



Alicia Montalvo, PhD, MS, BS

ATHLETIC TRAINING

Assistant Professor

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EDUCATION

- PhD in Kinesiology, The Pennsylvania State University, University Park, PA
- MS in Athletic Training, Florida International University, Miami, FL
- BA in Health & Society, University of Pennsylvania, Philadelphia, PA

AREA(S) OF SPECIALTY

- Assistant Professor of Athletic Training at Florida International University (2013 – present)
- Sports Health Technician for Penn State Sports Camps (2012 – 2013)
- Certified Athletic Trainer for Recreation Sports at The Pennsylvania State University (2011 – 2013)
- Clinical Instructor for the Athletic Training Program at The Pennsylvania State University (2011–2013)
- Laboratory Assistant at the Athletic Training Research Laboratory at The Pennsylvania State University (2011 – 2013)
- Manuscript Reviewer for Athletic Training & Sports Health Care, Sports Health, and Journal of Athletic Training.
- Certified Athletic Trainer, National Athletic Trainers' Association Board of Certification
- Licensed Athletic Trainer, Florida Department of Health Board of Athletic Training
- Certified Strength and Conditioning Specialist, National Strength and Conditioning Association
- Certified Professional Rescuer, American Red Cross

RESEARCH/SCHOLARSHIP

Montalvo, A.M. Shaefer, H., Rodriguez, B., Grandhi, R.K., Myer, G.D.. Injury Epidemiology and Risk Factors for Injury in CrossFit. *Medicine and Science in Sport and Exercise*. **Under review.**

Montalvo, A.M., Schneider, D., Webster, K.E., Beynon, B., Kocher, M., Myer, G.D. Risk and rate of sustaining anterior cruciate ligament injury: a sex and population specific meta-analysis. *American Journal of Sports Medicine*. **Under review.**

Fort-Vanmeerhaeghe, A., Montalvo, A. M. Physical Characteristics of Elite Adolescent Female Basketball Players and Their Relationship to Match Performance. *Journal of Human Kinetics*. **Under review.**

Fort-Vanmeerhaeghe, A., Romero-Rodriguez, D., **Montalvo, A. M.**, Kiefer, A.W., Lloyd, R.S., Myer, G. D. (2016). Integrative Neuromuscular Training and Injury Prevention in Youth Athletes. Part I: Identifying risk factors. *Journal of Strength and Conditioning Research*. **Accepted 12/17/17.**

Fort-Vanmeerhaeghe, A., **Montalvo, A. M.**, Sitjà-Rabert, M., Kiefer, A. W., & Myer, G. D. (2015). Neuromuscular asymmetries in the lower limbs of elite female youth basketball players and the application of the skillful limb model of comparison. *Physical Therapy in Sport*. Epub ahead of print. DOI: 10.1016/j.ptsp.2015.01.003.

Montalvo A.M., Le Cara E., Myer G.M. (2014). The effect of kinesiology tape on pain in individuals with musculoskeletal injury. *Physician and Sportsmedicine*, 42(2).

Montalvo A.M., Buckley W.E., & Vairo G.L. (2013). The Efficacy of Kinesio Tape to Reduce Pain and Increase Functional Performance in Patellofemoral Pain Syndrome. *Journal Novel Physiotherapy*, 3(3).

Oller, D.M., Vairo, G.L., Messina, R.M., **Montalvo, A.M.**, Sebastianelli, W.J., Buckley, W.E. Injury and illness epidemiology at a university-based summer sports camp. *Journal of Athletic Training*. 2012;47(3):S99.

INTERESTS

- Evidence-based medicine
- Sports medicine
- Injury management
- Injury epidemiology
- Epigenetic modifications associated with injury
- Physical activity
- Personal: fitness, weight training, traveling, binge watching Netflix, and chocolate cake

FAVORITE QUOTE

“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

– Calvin Coolidge