

Mary E. Jacobs, MA, LAT, ATC, CSCS, CKTP, ITAT

Indiana Wesleyan University
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Education

Master of Arts in Physical Education – Athletic Training

Western Michigan University – Kalamazoo, Michigan
Degree Received: June 1996

Bachelor of Science in Kinesiology – Athletic Training

Indiana University – Bloomington, Indiana
Degree Received: June 1995

Professional Experience

August 2004
to present

Indiana Wesleyan University – Marion, Indiana

Assistant Professor

- Professor for the following courses: Cardiopulmonary Resuscitation, Therapeutic Modalities, Therapeutic Exercise and Rehabilitation, and multiple Athletic Training clinical, practicum, and seminar courses.
- Approved Clinical Instructor responsible for supervision of Athletic Training Students, and assisting with day to day operation of the Athletic Training Education Program.

Head Athletic Trainer

- Responsible for overseeing the athletic training coverage provided to the student-athletes at IWU, and for marrying that with the needs of the Athletic Training Education Program.
- Coordinates the scheduling of clinical rotation assignment for athletic training students.
- Maintains the budget for athletic training supplies, as well as the inventory of those supplies.
- Currently responsible for coverage of the women's soccer and softball intercollegiate athletic teams. From 2004 – 2007, was responsible for women's basketball in addition to the soccer and softball teams.
- Served as the Associate Athletic Trainer before being promoted to the Head Athletic Trainer effective July 2009.
- Medical Coordinator for the 2010 - 2013 NAIA Outdoor Track & Field National Championships hosted by Indiana Wesleyan University

August 2000
to August 2004

Rezin Orthopedics / Vital Care Physical Therapy – Ottawa, Illinois

Licensed Athletic Trainer

- Maintained an independent schedule of patients in an orthopedic physical therapy center with other healthcare professionals caring for the needs of the general public.

August 2000
to August 2004

Streator Township High School – Streator, Illinois

Licensed Athletic Trainer

- Responsible for daily athletic training room operations, budgeting and supply ordering, instructing and supervising student athletic trainers, injury evaluations and rehabilitation, practice coverage, home/away football event coverage, and home event coverage for all levels of the 15 remaining interscholastic sports.

- August 1996
to August 2000
- Wes-Del High School – Gaston, Indiana**
Licensed Athletic Trainer
- Provided weekly injury evaluations and reevaluations, designed rehabilitation programs, and provided home/away event coverage for most of the 11 interscholastic sports. Responsible for the budget and the ordering of supplies.
- December 1996
to August 2000
- CHS HealthStrategies – Muncie, Indiana**
Licensed Athletic Trainer
- Worked in a hospital outpatient rehabilitation clinic working with other healthcare professionals in the rehabilitation of the recreational, athletic, and industrial populations.
 - Through November 1997, was responsible for the daily operations of a satellite clinic concurrently with a physical therapist. After that time, joined the Industrial Rehabilitation team and was responsible for own schedule of patients with work related or worker compensation injuries, and work conditioning/hardening patients.
- March 1997
to May 1998
- Central Indiana Orthopedics – New Castle, Indiana**
Certified Athletic Trainer
- Weekend coverage of satellite clinic with the same responsibilities as performed at the Muncie clinic.
- July 1996
to December 1996
- Central Indiana Orthopedics & Sports Medicine – Muncie, Indiana**
Certified Athletic Trainer
- Responsible for initial injury evaluations, patient guidance and counseling, education of home rehabilitation, applying casts/splints, liaison between physicians and patients, and record keeping.
- July 1995
to June 1996
- Western Michigan University – Kalamazoo, Michigan**
Graduate Assistant Athletic Trainer
- Head athletic trainer for Otsego High School – Otsego, Michigan
 - Independent experience with 20 interscholastic sports in the high school setting
 - Acted as nutritional liaison between the high school and the state of Michigan, especially during the wrestling season

Professional Memberships

National Athletic Trainers' Association
Great Lake Athletic Trainers' Association
Indiana Athletic Trainers' Association
National Strength and Conditioning Association
Kinesio Taping Association – CKTP Elite

Professional Certifications

1995 NATA Board of Certification – certification number 079502558
1997 Astym -- Augmented Soft Tissue Mobilization Approved Clinician
1999 Indiana Health Profession Bureau Licensure – license number 36000359A
2005 NPI Number - 1801880414
2005 NSCA Certified Strength and Conditioning Specialist – certification number 200526799
2008 Kinesio Taping Association – Certified Kinesio Taping Practitioner (CKTP)
2014 ImPACT Applications Inc - ImPACT Trained Athletic Trainer (ITAT)
2016 Functional Movement Screen – FMS1

Professional Involvement

2012-present Crossroads League representative to the NAIA
2011-2012 Mid-Central College Conference representative to the NAIA

Instructor Certifications

- National Safety Council Instructor
 - Advanced First Aid, CPR, & AED
- American Red Cross Instructor
 - CPR / AED for Professional Rescuers & Health Care Providers
 - First Aid / CPR / AED

Publications

Davison, E.A, Anderson, C.T., Ponist, B.H., Werner, D.M., Jacobs, M.E., Thompson, A.J., & Cook, M.R. (2016). Inhibitory Effect of the Kinesio Taping® Method on the Gastrocnemius Muscle. *American Journal of Sports Science and Medicine*, 4(2), 33-38.

Middleton, K. N., Glasgow, N. M., King, H. E., Jacobs, M. E., Doyle, A. T., & Thompson, A. J. (2012). From diagnosis to remission: A five-year case study of a female collegiate athlete's battle with leukemia. *International Journal of Tumor Therapy*, 1(3), 14-19.

Presentations

October 2016 **Indiana Athletic Trainers' Association Fall Symposium**

- Manual Therapy Interventions: Instrument Assisted Soft Tissue Mobilization

July 2012 **Indiana Athletic Trainers Association Summer Symposium**

- Kinesio Taping Lecture & Workshop

Panelist

October 2012 **Indiana Athletic Trainers Association Fall Symposium**

- College/University Breakout Session

Guest Lecturer / Lab Instructor

2006-2013 **Ivy Tech Community College – Muncie, Indiana**
Physical Therapy Assistant Program

- Instruct PTA students in McConnell taping for the patella, ankle taping, arch taping, and Kinesio Taping

2011 **Anderson University – Anderson, Indiana**
Athletic Training Education Program

- Instruct AT students in Kinesio Taping theory & techniques

Textbook – Peer Reviews

June 2011 **FA Davis Publishers**

- *Athletic Training Clinical Workbook: A Guide to the Competencies*

Courses Taught

ATR 199 – Practicum I – Injury nomenclature & Introduction to the Profession
ATR 220 – Therapeutic Modalities
ATR 299 – Practicum II – General Medical Conditions
ATR 320 – Special Topics in Athletic Training
ATR 332 – Therapeutic Exercise & Rehabilitation I
ATR 333 – Therapeutic Exercise & Rehabilitation II
ATR 350 – Seminar in Athletic Training
ATR 396 – Clinical V – Modalities
ATR 397 – Clinical VI – Strength & Conditioning
ATR 399 – Practicum III – Injury Prevention
ATR 431 – Evaluation & Recognition of Injuries & Conditions
ATR 492 – Administration & Organization of Athletic Training
ATR 497 – Clinical VIII – Introduction to Allied Healthcare Professions
PHE 101 – Concepts of Health & Wellness
PHE 229 – CPR

Continuing Education:

2017 Functional Movement System – Functional Movement Screen, Level 2 – Nashville, TN
2016 Functional Movement System – Functional Movement Screen, Level 1
2016 Mulligan Concept – Lower Quarter Course – Frisco, TX
2015 NSCA Great Lakes Regional Conference – Muncie, IN
2014 ImPACT Training Workshop – Pittsburg, PA
2014 Best Practices for Intercollegiate Sports Medicine Management – Athens, GA
2009-2013 IATA Fall Sports Medicine Symposium – Indianapolis, IN
2012 IATA Summer Sports Medicine Symposium – Indianapolis, IN
2012 Christian Society for Kinesiology & Leisure Studies Summer Conference – Marion, IN
2011 NSCA Indiana State Clinic – Carmel, IN
2011 The Disabled Throwing Shoulder – Lexington, KY
2010 The Rotator Cuff & Master Athlete – Lexington, KY
2009 Functional Movement & Core Training System with Gray Cook – Indianapolis, IN
2009 Enhancing Treatment Outcomes with Therapeutic Modalities: Electrotherapy & Ultrasound with David Draper – Indianapolis, IN
2008 Kinesio Taping Seminar – KT1 Fundamental, KT2 Advanced, KT3 Advanced – Kokomo, IN