

**Patrick Dennis St. Louis**

12319 County Road 182  
Bullard, TX 75757  
Patrick.stlouis@cuw.edu  
(906) 396-2623

**Education**

Concordia University Portland

Portland Oregon, December 2019

Doctorate in Education

Specialization in Higher Education with emphasis on professional mentorship

Concordia University Wisconsin

Mequon Wisconsin, May 2012

Master of Science in Rehabilitation Science

Meta-Analysis and Systematic Review Title: *The Effects of Non-Invasive Treatment Techniques for Plantar Fasciitis*

Concordia University Wisconsin

Mequon Wisconsin, May 2010

Bachelor of Science in Athletic Training

**Professional Experience**

Adjunct Faculty – Department of Kinesiology

Sam Houston State University, August 2017 – Present

- Responsible for preparation, implementation, and teaching in the athletic training program at Sam Houston State University.
- Lesson planning/Prepping daily for classes taught in the undergraduate athletic training program.
- Responsible for teaching in the laboratory portion of Therapeutic Interventions II.

Certified Personal Trainer – Lake Palestine Fitness Center

Trinity Mother Frances Hospital and Clinics, March 2016 - Present

- Provide onsite fitness assessments for all clients and members.
- Responsible for implementation of new fitness classes and programs.
- Provide one-on-one personal training sessions as well as group training sessions.

Head Athletic Trainer Rusk ISD

Trinity Mother Frances Hospital and Clinics, August 2015-May 2016

- Sole provider of medical care and coverage of all junior high and high school athletic practices and competitions

## Curriculum Vitae

- Responsible for budgeting and purchasing supplies needed to maintain an athletic training room
- Maintaining proper medical documentation of injuries seen, evaluated, and treated
- Responsible for referrals to correct medical providers as well as helping scheduling these visits and properly arranging the student claim insurance through the schools student athlete insurance policy
- Integral in implementing and maintaining sports medicine classes including teaching various sports medicine classes at the high school level
- Lesson planning/Prepping daily for classes taught in three levels of sports medicine courses.

### Instructor of Health and Human Performance/Certified Athletic Trainer

Concordia University Wisconsin, July 2013 – August 2015

- Responsible for preparation, implementation, and teaching in the athletic training program at Concordia University Wisconsin
- Lesson planning/Prepping daily for classes taught in the undergraduate athletic training program
- Provide athletic training coverage at Concordia University Wisconsin in the athletic training room day clinic as well as team coverage when necessary
- Serving as a full faculty member at Concordia University Wisconsin
- Serving as a Preceptor for the athletic training program undergraduate and graduate students
- Assist with the administration of the athletic training program and admittance of future students
- Serving as an Academic Advisor to freshmen and upper class students.

### Assistant Athletic Trainer

Concordia University Wisconsin, October 2011 – June 30, 2013

- Responsible for the prevention, evaluation, treatment, and rehabilitation of injuries
  - Primary responsibilities: Women's Soccer, Women's Ice Hockey, and Men's Lacrosse
- Provide daily athletic training coverage at CUW and while traveling with my primary teams
- Serve as an Approved Clinical Instructor (ACI)/Preceptor for Athletic Training Students
- Assist with the administration of the Athletic Training Department

### Head Athletic Trainer

Aurora Healthcare, Kiel High School, August 2011 – October 2011

- Served as the sole provider of athletic training services to Kiel High School in Kiel, Wisconsin
- Provided athletic training coverage at home athletic practices and events
- Provided medical care for over 300 student athletes
- Managed and ordered inventory for Kiel High School
- Documented various injuries and rehabilitation services provided for injured athletes, as well as communicated daily with parents of injured athletes

## Curriculum Vitae

### Physical Therapy Aide

Five Corners Physical Therapy, May 2010 – October 2011

- Served as a Physical Therapy Aide to a Licensed Physical Therapist
- Assisted with the rehabilitation of various patients
- Managed insurance coverage inquiries and requests for more patient visits

### Milwaukee Wave Professional Indoor Soccer Team Intern

Milwaukee Wave, October 2009 – April 2010, October 2010- April 2011

- Provided athletic training coverage for practice and home games under the supervision of Larry Sayles ATC
- Implemented and completed onsite rehabilitation of soccer injuries
- Properly documented all injuries and treatment of athletes
- Worked cooperatively with other medical professionals to provide the best care for athletes
- Properly recognized when a referral was needed and collaborated with medical team for proper treatment

## **Teaching Experience**

### Adjunct Instructor

Concordia University Wisconsin, Fall 2012

- HHP 303: Therapeutic Modalities
- HHP 304: Therapeutic Modalities Lab

### Adjunct Instructor

Concordia University Wisconsin, Spring 2013

- HHP 164: Freshmen Fast-Track II
- HHP 376: Recognition and Evaluation of Athletic Injuries II
- HHP 378: Recognition and Evaluation of Athletic Injuries II Lab

### Instructor of Health and Human Performance

Concordia University Wisconsin, Fall 2013

- HHP 303/4: Therapeutic Modalities and Lab
- HHP 330: Manual Muscle Testing
- HHP 391: Junior Athletic Training Practicum
- HHP 403: Advanced Injury Management
- MSAT 115: Medical Terminology

### Instructor of Health and Human Performance

Concordia University Wisconsin, Spring 2014

- HHP 164: Freshmen Fast-Track Athletic Training
- HHP 272/273: Introduction to Athletic Training and Lab

## Curriculum Vitae

- HHP 376/378: Recognition and Evaluation of Athletic Injuries II
- MSAT 272/273: Introduction to Athletic Training and Lab

### Instructor of Health and Human Performance

Concordia University Wisconsin, Fall 2014

- MSAT 115: Medical Terminology
- MSAT 330: Manual Muscle Testing
- HHP 391: Junior Athletic Training Practicum
- HHP 403: Advanced Injury Management

### Instructor of Health and Human Performance

Concordia University Wisconsin, Spring 2015

- MSAT 164 Freshmen Fast Track II
- MSAT 272/273 Introduction to Athletic Training
- MSAT 303/304 Therapeutic Modalities

### Adjunct Faculty

Sam Houston State University, Fall 2017

- ATTR 4169 Therapeutic Interventions II

### Adjunct Faculty

Sam Houston State University, Spring 2018

- ATTR 3300 Administration of Athletic Training

## **Professional Certifications**

- NATA BOC Certified Athletic Trainer
- Texas Licensed Athletic Trainer
- Graston Technique M1 Certified
- American Heart Association BLS/CPR Certified
- Certified Kinesio Taping Practitioner: KT1, KT2, KT3, KT4
- Certified Kinesio Taping Faculty
- Certified Cupping Therapist
- National Academy of Sports Medicine Certified Personal Trainer

## **Publications in Progress**

- St.Louis, P. *The Effects of Non-Invasive Treatment Techniques for Plantar Fasciitis: A Systematic Review and Meta-Analysis*
- St. Louis, P. *Utilization of HAN Stimulation for Post Operative ACL Knee Pain in a Male 19 Year Old Basketball Player: A Case Report.*
- St. Louis, P. *Utilization of Kinesio Tape for Lymphatic Drainage Following Pregnancy*

## **Publications**

- St. Louis, P. *Going Beyond the Classroom: A look at utilizing Kinesio Tape in the Athletic Training Profession* Advanced Healing Magazine Autumn 2014 Issue

## **Professional Presentations**

- *Manual Therapies and Myofascial Release Techniques*
  - Wisconsin Athletic Trainers Association Annual meeting April 2015
- *Non-Invasive Treatment Techniques for Plantar Fasciitis*
  - Concordia University Wisconsin Athletic Training Education Program
  - April 13, 2012
- *Non-Invasive Treatment Techniques for Plantar Fasciitis: Completion of the Study and Research*
  - Employee in-service presentation to the Aurora Sports Medicine Institute
  - April 11, 2012
- *Non-Invasive Treatment Techniques for Plantar Fasciitis: Beginning of a Meta-Analysis and Research*
  - Employee in-service presentation to the Aurora Sports Medicine Institute
  - November 16, 2011

## **Professional Service**

- Athletic Training Education Journal Editorial Board Member (2018-2020)
- Career Fair Concordia University Wisconsin
  - Represented the Concordia University Wisconsin Athletic Training Program at various career fair opportunities to help promote the field of athletic training and the athletic training program at Concordia University Wisconsin
- Lutheran Grade School State Basketball Tournament
  - Provided athletic training coverage for all athletes
  - March 2012, March 2013, March 2014, March 2015
- Concordia University Wisconsin Athletic Training Education Program Freshman Fast Track Summer Workshop
  - Assisted with several educational sessions: Therapeutic modalities, Shoulder evaluation and common conditions, and Knee evaluation and common conditions
  - June 2012

## **Professional Development**

- Memberships
  - National Academy of Sports Medicine 2015-Present
  - KinesioTaping Association International 2013-Present
  - International Cupping Therapy Association 2014-Present
  - National Athletic Trainers Association, 2011-Present

## Curriculum Vitae

- Great Lakes Athletic Trainers Association, 2007-Present
- Wisconsin Athletic Trainers Association, 2007-Present
- Texas State Athletic Trainers Association, 2015-Present
- East Texas Athletic Trainers Association, 2015-Present
- National Academy of Sports Medicine, 2015-Present
- Conferences
  - BOSHA Orthopedic Medical Symposium, 2015, 2016.
  - Trinity Mother Frances Hospital Sports Medicine Symposium 2015, 2016, 2017.
  - Wisconsin Athletic Training Association Annual Business Meeting and Symposium, 2015
  - Wisconsin Athletic Training Association Annual Business Meeting and Symposium, 2013
  - Wisconsin Athletic Training Association Annual Business Meeting and Symposium, 2011
  - Wisconsin Athletic Training Association Annual Business Meeting and Symposium, 2010
  - Wisconsin Athletic Training Association Annual Business Meeting and Symposium, 2009
  - Wisconsin Athletic Training Association Annual Business Meeting and Symposium, 2008
  - Wisconsin Athletic Training Association Annual Business Meeting and Symposium, 2007

## **Professional References**

Trevor Folker MS, ATC, LAT, PES  
Industrial Sports Medicine Professional  
InSite Health LLC  
Appleton, WI 54915  
(414) 418-5599

Timothy Provencher PT  
Five Corners Physical Therapy  
7269 Highway 60  
Cedarburg, WI 53012  
(414) 364-8637

Darrin Smith PhD, ATC, LAT, PES  
Assistant Professor  
Concordia University Wisconsin  
12800 N. Lakeshore Drive  
Mequon, WI 53097  
(262) 243-4371

Larry Sayles LAT/ATC  
Milwaukee Wave Professional Indoor Soccer Team  
510 W. Kilbourn Ave, Suite B  
Milwaukee, WI 53203  
(414) 708-8736

Joe Pachecho  
Michigan State Police – Retired  
Iron Mountain, MI 49801  
(906) 282-1240