

CURRICULUM VITAE

I. **JASON ALAN ZAFEREO, PT, PhD, OCS, FAAOMPT**

The University of Texas Southwestern Medical Center
School of Health Professions
Department of Physical Therapy
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II. **EDUCATION**

Doctor of Philosophy, Physical Therapy

Dissertation: Regional Manual Therapy and Motor Control Exercise for the Management of Chronic Low Back Pain with Hip and Spine Motion Loss: A Randomized Clinical Trial. Major Advisor: Sharon Wang-Price, PT, PhD

Texas Woman's University, Denton, TX

4.0 GPA

2011 – 2015

Master of Physical Therapy

The University of Texas Southwestern Medical Center, Dallas, TX

4.0 GPA

1999 – 2001

Bachelor of Arts, Biology

Baylor University, Waco, TX

Honors: *Magna Cum Laude*

1995 – 1999

III. **PROFESSIONAL EXPERIENCE**

1. **Academic: The University of Texas Southwestern Medical Center**

Associate Professor (Physical Therapy), 2016 – Present
Faculty Associate (Orthopaedic Surgery), 2011 – Present
Assistant Professor (Physical Therapy), 2008 – 2016
Instructor (Physical Therapy), 2005 – 2008
Faculty Associate (Physical Therapy), 2002 – 2005

2. **Administrative: The University of Texas Southwestern Medical Center**

Director of Research, Department of Physical Therapy, 2016 – Present

Duties:

Promote ongoing scholarly productivity among faculty members.
Oversee all research projects being carried out on a departmental level.
Stay up to date on institutional and federal research-related policies.

Educate faculty and graduate students about research-related topics and opportunities.

Develop, share, and promote the vision and goals for sustainable, fundable, and impactful research within the department.

Clinic Director of Physical Therapy Services, 2004 – 2012

Duties:

Prepared and delivered clinic staff annual evaluations, 2004 – 2012.

Developed the PT clinic policy and procedure manual, 2011.

Layout design and equipment purchasing for the Pain Management clinic renovations (2011) and the PT clinic renovations (2010).

Developed a standardized documentation template in EPIC for initial evaluations, daily notes, and treatment flowsheets, 2006.

3. **Hospital/Agency: The University of Texas Southwestern Medical Center**

Staff Physical Therapist, 2001 – 2002

Dallas, TX

4. **Hospital/Agency: Locomotion Therapy Inc. at Brookhaven Nursing Center**

Staff Physical Therapist, 2001 – 2002

Carrollton, TX

IV. CERTIFICATION OR BOARD STATUS

American Board of Physical Therapy Specialists

Orthopedic Clinical Specialist, 2007 – 2016, 2016 – Present

American Academy of Orthopaedic Manual Physical Therapists

Fellow, 2007-2016, 2016 – Present

V. LICENSES

Physical Therapist, State of Texas

Active license, 2001 – Present

VI. RESEARCH AND SCHOLARSHIP

1. **Research Grants and Contracts**

Present Grant Activity:

Title: Sensory Mechanisms in Primary Muscle Tension Dysphonia

Purpose: To identify the mechanisms contributing to pMTD

Funding Agency: NIH R01-National Inst. Deafness & Communication Disorders

Funding Dates: 9/1/23-8/31/28

Amount Awarded: \$1,360,319

Role: Co-Investigator, 15% effort

Title: Identifying Autonomic and ‘Omic’ Biomarkers Associated with the Transition from Acute to Chronic Shoulder Pain

Purpose: To identify the mechanisms contributing to chronic shoulder pain

Funding Agency: NIH 1UL1TR003163-04—National Center for Advancing Translational Sciences

Funding Dates: 5/1/24-4/30/25
Amount Awarded: \$10,000
Role: Co-Principal Investigator, 10% effort

Grant Submitted, Award Decision Pending:

Title: Use of Wearable Data to Personalize and Inform Interdisciplinary Pain Management
Purpose: To provide pilot data on wearable validity and methods feasibility
Funding Agency: NIH R34-National Center for Complementary and Integrative Health
Funding Dates: 4/1/25-8/31/28
Amount Requested: \$450,000
Role: Principal Investigator, 10% effort

Past Grant Activity:

Title: Does Dry Needling Mediate Cortical Excitability in Patients with Chronic Low Back Pain?
Purpose: To identify the physiological effects underlying dry needling treatment
Funding Agency: Cardon Research Award; American Academy of Orthopaedic Manual Physical Therapists
Funding Dates: 10/1/21-10/1/23
Amount Awarded: \$6,000
Role: Co-Investigator, 1% effort

Title: Utilizing Quantitative Sensory and Autonomic Cardiovascular Testing as Predictors of Persistent Pain following Reverse Total Shoulder Arthroplasty
Purpose: Determine physiological predictors of persistent shoulder pain
Funding Agency: Southwestern School of Health Professions Collaborative Research Grant Program
Funding Dates: 3/1/21-3/1/23
Amount Awarded: \$50,000
Role: Co-Principal Investigator, 3% effort

Title: Effects of Genetic Variation on Pain Sensitivity
Purpose: To identify genes leading to pain sensitivity in human and animal models
Funding Agency: UT Southwestern Pilot Synergy Grants for Collaborative Research
Funding Dates: 10/1/19-9/30/21
Amount Awarded: \$100,000
Role: Co-Principal Investigator, 5% effort

Title: The Dallas Hearts and Minds Study
Purpose: Characterize the underlying biology of functional aging in Hispanics
Funding Agency: UT Southwestern Medical Center
Funding Dates: 7/1/18-7/1/21
Amount Awarded: \$500,000
Role: Co-Investigator, 3% effort

Title: Immediate and Short-term Effects of Single-session Repetitive Transcranial

Magnetic Stimulation on Pain Thresholds in Patients with Chronic Low Back Pain - A Pilot Study

Purpose: To identify a subset of patients with chronic low back pain who may benefit from transcranial magnetic stimulation

Funding Agency: Texas Woman's University Research Enhancement Program

Funding Dates: 12/1/18-8/31/20

Amount Awarded: \$10,000

Role: Co-Principal Investigator, 1% effort

Title: Investigating Bone and Skeletal Muscle Interaction in Men with Prostate Cancer Treated with Androgen Deprivation Therapy

Purpose: To identify the effects of androgen deprivation on muscle strength, bone quality, and pain perception

Funding Agency: Charles Y.C. Pak Foundation

Funding Dates: 1/1/17-7/1/20

Amount Awarded: \$100,000

Role: Co-Investigator, 5% effort

Title: Development of a Methodology for Clinical Assessment of Autonomic Nervous System Dysfunction and Central Sensitization in Patients with Pain

Purpose: To assess for responsiveness of QST in patients completing a 4-week pain program, and to determine the ability of QST to predict clinical outcomes and profiles within a pain program

Funding Agency: The David M. Crowley Foundation

Funding Dates: 2/20/18-2/20/20

Amount Awarded: \$125,000

Role: Principal Investigator, 10% effort

Title: Quantitative Sensory Testing in Patients with Chronic Pain

Purpose: Pilot testing for development of a QST protocol for use in patients completing a 4-week pain program

Funding Agency: Southwestern School of Health Professions Interdisciplinary Research Grant Program

Funding Dates: 9/1/18-8/31/19

Amount Awarded: \$4,900

Role: Principal Investigator, 10% effort

Title: Predictive Validity of Lumbopelvic Stress Tests to Determine Those Who Will Benefit from Lumbar Traction: A Pilot Study

Purpose: To identify a subset of patients who may benefit from lumbar traction

Funding Agency: Texas Woman's University Research Enhancement Program

Funding Dates: 11/1/16-11/1/18

Amount Awarded: \$10,000

Role: Co-Investigator, 1% effort

Title: The Effectiveness of Self-Administered Thoracic Spine and Rib Mobilization for Improving Sleep Quality in Patient who have Shoulder Pain

Purpose: To compare two approaches to improving sleep quality in patients with shoulder pain

Funding Agency: UT Southwestern Center for Translational Medicine, Service Package Grant

Funding Dates: 12/30/16-03/30/17

Amount Awarded: \$4,521

Role: Co-Investigator, 5% effort

Title: A Prospective, Randomized, Double-Blind, Sham-Controlled Study of the Low-Level Phoenix Thera-Lase 42 Watt Laser in Patients with Fibromyalgia

Purpose: To compare active to sham laser therapy in patients with fibromyalgia

Funding Agency: Phoenix Thera-Lase, LLC

Funding Dates: 09/01/16-09/01/17

Amount Awarded: \$12,500

Role: Principal Investigator, 10% effort

Title: Manual Therapy and Motor Control Exercise for the Management of Chronic Low Back Pain with Hip and Spine Motion Loss: A Randomized Clinical Trial

Purpose: To compare treatment effects of regional vs local manual therapy in patients with LBP

Funding Agency: Texas Physical Therapy Foundation

Funding Dates: 08/1/13 – 08/1/15

Amount Awarded: \$2,750

Role: Principal Investigator, 20% effort

2. **Teaching Materials Developed**

All materials listed below were peer reviewed by the Educational Advisory Council and accredited by the Texas Physical Therapy Association Continuing Education Review Board

Internet-based Post-Professional Orthopedic Residency Curriculum

History of Orthopedic and Manual Physical Therapy, 2009

Principles of Neurodynamics, 2009

Pelvic Anatomy/Kinematics/Pathoanatomy, 2010

Classroom and Laboratory Post-Professional Orthopedic Residency Curriculum

Foundations of Orthopedic and Manual Physical Therapy, 11.5-hour onsite lecture and lab, 2009.

Physical Therapy Management of the Cervicothoracic Region and TMJ, 12-hour onsite lecture and lab, 2010.

Physical Therapy Management of the Lumbopelvic Region, 16-hour onsite lecture and lab, 2010.

3. **Other Scholarly Activities and Creative Achievements**

Led a team of senior undergraduate engineering students in the development of the Thermal Grill as part of the UTDesign Program. Team awarded 2nd place in Biomedical Engineering Applications, 2021-2022.

Provisional Patent Application Filed, No. 63/241,345. Thermal Grill for Pain Assessment, 2022.

VII. PUBLICATIONS

1. Refereed Journals

Shembel, A.C., Mau, T., **Zafereo, J.**, Morrison, R., Crocker, C., Moore, A., Khan, A. Laryngeal and Global Somatosensation in Primary Muscle Tension Dysphonia. *Journal of Voice*. 2024. In Press.

Meltzer, K, Chong, J, Robinson, R, Hynan, L, **Zafereo, J**, Noe, C, Jarrett, R. Predictors of Attrition in an Interdisciplinary Pain Management Program. *Rehabilitation Psychology*. 2023. 68(1):65-76.

Zafereo, J, Uhlenbrock, B, Watson, S, Wang-Price, S, Noe, C, Jarrett, R, Meltzer, K, Huang, M. Using Quantitative Sensory Testing to Predict Attrition in an Interdisciplinary Pain Management Program: A Pilot Study. *Pain Management*. 2022. 12(5):623-633.

Wang-Price, S, Etibo, K, Short, A, Brizzolara, K, **Zafereo, J**. Validity and Reliability of Dry Needle Placement in the Deep Lumbar Multifidus Muscle Using Ultrasound Imaging: An In-vivo Study. *Journal of Manual and Manipulative Therapy*. 2022. 30(5):284-291.

Zafereo, J, Jones, S, Jarrett, RB, Frost, S, Noe, C. Improved symptoms of complex regional pain syndrome after novel lymphatic treatment and interdisciplinary pain management. *Complementary Therapies in Clinical Practice*. 2022. 46: 101512.

Maalouf, NM, Chhabra, A, **Zafereo, J**, Querry, R, Towler, DA, Thakur, UJ, Frankl, J, Poindexter, JR, Mogharrabi, B, Xac, M, Öz, OK, Rubin, CD. Androgen Deprivation Therapy Differentially Impacts Bone and Muscle in the Short Term in Physically Active Men with Prostate Cancer. *JBMR Plus*. 2022. 6(1): e10573.

Zafereo, J, Wang-Price, S, Dickson, T. Segmental Spine Mobility Differences between Lumbar Flexion- and Extension-based Movement Syndromes in Patients with Low Back Pain. *Journal of Back and Musculoskeletal Rehabilitation*. 2022. 35(2):347-355.

Zafereo, J., Wang-Price, S., Kandil, E. Quantitative Sensory Testing Discriminates Central Sensitization Inventory Scores in Participants with Chronic Musculoskeletal Pain: An Exploratory Study. *Pain Practice*. 2021. 21(5):547-556.

Dickson, T., Deschenes, B., Gleason, P, **Zafereo, J**. The Impact of Faculty and Programmatic Resources on the Proportion of Academic Doctoral Degrees in Professional Physical Therapy Programs. *Physical Therapy*. 2021. 101:1-11.

Dickson, T, **Zafereo, J**. Faculty and Programmatic Influences on the Percentage of Graduates of Color from Professional Physical Therapy Programs in the United States. *Advances in Health Sciences*. 2021. 26(1):215-235.

Dickson, T., Taylor, B., **Zafereo, J**. Characteristics of Professional Physical Therapist Faculty and Doctor of Physical Therapy Programs, 2008–2017: Influences on Graduation Rates and First-Time National Physical Therapy Examination Pass Rates. *Physical Therapy*. 2020. 100(11):1930–1947.

- Wang-Price, S, **Zafereo, J**, Couch, Z, Brizzolara, K, Heines, T, Smith, L. Short-term Effects of Two Deep Dry Needling Techniques on Pressure Pain Thresholds and Electromyographic Amplitude of the Lumbosacral Multifidus in Patients with Low Back Pain. *Journal of Manual and Manipulative Therapy*. 2020. 28(5):254-265.
- Brizzolara, K, Wang-Price, S, **Zafereo, J**. Assessment of Abdominal Muscle Thickness in Postpartum Women Who Have Undergone Cesarean Section as Compared to Vaginal Births: A Pilot Study. *Journal of Women's Health Physical Therapy*. 2019. 43(1): 22-27.
- Wang-Price, S, **Zafereo, J**, Brizzolara, K. Psychometric Properties of Pressure Pain Thresholds Measured in Two Positions for Adults with and without Neck-Shoulder Pain and Tenderness. *Journal of Manipulative and Physiological Therapeutics*. 2019.42(6): 416-424.
- Nasr, A, **Zafereo, J**. The effects of dry needling and slump tensioners on idiopathic neuropathy: a case report. *Journal of Bodywork & Movement Therapies*. 2019. 23(2): 306-310.
- Wang-Price, S, **Zafereo, J**, Brizzolara, K, Anderson, E. Effects of tactile feedback on lumbar multifidus muscle activity in asymptomatic healthy adults and patients with low back pain. *Journal of Bodywork & Movement Therapies*. 2018. 22(4): 956-962.
- White, P, **Zafereo, J**, Elvir, L, Hernandez, H. Treatment of drug-resistant fibromyalgia symptoms using high-intensity laser therapy: a case-based review. *Rheumatology International*. 2018. 38(3): 517-523.
- Zafereo, J**, Wang-Price, S, Roddey, T, Brizzolara, K. Regional manual therapy and motor control exercise for chronic low back pain: A randomized clinical trial. *Journal of Manual and Manipulative Therapy*. 2018. 26(4): 193-202.
- Deschenes, B, **Zafereo, J**. Immediate and Lasting Effects of a Thoracic Spine Manipulation in a Patient with Compressive Cervical Radiculopathy and Upper Extremity Hypersensitivity: A Case Report. *Physiotherapy Theory and Practice*. 2017, 33 (1): 82-88.
- Wang-Price, S, **Zafereo, J**, Brizzolara, K, Sokolowski, L, Turner, D. Effects of different verbal instructions on muscle thickness changes of lumbar multifidus in healthy adults and in patients with low back pain. *Journal of Manual and Manipulative Therapy*. 2017, 25(1):22-29.
- Zafereo, J**, Wang-Price, S, Brown, J, Carson, E. Reliability and Comparison of Spinal End-Range Motion Assessment Using a Skin-Surface Device in Participants With and Without Low Back Pain. *Journal of Manipulative and Physiological Therapeutics*. 2016, 39(6): 434-42.
- Zafereo, J**, Devanna, R, Mulligan, E, Wang-Price, S. Hip Stiffness Patterns in Lumbar Flexion or Extension-Based Movement Syndromes. *Archives of Physical Medicine and Rehabilitation*. 2015, 96: 292-297.

Zafereo, J, Deschenes, B. The Role of Spinal Manipulation in Modifying Central Sensitization. *Journal of Applied Biobehavioral Research*. 2015, 20(2): 84-99.

Daniels, JD, Sun, S, **Zafereo, J**, Minhajuddin, A, Nguyen, C, Obel, O, Wu, R, Joglar, J. Preventing Shoulder Pain after Cardiac Rhythm Management Device Implantation: A Randomized, Controlled Study. *PACE*. June 2011; 34(6): 672-678.

2. **Chapters in Books**

Dott, D, **Zafereo, J**, Jones, S, Noe, C. Telemedicine Physical Examination for Spine. In: Noe C, ed. *Multidisciplinary Spine Care*. Switzerland, AG: Springer Nature; 2022. 731-748.

Zafereo, J. Physical Therapy for Pain Management. In: Noe C, ed. *Pain Management for Clinicians: A Guide to Assessment and Treatment*. Switzerland, AG: Springer Nature; 2020: 427-460.

3. **Abstracts**

Zafereo, J, Makris, U, Uwera, G, Zeleke, Y, Barton, G. Demographic, Pain, and Functional Characteristics of Participants in the Population-Based Dallas Heart and Minds Study. Poster presentation, United States Association for the Study of Pain Annual Scientific Meeting, Seattle, WA, April 2024.

Wang-Price, S, Goh, H-T, **Zafereo, J**, Rodriguez, B, Rood, M, Whitmore, B, Lee, C, Drogosh, D, Stanton, B. Central Sensitization Mediates Brain Activity Response to Dry Needling for Chronic Low Back Pain. Poster presentation, Combined Sections Meeting, Boston, MA, February 2024.

Wang-Price, S, **Zafereo, J**, Rood, M, Whitmore, B, Stanton, B, Drogosh, D. Differential Effects of Dry Needling on Pain Sensitivity in Adults with High and Low Central Sensitization - A Preliminary Report. Platform presentation, AAOMPT Annual Conference, St. Louis, MO, October 2023.

Wang-Price, S, **Zafereo, J**, Rodriguez, B, Lee, C, Stanton, B, Drogosh, D, Goh, H-T. Does Central Sensitization Mediate Brain Activity Response to Dry Needling in Adults with Chronic Low Back Pain? A Preliminary Report. Platform presentation, AAOMPT Annual Conference, St. Louis, MO, October 2023.

Srivastava, P, Makris, U, **Zafereo, J**, Davenport, L, Proskovec, A. Magnetoencephalography Signatures of Pain in Older Adults-Preliminary Analysis from the Dallas Hearts and Minds Study. Poster presentation, American Geriatrics Society Annual Scientific Meeting, Orlando, FL, May 2022.

Wang-Price, S, Etibo, K, Short, AP, **Zafereo, J**, Brizzolara, K. Ultrasonographic Assessment of Dry Needle Placement in the Deep Lumbar Multifidus Muscle. Poster presentation, Combined Sections Meeting, San Antonio, TX, February 2022.

Wang-Price, S, Goh, H-T, Rioux, M, Roem, C, **Zafereo, J**. Central Sensitization Mediates Cortical Excitability Responses to Brain Stimulation Intervention for Chronic Low Back Pain. Platform presentation, Combined Sections Meeting, San Antonio, TX, February 2022.

Wang-Price, S, Etibo, K, Short, AP, **Zafereo, J**, Brizzolara, K. Ultrasonographic Validation of Dry Needle Placement in the Deep Lumbar Multifidus Muscle. Platform presentation, AAOMPT Annual Conference, Cleveland, OH, October 2021.

Wang-Price, S, Goh, H-T, **Zafereo, J**, Alkhathami, K, Alshehre, Y. Central Sensitization Mediates Responses to Brain Stimulation Intervention for Chronic Low Back Pain. Poster presentation, Combined Sections Meeting, Virtual, January 2021.

Dickson, T, **Zafereo, J**. Program and Faculty Influences on DPT Graduation Rates and First-Time NPTE Pass Rates. Platform presentation, APTA Educational Leadership Conference, Virtual, October 2020.

Maalouf, N, Öz, O, Chhabra, A, Towler, D, **Zafereo, J**, Query, R, Frankl, J, Xac, M, Rubin, C. Androgen Deprivation Therapy Differentially Impacts Bone and Muscle in the Short Term in Physically Active Men with Prostate Cancer. Poster presentation, American Society of Bone and Mineral Research Annual Conference, Virtual, September 2020.

Zafereo, J, Wang-Price, S, Huang, M. Responsiveness and Discriminative Validity of Quantitative Sensory Testing in Subjects Completing an Interdisciplinary Pain Program. Poster presentation, Combined Sections Meeting, Denver, CO, February 2020.

Wang-Price, S, **Zafereo, J**, Couch, Z, Brizzolara, K, Heines, T, Smith, L. Effects of Two Dry Needling Techniques on Low Back Muscle Activation and Pressure Pain Thresholds. Poster presentation, Combined Sections Meeting, Denver, CO, February 2020.

Wang-Price, S, Heines, T, Smith, L, **Zafereo, J**, Couch, Z, Brizzolara, K. Immediate Effects of Two Deep Dry Needling Techniques on Lumbar Multifidus Muscle Activation and Pressure Pain Thresholds in Patients with Low Back Pain. Platform presentation, AAOMPT Annual Conference, Orlando, FL, October 2019.

Wang-Price, S, Mackin, B, Lawson, L, **Zafereo, J**, Brizzolara, K. Clinical Assessments of Muscle Hypertonicity in Adults With and Without Chronic Intermittent Neck-Shoulder Pain. Platform presentation, AAOMPT Annual Conference, Reno, NV, November 2018.

Wang-Price, S, Anderson, E, **Zafereo, J**, Brizzolara, K. Does Tactile Feedback Increase Lumbar Multifidus Muscle Activation in Asymptomatic Healthy Adults and Patients with Low Back Pain? Poster presentation, Combined Sections Meeting, New Orleans, LA, February 2018.

Wang-Price, S, **Zafereo, J**, Anderson, E, Brizzolara, K. Effects of Tactile Feedback on Lumbar Multifidus Muscle Activity in Asymptomatic Healthy Adults and Patients with Low Back Pain. Platform presentation, AAOMPT Annual Conference, Salt Lake City, UT, October 2017.

Zafereo, J, Wang-Price, S, Roddey, T, Brizzolara, K. Regional Manual Therapy and Motor Control Exercise for the Management of Chronic Low Back Pain with

Hip and Spine Motion Loss: A Randomized Clinical Trial. Platform presentation, Combined Sections Meeting, San Antonio, TX, February 2017.

Brizzolara, K, Wang-Price, S, **Zafereo, J**. Assessment of Abdominal Muscle Thickness in Post-Partum Women Who Have Undergone Cesarean Sections as Compared to Vaginal Births. Platform presentation, Combined Sections Meeting, San Antonio, TX, February 2017.

Nasr, A, **Zafereo, J**. The Effects of Dry Needling and Slump Tensioners on Idiopathic Peripheral Neuropathy: A Case Report. TPTA Annual Conference, Fort Worth, TX, October 2016.

Deschenes, B, **Zafereo, J**. The Development of an Equation to Predict Doctorate of Physical Therapy (DPT) GPA using Pre-Admission Factors: Update. Poster presentation, APTA Educational Leadership Conference, Phoenix, AZ, October 2016.

Zafereo, J, Wang-Price, S, Roddey, T, Brizzolara, K. Regional Manual Therapy and Motor Control Exercise for the Management of Chronic Low Back Pain with Hip and Spine Motion Loss: A Randomized Clinical Trial. Poster presentation, TPTA Annual Conference, Arlington, TX, October 2015.

Deschenes, BK, Signorelli, A, Dyer, L, Robidou, C, Schilb, J, Franks, S, Kamp, C, **Zafereo, J**. The Development of an Equation to Predict Doctorate of Physical Therapy (DPT) GPA using Pre-Admission Factors. Poster presentation, TPTA Annual Conference, Arlington, TX, October 2015.

Wang-Price, S, **Zafereo, J**, Brizzolara, K, Sokolowski, L, Turner, D. Do Three Verbal Instructions Influence Lumbar Multifidus Muscle Thickness Differently in Both Asymptomatic Adults and Patients with Low Back Pain? Platform presentation, AAOMPT Annual Conference, Louisville, KY, October 2015.

Zafereo, J, Devanna, R, Huang, M, Mulligan, E, Wang-Price, S. Hip Stiffness Patterns in Lumbar Flexion or Extension-Based Movement Syndromes. Poster presentation, APTA Combined Sections Meeting, Las Vegas, NV, February 2014.

Zafereo, J, Brown, J, Carson, E, Wang, S. Reliability of a skin surface device for assessing thoracolumbar spine mobility in subjects with chronic low back pain. Poster presentation, TPTA Annual Conference, Arlington, TX, October 2013.

Deschenes, B, **Zafereo, J**. Immediate and lasting effects of a thoracic manipulation in a patient with cervical radiculopathy: A case report. Poster presentation, AAOMPT Annual Conference, Cincinnati, OH, October 2013.

Daniels, JD, Sun, S, **Zafereo, J**, Minhajuddin, A, Nguyen, C, Obel, O, Wu, R, Joglekar, J. Preventing Shoulder Pain after Cardiac Rhythm Management Device Implantation: A Randomized, Controlled Study. Poster presentation, TPTA Annual Conference, The Woodlands, TX, October 2011.

Zafereo, J, Deschenes, B, Haggard, R, Gatchel, R. Multidisciplinary Management of a Select Acute Low Back Pain Population. Poster presentation, TPTA Annual Conference, Austin, TX, October 2009.

Zafereo, J, Caldwell, L, Harper, A, Long, C, Nix, M. An Investigation of the Efficacy of Two Approaches to Lengthen the Iliotibial Band. Poster presentation, TPTA Annual Conference, The Woodlands, TX, October 2005.

Smith, P, **Zafereo, J**, Kozel, J, Karnes, J, Bailey, K. Gait Velocity and Quality of Life Subsequent to Focused Treadmill Training in Stroke Patients. Poster presentation, APTA Combined Sections Meeting, San Antonio, TX, February 2001.

4. **Invited Lectures and Peer Reviewed Presentations**

Precision Rehabilitation for Chronic Pain Management, Texas Physical Therapy Association Annual Conference, Irving, TX, 2024.

Movement is Medicine, Physical therapy and its role in the treatment of chronic pain, Texas Pain Society/TexMed 2024 Pain Symposium, Dallas, TX, 2024.

Body Composition, Strength, and Somatosensory Function Among Pain Phenotypes in the Dallas Hearts and Minds Study, UT Dallas/UT Southwestern Pain Symposium, Dallas, TX, 2023.

Dallas Hearts and Minds Study: Pain Assessment, Pain Interest Group Works in Progress, O'Donnell Brain Institute, Dallas, TX, 2023.

Physical Therapy for Overlying Central Sensitization, UTSW Department of Internal Medicine/Division of Rheumatology Grand Rounds, Dallas, TX, 2022.

Case Study Moderator, American Academy of Sports Physical Therapy (AASPT) Early Career Professionals, Virtual, 2021.

Physical Examination and Evaluation of Lumbopelvic Pain, UTSW Department of Internal Medicine/Division of Rheumatology Grand Rounds, Virtual, 2021.

Maintaining the INTER in Interdisciplinary Patient Care During a Global Pandemic, Capra Interdisciplinary Healthcare Symposium, UTSW School of Health Professions, Virtual, 2021.

PT for Central Sensitization, UTSW Department of Internal Medicine/Division of Rheumatology Grand Rounds, Dallas, TX, 2019.

Post-Acute Rehabilitation Following Spinal Fusion Surgery, Spine Symposium, UTSW Department of Neurosurgery, Dallas, TX, 2019.

Clinical Assessments of Central Pain Processing Disorders in Patients with Chronic Pain, Capra Interdisciplinary Healthcare Symposium, UTSW School of Health Professions, Dallas, TX, 2019.

Breaking Down Silos: Innovative Resources for Residency-Fellowship Educators, APTA Combined Sections Meeting, Washington, DC, 2019.

Bridging the Gap: Innovative Leadership Training in Residency/Fellowship Education, APTA Educational Leadership Conference, Jacksonville, FL, 2018.

High Intensity Laser Therapy for Fibromyalgia, UTSW Department of Internal Medicine/Division of Rheumatology Grand Rounds, Dallas, TX, 2017.

Updated Clinical Practice Guidelines for Low Back Pain: Panel Discussion, North Texas District TPTA Meeting, Dallas, TX, 2017.

Physical Therapy for Management of Pain, UTSW Convergence Day, Dallas TX, 2016.

Early Exercise Interventions for Patients with Chronic, Widespread Pain and Hypersensitivity, 17th Annual Scientific Day, UTSW Department of Physical Medicine and Rehabilitation, Dallas, TX, 2016.

PT for Arthritis and Inflammatory Conditions, UTSW Department of Internal Medicine/Division of Rheumatology Grand Rounds, Dallas, TX, 2015.

Cervical Spine Physical Therapy, Fingers to Toes Conference, UTSW Department of Orthopedic Surgery, Dallas, TX, 2012.

Physical Therapy Management of Low Back Pain, 37th Annual Conference, Texas Academy of Physician Assistants, Dallas, TX, 2012.

Physical Therapy Management of the Hip and Pelvis, Current Concepts in Sports Medicine, UTSW Department of Orthopedic Surgery, Dallas, TX, 2012.

Therapeutic Exercise for the Spine, UTSW Department of Physical Medicine and Rehabilitation Grand Rounds, Dallas, TX, 2011.

Spine and Hip Physical Therapy Principles, Fingers to Toes Conference, UTSW Department of Orthopedic Surgery, Dallas, TX, 2011.

Musculoskeletal Examination and Differential Diagnosis, UTSW Department of Internal Medicine/Division of Rheumatology Grand Rounds, Dallas, TX, 2010.

Evaluation and Management of the CT Spine: An Evidence-based Approach, North Texas District TPTA meeting, Irving, TX, 2009.

Cervicogenic Dizziness and Headache, UTSW Department of Otolaryngology Grand Rounds, Dallas, TX, 2009.

Physical Therapy for the Chronic Pain Patient, UTSW Department of Anesthesiology and Pain Management Grand Rounds, Dallas, TX, 2009.

PT for Arthritis and Inflammatory Conditions, UTSW Department of Internal Medicine/Division of Rheumatology Grand Rounds, Dallas, TX, 2004.

Common Sports Injuries, UTSW STARS Program, Dallas, TX, 2004.

VIII. TEACHING ACTIVITIES

1. The University of Texas Southwestern Medical Center

Department of Physical Therapy

Doctor of Physical Therapy Training

Fall Semester

DPT 5302, Therapeutic Interventions I, 2007 – Present

Course coordinator and Instructor (42.5 lecture/lab hours)

DPT 5137, Evidence-Based Clinical Research II, 2014 – Present

Instructor (12 lecture hours)

Spring Semester

DPT 5431, Musculoskeletal Patient Management of the Spine, 2008 – Present
Course coordinator and Instructor (104.5 lecture/lab hours)

DPT 5236, Evidence-Based Clinical Research I, 2022 – Present
Instructor (6 lecture hours)

DPT 5132, Evidence-Based Clinical Research III, 2014 – Present
Instructor (8 lecture hours)

DPT 5317, Advanced Therapeutic Techniques, 2009 – 2014; 2020 – Present
Instructor (7.5 lecture/lab hours)

Summer Semester

DPT 5335, Therapeutic Interventions II, 2008 – Present
Course coordinator and Instructor (35.5 lecture/lab hours)

DPT 5330, Musculoskeletal Patient Management of the Extremities, 2022 – Present
Instructor (2 lecture hours)

Student Mentoring

Faculty Advisor, 2007 – Present
Journal Club Leader, 2007 – 2013

Orthopedic Physical Therapy Residency Training

Clinical instructor (4 hours/week), 2012 – Present

Lectures/Labs:

- Physical Therapy Management of the Spine (16 hours), Fall 2017 – Present
- Clinical Reasoning and Reflection (2 hours), Fall 2017- Present
- Chronic Pain Management (2 hours), Fall 2019 – Present

Department of Applied Clinical Research

Doctor of Philosophy Lab Training

ACR 5094/Research Practicum – Lab rotation mentor (8 hours/week), Fall 2022
ACR 5096/Special Topics – Course Instructor (2 hours/week), Spring 2024

Department of Internal Medicine/Division of Rheumatology

Physician Fellowship Training

Clinical instructor (8 hours/week), Spring 2007 – 2009; Spring 2014 – 2016

Lectures:

- PT Management of Lumbopelvic Pain (2 hours), Virtual, 2021

Department of Psychiatry

Physician Resident Training

Lectures:

- Chronic Pain and Psychiatric Comorbidity (2 hours), Virtual, 2021

Department of Family Medicine

Physician Resident Training

Clinical instructor (8 hours/week), Fall 2008 – 2012

Lectures:

- Evaluation and Differential Diagnosis of the Hip and Pelvis (2 hours), 2009
- Evaluation and Differential Diagnosis of Low Back Pain (2 hours), 2011, 2006
- Classification of Low Back Syndrome (2 hours), 2004

Department of Orthopaedic Surgery

Physician Resident Training

Lecture/Labs:

- Evaluation and Differential Diagnosis of Low Back Pain (2 hours), 2016, 2015, 2012
- Evaluation and Differential Diagnosis of the Cervical Spine (2 hours), 2011

Prosthetics and Orthotics Program

Bachelor of Science Training

Lectures:

- PT for the Transtibial Amputee (2 hours), 2005 – 2009
- PT for the Transfemoral Amputee (2 hours), 2005 – 2009

2. **Orthopaedic Manual Physical Therapy (OMPT) Fellowship Mentoring**
Clinical instructor (8 hours/week) for American Academy of Manipulative Therapy, Fall 2014 – Spring 2015
Clinical instructor (4 hours/week) for OPTIM Manual Therapy, Fall 2023
3. **Thesis and Dissertation Committee Membership**
Jarrard, Caitlin. Physiological profiles and their association with persistent post-surgical pain. Doctor of Philosophy. UT Southwestern Medical Center. Anticipated graduation May 2024.

Ahmed, Sandra. The role of dispositional optimism in interdisciplinary chronic pain management. Doctor of Philosophy. UT Southwestern Medical Center. May 2023.

Chong, Jeanette. Predictors of attrition in Interdisciplinary Pain Management Programs. Doctor of Philosophy. UT Southwestern Medical Center. August 2019.

Dickson, Tara. Faculty characteristics and program budgets: academic capitalist influences on physical therapy graduate outcomes. Doctor of Philosophy. University of North Texas. May 2019.

Ingram, Jokae. Relationship between fear-avoidance beliefs questionnaire (FABQ) scores and acute low back pain treatment. Master of Science in Rehabilitation Counseling. UT Southwestern Medical Center. August 2009.

Buelow, Amanda. Additional validation of the pain medication questionnaire in a sample of patients with chronic pain. Master of Science in Rehabilitation Counseling. UT Southwestern Medical Center. August 2009.
4. **Continuing Education Workshops**
Interdisciplinary Pain Management Education Series. 8-hour workshop, Fall 2023 (Atlanta, GA).

Physical Therapy Management of the Cervicothoracic Region and TMJ (CORE Series). Two-day workshop, Spring 2018 (Salina, KS); Fall 2017 (Tyler, TX); Spring 2010 – Summer 2016 (Dallas, TX); Spring 2013 (Iowa City, IA).

Physical Therapy Management of the Lumbopelvic Region (CORE Series). Two-day workshop, Spring 2020 (Salina, KS); Summer 2010 – Summer 2016 (Dallas, TX); Spring 2014 (Iowa City, IA).

Pediatric Physical Therapy Management of the Cervicothoracic and Lumbopelvic Regions. Two-day workshop at Cook Children’s Hospital, Fall 2015 (Fort Worth, TX).

Foundations of Orthopedic and Manual Physical Therapy (CORE Series). Two-day workshop, Spring 2010 – 2012 (Dallas, TX).

Orthopedic Management of the Cervicothoracic Region. Two-day workshop, Fall 2004 and 2006 (Grapevine, TX).

Orthopedic Management of the Lumbopelvic Spine. Two-day workshop, Fall 2004 – 2006 (Grapevine, TX).

IX. PROFESSIONAL SERVICE

1. Clinical Activities

Eugene McDermott Center for Pain Management (20% time, 2012 – Present; 60% time, 2011): Clinician in the interdisciplinary rehabilitation program for persons with chronic pain.

UTSW Spine Center Enhanced Recovery after Surgery (ERAS) Program (2018-2020): Developed pre- and post-surgical PT rehabilitation protocols for patients undergoing spinal surgery.

Allied Health Physical Therapy (80% time, 2008 – 2010; 100% time, 2002 – 2007): Clinician serving adults with pain and musculoskeletal movement disorders affecting the spine and extremities.

2. Service to Professional Societies

International Standards Committee, Member at large, Commission on Accreditation of Rehabilitation Facilities (CARF), 2021.

Research Committee, Member at large, American Academy of Orthopedic Manual Physical Therapists, 2019 – Present.

Vice-chair, Residency and Fellowship Education Special Interest Group, Academy of Physical Therapy Education, American Physical Therapy Association, 2019 – 2021.

Nominating committee chair, Residency and Fellowship Education Special Interest Group, Academy of Physical Therapy Education, American Physical Therapy Association, 2016 – 2019.

3. **Editorial Services**

Reviewer for abstracts, Annual Conference of the Texas Physical Therapy Association, 2013 – 2019

Reviewer for abstracts and abstract mentor, Annual Conference of the American Academy of Orthopaedic Manual Physical Therapists, 2019 – Present

Reviewer for manuscripts, 2016 – Present:

Archives of Physical Medicine and Rehabilitation

Journal of Applied Biobehavioral Research

Pain Practice

Pain Medicine

Physiotherapy Theory and Practice

Scandinavian Journal of Pain

Journal of Back and Musculoskeletal Rehabilitation

Journal of Bodywork & Movement Therapies

Journal of Complementary Medicine

4. **Professional Service to the Institution**

UT Southwestern Medical Center

Southwestern Academy of Teachers (SWAT), Member at large, 2022-Present

SWAT Membership Committee, Member at large, 2022 – 2023

SWAT Membership Committee, Chair, 2024 – Present

Peter O'Donnell Brain Institute Pain Interest Group, Member at large, 2021 - Present

Southwestern School of Health Professions

Research Advisory Committee, Member at large, 2015 – Present

Research Advisory Committee, Chair, Awards, 2016 – Present

Research Advisory Committee, Grant Reviewer, 2016 – Present

Faculty Services Plan, Board of Directors, 2003 – 2016

Faculty Services Plan, Budget & Finance, 2006 – 2016

Faculty Services Plan, Compliance, Ethics & Professional Affairs, 2003 – 2006

Faculty Assembly Executive Council, Member at large, 2012 – 2015

Faculty Assembly Executive Council, Chair, Faculty Orientation, 2012 – 2015

Faculty Assembly Executive Council, Chair, Faculty Awards, 2013 – 2015

Academic Affairs Committee, 2012 – 2015

Academic Affairs Committee, Chair, Student Scholarship, 2014 – 2015

Dean's Search Committee for Department Chair in Physical Therapy, 2008

Dean's Search Committee for Program Director in Radiation Therapy, 2015, 2006

Forms Review Committee, 2006

Admissions and Recruitment, 2005 – 2007

Department of Physical Therapy

Curriculum Committee, 2012 – Present, Chair, 2015 – Present

Orthopedic Residency Planning Committee, 2008 – Present

Executive Advisory Committee for the PT Clinic, Chair, 2003 – 2012
Executive Advisory Committee for the PT Clinic, Member, 2012 – Present
Admissions and Recruitment, 2014 – Present, 2003 – 2007

5. Consultantships

Kriegel & Associates Interdisciplinary Pain Management Specialists, 2019 – Present.
Provide education and training to state attorney generals, insurance companies, and clinicians across the country on interdisciplinary pain program management.

6. Other Community Service

Knights of Columbus, Council 12480, Member at large
Cub Scout Pack 713, Den Leader, Committee Chair, Past Cubmaster
Boy Scout Troop 713, Assistant Scoutmaster, Eagle Coordinator
St. Francis of Assisi Catholic Church, Liturgical Minister and ACTS Team Member
Coach, Mary Immaculate School and Frisco Baseball and Softball Association

X. ADMINISTRATION

1. Facilities Responsibilities

Layout design and equipment purchasing for the PT academic lab renovations (2012) and the Pain Management clinic renovations in 2016 and 2021.

2. Other Leadership

Coordinator for Department of Physical Therapy Self-Study Review for 2022 CAPTE Accreditation Site Visit.

Co-Director of a Residency-Fellowship Think Tank working to identify innovative and exceptional models of residency-fellowship education. Formed the national workgroup, conducted meetings, and developed the process for review and sharing of materials, 2017-2019. Think Tank link: <https://www.aptaeducation.org/think-tank-compedium>

Developed the New Faculty Orientation materials and process as Chair of the Faculty Orientation subcommittee of the FAEC, 2012 – 2013.

Developed the Faculty and Student Awards nomination materials and process for the inaugural SSHP Awards Assembly as Chair of the Faculty Awards and Scholarship subcommittees of the Faculty Assembly Executive Council and Academic Affairs committees, 2014.

XI. MEMBERSHIPS, HONORS, AWARDS and SPECIAL RECOGNITION

1. Scholarly, Professional, and Scientific Memberships

American Physical Therapy Association, 1999 – Present
Academy of Orthopedic Physical Therapy, 2007 – Present
Pain Special Interest Group, 2022 – Present
Academy of Physical Therapy Education, 2015 – Present
Residency and Fellowship Special Interest Group, 2016 – Present

American Academy of Orthopedic Manual Physical Therapists, 2003 – Present
Distinguished Teaching Professor, Southwestern Academy of Teachers (SWAT),
2021-Present
Investigator, Peter O’Donnell Jr. Brain Institute, UT Southwestern, 2021-Present
United States Association for the Study of Pain, 2024 – Present

2. **Awards and Special Recognition**

SSHP Outstanding Faculty Award, Department of Physical Therapy, 2022
Top Cited Article in Pain Practice Journal, 2021-2022
SSHP Outstanding Faculty Award, Department of Physical Therapy, 2019
Research Recognition Award, School of Health Professions, UT Southwestern,
2017
AAOMPT Annual Conference, Best 5 x 5 Platform Presentation (Lumbar/Pelvis
Section), 2015
SSHP Outstanding Faculty Award, Department of Physical Therapy, 2015
SSHP Outstanding Faculty Award, Department of Physical Therapy, 2014
TWU Dallas Physical Therapy Research Conference, Best Platform, 2014
TWU Dallas Physical Therapy Research Conference, Best Poster, 2013
SSHP Distinguished Teacher Award for Excellence in Teaching, 2008
Eagle Scout, 1994

XII. PROFESSIONAL GROWTH AND DEVELOPMENT

Formal Course Work

Faculty Leadership Development Series, 2023-2024.

Completed 25 hours of leadership training focused on strengths, trust, influence, DISC profiles, accountability, conflict management, problem solving, emotional intelligence, change management, and branding. Offered through the UTSW Office of Organizational Development & Training.

Intensive R Grant Writers Workshop with Mock Study Sections, 2023.

Selected to attend 6 weekly 2-hour long sessions in which faculty colleagues and senior grantsmanship coaches provided peer review of target grant sections each week.

Participated in a mock grant review study section at the conclusion of the program.

Offered through the UTSW Center for Translational Medicine and the Offices of Faculty Diversity Development/Women’s Careers.

Grant Writers’ Seminars and Workshops, 2015.

Completed 12 hours of didactic coursework on Successfully Obtaining an R Grant (SOAR), UTSW Center for Translational Medicine and the Offices of Faculty Diversity Development/Women’s Careers.

Certification in Dry Needling, 2014-2015.

Completed 54 hours of advanced didactic coursework through the American Academy of Manipulative Therapy.

Clinical Fellowship Program in Orthopedic Manual Physical Therapy, 2004 – 2007.
Completed 288 hours of advanced didactic coursework and 440 hours of supervised clinical training in Orthopedic Manual Physical Therapy.