

Laura Zdziarski-Horodyski, PhD, LAT, ATC

University of Utah Contact
University of Utah
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Education

University of Florida Doctorate of Philosophy: Rehabilitation Sciences Fall 2013 – 2017
Graduate Fellowship Research Assistant in the Human Dynamics Lab at the Orthopaedic and Sports Medicine Institute
Graduation: April 28, 2017
Dissertation Defense: March 7, 2017
Admitted to Candidacy August 2015
Dissertation focus: Orthopaedic Trauma
Roanoke College Bachelor of Science Athletic Training – 2013
Magna Cum Laude – August 1, 2013
Independent Study at Roanoke College – FA 2010 – SP 2013 *Are adults able to accurately predict their fitness level?*

Work Experience

University of Utah

Assistant Professor, Adjunct (School of Medicine, Department of Orthopaedics) March 2019 - Current

Assistant Professor, Clinical (Department of Physical Therapy & Athletic Training, Athletic Training) July 1, 2018 - Current

- Instructor
- Coordinate Undergraduate Research
- Facilitate collaboration and communication between Utah Health's Sports Medicine and the Athletic Training Program
- Assist with AT degree transition
- Mentor Masters in Sports Medicine Students Masters Thesis & Projects

Clinical Outreach & Development Coordinator (Department of Orthopaedics, Sports Medicine) – August 14, 2017 – Current

- Coordinate Sports Medicine & Science research and education within institute
- Coordinate Sports Medicine & Science Sports Performance within institute
- Oversee and coordinate research efforts with corporate partners
 - Point person for research efforts with the United States Olympic Committee
 - Initiate Research with the Utah Jazz
- Help develop infrastructure for Sports Medicine & Science Institute
- Collect relevant data on the competitive landscape for sports medicine and performance/research center
- Provide feedback to senior administration on data and information gathered from research and development efforts to help create a plan for site development
- Develop and foster relationships with corporate partners
 - Initiate sports performance services

University of Florida

Graduate Fellowship Research Assistant in the Human Dynamics Laboratory at the UF Health Orthopaedic and Sports Medicine Institute (OSMI) – FA 2013 – SP 2017

- Data collection in Level 1 Trauma Hospital – Worked with three Attending's and all associated residents or fellows. Assisted with study design (RCT), selection of

measures, consented patients at inpatient and coordinated & collected functional and patient surveys at follow-up visits in clinic setting

- Use of EPIC (electronic medical records) for patient records, coordination of follow-up visits, and data acquisition
- PROMIS (NIH's Patient Reported Outcome Measurement Information System)
- Gait Analysis-interpret biomechanical data and integrate patient symptoms, clinical findings, and visual observations of patient's gait. Based upon analysis and findings, provide patient with therapeutic exercises, training techniques, and literature materials to improve their running/gait
- Body Composition Analysis- perform test to determine percent fat a person is comprised of, interpretation of results, and consultation on how to improve health and their results
- Cardiovascular Fitness Assessment- Perform assessment and provide interpretation of results
- Assist with all research studies conducted in the laboratory – study design, participant recruitment, data collection, data interpretation, and manuscript writing
- Assist physicians within the department with their research studies
- Assist orthopaedic residents and fellows with study design, data analysis, and research presentations

Assistant to President Jim Thornton – President of the National Athletic Trainers Association – June 2014

- Assisted President Thornton with managing events and meetings he was to attend, present, and lead at the Annual Symposium

Maroon Ambassador (Roanoke College Admissions Office) - Spring 2011 - 2013

- Provide tours, historical background, academic information for prospective students and their families of Roanoke College

University of Florida Sports Medicine and Orthopedics Institute (OSMI) Research Internship Summers 2010, 2011, 2012, 2013

- Research Assistant to the Director of Research, became familiar with basic research planning procedures, literature reviews (2010)
- Assist with developing research protocols, data collection, subject recruitment and scheduling, assist in development of excel spreadsheet data bases
- Manuscript writing and review/editing

Cross and Lacrosse Camp Coach (Roanoke College) – Summer 2012

Roanoke College Women's Goalie School Coach – Summers 2011 & 2012

Gainesville Lacrosse Association Summer Camp Coach – Summers 2009 & 2010

Fort Clarke Middle School Lacrosse Coach (Gainesville, FL) – Spring 2009

Barista, Starbucks/Aramark – Summers 2007, 2009 & 2010

Athletic Training Specific Work Experience

Athletic Trainer Salt Lake Community College (part-time) 2020 – current

- Athletic training clinic care 2 days/week
- Game day care PRN

Athletic Trainer (PRN) for University of Utah Athletics 2019 - current

Athletic Trainer (PRN) for United States Ski & Snow Board Association 2017 - current

Athletic Trainer for The Rock School – 2015 – 2017

- Cross Country, Track and Field, Volleyball, Women's & Men's Basketball, Middle School Soccer
- Medical care during all home athletic events. Injury evaluation, progress assessments, rehabilitation, & record keeping (ATS)
- Organize and Coordinate PPEs for all sports

Athletic Trainer for The Boys Club of Alachua County Youth Football (PRN)– FA 2015

- Provide medical care every week to middle school age athletes. Game time decisions for return-to-play and referral for further assessment, as I was only able to see these players on day of games.

Instructor for GA's and Residents/Fellows Spine Boarding Procedures – July 2016

Co-Head Athletic Trainer for Men's Basketball at *The Rock School* (Volunteer services during this time) –2013-2014

Sun Shine State Games Basketball Tournament – May 10-11, 2014

Gatortown Hoops Classic Basketball Tournament – February 14-15, 2014

Indoor Track Meet – January 18,2014

AYF National Football Tournament – December 9-10, 2013

Gainesville, FL 2013 Senior Games – October 11-12, 2013

Teaching/Mentoring Experience

Teaching & Curriculum Developed

ATSM 3402: Acute and Emergency Care – Fall 2019

ATSM 3404: General Medical Conditions in Athletic Training – Fall 2019

ATSM 6250: Trends in Sports Medicine – Spring 2019

ATSM 7830: Journal Readings – Spring 2019

ATSM 4011: Evidence Based Practice and Implementation for the Athletic Trainer (II) – 2 credits – Spring 2019, Spring 2020

ATSM 4010: Evidence Based Practice for the Athletic Trainer (I) – 2 credits – Fall 2018

Pharmacology for Athletic Trainers – module based, blended classroom instruction – Fall 2018

Teaching Assistant for RSD 6900c Joint Morphology (University of Florida) – Fall 2014 & Fall 2016

- Assisted with lecture preparation (prepared and delivered an original lecture), led human anatomy lab dissection portions of class, developed, administered, and graded written exams as well as laboratory exams

Teaching Assistant for GMS 5935 Biomechanics in Orthopaedic Rehabilitation (University of Florida) – Spring 2014

- Assisted Dr. Heather Vincent in class and lab activities, developed lab activities, developed quizzes, graded quizzes and other take home assignments

Teaching Assistant for Human Anatomy and Physiology Lab – Fall 2012 & Spring 2013

- Assisted Professor in laboratory sessions, assisted students through lab materials and procedures, evaluated and graded student presentations, graded student tests and additional work, hosted review sessions for lab practical exams

Mentoring

Ryan C - Masters in Sports Medicine – Class of 2020

- Masters Project Committee Member –

Audrey Masters in Sports Medicine – Class of 2020

- Masters Project Committee Member – Professional Skills in Athletic Training and other Allied Health Care Providers' preceptions

Eric Caloud - Masters in Sports Medicine – Class of 2020

- Master's Project Chair – Early Sports Specialization and Injury

Carly Masters in Sports Medicine – Class of 2020

- Master's Project Chair – Injury Epidemiology in Youth Alpine Skiing Academy

Courtney Masters in Sports Medicine – Class of 2020

- Master's Thesis Co-Chair – Injury prediction in Cross Country Runners

Racquel Hansen – Masters in Sports Medicine – Class of 2019

- Master's Thesis Co-Chair – Football Cleat Brand and Impact on Injury Incidence

Taylor S - Masters in Sports Medicine – Class of 2019

- Master's Project Chair – Pre-Participation Dance MSK Screen and Injury Prediction

Allie M. Dluzniewski – Applied Physiology and Kinesiology masters student – Fall 2016

- Taught research methods, data collection, data integrity, patient interaction skills, and key aspects for the "Transform 10" program
- Helped her submit her first abstract, including data analysis, preparing a poster, and presenting

Kristen Sleeth – College of Nursing student – Summer 2015

- Taught research methods, data collection, data integrity, patient interaction skills, and key aspects for the “Transform 10” program
- Christina Chan – Applied Physiology and Kinesiology masters student – Spring 2016
- Taught research methods, data collection, data integrity, patient interaction skills, and key aspects for the “Transform 10” program
 - Helped her submit her first abstract, including data analysis, preparing a poster, and presenting
- Connor Sleeth – Applied Physiology and Kinesiology undergraduate student – Spring 2016
- Mentored him on proper oral presentation format, slide construction, and interpreting study data – he was selected as 1 of 6 Med students to give an oral presentation.
 - Taught research methods, data collection, data integrity, patient interaction skills, and key aspects for the “Transform 10” program
 - Helped him submit his first abstract, including data analysis, preparing a poster, and presenting – won the HHP undergraduate poster presentation award 2015.
 - He is attending UCF Med School now and is going to use some of my dissertation work (project I was mentoring him on) for his research project at UCF

Memberships/Certifications/Trainings

UT Athletic Training License # 10341008-4810 – May 1, 2017 – Current
 International Critical Incident Stress Foundation: Critical Incidence Stress Management Assisting
 Individuals in Crisis Certification – January 2017 – Current
 Group & Advanced Group Certification – January & June 2018 - Current
 FL Athletic Training License # AL3684 – 2013 – 2017
 American College of Sports Medicine (ACSM) Member – 2013 - 2016
 Southeastern ACSM Member – 2013 - Current
 National Athletic Trainers Association Member – 2012 - Current
 Southeast Athletic Trainers Association Member – 2012 - Current
 Professional Rescuer CPR/AED – 2010 – Current
 HIPAA for Researchers 2011 – Current
 BBP & BMW – 2011 – Current
 Billing and Compliance: Research Billing Risks 2012 – Current

Academic Honors

Roanoke College Athletic Training Senior Scholar – 2012-2013
 ODAC Academic All Conference Women’s Lacrosse Team – 2011-2012
 ODAC Scholar Athlete – SP 2012
 Roanoke College HHP Outstanding Junior Scholar – 2011-2012
 Nominated for Women’s ODAC Lacrosse Scholar Athlete of the Year –2011
 Roanoke College
 Alpha Epsilon Delta Honor Society
 Alpha Chi Honor Society
 Omicron Delta Kappa Honor Society
 Roanoke College President’s List - FA 2010
 Roanoke College Dean’s list - SP2010, SP2011, FA2011, SP2012, FA 2012
 Roanoke College Top 20% of class – FA 2009

Awards, Grants, and Honors

Awards

P.E.O. Scholar: 2016-2017.
 Scholarship from the International Chapter of the P.E.O. Sisterhood.
 March 2016 \$15,000 Award
 “Jerry Rhea/Atlanta Falcons Foundation Scholarship” Doctoral Student Scholarship”
 NATA Research & Education Foundation June 25, 2016 \$2,300
 Rehabilitation Science Doctoral Student Travel Award.

Funding to present "Assessment of Athletic Trainers Communication Skills in the Orthopaedic Trauma Hospital Setting" at the National Athletic Trainers' Association Annual Symposium. February 2016 \$250
"Dean Kleinschmidt Graduate Student Scholarship"
NATA Research & Education Foundation June 27, 2013 \$2,300
University of Florida Graduate Student Council: Travel Award
Funding to present "Prevalence of Inaccurate foot strike detection in runners: Relation to shoe type and injury." At the American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CA, May 26 - 30, 2015. \$350
Southeast American College of Sports Medicine Graduate Research Award Finalist; Annual Conference, February 2013
University of Florida Graduate School Fellowship
Funding to support doctoral studies for four years as a Graduate Research Assistant in the University of Florida Orthopaedics and Sports Medicine Institute Human Dynamics Laboratory and Sports Performance Center. August 2013- August 2017 \$20,000

Grants

Cervical Spine Research Society – Seed/Starter Grant: "Calculating Space Available for the Cord during Dynamic Pre-hospital Care techniques for the spine injured patient" **Role: PI**
Accepted August 2019.
PM&R Foundation Grant: "A patient-centered transformative coaching approach to improve participation in rehabilitation and functional quality of life after orthopedic trauma." H Vincent (PI) This RCT will determine the effects of a coaching program on patient-centered outcomes after an orthopedic injury. **Role: Co-I** August 2015-2017 \$35,000
National Athletic Trainers Association (NATA) Foundation Doctoral Research Grant: "Incorporating Athletic Trainers into an Orthopaedic Trauma Care Team to Improve Patient's Functional and Emotional Quality of Life". **Role: Zdziarski LA (PI)** August 2015-2017 \$ 2,500.

Publications

Published

Zdziarski-Horodyski LA, Vasilopoulos T, Horodyski M, Hagen JE, Sadasivan K, Sharififar S, Patrick M, Guether R, Vincent HK . Physical Function Trajectories after Integrative Care or Usual Care for Orthopaedic Trauma: A Randomized Controlled Trial. *Clinical Orthopaedics and Related Research*.. doi: 10.1097/CORR.0000000000001140. Epub. Feb. 5, 2020 PMID: 32032087
Vincent HK, **Zdziarski LA**, Fallgatter K, Negron G, Cong C, Leavitt T, Horodyski M, Wasser JG, Vincent KR. Running Mechanics and Metabolic Responses with Water Bottles and Bottle Belt Holders. *Int J Sports Physiol Perform*. 2018 Sep 1;13(8):977-985. doi: 10.1123/ijsp.2017-0184. Epub 2018 Sep 10. PMID:29345541
Vincent HK, Vasilopoulos T, **Zdziarski-Horodyski LA**, Sadasivan KK, Hagen J, Guenther R, McClelland J, Horodyski M. Preexisting psychiatric illness worsens acute care outcomes after orthopaedic trauma in obese patients. *Injury*. 2018 Feb;49(2):243-248. doi: 10.1016/j.injury.2017.12.004. Epub 2017 Dec 12. PMID:29249534
Zdziarski-Horodyski L, Horodyski M, Sadasivan KK, Hagen J, Vasilopoulos T, Patrick M, Guenther R, Vincent HK. An integrated-delivery-of-care approach to improve patient reported physical function and mental wellbeing after orthopedic trauma: study protocol for a randomized controlled trial. *Trials*. 2018 Jan 11;19(1):32. doi: 10.1186/s13063-017-2430-5. PMID:29325583
Vincent HK, Hagen JE, **Zdziarski-Horodyski LA**, Patrick M, Sadasivan KK, Guenther R, Vasilopoulos T, Sharififar S, Horodyski M. Patient-Reported Outcomes Measurement Information System Outcome Measures and Mental Health in Orthopaedic Trauma Patients During Early Recovery. *J Orthop Trauma*. 2018 Sep;32(9):467-473. doi: 10.1097/BOT.0000000000001245. PMID:30130305

- Prasarn M, Hyldmo PK, Zdziarski LA, Loewy E, Dubose D, Horodyski MB, Rehtine GR. Comparison of the Vacuum Mattress versus the Spine Board Alone for Immobilization of the Cervical Spine Injured Patient: A Biomechanical Cadaveric Study. *Spine*. June 6, 2017. In press. doi: 10.1097/BRS.0000000000002260
- Hahn H, Vincent KR, Herman DC, Wasser JG, Chen C, **Zdziarski LA**, Morgan C, Vincent HK. Biomechanical, Metabolic and Cardiopulmonary Responses of Masters Recreational Runners during Running at Different Speeds *Research in Sports Medicine*. 2016.
- Wasser JG, Vasilopoulos T, **Zdziarski LA**, Vincent HK. Exercise Benefits for Chronic Low Back Pain in Overweight and Obese Individuals. *PM R*. June 2016. doi:10.1016/j.pmrj.2016.06.019.
- DuBose DN, **Zdziarski LA**, Scott N, et al. Horizontal Slide Creates Less Cervical Motion When Centering an Injured Patient on a Spine Board. *J Emerg Med*. 2016;50(5):728-733. doi:10.1016/j.jemermed.2015.09.027.
- Vincent HK, Chen C, **Zdziarski LA**, Montes J, Vincent KR. Shooting motion in high school, collegiate, and professional men's lacrosse players. *Sports Biomech*. 2015;14(4):448-458. doi:10.1080/14763141.2015.1084034.
- Zdziarski LA**, Chen C, Horodyski M, Vincent KR, Vincent HK. Kinematic, Cardiopulmonary, and Metabolic Responses of Overweight Runners While Running at Self-Selected and Standardized Speeds. *PM R*. July 2015. doi:10.1016/j.pmrj.2015.06.441.
- DuBose D, Connolly S, Hatzel B, **Zdziarski LA**, Del Rossi G, Hill I, Prasarn M, Rehtine G, Horodyski MB. Motion Created in an Unstable Cervical Spine During the Removal of a Football Helmet: Comparison of Techniques. *Athl Train Sports Health Care*. 2015;7(6).
- Vincent HK, Percival S, Creasy R, Alexis D, Seay AN, **Zdziarski LA**, Macmillan M, Vincent KR. (2014) Acute Effects of Enhanced Eccentric and Concentric Resistance Exercise on Metabolism and Inflammation. *J Nov Physiother* 4: 200 doi:10.4172/2165-7025.1000200
- Zdziarski LA**, Vincent KR. It is NOT the Gastrocnemius, Soleus, or Achilles What Could It Be? A Plantaris Muscle Injury: *Curr Sports Med Rep*. 2015;14(2):84-85. doi:10.1249/JSR.0000000000000136.
- Zdziarski LA**, Wasser JG, Vincent HK. Chronic pain management in the obese patient: a focused review of key challenges and potential exercise solutions. *J Pain Res*. 2015;8:63-77. doi:10.2147/JPR.S55360.
- Vincent HK, **Zdziarski LA**, Vincent KR. Review of Lacrosse-Related Musculoskeletal Injuries in High School and Collegiate Players. *Sports Health Multidiscip Approach*. September 2014:1941738114552990. doi:10.1177/1941738114552990.

Manuscripts in Review

- Hagen JE, Gupta S, **Zdziarski-Horodyski LA**, Sharififar S, Vincent HK, Horodyski MB. Opioid Use in Acute Orthopaedic Trauma on Depression and Anxiety Among Patients without Pre-existing Psychiatric Illness R1. *Journal of Orthopaedic Trauma*. Submitted November 2019. JOT 10930.
- Zdziarski-Horodyski LA**, Prasarn M, Coyne E, DuBose D, Sleeth C, Rehtine G, Horodyski MB. A novel approach to assess motion in the unstable cervical spine during extrication of motor vehicle accident patients. In review. *Journal of Emergency Medicine* 2019.

Book Chapters

- Zdziarski-Horodyski LA & Dubose DD. Emergency Care for Spine Injuries. *Acute and Emergency Care in Athletic Training*. Human Kinetics. 2019
- Dubose DD, Dubose DD & Zdziarski-Horodyski LA. Musculoskeletal Injury. *Acute and Emergency Care in Athletic Training*. Human Kinetics. 2019

Presentations: Peer-Reviewed

Oral/Podium Presentations International

Horodyski MB, Prasarn M, **Zdziarski LA**, DuBose D, Marschall R, Rehtine GR. Safety-Focused Extrication of Vehicular Accident Patients with Cervical Spine Injuries. Accepted for presentation at: Cervical Spine Research Society Annual Meeting in Orlando, FL. Dec. 2014.

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 (ACSM) Annual Meeting, Orlando FL, May 27 - 31, 2014. Podium presentation.

National

Zdziarski LA, McClelland J, Vasilopoulos T, Sadasivan KK, Hagen JE, Patrick M, Dluzniewski A, Sleeth C, Chang C, Vincent HK, Horodyski MB. Emerging Setting: Athletic Trainers and Orthopaedic Trauma Patients 12 Week Functional and Perceived Functional Outcomes. National Athletic Trainers Association (NATA) Annual Clinical Symposium, Houston, TX. June 26-29, 2017. Podium presentation June 27, 2017.

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 23-26, 2015. Podium presentation June 24, 2015.

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.

Regional

Horodyski MB and Zdziarski-Horodyski LA. Transfer Techniques for the Spine Injured Athlete. Rocky Mountain Athletic Trainers Association Annual Meeting. April 11, 2019.

Horodyski MB, **Zdziarski LA**, Dubose D. Spinal Motion Restriction, Equipment Removal, and New Directions. 42nd Annual Southeast Athletic Trainers Association (SEATA) Clinical Symposium and Members Meeting, Atlanta, GA. March 12, 2017. Podium presentation and Workshop.

Zdziarski LA. The Exposure of Athletic Trainers to Critical Incidents and Traumatic Events and the need for Peer-to-Peer Support in the Aftermath. 42nd Annual Southeast Athletic Trainers Association (SEATA) Clinical Symposium and Members Meeting, Atlanta, GA. March 10, 2017. Podium Presentation.

State

Sadasivan KK, Vincent HK, **Zdziarski LA**. How Can We Implement an Integrated-Delivery-of-Care Approach to Improve Quality of Life and Emotional Well-Being After Orthopedic Trauma? Florida Orthopaedic Society Scientific Annual Meeting, St. Petersburg, FL. June 4-7, 2015. Podium presentation June 7, 2015.

Abstract/Poster Presentations

International

Zdziarski LA, Fallgatter K, Leavitt T, et al. Energy and Cardiopulmonary Cost of Carrying Hydration Gear During Running: 1373 Board #26 June 2, 8: 00 AM - 9: 30 AM. *Med Sci Sports Exerc.* 2016;48(5 Suppl 1):362. doi:10.1249/01.mss.0000486098.68417.58.

Leavitt T, **Zdziarski LA**, Chen C, et al. Effects of Increasing or Decreasing Cadence on Metabolic, Cardiopulmonary and Biomechanical Responses During Downhill Running: 2184 Board #336 June 2, 2: 00 PM - 3: 30 PM. *Med Sci Sports Exerc.* 2016;48(5 Suppl 1):618-619. doi:10.1249/01.mss.0000486857.24888.b6.

Fallgatter K, **Zdziarski LA**, Chen C, et al. Temporalspatial and Kinetic Responses to Various Hydration Gear During Running: 3829 Board #268 June 4, 8: 00 AM - 9: 30 AM. *Med Sci Sports Exerc.* 2016;48(5 Suppl 1):1074. doi:10.1249/01.mss.0000488232.57022.cc.

Zdziarski LA, Vincent HK, Chen C, Vincent KR, Horodyski MB. Prevalence of Inaccurate foot strike detection in runners: Relation to shoe type and injury. American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CA, May 26 - 30, 2015.

- Vincent HK, Chen C, **Zdziarski LA**, Montero M, Montes J, Vincent KR. Shooting Motion Differences in High School, Collegiate and Professional Men's Lacrosse Players. American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CA, May 26 - 30, 2015.
- Nelson D, Chen C, **Zdziarski LA**, Montero M, Vincent KR, Vincent HK. Position-Specific Kinematics and Ball Speed in Men's Lacrosse. American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CA, May 26 - 30, 2015.
- Rubin J, Chen C, **Zdziarski LA**, Vincent KR, Vincent HK. Effects of orthopaedic surgery history on throwing motion in male lacrosse players. Accepted for presentation at: American Academy of Physical Medicine and Rehabilitation Annual Meeting. San Diego, CA. Nov 13-16, 2014.
- 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, poster 2042.

National

- Vincent HK, **Zdziarski-Horodyski LA**, Horodyski MB, Hagen J, Vasilopoulos T, Patrick M, Guenther R, Sadasivan K. patient and Clinical Outcomes with a Transformational Coaching Intervention After Orthopaedic Trauma. AAPM&R Annual Meeting, Denver, CO. October 12-15, 2017.
- Dluzniewski A, **Zdziarski-Horodyski LA**, Hagen JE, Vasilopoulos T, Sadasivan KK, Horodyski MB, Vincent HK. Psychosocial Intervention and the Use of Pain Medication in Orthopaedic Trauma Patients. Physical Medicine and Rehabilitation Conference. September 2017.
- Vincent HK, Vasilopoulos T, **Zdziarski LA**, Horodyski MB, Hagen J, McClelland J, Sadasivan K. Identification of acute inpatient rehabilitation targets in morbidly obese trauma patients. PM&R September 2016.
- Zdziarski LA**, Vincent HK, Sadasivan KK, Vasilopoulos T, Horodyski MB. Assessment of Athletic Trainers Communication Skills in the Orthopaedic Trauma Hospital Setting. National Athletic Trainers Association (NATA) Annual Clinical Symposium, Baltimore, MD. June 23, 2016.

Regional

- Zdziarski LA**, Vincent HK, Sadasivan KK, Vasilopoulos T, Horodyski MB. Assessment of Athletic Trainers Communication Skills in the Orthopaedic Trauma Hospital Setting. Southeast Athletic Trainers Association (SEATA) Annual Meeting, Atlanta, GA. March 12, 2016.
- Zdziarski LA**, Horodyski MB, Montero C, Chen C, Vincent HK. Identification of musculoskeletal injury predictors in recreational obese and non-obese runners. SEATA Conference Atlanta, GA March 2014.
- Zdziarski LA**, Holbrook EA. The relationship between perceived fitness status and physical activity level. SEACSM Conference, Greenville, SC February 2013.

Local

- Chan C, **Zdziarski LA**, McClelland J, Sleeth C, Hagen J, Sadasivan K, Vincent HK, Horodyski M. Depression and Health-Related Quality of Life Among Orthopaedic Trauma Survivors. College of Public Health and Health Professions Research Day, Gainesville, FL March 2016.
- Sleeth C, **Zdziarski LA**, McClelland J, Chan C, Hagen J, Sadasivan K, Vincent HK, Horodyski M. Gender and Relationship Influence Orthopaedic Trauma Patient Anxiety Levels. College of Public Health and Health Professions Research Day, Gainesville, FL March 2016.
- Zdziarski LA**, McClelland J, Chan C, Sleeth C, Hagen J, Sadasivan K, Horodyski M, Vincent HK. Psychosocial & Functional Profiles of Obese and Non-obese Orthopaedic Trauma Survivors. College of Public Health and Health Professions Research Day, Gainesville, FL April 2016.
- Vasilopoulos T, Horodyski M, **Zdziarski LA**, Sadasivan K, Vincent H. Age moderates association between pre-existing psychological illness and inpatient outcomes for orthopedic trauma patients. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, February 23, 2016.
- Fallgatter K, **Zdziarski LA**, Chen C, Herman D, Leavitt T, McClelland JI, Wasser J, Vincent K, Horodyski MB, Vincent H. Comprehensive biomechanical and metabolic analysis of running

- with differing hydration gear conditions. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, February 23, 2016.
- Vincent H, **Zdziarski LA**, Vasilopoulos T, Horodyski MB, Hagen J, McClelland J, Sadasivan K. The orthopaedic trauma experience in obese and morbidly obese patients: From admission to discharge. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, February 23, 2016.
- Zaremski J, **Zdziarski LA**, Krabak B, Dundas M, Mautner K, Dunham J, Wolkoff P, Hall M, Papendieck A, Horodyski MB. Pitching injury prevalence in collegiate baseball pitchers based on geographic location of high school baseball participation: A multicentered study. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, February 23, 2016.
- Vincent K, Leavitt T, **Zdziarski LA**, Chen C, Herman D, McClelland J, Wasser J, Horodyski MB, Zaremski J, Vincent H. Effects of increasing or decreasing metabolic, cardiopulmonary and biomechanical responses during downhill running. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, February 23, 2016.
- Zdziarski LA**, Vincent HK. Prevalence of Inaccurate Foot Strike Detection in Runners: Relation to Shoe Type and Injury. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, February 9, 2015.
- Zdziarski LA**, Horodyski MB. Safety-focused Extrication of Vehicular Accident Patients with Cervical Spine Injuries. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, February 9, 2015.
- 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. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, February 9, 2015.
- Wasser J, Chen C, **Zdziarski LA**, Vincent H. Kinematics of overhead throwing motions in professional lacrosse and baseball players. College of Medicine Celebration of Research Presentation, Gainesville, FL, February 9, 2015
- Zdziarski LA**, Horodyski MB, Montero C, Chen C, Vincent HK. Musculoskeletal Injury Predictors in recreational obese and non-obese runners College of Public Health and Health Professions Research Day, Gainesville, FL April 2014.
- Zdziarski LA**, Chen C, Montero C, Horodyski MB, Vincent K. Sex differences in pelvic and trunk rotation during a lacrosse throw. University of Florida College of Medicine Celebration of Research Presentation Gainesville, FL, March 2014.
- Zdziarski LA**, Horodyski MB, Montero C, Chen C, Vincent HK. Identification of musculoskeletal injury predictors in recreational obese and non-obese runners. University of Florida College of Medicine Celebration of Research Presentation, Gainesville, FL, March 2014.
- Zdziarski LA** . The Relationship between Perceived Fitness Status and Physical Activity Level. Roanoke College Showcase of Research & Creativity. Salem, VA September 2012.

Workshops

Regional

- Horodyski MB and Zdziarski-Horodyski LA. Transfer Techniques for the Spine Injured Athlete. Rocky Mountain Athletic Trainers Association Annual Meeting. April 12, 2019.
- Horodyski MB, **Zdziarski-Horodyski LA**. Multi Person Lift Spinal Motion Restriction Procedures. 3rd Annual Emergency Preparation for Athletics. Louisiana State University and Southern University, Baton Rouge, LA. July 6, 2018.
- Horodyski MB, **Zdziarski LA**. Multi Person Lift Spinal Motion Restriction Procedures. 2nd Annual Emergency Preparation for Athletics. Louisiana State University and Southern University, Baton Rouge, LA. July 7, 2017.
- Sargent, **Zdziarski LA**. Tourniquet Application CAT 7. 2nd Annual Emergency Preparation for Athletics. Louisiana State University and Southern University, Baton Rouge, LA. July 7, 2017.
- Horodyski MB, **Zdziarski LA**, Dubose D. Spinal Motion Restriction, Equipment Removal, and New Directions. 42nd Annual Southeast Athletic Trainers Association (SEATA) Clinical Symposium and Members Meeting, Atlanta, GA. March 12, 2017. Podium presentation and Workshop.

Presentations: Invited Lectures

National

United States Olympic & Paralympic Committee Athlete 360 Data Summit. October 17, 2019.

State

Zdziarski-Horodyski LA. "Spinal Motion Restriction (SMR) techniques including pro's and con's with each device and techniques" Utah Athletic Trainers Association, Lehi, UT. December 7, 2019.

Zdziarski LA. PEO Convention "Projects Night". Sawgrass Marriott Golf Resort and Spa in Ponte Vedra Beach, Florida. May 6, 2017.

Local

Zdziarski-Horodyski LA. "Spinal Motion Restriction: What Does the Data Tell US?" Athletic Training Morning Lecture Series, University of Utah Orthopaedic Center. Salt Lake City, UT. May 13, 2019.

Committees and Professional Organization Service

NATA (National Athletic Trainers Association) Disablement Model Workgroup – 2017 – Current

Journal of Sports Biomechanics Reviewer – 2017 - Current

NATA ATs Care At Large Committee Member – 2016 – Current

NATA Professional Development Committee Member – 2015 – Current

JAT (Journal of Athletic Training) Reviewer – 2015 – Current

NATA Inter-association Taskforce for the Pre-Hospital Care of the Spine Injured Athlete – Research Coordinator – October 2014 – 2017

Extra-Curricular & Volunteering/Philanthropic Activities

Sam Strong 5K Fun Run for Duchene Muscular Dystrophy event volunteer – September 2015

University of Florida Rehabilitation Science Doctoral Program Student Mentor – Fall 2014

University of Florida Graduate Student Council Representative – Fall 2014 - January 2017

Grace United Methodist Church Inner Faith Hospitality (renamed Faith Promise) – 2012-2014

Volunteer Co-Head Athletic Trainer for The Rock School – 2013-2014

Buchholz High School Volunteer Lacrosse Coach – SP 2014-current

Lacrosse Goalie Coach/Personal Training – 2013-current

Roanoke College Student Athlete Advisory Council member - 2012-2013

Roanoke College Academic Integrity Council - 2011-2013

Roanoke College Student Conduct Council - 2011-2013

Roanoke College Women's Lacrosse Team - 2010-2013

Roanoke College Maroon Madness Planning Committee Chair - Fall 2011

Roanoke College SGA Student body Vice-President - Spring 2011 - Fall 2011

Roanoke College Soccer Community Service in Costa Rica Orphanage Summer 2010

Habitat for Humanity- Roanoke College - 2009-2010

Ronald McDonald House Volunteer - 2009-2010

Chair of G.W. Carver Elementary School Book drive at Roanoke College - Fall 2009

Roanoke College Women's Soccer Team - Fall 2009

References for Laura Zdziarski-Horodyski

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