **Vincent HK.** Micronutrient supplementation for optimal health & performance. Running Medicine 2010: Optimizing Health & Performance Through Science. Gainesville, FL, February 11-12, 2010.
98. **Vincent HK.** Exercise-induced inflammation: Running Medicine 2010: Optimizing Health & Performance Through Science. Gainesville, FL February 11-12, 2010. Podium presentation.
99. **Vincent HK.** Invited presenter. Obesity, exercise and nutritional considerations in PM&R. Academic Association of Physiatrists (AAP), February 2009. Podium presentation.
100. **Vincent HK.** Fluid replacement in hot, humid environments. Running Medicine: Where Science Meets Performance. Gainesville, FL, February 19-20, 2009. Podium presentation.
101. **Vincent HK, Vincent KR,** The Impact of the body mass index and hip abductor brace use on inpatient rehabilitation outcomes following total hip arthroplasty. UF College of Medicine Annual Celebration of Research, Gainesville FL, April 28-29, 2009.
102. **Vincent HK, Omli MR, Day TI, Hodges M, Vincent KR, George SZ.** Obesity is associated with elevated fear of movement in patients seeking therapy for chronic lumbar pain. UF College of Medicine Annual Celebration of Research, Gainesville FL, April 28-29, 2009.
103. **Vincent HK.** Cardiopulmonary rehabilitation outcomes in the inpatient rehabilitation facility and skilled nursing facility environments. American Medical Rehabilitation Providers' Association (AMRPA). Amelia Island, FL September 24-26, 2008. Podium presentation.
104. Vincent KR, **Vincent HK.** Early effects of the CMS Criteria on patient care following total joint arthroplasty. UF College of Medicine Annual Celebration of Research, University of Florida, April 22, 2008.
105. Vincent KR, **Vincent HK.** Multicenter examination of the Center for Medicare Services Eligibility criteria in total joint arthroplasty. UF College of Medicine Annual Celebration of Research, University of Florida, April 22, 2008.
106. Vincent KR and **Vincent HK.** Influence of comorbidities on inpatient rehabilitation outcomes following total joint arthroplasty. UF College of Medicine Annual Celebration of Research, University of Florida, April 22, 2008.
107. **Vincent HK.** A retrospective examination of factors that influence cardiopulmonary rehabilitation outcomes in the inpatient rehabilitation facility and skilled nursing facility environments. Annual Conference for the American Congress of Rehabilitation Medicine (ACRM). Washington DC, October 3-7, 2007. Podium presentation.

108. Vincent KR, Saleh KJ, **Vincent HK**. Weight bearing status does not inhibit function during inpatient rehabilitation after THA. Annual Meeting of the American Academy of Orthopaedic Surgeons in San Diego, CA, February 14-18, 2007. Podium presentation.
109. **Vincent HK**, Saleh KJ, Vincent KR. Influence of admission hematocrit on inpatient rehabilitation outcomes following TKA. Annual Meeting of the American Academy of Orthopaedic Surgeons in San Diego, CA, February 14-18, 2007. Podium presentation.
110. **Vincent HK**, KR Vincent, R. Braith. Exercise and pharmacologic interventions for osteoporosis: Considerations for patient characteristics, hemiparesis and organ transplantation. Consideration of patient characteristics in osteoporosis pathology and clinical management, not all populations are created equal. Annual Assembly of the Academy of Physical Medicine and Rehabilitation, Boston MA September 27-30, 2007. Podium presentation.
111. **Vincent HK**. Examination of factors influencing clinical outcomes in cardiopulmonary patients: A retrospective comparison of inpatient rehabilitation facility and skilled nursing facility environments, State-of-the-Art Symposium on Post-Acute Care, Crystal City, Virginia, February 12-13, 2007. Podium presentation.
112. Vincent KR, Lee LW, Alfano AP, **Vincent HK**. Preliminary comparison of inpatient rehabilitation outcomes based upon morbid obesity and age greater than 85 years in total hip arthroplasty patients, Association of Academic Physiatrists, Daytona Beach, 85(3):S40, March 1-4, 2006. Podium presentation.
113. Vincent KR, Lee LW, Alfano AP, **Vincent HK**. Preliminary evaluation of inpatient rehabilitation outcomes based upon impending Medicare eligibility criteria (75% Rule) for total knee arthroplasty patients, Association of Academic Physiatrists, 85(3): Daytona Beach, March 1-4, 2006. Podium presentation.
114. **Vincent HK**. Dietary Interventions for Obesity: Sorting out the Evidence. Department of Anesthesiology, Pain Management invited speaker Charlottesville, VA March 2006.
115. Taylor AG, **Vincent HK**, Bourguignon C. Inflammation and oxidative stress are associated with a novel dietary "Phytochemical Index" in obese young adults. North American Research Conference on Complementary and Alternative Medicine. Edmonton, AB Canada, May 24-27, 2006. Podium presentation.
116. **Vincent HK**. Advances in the treatment of obesity: dietary and exercise considerations. Philadelphia, American Academy of Physical Medicine and Rehabilitation, Annual Conference, Philadelphia, PA, October 25-30, 2005. Podium presentation.
117. **Vincent HK**. PBS Television series "Healthy Lifestyles" featured speaker: Women's health: resistance exercise, body composition, heart health and disease prevention, Daytona Beach Station live coverage, Spring 2002.

118. **Vincent HK**, Kyser C, Carroll JF. Paper. Oxidative stress in the high-fat fed, obese rabbit. Federation of American Societies for Experimental Biology, Orlando, FL, April 2001.
119. VanEtten J, Carroll JF, **Vincent HK**. Paper. Atrial lipid peroxidation in the high-fat fed, hypertensive, obese rabbit. Federation of American Societies for Experimental Biology, Orlando, FL, April 2001.

### **ABSTRACTS:**

#### **Submitted**

**Vincent HK**, Lentini L, Casella Z, Thomas M, Bhavsar P, Woolnough L. Patient and caregiver beliefs of importance of physical function, gait and quality of life as part of clinical care for Juvenile Idiopathic Arthritis. Submitted to American Academy of Physical Medicine and Rehabilitation (AAPMR), Baltimore, MD. October 20-23, 2022.

**Vincent HK**, Johnson AJ, Sibille KT, Vincent KR and Cruz-Almeida Y. Six-year weight cycling effects on knee pain, physical function and depression. Submitted to American Academy of Physical Medicine and Rehabilitation (AAPMR), Baltimore, MD. October 20-23, 2022.

Fryar C, Oberhaus J, Sharififar S, Vincent KR, **Vincent HK**. Running-related Achilles pain is associated with recent shoe change and landing mechanics in recreational runners. Submitted to American Academy of Physical Medicine and Rehabilitation (AAPMR), Baltimore, MD. October 20-23, 2022.

Madsen A, Sharififar S, Oberhaus J, Vincent KR, **Vincent HK**. Anxiety state impact on recovery of runners with lower extremity injuries. Submitted to American Academy of Physical Medicine and Rehabilitation (AAPMR), Baltimore, MD. October 20-23, 2022.

Woolnough LU, Sharififar S, Lentini L, Vincent HK. Kinesiophobia-related modification of physical function, and task performance and physical activity in children with Juvenile Idiopathic Arthritis. Submitted to Childhood Arthritis and Rheumatology Research Alliance (CARRA) virtual annual scientific meeting, May 2-3, 2022.

Woolnough LU, Sharififar S, Lentini L, Vincent HK. Physical activity levels and predictors of activity level among children with oligoarticular Juvenile Idiopathic Arthritis. Submitted to Childhood Arthritis and Rheumatology Research Alliance (CARRA) virtual annual scientific meeting, May 2-3, 2022.

#### **Accepted**

**Vincent HK**, Leonardo TA, Bernier A. Impact of fitness testing in pediatric obesity-metabolic clinics: a multidisciplinary pilot project. Accepted for American College of Sports Medicine (ACSM). San Diego, CA. May 31-June 1, 2022.

#### **Published Abstracts and Presented posters**



1. Shultz S, **Vincent HK**, Newman C, Batsis J, Beresic N, Huffman K, Callahan L. Nutritional education needs in adults with osteoarthritis and obesity. Oral Presentation at: ObesityWeek virtual conference. San Diego, CA. November 1-5, 2021.
2. **Vincent HK**, Abdelmalik B, Lentini L, Woolnough LU. Gait and physical function in children with Juvenile Idiopathic Arthritis (JIA) and healthy children. American Academy of Physical Medicine and Rehabilitation (AAPMR), Nashville TN, November 12, 2021. PM&R: The Journal of Injury, Function, and Rehabilitation, 2021. 13(s1):S35-36. *Selected as Highlighted Research Spotlight*
3. **Vincent HK**, Sein M, Vincent KR. Specific joint pain patterns and muscle strengthening activity predict four-year risk for multiple falls in older adults. American Academy of Physical Medicine and Rehabilitation (AAPMR), Nashville TN, November 11, 2021. PM&R: The Journal of Injury, Function, and Rehabilitation. 2021. 13(S1):S7. *Selected as Highlighted Research Spotlight*
4. **Vincent HK**, Sharififar S, Lam A, Powell C, Chen C, Vincent KR. Psychological outlook changes and impact on quality of life before and after rehabilitation in injured runners: Implications for rehabilitation programs. American Academy of Physical Medicine and Rehabilitation (AAPMR), Nashville TN, November 12, 2021. PM&R: The Journal of Injury, Function, and Rehabilitation, 2021. 13(S1):S12. *Selected as Highlighted Research Spotlight*
5. Lincoln AE, Kelshaw PM, Vincent HK, Caswell SV, Herman DC. Coaches' perceptions of headgear safety in high school girls' lacrosse. Medicine and Science in Sports and Exercise. 2021, 53(8S): 331. American College of Sports Medicine (ACSM) Annual Meeting, Washington DC, June 1-5, 2021.
6. Herman DC, Kelshaw PM, **Vincent HK**, Caswell SV, Lincoln, AE. Player perceptions of headgear safety in high school girls' lacrosse. Medicine and Science in Sports and Exercise. 2021, 53(8S): 331. American College of Sports Medicine (ACSM) Annual Meeting, Washington DC, June 1-5, 2021.
7. **Vincent HK**, Summerville LH, Cordier SF, Chen C and Vincent KR Recreational runners with obesity can maintain cardiorespiratory, metabolic and gait parameters similar to runners with healthy weight over a 30-minute run. Medicine and Science in Sports and Exercise. 2021, 53(8S): 30. American College of Sports Medicine (ACSM) Annual Meeting, Washington DC, June 1-5, 2021.
8. Sanchez J, Chen C, Bruner ML, Wasser JG, Vincent KR, **Vincent HK**. Impact of crosse hold and lower body running mechanics on musculoskeletal pain and injury in lacrosse athletes. 53(8S):140. Medicine and Science in Sports and Exercise. 2021 American College of Sports Medicine (ACSM) Annual Meeting, Washington DC, June 1-5, 2021.
9. Chapman J, Reb C, Patrick M, **Vincent HK**, Hagen JE. Body mass index independently predicts infection after tibial plateau fracture. American Academy of Orthopedic Surgeons (AAOS). Submitted for AAOS Annual meeting, August 31-September 4, 2021. San Diego, CA. poster.

10. McGargill, Sein M, **Vincent HK**. Functional consequence of coexisting painful joints among individuals with back pain: insight from the Osteoarthritis Initiative. American Academy of Physical Medicine and Rehabilitation (AAPMR) PM&R: The Journal of Injury, Function, and Rehabilitation. 2020; 12(Suppl 1). Virtual Assembly, November 12-15, 2020.
11. **Vincent HK**, Bruner M, Chen C, Sharififar S, Vincent KR. Crosse use effects on running and drop jump mechanics in male and female lacrosse players. American College of Sports Medicine (ACSM) Annual Meeting. San Francisco, CA. May 26-30, 2020. Medicine and Science in Sports and Exercise. 52(5): S208.
12. Hacherl SL, Kelshaw PM, Lincoln AE, **Vincent HK**, Herman DC, Caswell SV. Characterizing impacts in girls' high school lacrosse using video analysis. San Francisco, CA. May 26-30, 2020. Medicine and Science in Sports and Exercise. 52(5): S827.
13. Smith MS, Zeppieri G, Prine B, Farmer K, Brombacher S, Vincent HK, Zaremski J, Bruner M. Caregiver awareness of safe pitching recommendations in youth fastpitch softball pitchers. American College of Sports Medicine (ACSM) Annual Meeting. Orlando, FL. May 31, 2019. Medicine and Science in Sports and Exercise. 49(5):S587.
14. **Vincent HK**, Bruner M, Obermeyer C, Griffin B, Vincent KR. Impact of musculoskeletal injury and pain in lacrosse officials: implications for clinical care and preparedness. American College of Sports Medicine (ACSM) Annual Meeting. Orlando, FL. May 28-June 1, 2019. Medicine and Science in Sports and Exercise. 49(5):S687.
15. Wasser JG, Zaremski JL, Bruner ML, Bailey DR, Leitz RS, **Vincent HK**. Survey of volleyball-related injuries in adolescent female players. American College of Sports Medicine (ACSM) Annual Meeting. Orlando, FL. May 30, 2019. Medicine and Science in Sports and Exercise. 49(5):S603-604.
16. Sroka O, Hagen JE, Sharififar S, Horodyski M, Patrick M, Sadasivan KK, **Vincent HK**. Comorbid cancer and chemotherapy diagnosis impact on acute care clinical outcomes after orthopedic trauma. Submitted to UF Celebration of Research Poster Session, Gainesville, FL. February 19, 2019. Poster.
17. **Vincent HK**, Vasilopoulos T, Vincent KR. Comparative efficacy of eccentric and concentric-focused resistance exercise on pain, leg strength and walking endurance in knee osteoarthritis. Osteoarthritis Research Society International (OARSI) World Congress on Osteoarthritis. Liverpool, UK. April 26-29, 2018. Osteoarthritis and Cartilage. 26(1):S337.
18. **Vincent HK**, Vincent KR. Collagen biomarker responses and pain in obese and non-obese individuals with knee OA after resistance exercise training. Osteoarthritis Research Society International (OARSI) World Congress on Osteoarthritis. Liverpool, UK. April 26-29, 2018. Osteoarthritis and Cartilage. 26(1):S193.
19. Harris A, Massengill C, Chen C, Leavitt T, **Vincent HK**, Herman DC. The effect of visual and auditory attention tasks on running biomechanical and metabolic performance. American Medical Society for Sports Medicine (AMSSM). AMSSM Annual Meeting, Lake

Buena Vista, FL. April 24-29, 2018. Clinical Journal of Sport Medicine. 2018; 28(2):212-213.

20. **Vincent HK**, Chen C, Bruner M, Wasser JG and Vincent KR. Recent history of lower extremity injury and kinetic characteristics of overweight and obese runners. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Orlando, FL. October 25, 2018. PM&R: The Journal of Injury, Function, and Rehabilitation, 2018; 10(9): S2-S3. Selected as *FINALIST PRESIDENT CITATION AWARD*.
21. **Vincent HK**, Hagen JE, Vasilopoulos T, Zdziarski-Horodyski LA, Horodyski M, Guenther R, Patrick M and Sadasivan K. Trajectories of PROMIS function and well-being measures in morbidly obese patients after orthopedic trauma. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Orlando, FL. October 25, 2018. PM&R: The Journal of Injury, Function, and Rehabilitation, 2018; 10(9):S13-S14.
22. Vincent KR, **Vincent HK**. Resistance exercise does not improve habitual physical activity despite pain relief: implications for patient counseling. American College of Sports Medicine (ACSM) Annual Meeting. Minneapolis, MN. May 29-June 2, 2018. Medicine and Science in Sports and Exercise. 49(5): S301.
23. **Vincent HK**, Chen C, Bruner ML, Herman DC, Wasser JG, Vincent KR. Kinetic features and recent history of lower extremity injury in overweight and obese runners. American College of Sports Medicine (ACSM) Annual Meeting. Minneapolis, MN. May 29-June 2, 2018. Medicine and Science in Sports and Exercise. 49(5): S334.
24. Dluzniewski A, Zdziarski LA, Hagen JE, Vasilopoulos T, Sadasivan KK, Horodyski M, **Vincent HK**. Psychosocial intervention and the use of pain medication in orthopaedic trauma patients. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Denver, CO. October 14-15, 2017. PM&R: The Journal of Injury, Function, and Rehabilitation, 9(S1):S150.
25. **Vincent HK**, Wasser JG, Chen C, Vincent KR. Motion features related to shoulder pain in lacrosse athletes: implications for prehabilitation. American Academy of Physical Medicine and Rehabilitation Annual Meeting, Denver, CO. October 14-15, 2017. PM&R: The Journal of Injury, Function, and Rehabilitation, 9(S1):S132. *Selected as one of the "Leading Papers in Musculoskeletal Rehabilitation"*.
26. **Vincent HK**, Zdziarski LA, Horodyski M, Dluzniewski A, Hagen JE, Vasilopoulos T, Sadasivan KK. Patient and clinical outcomes with a transformational coaching intervention after orthopaedic trauma. Submitted to American Academy of Physical Medicine and Rehabilitation Annual Meeting, Denver, CO. October 14-15, 2017. PM&R: The Journal of Injury, Function, and Rehabilitation, 9(S1):S132. *Selected as one of the "Leading Papers in General Rehabilitation"*.
27. Kumar R, Leavitt T, Chen C, **Vincent HK**, Herman DC. Is there a predictable value of the drop vertical jump test for running gait injury risk? American College of Sports Medicine Annual Meeting. Denver, CO. May 30-June 3, 2017. Medicine and Science in Sports and Exercise. 49(5):S105.
28. **Vincent HK**, Leavitt T, Wasser JG, Chen C. Kinematic differences in shooting motion in professional lacrosse players: key anatomical sites for high stress risk. American

College of Sports Medicine Annual Meeting. Denver, CO. May 30-June 3, 2017. Medicine and Science in Sports and Exercise. 49(5):S279.

29. Modave F, Leavitt T, Kumar R, Jiang B, Guo Yi, **Vincent HK**. Relationship between the Ruffier test and maximal treadmill testing in healthy adults. American College of Sports Medicine Annual Meeting. Denver, CO. May 30-June 3, 2017. Medicine and Science in Sports and Exercise. 49(5):S450.
30. Wasser JG, Chen C, **Vincent HK**. Risk factors associated with foot pain in runners. American College of Sports Medicine Annual Meeting. Denver, CO. May 30-June 3, 2017. Medicine and Science in Sports and Exercise. 49(5):S105.
31. Zaremski JL, McClelland JI, **Vincent HK**, Vincent KR, Herman DC, Smith MS, Prine BR, Farmer KW, Moser MW, Horodyski MB. Sports-related elbow ulnar collateral ligament injury in the 21<sup>st</sup> century. British Journal of Sports Medicine. 2017. 51:4 412. doi:10.1136/bjsports-2016-097372.324.
32. Wasser JG, Chen C, **Vincent HK**. Motion alterations in high school and collegiate male lacrosse players with chronic mild low back pain: implications for rehabilitation. American Academy of Physical Medicine and Rehabilitation Annual Meeting, New Orleans, LA; October 20-23, 2016. PMR the Journal of Injury, Function, and Rehabilitation 2016; 8(9S):S219-S220. PMID: 27672941
33. **Vincent HK**, Vasilopoulos T, Zdziarski LA, Horodyski M, Hagen J, McClelland JM, Sadasivan KK. Identification of acute inpatient rehabilitation targets in morbidly obese trauma patients. American Academy of Physical Medicine and Rehabilitation Annual Meeting, New Orleans, LA; October 20-23, 2016. PM&R: The Journal of Injury, Function, and Rehabilitation. 8(9S):S194. PMID: 27672869
34. Vander Zalm L, Zdziarski LA, Morgan C, Wasser JG, Chen C, Vincent KR, **Vincent HK**. Psychological status of recovering injured runners: implications for rehabilitation program content. American Academy of Physical Medicine and Rehabilitation Annual Meeting, New Orleans, LA; October 20-23, 2016. PM&R: The Journal of Injury, Function, and Rehabilitation. 8(9S):S211. PMID: 27672918
35. Fallgatter K, Zdziarski LA, Chen C, Herman DC, Leavitt T, McClelland, JI, Wasser JG, Vincent KR, Horodyski M, Zaremski JL, **Vincent HK**. Temporal spatial and kinetic responses to various hydration gear during running. American College of Sports Medicine, Boston, MA May 29-June 3, 2016. Medicine and Science in Sports and Exercise. 48(5):S834.
36. Leavitt T, Zdziarski LA, Chen C, Herman DC, McClelland, JI, Wasser JG, Vincent KR, Horodyski M, Herman, DC, Zaremski, JL, **Vincent HK**. Effects of increasing or decreasing cadence on metabolic, cardiopulmonary and biomechanical responses during downhill running. American College of Sports Medicine, Boston, MA May 29-June 3, 2016. Medicine and Science in Sports and Exercise. 48(5):S479.
37. **Vincent HK**, Wasser JG, Zdziarski LA, Chen C, Leavitt T, McClelland, JM, Herman DC, Zaremski JL, Vincent KR. Potential sport crossover benefit of golf swing motion to lacrosse shot motion. American College of Sports Medicine, Boston, MA May 29-June 3, 2016. Medicine and Science in Sports and Exercise. 48(5):S222.

38. Zdziarski LA, Fallgatter K, Leavitt T, Wasser JG, Chen C, McClelland, JI, Vincent KR, Herman DC, Horodyski M, Zaremski JL, **Vincent HK**. Energy and cardiopulmonary cost of carrying hydration gear during running. American College of Sports Medicine, Boston, MA May 29-June 3, 2016. Medicine and Science in Sports and Exercise. 48(5):S279.
39. Prine B, Prine A, Leavitt T, Wasser JG, **Vincent HK**. Prevalence and characteristics of archery-related injuries in archers. American College of Sports Medicine, Boston, MA May 29-June 3, 2016. Medicine and Science in Sports and Exercise. 48(5):S678.
40. Wasser JG, Chen C, Greene C, **Vincent HK**. Kinematic factors associated with shoulder pain in youth archers. American College of Sports Medicine, Boston, MA May 29-June 3, 2016. Medicine and Science in Sports and Exercise. 48(5):S482.
41. Herman DC, Negron G, Fallgatter K, **Vincent HK**. The influence of strength on jump landing biomechanics during maturation in females – implications for ACL injury risk and prevention. American Journal of Physical Medicine and Rehabilitation, 2016; 95(3):a1-2.
42. Morgan CM, Chen C, **Vincent HK**. Validity of a novel iPad application in measuring knee mechanics in a running population. American Physical Therapy Association, Combined Sections Meeting in Anaheim, CA. February 18-20, 2016.
43. Wasser JG, Chen C, Zdziarski LA, **Vincent HK**. (Sponsor: Heather K. Vincent, FACSM): Kinematics of overhead throwing motions in professional lacrosse and baseball players. American College of Sports Medicine, Medicine and Science in Sports and Exercise. 47(5S):952. San Diego, CA, 26 - 30, 2015.
44. Nelson D, Chen C, Zdziarski LA, Montero C, Vincent KR, **Vincent HK**. (Sponsor: Kevin R. Vincent, FACSM). Position-specific shooting kinematics on peak ball speed in men's lacrosse. American College of Sports Medicine, San Diego, CA. May 26 - 30, 2015. Medicine and Science in Sports and Exercise. 47(5S):952-953..
45. **Vincent HK**, Chen C, Zdziarski LA, Montero C, Vincent KR. Shooting motion differences in high school, collegiate and professional men's lacrosse players. American College of Sports Medicine, San Diego, CA, May 26 - 30, 2015. Medicine and Science in Sports and Exercise. 47(5S):952.
46. Zdziarski LA, **Vincent HK**, Chen C, Vincent KR, Horodyski M. (Sponsor: Heather K. Vincent, FACSM): Prevalence of inaccurate foot strike detection in runners: relation to shoe type and injury. American College of Sports Medicine, San Diego, May 26-30, 2015. Medicine and Science in Sports and Exercise. 47(5S):611. 5
47. Herman DC, Jacobs K, Riveros D, **Vincent HK**. Effect of jump landing surface on landing error scoring system grades. Clinical Journal of Sports Medicine, 2015; 24(2): 195.
48. Herman DC, Riveros D, Jacobs K, **Vincent HK**. Effect of handheld sports equipment on landing error scoring system grades. Clinical Journal of Sports Medicine. 2015; 25(2): 213.
49. **Vincent HK**, Seay AN, Hurley RW, Vincent KR. Multifidus muscle cross sectional area after resistance exercise is related to pain reduction but not improvement in ambulatory

activity in obese older adults with chronic back pain. American Academy of Physical Medicine and Rehabilitation Annual Meeting. San Diego, CA. Nov 13-16, 2014. PM&R: The Journal of Injury, Function, and Rehabilitation, 6(9S): S183.

50. Nunez G, Chen C, Greenberg S, Vincent KR, **Vincent HK**. Barefoot running, metabolic cost and ground reaction forces in mid-forefoot runners: Implications for running rehabilitation. American Academy of Physical Medicine and Rehabilitation Annual Meeting. San Diego, CA. Nov 13-16, 2014. PM&R: The Journal of Injury, Function, and Rehabilitation, 6(9S): S184. Poster 6.
51. Rubin J, Chen C, Zdziarski LA, Vincent KR, Vincent HK. Effects of orthopaedic surgery history on throwing motion in male lacrosse players. American Academy of Physical Medicine and Rehabilitation Annual Meeting. San Diego, CA. Nov 13-16, 2014. PM&R: The Journal of Injury, Function, and Rehabilitation, 6(9S): S251.
52. Herman D, Chen C, Vincent KR, **Vincent HK**. Increased cadence is associated with reduced energy expenditure during running. American Medical Society for Sports Medicine Annual Meeting, New Orleans, LA. April 5-9, 2014; Clinical Journal of Sports Medicine, 2014; 25(2):185-186.
53. Morita H, **Vincent HK**, Hack N, Conrad BP, Ashizawa T, Subramony S, Xia G. Assessing the feasibility of quantitative gait analysis as an outcome measure for clinical trials in spinocerebellar ataxias. American Academy of Neurology Annual Meeting, Philadelphia PA, April 26-May 3, 2014. Neurology, 82(10):P2.038 [http://www.neurology.org/content/82/10\\_Supplement/P2.038](http://www.neurology.org/content/82/10_Supplement/P2.038)
54. **Vincent HK**, Chen C, Slater CD, Zdziarski LA, Montero C, Vincent KR. Relationship of strength and muscle mass on lacrosse shooting motion kinematics. American College of Sports Medicine Annual Meeting, Orlando FL, May 27 - 31, 2014. Medicine and Science in Sports and Exercise. 46(5):S409.
55. Slater CD, Chen C, Zdziarski LA, Montero C, Vincent KR, **Vincent HK**. Kinematic characterization of lacrosse shooting motions of the dominant and non-dominant side. American College of Sports Medicine Annual Meeting, Orlando FL, May 27 - 31, 2014. Medicine and Science in Sports and Exercise. 46(5):S408.
56. Zaremski JL, Seay AN, Montero C, Vincent KR, **Vincent HK**. Shoulder range of motion in high school lacrosse players: An exploratory pilot study of arm dominance and presence of pain. American Academy of Physical Medicine and Rehabilitation. Washington DC, Oct 3-6, 2013. PM&R: The Journal of Injury, Function, and Rehabilitation, 5(9S):S217.
57. **Vincent HK**, Zaremski JL, Seay AN, Montero C, Vincent KR. Role of pain and playing position on shoulder motion during lacrosse passing in boys aged 14-18 years. American Academy of Physical Medicine and Rehabilitation. Washington DC, Oct 3-6, 2013. PM&R: The Journal of Injury, Function, and Rehabilitation, 5(9S): S207.
58. **Vincent HK**, Percival SS, Conrad BP, Seay AN, Montero C, Vincent KR. Age and disease severity interactions with hyaluronic acid (HA) viscosupplementation on synovial fluid inflammatory proteins in knee osteoarthritis. American Academy of Physical

Medicine and Rehabilitation. Washington DC, Oct 3-6, 2013. PM&R: The Journal of Injury, Function, and Rehabilitation, 5(9S):S219.

59. **Vincent HK**, Conrad BP, Seay AN, Montero C, Vincent KR, Hurley RW, George SZ. Low back strength improvement contributes to walking improvement in obese older adults with chronic low back pain. American Academy of Physical Medicine and Rehabilitation, Washington DC, Oct 3-6, 2013. PM&R: The Journal of Injury, Function, and Rehabilitation, 5(9S):S142-14.
60. Montero C, **Vincent HK**, Seay AN, Vincent KR. Strength gain and progression following concentrically focused or eccentrically focused resistance exercise in knee osteoarthritis. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 28-June 1, 2013, Medicine and Science in Sports and Exercise. 45(5):53.
61. Vincent KR, Montero C, Conrad BP, Wasser J, Lomonaco C, Martenson M, **Vincent HK**. No difference in metabolic efficiency in barefoot and shod conditions in experienced mid-forefoot runners. American College of Sports Medicine Annual Meeting, Indianapolis, IN May 28-June 1, 2013. Medicine and Science in Sports and Exercise. 45(5):80.
62. **Vincent HK**, Seay AN, Vincent KR, Montero C, Conrad BP, Hurley RW. Effects of resistance exercise training on pain severity and physical function in obese older adults with chronic low back pain. American College of Sports Medicine Annual Meeting, Indianapolis, IN May 28-June 1, 2013. Medicine and Science in Sports and Exercise. 45(5):53.
63. Vincent KR, Montero C, **Vincent HK**. Progressive enhanced eccentric or concentric resistance exercise training for knee osteoarthritis. Osteoarthritis Research Society International (OARSI). 2013 World Congress on Osteoarthritis, April 18-21, 2013 Osteoarthritis and Cartilage, 21:S275.
64. **Vincent HK**, Seay AN, Montero C, Conrad BP, Vincent KR, George SZ, Hurley RW. Resistance exercise in obese older adults with chronic back pain: preliminary results. American Academy of Physical Medicine and Rehabilitation, Atlanta GA, Nov 15-27, PM&R: The Journal of Injury, Function, and Rehabilitation, 4(10):S251, 2012.
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### **BOOK CHAPTERS:**

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### **MANUSCRIPTS IN REVIEW:**

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## **VII. GRANTS AND AWARDS**

### **2022**

#### **Submitted**

Rheumatology Research Foundation Vincent (PI) pending \$316,000  
 Functional Biomarkers and Responsiveness to Treatment and Physical Activity Level in Juvenile Idiopathic Arthritis  
 This study will determine reference ranges for functional biomarkers in children with JIA and healthy children and which combination of medicines and physical activity levels are associated with preservation of highest functional level during disease flares.  
 Role: PI

NIH NIA R01 renewal Sibille (PI) not funded \$1,300,000  
 Health Disparities in Osteoarthritis: Biological Aging, Stress, and Pain - Modulation by Resilience Factors  
Role: Co-I

Children's Miracle Network, Bridge support Woolnough (PI) funded \$50,000  
 Gait, Physical Function and Quality of Life in Juvenile idiopathic Arthritis  
 Role: Co-I

Arthritis National Research Foundation Woolnough (PI) Vincent (Mentor) not funded \$100,000  
 Gait, Physical Function and Quality of Life in Juvenile idiopathic Arthritis  
 Role: Mentor

### **2021**

Rheumatology Research Foundation Vincent (PI) scored, not funded \$270,000  
“Novel functional biomarkers in Juvenile Idiopathic Arthritis and responsiveness to treatment and physical activity level.”  
This study will discover a set of JIA-related functional biomarkers responsive to JIA, and to determine how medication and physical activity patterns modify these biomarkers.  
Role: PI

Children’s Miracle Network Bridge Funding Woolnough (PI) received \$50,000  
“Gait performance and related physical function in children with Juvenile Idiopathic Arthritis.”  
This study will determine the functional performance differences among children with active and inactive JIA compared to healthy controls.  
Role: Co-PI

## **2020**

Lallemand Health Solutions Langkamp-Henken (PI) Industry funding received \$110,264  
“Impact of probiotic supplementation on exercise endurance among non-elite athletes: a randomized, placebo-controlled, double-blind, clinical trial.”  
This study will examine a 6-week intervention of a probiotic on endurance performance, inflammation, gut health, illness symptoms and well-being in recreational runners.  
Role: Co-I

NIH RO1 Nichols (PI) not funded 2020  
“Syndesmosis fixation alignment clinical study (SynFACS): evaluating mechanisms effecting surgeon proficiency and patient outcomes in ankle fracture treatment”  
This study will examine factors that affect surgeon proficiency and how syndesmosis injuries impact function over time.  
Role: Co-I

## **2019**

NIA R21 RO3 Vasilopoulos (PI) submitted November 2020 \$225,000  
“Trajectories of multimorbidity across adulthood and their associations with functional status and cognition in older adults”  
This study will leverage data from the Health and retirement Study (HRS) linked with Medicare claims data to explore trajectories of multimorbidity from midlife to later life.  
Role Co-I

NIA RO3 Vasilopoulos (PI) scored, not funded \$100,000  
“Obesity and physical activity trajectories during the transition to older age: impacts on functional capacity and disability”  
This study will use the Wisconsin Longitudinal Study (WLS) to determine the separate and combined effects of body weight and physical activity patterns in midlife on disability by old age.  
Role: Co-I

US Lacrosse Foundation Herman (PI) \$50,000 funded 9/1/2019-8/30/2020  
“Prevalence and severity of concussions and injuries with helmet use in girls’ lacrosse” cost extension”  
This study will prospectively examine the incidence of head impacts, concussions and musculoskeletal injuries with the use of helmets in girls’ lacrosse. This is an extension of the existing award from 2018.

Role: Co-I

Villency Design Inc. Vincent (PI) \$75,000 funded 6/30/2018-6/30/2019

“Villency–Proof of Action: foot device, balance and sway, kinematics of walking”

This study tested the effect of a prototype foot device on temporalspatial, kinetic and kinematic parameters of walking and balance.

Role: PI

## **2018:**

National Operating Committee on Standards for Athletic Equipment (NOCSAE). Herman (PI)

\$296,981 funded

“Effect of helmet use on injury risk and head impact rates in girls' lacrosse”

This study will determine the risk for prevalence and severity of concussion and musculoskeletal injuries in female lacrosse players with and without helmets.

Role: Co-I

Scripps Institute Pilot Award Nettles (PI) \$50,000 not funded

“Crowdsourcing the genetic basis of healthy aging and individual success with diet and exercise.”

This study will use genomics, crowd sourcing and big data analytics to discover strategies that work best to improve fitness for individuals, based on their genetics, microbiome, diet, and exercise choices.

Role: Co-I

US Lacrosse Foundation Herman (PI) \$38,498 funded 9/1/2018-8/30/2019

“Prevalence and severity of concussions and injuries with helmet use in girls' lacrosse”

This study will prospectively examine the incidence of head impacts, concussions and musculoskeletal injuries with the use of helmets in girls' lacrosse.

Role: Co-I

ACSM Doctoral Student Grant Wasser (PI) resubmission \$5,000 7/1/2018-6/30/2019

“Exercise intervention for unilateral amputees with low back pain: a randomized, controlled study”

This study will use home based resistance exercise to improve pain severity, quality of life and physiological characteristics of muscle.

Role: Mentor

## **2017:**

AHRQ RO3 Vincent (PI) scored, not funded \$99,100 7/1/2018-6/30/2020

“Patient reported health related quality of life in obese patients with orthopedic trauma.”

This study will determine the trajectory of perceived quality of life in obese trauma patients and determine the factors that influence these perceptions.

Role: PI

NIH NIA R21 Vasilopoulos (PI) \$275,000 not funded 7/1/2018-6/30/2020

“Trajectories of comorbidity on function and cognition in a community older population.”

This study will examine how midlife multimorbidity (age 53) and different multimorbidity trajectories over an 18-year span, are associated with later life functional status and cognition.

Role: Co-I

Scoliosis Research Society Williams (PI) \$10,000 not funded 5/1/2018-4/30/2019  
“Advancing pediatric spinal deformity outcomes research through development of a standard three-dimensional motion analysis protocol.”

This study will develop and validate a three-dimensional (3-D) motion analysis protocol to accurately assess and compare spinal motion among spinal deformity patients and normal children.

Role: Co-I

NIH NINR June (PI) \$2,262,889 not funded 7/1/2018-6/30/2022

“Applying metabolomics to drive biomarker discovery in OA pain.”

This study will use metabolomics to create preclinical and clinical models of pain in knee osteoarthritis.

Role: Co-I

NBA GE Grant Herman (PI) \$50,000 not funded 7/1/2018-6/30/2019

“Jump landing biomechanics: a novel screening tool for bone stress injuries in high school basketball athletes”

Assess the predictive capability of a jump-landing biomechanics screening tool for the identification of high school basketball athletes at risk for bone stress injury.

Role: Co-I

Theraband Academy Grant Wasser (PI) funded \$5,000 7/1/2017-6/30/2019

“Exercise intervention for unilateral amputees with low back pain: a randomized, controlled study”

This study will use home based resistance exercise to improve pain severity, quality of life and physiological characteristics of muscle.

Role: Mentor

ACSM Doctoral Student Grant Wasser (PI) not funded \$5,000 7/1/2017-6/30/2019

“Exercise intervention for unilateral amputees with low back pain: a randomized, controlled study”

This study will use home based resistance exercise to improve pain severity, quality of life and physiological characteristics of muscle.

Role: Mentor

## **2016:**

NIH NIAMS R21 Vincent (PI) not funded \$450,000 7/1/2017-6/30/2019

“Perisurgical and postsurgical obesity disparities after orthopedic trauma”

This study will identify the surgical disparities among obese patients with orthopedic trauma, determine the drivers of these disparities and how these disparities impact quality of life and patient satisfaction.

Role: PI

AHRQ RO3 Vincent (PI) not funded \$99,100 7/1/2017-6/30/2019

“Patient Reported Health Related Quality of Life in Obese Patients with Orthopedic Trauma.”

This study will determine the trajectory of perceived quality of life in obese trauma patients and determine the factors that influence these perceptions.

Role: PI

US Lacrosse Foundation Vincent (PI) funded \$31,367 10/1/2016-9/30/2017

“Contribution of functional and motion factors related to lower body musculoskeletal pain and injury in lacrosse”

This study will determine the mechanical and individual characteristics of injury in younger players aged 10-21 years old.

Role: PI

NIH 12085067 R21 Allen (PI) not funded 7/1/2016-6/30/2018

“Probing synovial fluid at the nano to micro scale via magnetic particle dynamics”

This study will be translating a novel method of capturing inflammatory particles in the synovial fluid from samples to that within individuals with knee osteoarthritis.

Role: Collaborator

**2015:**

PCORI H Vincent (PI) not funded \$3,370,000 7/1/2016 -6/30/2021

“Comparative effectiveness of integrated-delivery-of-care and usual care approaches on improvements in functional quality of life and emotional well-being after orthopedic trauma”

This 5 year RCT will compare the effects of usual care and integrated care on patient-centered outcomes after an orthopedic injury.

Role: PI

NCI NIH R21 Modave and Vincent (Co-PI) not funded \$282,614 4/1/2016-3/31/2018

“BuildYourFitness: An evidence-based mobile platform to increase physical activity”

Developing and testing of a mobile coaching app for exercise prescription in novice exercisers.

Role: Co-PI

Martin Smith (IPQSA) \$24,938 H Vincent (Co-PI) funded \$24,938 8/26/2015-12/31/2016

Interdisciplinary Patient Quality and Safety Award

“An integrated-delivery-of-care-approach to improve patient outcomes, safety, well-being after orthopaedic trauma”

This RCT will determine the effects of a coaching program on patient safety and well-being after an orthopedic injury.

Role: Co-PI

PM&R Foundation Grant H Vincent (PI) funded \$29,998 8/20/2015-12/31/2016

A patient-centered transformative coaching approach to improve participation in rehabilitation and functional quality of life after orthopedic trauma.

This RCT will determine the effects of a coaching program on patient-centered outcomes after an orthopedic injury.

Role: PI

NATA Doctoral Student grant funded 7/1/2015-8/30/2017

Applications for NATA Research and Education Foundation and SEATA (Zdziarski, student) based off the PCORI application in 2014.

Co-wrote “Incorporating athletic trainers into an orthopedic trauma care team to improve patient functional and emotional quality of life”

Role: grant writer

**2014:**

PCORI H Vincent (PI) not funded \$2,706,000 7/1/2015 -7/1/2019

“An integrated-delivery-of-care-approach to improve functional quality of life and emotional well-being after orthopedic trauma”



This RCT will compare the effects of usual care and integrated care on patient-centered outcomes after an orthopedic injury.

Role: PI

NIH NIAMS R21 K Vincent (PI) not funded

“Influence of lower extremity resistance exercise on tibiofemoral kinematics in knee osteoarthritis”

This study will examine the effect of progressive resistance exercise on the in vivo motion of the tibiofemoral joint.

Role: Co-I

NIH NIAMS RO3 H Vincent (PI) not funded

“Tibiofemoral kinematics and inflammation in vivo in obesity related osteoarthritis”

This study will examine effects of surgical weight loss on tibiofemoral forces and kinematics *in vivo* in synovial fluid biomarkers of inflammation in morbidly obese people.

Role: PI

NIH RO1 K Allen (PI) not funded

“Magnetic nanoparticle probes for the assessment of osteoarthritic synovial fluid”

This research will improve our methods of assessing synovial fluid from animal and human models and examining how these improved measures can predict disease progression and disability.

Role: Co-I

NIH R21 Hass (PI) funded 07/01/2015-06/30/2017

“Locomotor adaptation training to prevent mobility disability”

This study will compare dual belt versus single belt treadmill training for older adults.

Role: Co-I

### **2013:**

NIH T32 Hurley (PI) not funded

“Research training program in anesthesiology, perioperative, critical care and pain medicine”

Role: Executive Committee, Mentor

NIH R21 Hass (PI) not funded \$81,078.00 07/01/2014-06/30/2016

“Locomotor adaptation training to prevent mobility disability”

This study will compare dual belt versus single belt treadmill training for older adults.

Role: Co-I

The Orthopaedic Research and Education Foundation (OREF) H Vincent (PI) not funded \$225,000

Career Development Award, revision and resubmission

“Obesity effects on knee biomechanics during physical activity before and after total knee replacement”

US Department of Defense Allen (PI) scored 17, not funded 04/01/2014 - 03/31/2017

Assessing early stage joint degeneration using rotational diffusivity of magnetic nanoparticles

This study will develop and test a new method of using nanoparticles to measure synovial fluid viscosity in post-traumatic osteoarthritis

Role: Collaborator

The Arthritis Foundation Vincent (PI) scored 2.17, cutoff 1.6 out of 10

“Knee osteoarthritis pain and joint motion in vivo after weight loss”

This study will compare the knee kinetics and kinematics in vivo, and systemic inflammation and leptin levels and knee imaging in morbidly obese persons who undergo bariatric surgery compared to non-surgical counterparts.

Role: PI

NIH NIAMS RO1 H Vincent (PI) scored 39% percentile, 43 impact \$1,600,000 not funded

“Ambulatory knee pain and joint motion after bariatric surgery”

This study will compare the knee kinetics and kinematics *in vivo* and ambulatory pain symptoms in morbidly obese persons who undergo bariatric surgery compared to non-surgical counterparts.(resubmission)

Role: PI

AAPHERD Research Grant Consortium. Conrad BP (PI) \$5,000 not funded

“Are biomechanical and neurocognitive factors related to overuse injuries in high school cross-country runners?”

Role: Co-I

AAPHERD Research Grant Consortium. Barnes L (PI) \$2,500 funded

“Kinematics of the thoraco-lumbar spine during running in masters runners”

Role: Co-I

Accordia, Investigator Initiated Trial Xia (PI) funded 01/01/2013-12/31/2013

“Therapeutic effect of dalfampridine on gait incoordination in spinocerebellar ataxis – A randomized, double-blinded, placebo-controlled, crossover clinical trial”

Role: Co-I

## **2012:**

College of Medicine, Seed Feed Opportunity Grant preliminary letter not funded

“Mechanisms of pain and physical function change after hyaluronic acid viscosupplementation for knee osteoarthritis (OA).”

Role: PI

NIH NIAMS RO1 H Vincent (PI) \$1,905,841 not funded 07/31/2013-07/30/2017

“Lifestyle interventions for obese older adults with low back pain.”

This study will examine whether dietary modification for weight loss, resistance exercise or combined treatment will reduce ambulatory pain and improve physical function in obese, older adults with chronic low back pain compared to standard care.

Role: PI

The Orthopaedic Research and Education Foundation (OREF) H Vincent (PI) \$225,000

Career Development Award, revision and resubmission

“Obesity effects on knee biomechanics during physical activity before and after total knee replacement”

NFL Players Association D Guzik (PI) \$100 million over nine years not funded

**“NFLPA ASSIST: Athlete Safety, Science and Intervention Study”**

Promote health and wellness of current and past NFL players by translating knowledge gained in ASSIST into improved care and health practices.

Role: collaborator

NIH NIAMS R21 K Vincent (PI) scored 40, resubmitted 07/31/2012-07/30/2015

“Comparative resistance exercise effects on knee osteoarthritis pain, functional impairment and cartilage turnover”

Role: collaborator

NIH NIAMS 1 K23\_AR061146-01A1 K Vincent (PI) \$374,993.00 funded 07/31/2012-07/30-2017

07/01/2012 – 06/30/2015

“Comparative resistance exercise effects on knee osteoarthritis pain, functional impairment and cartilage turnover”

Role: collaborator

**2011:**

NIH NIAMS RO1 H Vincent (PI) requested funds \$1,300,000 not funded

“Ambulatory knee pain and joint motion after bariatric surgery”

This study will compare the knee biomechanics and pain symptoms in morbidly obese persons who undergo bariatric surgery compared to non-surgical counterparts.

The Orthopaedic Research and Education Foundation (OREF) H Vincent (PI) \$225,000 not funded; Career Development Award

“Obesity effects on knee biomechanics during physical activity before and after total knee replacement”

The Obesity Society H Vincent PI \$25,000 + food costs funded 11/1/2011-10/31/2012

“Hypocaloric diet prior to total knee replacement in the obese patient”

This study will compare the surgical outcomes and the time course of functional recovery in patients who are administered the Nutrisystem basic program+Education (NUTRI) or the Nutrisystem Education alone (EDU).

Zimmer Inc. H Vincent (PI) \$166,000 On Hold per sponsor 7/1/2011-6/30/2013

“Comparative kinematics and kinetics of obese and non-obese individuals during low and heavy demand activities.”

This study will characterize the effects of obesity on lower limb joint forces and motion during low demand activities such as walking, stair climb and chair rise, and heavy demand activities such as sport motion.

**2010:**

Ferring Pharmaceuticals H Vincent (Co-PI) \$49,312 funded 10/1/2009-9/30/2011

“Examination of the effects of hyaluronic acid (HA) viscosupplementation on synovial fluid inflammatory and oxidative stress biomarkers in osteoarthritis”

The study is examining whether hyaluronic acid viscosupplementation can reduce biomarkers of inflammation and oxidative stress in synovial fluid from persons suffering from knee osteoarthritis.

NIH NIAMS RO3 AR057552-01A1 H Vincent (PI) funded \$208,269.00 09/1/2010-8/30/2013

“Resistance exercise effects on fear avoidance beliefs and physical function in obese, older adults with chronic low back pain.”

This study is comparing the effects of two different resistance training protocols on psychosocial and functional factor in obese older adults with chronic back pain.

NIH NIA K23 K Vincent (PI) not funded, revised \$864,000.00 07/01/2010-06/30/2015  
“Comparative resistance exercise effects on knee osteoarthritis pain, functional impairment and cartilage turnover”

This study will examine whether there is differential efficacy of two modes of resistance exercise (eccentrically-focused and concentrically-focused) on pain symptoms, physical function and cartilage turnover in older adults with knee osteoarthritis.

Role: collaborator

Doris Duke Foundation Clinician Scientist Award K Vincent (PI) \$474,000.00 6/1/2010 - 5/31/2013 not funded

“Relative efficacy of eccentric and concentric resistance exercise on knee osteoarthritis symptoms and cartilage turnover”

This study will examine whether there is differential efficacy of two modes of resistance exercise (eccentrically-focused and concentrically-focused) on pain symptoms, physical function and cartilage turnover in older adults with knee osteoarthritis.

Role: Co-Investigator

Arthritis Foundation Innovative grant Award K Vincent (PI) \$235,000.00 6/1/2010 -5/31/2012

“The Influence of Concentrically or Eccentrically Focused Resistance Exercise on Knee Pain and Physical Function in Older Adults with Knee Osteoarthritis.” unfunded

This study will examine whether there is differential efficacy of two modes of resistance exercise (eccentrically-focused and concentrically-focused) on pain symptoms, physical function and cartilage turnover in older adults with knee osteoarthritis.

Role: Co-Investigator

## **2009:**

NIH NIAMS RO3 AR059786 -01 K Vincent (PI) funded \$208,269.00 07/01/2010-06/30/2013  
“Comparative resistance exercise effects on knee osteoarthritis pain, functional impairment and cartilage turnover”

This study will examine whether there is differential efficacy of two modes of resistance exercise (eccentrically-focused and concentrically-focused) on pain symptoms, physical function and cartilage turnover in older adults with knee osteoarthritis.

Role: co-investigator

NIH NIAMS RO1 H Vincent (PI) not funded \$1,311,430.00

“Outcomes comparison following total knee replacement or bariatric surgery and total knee replacement in morbidly obese patients with osteoarthritis”

This study will compare functional and knee pain related quality of life outcomes by one year in morbidly obese patients who undergo one of two surgical approaches for knee osteoarthritis

Brooks Rehabilitation Endowment. H Vincent (PI) not funded \$40,000

“Effect of obesity on inpatient rehabilitation outcomes following orthopedic trauma.

This study will compare the functional and clinical outcomes in non-obese and obese patients presenting to inpatient rehabilitation for orthopedic trauma.

U.S. Bone and Joint Decade's Young Investigators Initiative (YII) program Awardee.  
“Outcomes Comparison Following Total Knee Replacement or Bariatric Surgery and Total Knee Replacement in Morbidly Obese Patients with Osteoarthritis” 2009-2011.

American Cancer Society, Chris DiMarco Institutional Research Grant. H Vincent (PI)  
An exploratory study of resistance exercise prehabilitation effects on physical function, and psychosocial distress in patients undergoing treatment for soft tissue sarcoma.  
(not funded).

**2008:**

NIH LRP Award Recipient

University of Florida Clinical Research Loan Repayment Award (up to \$5,000 annually)

Moffitt/ University of Florida/ Shands Health Care Advancing the Partnership Award. H Vincent  
(Co-PI) requested funds \$110,000.

Resistance exercise prehabilitation for patients with soft tissue sarcomas.  
(not funded).

**2007:** University of Florida, Claude Pepper Institute on Aging                      funded \$63,800  
“Resistance Exercise After Stroke” Collaborator

Industry Funding H Vincent (Co-PI)    funded \$200,000  
“A Multicenter, Double Blind, Randomized, parallel Group placebo controlled phase 2 study of once daily subcutaneous methylnaltraxone in the treatment of opioid induced constipation during rehabilitation after orthopaedic procedures”

**2006:** American Medical Rehabilitation Providers Association (AMRPA) H Vincent (PI)  
“Outcomes of Cardiopulmonary Patients in a Skilled Nursing Facility and Inpatient Rehabilitation Facility \$180,000

HealthSouth Inc., private industry award H Vincent (PI)  
“Cardiopulmonary Inpatient Rehabilitation Outcomes” \$175,750  
University of Virginia

**2005:** NIH NCCAM Grant H Vincent (PI)  
R21 mechanism: “Antioxidant effects on complications of Obesity.” PI Requested funds \$530,000. (not funded)

American Diabetes Association Grant H Vincent (PI)  
Junior Faculty Award “Supplemental antioxidants and oxidative stress in pre-diabetic obese persons.” requested funds \$200,000 (not funded)

**2004:** UVa Intramural and GCRC Grant Funds  
“Oxidant stress related complications of obesity” (\$12,000)

**2002:** Stetson University Technology 3 Grant Recipient  
Interdepartmental presentation technology and equipment  
Stetson University Faculty Grant Award  
“A comparison of exercise-induced oxidative stress in lean and obese individuals following acute aerobic and resistance exercise” (total \$6,000)

**2001:** Stetson University Faculty Grant Award

“Post-exercise lipid peroxidation in obese subjects following antioxidant supplementation” (\$5,000)

**2000:** Stetson University, Board of Directors Grant

“Initiating the Lifestyle Appraisal Program” (\$30,000)

Stetson University Faculty Research Grant Award

“Oxidative stress in Skeletal Muscle and Myocardium in the Obese rat and rabbit” (\$5,000)

**1998:** American Heart Association Fellowship, Florida Affiliate

“Obesity and Myocardial Oxidative Stress: Possible Protection by Nutritional Antioxidants”  
University of Florida (\$29,000)

**1996:** American College of Sports Medicine (ACSM) Doctoral Student Award

“Mechanisms for COPD-induced diaphragmatic force deficit” (\$5,000)

## **VIII. TEACHING AND MENTORING**

### **PROFESSIONAL DEVELOPMENT and LEADERSHIP**

UF COM Leadership Development Program (LDP)

Selected to complete year long program on emerging leaders in the UF College of Medicine.  
2022 Cohort.

UF Clinical Translational Science Institute (CTSI)

Emotional Intelligence in Mentoring (completed 9/27/21) Dr. Rimhim Banerjee-Batist

UF Center for Excellence in Teaching (CRT), Passport to Great Teaching and working toward earning a *Great Teaching Certificate*:

- Building Your Digital Community on Social Media (Completed 10/22/2021)
- Tips for Mentoring Online (completed 4/17/20)
- Tools and Tips for Student Engagement in Transitioned-Online Courses (completed 4/21/20)

UF CTSI Mentor Academy Certification (2018) earned certification in mentorship through a seminar training series (Dr. Roger Fillingham, Director)

### **EDUCATIONAL LECTURES**

**2020:**

- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive). Exercise for back and knee pain. December 16, 2020, Gainesville, FL.
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Nutrition Intensive). Nutrition for Optimal Performance. October 28, 2020. Gainesville, FL.
- UF College of Medicine, 1<sup>st</sup> year Medical Student Curriculum: (Pre-preceptorship) Exercise and Health: Newest evidence and engaging your patients in getting started. November 30, 2020. Gainesville, FL.
- UF College of Medicine, 4<sup>th</sup> year Medical Student intensive group: (Advanced Physical Diagnosis and Clinical Reasoning) Using motion analysis and gait to solve motion related conditions. February 6, 2020. Gainesville, FL.

**2019:**

- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive). Normal aging of the musculoskeletal system. December 17, 2019 Gainesville, FL
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive). Exercise for back and knee pain. December 17, 2019, Gainesville, FL
- UF College of Medicine, 1<sup>st</sup> year Medical Student Curriculum: (Pre-preceptorship) Exercise and Health: Newest evidence and engaging your patients in getting started. December 2, 2019. Gainesville, FL.
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Nutrition Intensive). Nutrition for Optimal Performance. October 31, 2019. Gainesville, FL

**2018:**

- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Nutrition Intensive). Nutrition for Optimal Performance. October 15, 2018. Gainesville, FL
- UF College of Medicine, 4<sup>th</sup> year Medical Student intensive group: (Advanced Physical Diagnosis and Clinical Reasoning) Using motion analysis and gait to solve motion related conditions. January 31, 2018. Gainesville, FL.

**2017:**

- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive). Normal aging of the musculoskeletal system. December 12, 2016 Gainesville, FL.
- UF College of Medicine, 1<sup>st</sup> year Medical Student Curriculum: (Pre-preceptorship) Exercise and Health: Newest evidence and engaging your patients in getting started. December 6, 2017. Gainesville, FL
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Nutrition Intensive). Nutrition for Optimal Performance. November 1, 2017, Gainesville, FL
- UF Orthopaedics Resident Lecture: Preparation for OITE exam, spine and research elements. Gainesville, FL, October, 2017, Gainesville, FL
- UF Orthopaedics Resident Lecture: Success with orthopaedics research at UF. Gainesville, FL, September 18, 2017, Gainesville, FL

**2016:**

- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive). Normal aging of the musculoskeletal system. December 12, 2016 Gainesville, FL
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive). "Exercise is Medicine Series" Exercise for shoulder and neck pain. December 2, 2016 Gainesville, FL
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive). "Exercise is Medicine Series" Exercise for chronic knee pain. December 4, 2015
- Gainesville, FL  
UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive)  
"Exercise is Medicine Series" Exercise for chronic low back pain. December 12, 2016 Gainesville, FL

- UF Orthopaedic Trauma Staff presentation, Trauma Day. Vincent HK, Zdziarski LA, Hagen JE. Transformation After Orthopaedic Trauma: The 10-step Program to Recovery and related ongoing work December 2, 2016.
- UF medical student special interest group Exercise is Medicine, Vincent HK faculty mentor. Physical activity for obese persons, September 26, 2016, Gainesville, FL.
- First year orthopedics resident small group interactive lecture. Horodyski MB and Vincent HK. Getting it right and planning ahead: success with orthopaedics research at UF. September 21, 2016, Gainesville, FL.

## 2015:

- Wellness Wednesday Series UF Human Resource Services invited community presentation. (video-streaming and live lecture) Running Smart: considerations for injury prevention. February 3, 2016. Gainesville, FL
- UF College of Medicine, 4<sup>th</sup> year Medical Student intensive group: (Advanced Physical Diagnosis and Clinical Reasoning) Using motion analysis and history taking to solve running gait asymmetries. February 12, 2016, Gainesville, FL
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive).  
Normal aging of the musculoskeletal system. December 16, 2014 Gainesville, FL
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive). "Exercise is Medicine Series" Exercise for shoulder and neck pain. December 9, 2015 Gainesville, FL
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive)  
"Exercise is Medicine Series" Exercise for chronic low back pain. December 4, 2015 Gainesville, FL
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive).  
"Exercise is Medicine Series" Exercise for chronic knee pain. December 4, 2015 Gainesville, FL

## 2014

- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive).  
Normal aging of the musculoskeletal system. December 17, 2014
- UF Orthopaedics Resident Lecture: Practical Considerations for Starting a Running Program for Weight Loss Gainesville, FL, January 30, 2014.

## 2013

- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Musculoskeletal Intensive).  
Normal aging of the musculoskeletal system. December 18, 2013
- UF College of Medicine, 2<sup>nd</sup> year Medical Student Curriculum: (Pain and Addiction Intensive).  
Biomechanics of low back and knee pain. October 10, 2013
- UF Orthopaedics Trauma Conference: Obesity and Trauma Outcomes. Gainesville, FL, June 7, 2013.



- UF Orthopaedics Resident Lecture: Effect of obesity on perioperative outcomes in patients with acetabular fracture, Gainesville, FL, April 23, 2013.

## 2012

- UF Orthopaedics Resident Lecture: Getting it right and planning ahead: Success with orthopaedics research at UF Gainesville, FL, October 8, 2012.
- Family Medicine, Sports Fellow Conference and laboratory demonstration: hands on activity for educational curriculum. Lactate threshold during cycle exercise testing, Gainesville, FL, November 30, 2012.
- Family Medicine, Sports Fellow Conference and laboratory demonstration – hands on Activity for educational curriculum. Principals of exercise testing, Gainesville, FL, August 25, 2012.

## 2011

- 2<sup>nd</sup> year Medical Student Clinical Case Course (Dr. Kyle Rarey, course director): Morgan L, Vincent HK. Ovarian cancer and life experience, November 21, 2011. Gainesville, FL.
- UF Department of Family Medicine lecture series: Micronutrients for health and performance. Shands Health Care Curriculum, Family Medicine, Gainesville FL, February 23, 2011.
- Oak Hammock Community Education Series, “Exercise and Low Back Pain” Oak Hammock Gainesville, FL February 2, 2011.

## 2010

- UF Orthopaedics and Rehabilitation Resident Lecture Series: Obesity and Total Hip Replacement Functional Outcomes: Weighing in on Study Design and Strength of the Evidence
- UF PMR Fellow Series: Eccentric versus conventional concentric-based resistance exercise

## 2009

- CES Applied Physiology and Kinesiology Educational Series Guest Lecturer, Mechanisms and Interventions to Combat Obesity-Related Sarcopenia and Physical Disability, University of Florida
- Statistical Design, Randomized Controlled Design, PM&R Fellow Lecture, University of Florida

## 2008

- Educational Training series, Statistical Methods and Research Project planning Shands Rehabilitation Hospital staff in-services, University of Florida, 3 sessions
- Guest lecturer, Rehabilitation Psychology CLP 7934 Obesity and the Wide Reaching Effects on Disability, Rehabilitation and Outcomes

## 2007

- Mini Educational Series, Statistics I, Basic Statistics II, Data Analysis and Interpretation, Fellow Education Series, Department of Orthopaedics and Rehabilitation, University of Florida

## 2006

- Dietary and Nutritional Strategies in Obesity, Department of Anesthesia, University of Virginia
- Lecture Series Basic Statistics I, Basic Statistics II, Data Analysis and Interpretation and Presentation of Data, Resident Education Lecture Series, Department of Physical Medicine and Rehabilitation, University of Virginia

### **2003-2005**

- Guest lecturer, Cardiovascular Physiology, three lecture series in Physiology, Department of Biology, University of Virginia. Invited Presentation, Antioxidant Supplementation in Young Obese Adults,
- General Clinical Research Center Annual Symposium Dietary Approaches to Cardiovascular Disease, Complementary and Alternative Therapies Course, University of Virginia, School of Nursing (taught twice)
- Exercise for Health, Complementary and Alternative Therapies Course, University of Virginia, School of Nursing (taught twice)

### **2001**

- Faculty lecture series, Antioxidant supplementation in obesity, Stetson University

## **COURSES TAUGHT**

### **2020-present**

- Developed and directed: Exercise is Medicine Medical Curriculum Elective; Ortho E5 MDT 7570 (3 times per year, 4<sup>th</sup> year medical students)

### **2017**

- Seminar in Rehabilitation Science RSD6930  
Taught course with experiential writing and presentation activity (1 credit hour)

### **2012-2019**

- Developed and directed: Biomechanics in Orthopaedics and Rehabilitation (1 semester, 3 cr) University of Florida

### **1999-2003**

- Health and Wellness (1 semester, 3 cr) Stetson University 1999
- Exercise Physiology and Laboratory (3 semesters, 4 cr) Stetson University 2000- 2002
- Advanced Exercise Physiology (1 semester, 3 cr) Stetson University 2003
- Laboratory Techniques (3 semesters, 3 cr) Stetson University 2000-2003
- Human Anatomy and Physiology and Laboratory (4 semesters, 4 cr) Stetson University 1999 2003
- Senior Research (6 semesters, variable credits) Stetson University ~30 individual senior research projects supervised over 1999-2003
- Research Statistics and Techniques (4 semesters, 3 cr) Stetson University 1999-2002

### **1999**

- Cardiopulmonary Pharmacology (1 summer semester, 3 cr) Sante Fe Community College

## **EXTERNAL HIGH SCHOOL STUDENT MENTEES**

Jake Kirschner	Summer 2013 Oak Hall Upper School
Lucinda Peng	Summer 2013 Eastside High School: <u>PMR the Journal of Injury, Function, and Rehabilitation</u> , 2014 Jul 1. pii: S1934-1482(14)00304-9.
Luke Caputo	Summer 2014 Oak Hall Upper School (senior project) UF Sport Performance Flyer content fall 2014

### **SENIOR PROJECT MENTEES**

Deborah Knapp	Correlations between disordered eating behaviors and depression among freshmen and senior students
Melanie McElhaney	Sport nutrition knowledge in college athletes
Tashean Thomas	Pre-competition nutritional intake and performance in middle distance running events
Patti West	Nutrition knowledge and eating disorder risk in college athletes
Jessie Zucnick	Shoulder proprioception in overhead and non-overhead athletes
Jonathan Byrom	Lipid peroxidation levels and vitamin C supplementation in diabetic and non-diabetic subjects
Stephanie Badalato	Hand massage effects on stress levels during mid-term exams
Melissa Edwards	Assessment of free radical production in obese subjects following acute resistance exercise
Chris Herrington	Chronic ankle instability: The effects of closed chain exercise on ankle proprioception
Erica Midden	The effects of static stretching on delayed onset muscle soreness following eccentric exercise
Jason Morgan	Energy expenditure following acute interval aerobic and resistance Exercise (published: <u>Medicine and Science in Sports and Exercise</u> , 2004; 36:(5) 772-779.
Dana Otzel	Assessment of foot pronation before and after fatiguing the posterior tibialis in college aged individuals
Mindy Pereira	Effects of hydration changes on bioelectrical impedance values
Drew Jenk	A study of the allied health fields and medical therapies
Elizabeth Macbeth	Effects of stretching before and after downhill running on the perception of muscle soreness
JoLea Lewis	A comparison of land based and aqua aerobic exercise in the elderly
Sara Schall	The efficacy of home treatments in post-arthroscopic knee patients
Cheryl Wells	A comparison of complementary medical and traditional medicine on patient satisfaction
Evan Peck	Effects of branched chain amino acid supplementation on endogenous muscle protein breakdown
Jennifer VanEtten	Atrial lipid peroxidation in the rabbit model of obesity (Poster presentation: Federation of American Societies for Experimental Biology, <u>FASEB J</u> , Orlando, FL, April 2001).
Luke Stivers	Phosphatidylcholine supplementation effects on strength and endurance
Lani Fisher	The contribution of running on different surfaces on shin splint pain
Thomas Koss	Effect of cycling cadence on cardiorespiratory parameters and perceived exertion

Nicole Knappmiller	Effect of exhaustive cycling exercise on the immune response in athletes and non-athletes
Tara Lynn	The effect of smoking on cardiorespiratory fitness in socially smoking athletes
Solveig Smith	The effects of passive and active smoking on cardioventilatory responses (Poster presentation: Federation of American Societies for Experimental Biology, <u>FASEB J</u> , Orlando, FL, April 2001.)
Joy Fraley	Body image and perceptions in athletes and non-athletes
Celeste Choroco	Cardiovascular responses in land and aqua based exercise: a comparative approach
John Arruda	Tempo effect on cycling performance
Laura Cazella	The effect of circadian rhythmicity on cardiovascular and perceptual responses during maximal cycling exercise

### **UNDERGRADUATE MENTEES**

Jason Morgan	2002-2003	Obesity exacerbates oxidative stress levels after acute Exercise ( <u>Med Sci Sports Exerc</u> , 36(5). 2004).
Mindy Stephensen	Spring 2008	Clinical outcomes following postacute care in patients with cardiopulmonary disease <u>Crit. Rev. Phys. Med. Rehabil.</u> 20(2): 2008.
Michael Machek	Summer 2008	Obesity is associated with lumbar pain-related fear of movement and self-reported mobility impairment. <u>Med Sci Sports Exerc.</u> 41(5), 2009.
Sarah Pastoriza	Spring 2009	<u>Undergraduate Scholarship Program</u> : A comparative exploratory analysis of pelvic tilt and velocity during a sprint step length in track and field athletes
Kelley Lamb	Spring 2009	Obesity and mobility impairment. <u>Obes Rev.</u> 11(8), 2010.
Elizabeth Spiwak	Spring 2011	Persistent back pain in a runner. UF 3 <sup>rd</sup> Annual Running Medicine Conference, March 3-4, 2011.
Natalie Lam	Spring 2011	Effect of running and walking in barefoot and shod conditions on gait parameters in trained runners. UF 3 <sup>rd</sup> Running Medicine Conference, March 3-4, 2011.
Clarissa Lomonaco	Spring 2012	No difference in metabolic efficiency in barefoot and shod conditions in experienced mid-forefoot runners. <u>Med Sci Sports Exerc.</u> 45(5): 80, 2013.
Matthew Martenson	Spring 2012	No difference in metabolic efficiency in barefoot and shod conditions in experienced mid-forefoot runners. <u>Med Sci Sports Exerc.</u> 45(5): 80, 2013.
Joseph Wasser	Spring 2012	No difference in metabolic efficiency in barefoot and shod conditions in experienced mid-forefoot runners. <u>Med Sci Sports Exerc.</u> 45(5): 80, 2013.
Elizabeth Adams	Spring 2013	Differences in fuel utilization in young, middle aged and older recreationally competitive runners at self-selected speed. poster, College of Medicine Celebration of Research, Gainesville, FL, March 11, 2013.
Daniel Chen	Spring 2013	Maximal leg strength gains on pain and physical function

		in concentrically and eccentrically resistance trained patients with knee osteoarthritis. poster, College of Medicine Celebration of Research, Gainesville, FL, March 11, 2013.
Andrew Hua	Spring 2013	Contribution of age and gender on running mechanics of the hip at different running speeds. <u>Biomechanical and Engineering Sciences Annual Meeting</u> . Seattle, WA, September 25-28, 2013.
Charles Drew Slater	Fall 2013	Kinematic characterization of lacrosse shooting motions of the dominant and non-dominant side. <u>Med Sci Sports Exerc.</u> 46(5):S408, 2014.
Jaime Rubin	Spring 2014	Effects of orthopaedic surgery history on throwing motion in male lacrosse players. <u>PMR Journal</u> . 6(9):S251, 2014. Poster 189.
Gabriela Nunez	Spring 2014	Barefoot running, metabolic cost and ground reaction forces in mid-forefoot runners: Implications for running rehabilitation. <u>PMR Journal</u> . 6(9):S184, 2014. Poster 6.
Robert Zusman	Spring 2014	Lower body kinematics across a speed spectrum in older and younger runners.
Jennifer Bromwell	Spring 2015	Low quality of free coaching apps with respect to the American College of Sports Medicine Guidelines of current mobile apps ( <u>JMIR MHealth and UHealth</u> . 3(3)e77, p 1-12)
Charles Harris III	Spring 2015	Low quality of free coaching apps with respect to the American College of Sports Medicine Guidelines of current mobile apps ( <u>JMIR MHealth and UHealth</u> . 3(3)e77, p 1-12) An uncommon source of back pain in runners: sacral stress fractures ( <i>Curr Sports Med Rep</i> , 15(2):73, 2016).
Tyler Teurlings	Spring 2016	Development of a scoring system for fitness apps on ACSM principles. (collaboration with UF mHealth Lab)
Lyndsey Vanderzalm	Spring 2016	Development of a scoring system for fitness apps on ACSM principles. (collaboration with UF mHealth Lab); Psychological status of recovering injured runners: implications for rehabilitation program content. Submitted to AAPMR Annual Meeting, New Orleans, LA; Oct 20-23, 2016.
Ravi Kumar	Fall 2016	Is there a predictable value of the drop vertical jump test for running gait injury risk? <u>Med Sci Sports Exerc.</u> 49(5):S105.
Allie Dluzniewski	Fall 2016	Patient and clinical outcomes with a transformational coaching intervention after orthopaedic trauma. American Association of Physical Medicine and Rehabilitation Annual Meeting. Denver, CO. Oct 14-15, 2017.
Hannah Prock	Spring 2017	Readiness training programs to prevent overuse injury in the military (senior thesis)
Tyler Rocklein	Spring 2017	Therapy participation after orthopaedic trauma
Samantha Haus	Spring 2017	Gender differences in mice after medical meniscus

		destabilization (senior thesis)
Rachel Prock	Spring 2018	Prospective study of injuries in runners
Julian Colina	Spring 2018	Prospective study of injuries in runners
Joshua Berko	Spring 2018	Prototyping an open-source single plane illumination microscope for 3D histology (senior thesis)
Margaret Pires-Fernandes	Spring 2018	Evaluation and advancement of histological imaging modalities for osteoarthritis applications (senior thesis)
Brandon Mackenzie	Spring 2019	Counseling runners on safely transitioning to minimal shoes. <u>Curr Sports Med Rep.</u> 2019.
Milani Saldon	Summer 2019	Shoe inserts, walking performance and postural sway; drop jump mechanics in lacrosse.
Sarah Cordier	Spring 2020	Recreational runners with obesity can maintain cardiorespiratory, metabolic and gait parameters similar to runners with healthy weight over a 30-minute run. American College of Sports Medicine Annual Meeting 2021.
Lauren Summerville	Spring 2020	Recreational runners with obesity can maintain cardiorespiratory, metabolic and gait parameters similar to runners with healthy weight over a 30-minute run. American College of Sports Medicine Annual Meeting 2021.
Christian McLaren	Summer 2020	Effect of eccentric and concentric resistance training on cardiovascular responses. Manuscript in preparation.
James Sanchez	Fall 2020	Impact of crosse hold and lower Body running mechanics on musculoskeletal pain and injury in lacrosse athletes. <u>Med Sci Sports Exerc.</u> 2021.
Alexandria Lam	Spring 2021	Psychological outlook changes and impact on quality of life before and after rehabilitation in injured runners: implications for rehabilitation programs. AAMPR annual meeting 2021.
Candace Powell	Spring 2021	Psychological outlook changes and impact on quality of life before and after rehabilitation in injured runners: implications for rehabilitation programs. AAMPR annual meeting 2021.
Trei Leonardo	Fall 2021	Impact of fitness testing in pediatric obesity-metabolic clinics: a multidisciplinary pilot project. Poster and abstract, American College of Sports Medicine. San Diego, CA. May 31-June 1, 2022
Prachi Bhavsar	Spring 2022	Patient and caregiver beliefs of importance of physical function, gait and quality of life as part of clinical care for juvenile idiopathic arthritis. Abstract, AAPMR Annual Meeting, Baltimore, MD. October 23-25, 2022; Short-term impact of exercise fitness testing in a pediatric metabolic & obesity clinic, Submitted to <u>Pediatrics</u> , June 2022.
Zachery Casella	Spring 2022	Patient and caregiver beliefs of importance of physical

Maren Thomas	Spring 2022	function, gait and quality of life as part of clinical care for juvenile idiopathic arthritis. Abstract, AAPMR Annual Meeting, Baltimore, MD. October 23-25, 2022 Patient and caregiver beliefs of importance of physical function, gait and quality of life as part of clinical care for juvenile idiopathic arthritis. Abstract, AAPMR Annual Meeting, Baltimore, MD. October 23-25, 2022
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### **GRADUATE MENTEES**

Matthew Martenson MS	Fall 2010-2012 present	Age, body mass index effects on walking shod and barefoot (College of Medicine presentation, March 2011). Graduated.
Blake Bartholomew MS	Fall 2011- Spring 2013	Is body adiposity index a useful measure of adiposity in young adults? (thesis). Graduated.
Austin Reed MD	Spring 2013	Assessment of chronic low back pain with a dynamic seated stability device (thesis). Graduated. Observation effects on gait. <u>Gait Posture</u> . 2017. 53:35-40. Mid-term shoulder and functional outcomes after shoulder replacement in obese patients. <u>Springerplus</u> . 5(1):1929.
Robert Barnes PhD	Spring 2011- 2012	Psychological distress in orthopaedic trauma (dissert) Graduated. Committee member
Rebecca Creasy PhD	Fall 2009- 2013	Priming of THP-1 monocytes/macrophages by cranberry fractions (dissert). Acute effects of enhanced eccentric and concentric resistance exercise on metabolism and inflammation. <u>J Novel Physiotherapies</u> 4:2, 2014. Graduated. Committee member
Leslie Barnes PhD	Spring 2012- 2014	Spine kinematics of masters runners (dissert). Metabolic, cardiopulmonary, and gait profiles of recently injured and noninjured runners. PM R 2015 Jan;7(1):26-33. Graduated. Committee member.
Laura Ann Zdziarski PhD	Fall 2013- 2017	Acute effects of enhanced eccentric and concentric resistance exercise on metabolism and inflammation. <u>J Novel Physiotherapies</u> 4:2, 2014. Kinematic characterization of lacrosse shooting motions of the dominant and non-dominant side. (ACSM Annual Meeting Orlando, FL, May 27 – 31, 2014). Graduated. Chair.
Joseph Wasser PhD	Fall 2014-	Kinematics of overhead throwing motions in professional present lacrosse and baseball players, <u>Medicine and Science in Sports and Exercise</u> . 47(5S):952, 2015; Functional screening for atraumatic low back pain in baseball players. <u>Current Sports Medicine Reports</u> ; 15(1):9, 2016; Chronic pain management in the obese patient. <u>Journal of Pain Research</u> . 8:63-77, 2015. Graduated. Chair.
Andrea Matsuka	Fall 2015-	Biomaterial and development paradigms to enhance TMJ

PhD	present	disc degeneration. Graduated. Committee member
Brittany Jacobs	Fall 2014-	Assessing the symptomatic consequences of OA.
PhD	2017	Graduated. Committee member
Bryan Schlink	Fall 2018-	Determining the effect of neuromuscular fatigue on
PhD		running gait in persons with Achilles tendinopathy.
		Graduated. Committee member.
Markia Bowe	Summer 2020	
PhD		
Rawan Aldhabi, PhD	2016-2021	Effect of hip abductor strengthened on postural control and gait following total knee arthroplasty. Graduated. Committee member.
Majed Albadi, PhD	2016-2021	Relationship between neurocognition and biomechanical measures related to lateral ankle sprains among healthy individuals. Choosing a robust, easy to administer functional screen for chronic ankle instability. <u>Curr Sports Med Rep.</u> 2021.20(5):231. Graduated. Committee member.
Caitlin McDermott	2020-2022	Probiotic use for endurance performance in runners (dissert). Impact of probiotic supplementation on exercise endurance among non-elite athletes: study protocol for a randomized, placebo-controlled, double-blind, clinical trial. Submitted to <u>BMJ Open</u> , March 2021. Committee member.
PhD		
Sarah Barron	2021-present	Shoulder mechanics and golfing motion. Committee member.
PhD		

### **MEDICAL STUDENTS (First Year Discovery Program Award recipients)**

Jacob Connelly	Summer 2011	Functional and quality of life outcomes following hyaluronic acid (HA) viscosupplementation for knee osteoarthritis; Weight loss and obesity in the treatment and prevention of osteoarthritis. <u>PMR.</u> 2012, 4(5 Suppl):S59-67
Sara Raiser	Summer 2011	The influence of concentrically or eccentrically focused resistance exercise on knee pain and physical function in older adults with knee osteoarthritis; The aging musculoskeletal system and obesity-related considerations with exercise. <u>Ageing and Exercise Reviews.</u> 2012, 11(3):361-73.
Kendrick Heywood	Summer 2011	Resistance exercise effects on fear avoidance beliefs and physical function in obese, older adults with chronic low back pain; Weight loss and obesity in the treatment and prevention of osteoarthritis. <u>PMR.</u> 2012, 4(5 Suppl):S59-67
Dan Alexis	Summer 2011	Acute effects of enhanced eccentric and concentric resistance exercise on metabolism and inflammation. <u>Journal of Novel Physiotherapies</u> 4:2, 2014.
Zachary Boucher	Summer 2012	The influence of concentrically or eccentrically focused



		resistance exercise on knee pain and physical function in older adults with knee osteoarthritis
George Eldayrie	Summer 2012	Biomechanics and metabolism during barefoot and shod running
James Stubbs	Summer 2012	Eccentric and concentric resistance exercise in knee OA
Jason Ludlow	Summer 2012	Weight loss before a total knee replacement in obese adults with knee osteoarthritis; Effectiveness of Multidisciplinary Inpatient and Outpatient Rehabilitation on Functional Outcomes in Obese patients with Orthopaedic Comorbidities. In, " <u>Disabling obesity</u> : from determinants to practical care models"
Austin Reed	Summer 2014	Gait patterns during observation. <u>Gait &amp; Posture</u> , 2017, 53:35-40. Mid-term functional and quality of life outcomes after shoulder replacement. <u>Springerplus</u> , 2016, 5(1):1929.
Kimberly Jacobs	Summer 2014	The use of sport equipment on LESS scores during a drop Jump (poster presentation AMSSM meeting 2015)
Diego Riveros	Summer 2014	The use of different landing surfaces on LESS scores during a drop jump (podium presentation AMSSM meeting 2015)
Kyle Fallgatter	Summer 2015	Temporal spatial and kinetic responses to various hydration gear during running (poster presentation at ACSM meeting 2016) <u>International Journal of Sports Physiology and Performance</u> , 2018, 13(8):977-985.
Giorgio Negrón	Summer 2015	Effects of hydration gear on kinematic, kinetic and metabolic responses to running. <u>International Journal of Sports Physiology and Performance</u> , 2018, 13(8):977-985.
Andrew Harris	Summer 2016	The biomechanical and energetic effects of distracted running; Association for Academic Physiatrists annual meeting. February 7-11, 2017. Depression and anxiety after orthopedic trauma. <u>Injury</u> . 2018, 49(6):1079-1084.
Chris Massengill	Summer 2016	The biomechanical and energetic effects of distracted running. Association for Academic Physiatrists annual meeting. February 7-11, 2017.
Carl Herndon	Summer 2016	Effects of spine anesthetic injections on gait. <u>Gait &amp; Posture</u> , 2017, 58:369-373
Oliver Sroka	Summer 2019	Comorbid cancer and chemotherapy diagnosis impact on acute care clinical outcomes after orthopedic trauma. COM poster presentation. Feb 19, 2019.
Jack Kilgore	Summer 2020	Running gait in overweight and obese runners. <u>PM R</u> . 2020 Jan 29. doi: 10.1002/pmrj.12335. [Epub ahead of print] PMID: 31994820

### **MEDICAL HONORS PROGRAM**

Bishoy Abdelmalik	2020-2021	Medical Honors thesis program: Gait and physical function in children with Juvenile Idiopathic Arthritis (JIA) and healthy children. Submitted to American Academy of
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Physical Medicine and Rehabilitation (AAPMR), Nashville TN, November 12, 2021. *Selected as Highlighted Research Spotlight*

## **RESIDENTS**

Christopher Grayson	2011-2014	The effect of blood transfusion on the clinical outcomes after total joint replacement: An observational study
Josh Vickers	2015-2016	Effect of investigator observation on gait parameters in individuals with and without chronic low back pain. <u>Gait &amp; Posture</u> . 2017;53:35-40.
Tony Bryant	2013	Comparison of cannulated screws with fiberWire or stainless steel wire for patella fracture fixation: A pilot study. <u>Journal of Orthopaedics</u> . doi: 10.1016/ j.jor. 2014. 04.011
Edward Haupt	2015-2018	Perioperative and acute care outcomes in morbidly obese patients with acetabular fractures at a level 1 trauma center. <u>Journal of Orthopaedics</u> , 2014, 11: 58-63. Depression and anxiety after orthopedic trauma. <u>Injury</u> . 2018, 49(6):1079-1084.
Lindsay Flynn	2018-2019	Pressure seen by the hook of the hamate during the baseball swing: does grip matter? Florida Orthopaedic Society presentation Orlando, FL. June 20-23, 2019.
Rosalyn Conic	2022-2026	Social determinants of health in psychiatry: challenges and opportunities of clinical decision making and improving treatment precision. <u>Frontiers</u> . Invited paper. November 2021. 11;9: 738253
Michael Brownstein	2021-2025	Injury prevention, safe training techniques and rehabilitation of trail runners. <u>Arthroscopy, Sports Medicine, and Rehabilitation</u> . September 26, 2021
Aimee Madsen	2021-2025	Role of antigravity training in rehabilitation of running injuries. <u>Arthroscopy, Sports Medicine, and Rehabilitation</u> . Accepted, September 26, 2021.
Shammi Patel	2021-2025	Impact of COVID on sports injury patterns, changes in mental health lessons for future preparation. <u>Curr Sports Med Rep</u> . Invited review. Submitted Feb 2022.

## **RESIDENT STATISTICAL SUPPORT**

Chung Ming Chan	2013	Lung metastasis and recurrence of giant cell tumor
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## **POST-DOCTORAL FELLOWS**

Don Mascarhenas	2007-2008	Body mass index and hip abductor brace use on inpatient rehabilitation outcomes following total hip arthroplasty. <u>American Journal of Physical Medicine and Rehabilitation</u> . 88:201-209, 2009.
Marisol Arcila	2007-2008	Influence of rehabilitation therapies in patients with knee joint pain
Stanford Williamson	2008-2009	Kinesiophobia, disability and QOL in obese and non-obese

Adam Berliner	2008-2009	patients with low back pain Effect of lower body resistance exercise in PAD
Jamie Spicer	2009-2010	Muscle thickness, balance, and quadriceps strength in patients with patellofemoral pain syndrome
Maureen Noh	2010-2011	Characterization of injuries during hardcourt bike polo participation: A descriptive survey. <u>PMR the Journal of Injury, Function, and Rehabilitation</u> , 3(6): 523-526, 2011.
Katherine Edenfield	2010-2011	Metabolic comparison of running shod and barefoot in mid- forefoot runners. <u>International Journal of Sports Medicine and Physical Fitness</u> , 54(4):447-55 2014.

## IX. CREATIVE WORKS

### CME materials and Events

- Osteoarthritis Action Alliance (OAAA): Prepared one of three educational power point CME modules for public consumption as part of my Committee Work on the OAAA Weight Management Task force. Course: "Let's Get Moving: Exercise Recommendations", HK Vincent, co-author Max Paquette (University of Memphis).
- Produced Educational Event: "Orthopaedic trauma experience with patient-focused transformative coaching" May 11, 2017. Guest speakers Kalia Sadasivan, MaryBeth Horodyski, Laura Zdziarski. UF Health South Tower, Gainesville, FL 32608.

### Copyrighted graphics

- UF Health Running Medicine Clinic (Registration number VAu 977-501)
- UF Health Sports Performance Center (Registration number VAu 999-862)

### American College of Sports Medicine Brochures and Infographics

- Five minute to better back health (2019)
- Return to play: A coach's guide (2019)
- Resistance exercise for health: update (infographic) (2019)
- Home gym equipment (infographic) (2016)
- Lacrosse helmet and safety (2015)
- Time saver high intensity exercise (infographic) (2015)
- Smart phone running apps: how do you find the App that is best for you? (infographic) (2014)
- Selecting running shoes (2014)
- Eccentric exercise for health and fitness (2013)
- Resistance exercise for persons with spinal cord injury (2013)

### Interviews and online stories

- HK Vincent. Online interview United Press International, 2022. January 7, 2022. "[Aquatic exercise better than physical therapy for chronic low back pain, study finds - UPI.com.](#)" Interviewer Brian Dunleavy.
- HK Vincent. Podcast Guest episode. "Will running make you slim?" Advice for overweight (and other) runners." *The MOVEMENT Movement with Steven Sashen. Live*

April 14, 2021.

<https://www.dropbox.com/sh/q0j1foigbuqizd3/AAB8VaG2kOYylf56lkkBXE40a?dl=0&preview=AUDIOGRAM+-+EP+084+HEATHER+VINCENT.mp4>

- HK Vincent. Interview “Injuries among lacrosse officials.” Referee Magazine. March 11, 2021. Interviewer John Torsiello.
- HK Vincent. “A neighborhood walk is an easy and inexpensive way to keep fit.” Washington Post. Invited July 8, 2020. Interviewer Jill Adams.  
[https://www.washingtonpost.com/health/covid-walking-exercise/2020/09/04/a5a2f5bc-dbf11ea-809e-b8be57ba616e\\_story.html](https://www.washingtonpost.com/health/covid-walking-exercise/2020/09/04/a5a2f5bc-dbf11ea-809e-b8be57ba616e_story.html)
- HK Vincent. “Improving access to psychosocial care for individuals with persistent pain”. Reuters Health (www.reuters.com). Invited, February 2018, interviewer Dr. William Boggs.
- HK Vincent. “Exercise and senior athletes.” Sarasota Magazine. Invited, November 2017, Interviewer David Hackett.
- HK Vincent and KR Vincent. “Staying active as you age”. Florida Trend Magazine. Invited, November 2017, Interviewer Mike Vogel.  
<http://www.floridatrend.com/article/23663/orthopedics-a-trend-toward-less-surgery?page=4>
- HK Vincent Interview. “When is it safe to run?” Trail Magazine. Invited, July 2017. Interviewer, Ian McMahan.
- HK Vincent interview. “Spring cleaning your fitness routine”. Prevention Magazine. Invited. April 2017 issue. Interviewer Shari Sims.
- HK Vincent, KR Vincent, interview. Tips for older runners: how to get started and keep going. Wall Street Journal, invited. <http://www.wsj.com/articles/tips-for-older-runners-how-to-get-started-and-keep-going-1480248010>. Interviewer Rachel Bachman. Published November 27, 2016.
- HK Vincent, IS Vincent. “Surprising physical activity benefits of PokemonGO”. UF Diabetes Institute blog. Invited. <http://diabetes.ufl.edu/2016/07/20/exercise-obesity-technology-pokemon-go/>. Published July 20, 2016.
- Trail Runner Magazine, article commentator request: “Importance of leg strength for runners”. Interviewer Nicole Clancy, June 2016.
- HK Vincent. Medscape Medical News interview. “Use of shoe orthotics, a guide for orthopaedic surgeons.” Interviewer Laird Harrison, May 10, 2016. Electronic content.

- Huffington Post interview. “Nutrition bars as meal replacements?” interviewer John Cave, April 14, 2016.
- HK Vincent. Safe-bee interview “Could a Gait Analysis Protect Your Joints? You may feel okay when you run, but a gait analysis can find form problems that up your injury risk” <http://www.safebee.com/health/could-gait-analysis-protect-your-joints>; interviewer Kathleen Doheny, March 9, 2016.
- HK Vincent interview. Florida Lacrosse News (FLN) interview “Lacrosse Science! UF Study Seeks Male and Female Volunteers for Shooting Motion Study” <http://www.floridalacrossenews.com/?p=44140>; interviewer Brody Sauers, February 1, 2016.
- US Lacrosse Magazine interview. Scoop gym rats “Who Knew?” November 2015, page 16. Featured with online story:
- [http://laxmagazine.com/mag/2015/15November/102715\\_from\\_the\\_mag\\_gym\\_rats\\_fun\\_with\\_lacrosse\\_motion\\_analysis](http://laxmagazine.com/mag/2015/15November/102715_from_the_mag_gym_rats_fun_with_lacrosse_motion_analysis)
- Modave F and HK Vincent. Fox 13 News, Tampa FL, interview. “Putting workout apps to the test” posted November 18, 2015. Interviewer Dr. Joette Giovinco. <http://www.fox13news.com/health/51197063-story>
- UF Post article: “Fitness at your fingertips?” featured by Elizabeth Hilaker Downs, pages 18-19, Vol. 09.2015.
- HK Vincent, Guest speaker, expert on topic: How do the caloric expenditure values differ among the different pieces of exercise equipment? Television program aired on Gainesville TV20 in April 2013. David Snyder, Anchorman, guest exerciser on camera.
- HK Vincent, Guest speaker, expert on topic: Sugar content of dietary foods. Radio program aired on WUFT radio on May 2<sup>nd</sup>, 2013 at 4pm. Ariana Lipkin, interviewer.