

Robert Oates, DAT, ATC, CES, PES

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Education

Graduate Level

University of Idaho, Moscow ID
Graduation 2018
Doctorate of Athletic Training

Undergraduate Level

Wilmington College, Wilmington OH
Graduation 2012 – Magna Cum Laude
B.S. Athletic Training
Psychology Minor

Professional Experience

- Heidelberg University – 2019 – Present
 - Assistant Professor of Athletic Training and Clinical Athletic Trainer
 - Faculty Responsibilities – Course load within the Master of Athletic Training program and the Health Sciences undergraduate program
 - Clinical Responsibility – Primary Athletic Training Coverage for Men’s Soccer and Track and Field, along with being a clinical preceptor for the Master of Athletic Training Program
 - Serving member of the Institutional Review Board, 2020-Present
- Drayer Physical Therapy - 2015-2019
 - Full time Athletic Trainer assigned to work with Wilmington College (NCAA Division III). Responsible for full time coverage of Men’s Soccer, Men’s Basketball, and Outdoor Track.
 - Also responsible for implementation and supervision of injury prevention programs and off season weight training programs for each team.
 - Secondary responsibilities include supervision and clinical instruction of Wilmington College athletic training students, along with supervision of the Drayer Physical Therapy Bridge Program for post-operative athletes returning to full activity.
- Kansas City Royals - 2012-2015
 - Full time Minor League Athletic Trainer responsible for covering Spring Training (Feb-March), Extended Spring Training (April-June), and the Short Season Advanced Rookie Level Affiliate Idaho Falls Chukars (June-September)
 - Was selected as Pioneer League Athletic Trainer of the Year (2014)
 - Major League Intern - May 2012-October 2012

Collegiate Teaching Experience

- Heidelberg University
 - NDI 100-2 – Making Sense of the Consumable World
 - HSC 171- Acute Care of Injury and Illness
 - ATR 213 - Anatomy for Orthopedic Assessment
 - HSC 290 - Applied Pharmacology and Pathology
 - ATR 382 - Therapeutic Interventions II
 - ATR 470 - Clinical Proficiencies in AT V
 - HSC 490 - Research Methods in Health Science
 - ATR 500 - Special Topics
 - ATR 552 - Taping and Bracing

- ATR 568 – Medical Evaluation and Documentation
- Wilmington College - Adjunct Professor - Spring Semester 2019
 - AT 365- Pharmacology for Athletic Training
 - AT 370- Psychosocial Intervention and Referral

Certifications and Credentials

- Board Certified Athletic Trainer – Certification #: 2000010739
- Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers Board, Licensed Athletic Trainer #AT. 004558
- American Heart Association CPR/AED Certification
- NASM Corrective Exercise Specialist
- NASM Performance Enhancement Specialist
- Certified Mulligan Concept ® Practitioner (CMP)

Post-Professional Clinical Development

- Postural Restoration Institute
 - Completed Postural Restoration Overview course 2013
 - Completed Myokinematic Restoration Course 2014
- Active Release Technique
 - Completed Upper Quarter course 2015
- Mulligan Concept
 - Completed Advanced Course and CMP exam Summer 2021
 - Completed Upper Extremity course as part of UI DAT program 2016
 - Complete Lower Extremity course as part of UI DAT program 2017
- Primal Reflex Release Technique
 - Completed Self Study and Lecture Course as part of UI DAT program 2016
 - Completed Lecture Course as part of UI DAT program 2017
- Positional Release Technique
 - Completed Lower Extremity Course as part of UI DAT program 2016
 - Complete Upper Extremity Course as part of UI DAT program 2017
- MyoKinesthetic System
 - Completed Upper Extremity Course as part of UI DAT program 2016
 - Completed Lower Extremity Course as part of UI DAT program 2018
- Total Motion Release
 - Completed Level 1 Course as part of UI DAT program 2016
 - Completed Level 2 Course as part of UI DAT program 2017
 - Completed Level 3 Course as part of UI DAT program 2017
- Yuen Method
 - Completed Introductory Course as part of UI DAT program 2017
- Structure and Function Dry Needling
 - Completed Foundation Dry Needling Course January 2020

Clinical Research and Publications

- Original Case Study Research: “Larson’s Maneuver: A Case Report on a Novel Acute Treatment for Dyspneic Events Related to Vocal Cord Dysfunction.”
 - This case study abstract was selected as the Professional Case Study Award Winner for the 2016 Ohio State Athletic Trainer’s Association Conference and was presented as a platform presentation.

- Full manuscript of this case study will be submitted for review to the International Journal of Sports Physical Therapy.
- Original Multi-Site Cohort Case Series Research: “The Effect of Positional Release Therapy on Intercollegiate Male Basketball Athletes Classified with Patella Tendinopathy”
 - Acted as one of 4 primary investigators
 - Full manuscript published in the International Journal of Athletic Therapy and Training in 2019
- Original Multi-Site Cohort Case Series Research: “Use of the Mulligan Concept in the Treatment of Lateral Ankle Sprains in the Active Population: an exploratory prospective case series.”
 - Acted as one of three primary investigators.
 - Full manuscript published in The Journal of the Canadian Chiropractic Association in 2019
- Original Multi-Site Cohort Case Series Research: “Comparing the Possible Effects of Two Mulligan Mobilizations with Movement Techniques on Ankle Dorsiflexion.”
 - Acted as one of three primary investigators.
 - Abstract accepted for free communication presentation at the 2018 ACSM annual meeting. Abstract will also be published in Medicine and Science in Sports and Exercise.
- Senior Level Research Mentorship
 - Have acted as primary research advisor for multiple senior level research students at both Heidelberg University and Wilmington College. Primary responsibility is to encourage overall growth as a researcher, while also helping design, participate, and edit thesis style manuscripts.

Professional Presentations

- Original CEU Presentation: “Modern Manual Therapy- Clinical Alternatives in Apparent Hamstring Tightness”.
 - Presentation given at 16th Annual Dayton Sports Medicine Institute Sports Injury Symposium.
- Original CEU Presentation: “Alternatives in Clinical Practice: An Introduction to Total Motion Release”.
 - Presentation given at Greater Dayton Athletic Trainers Association Business Meeting.
- Original CEU Presentation: “Mulligan Concept for the Lower Extremity”.
 - Presentation given at OATA Annual Meeting & Educational Symposium May 2019
- Original CEU Presentation: “Treating Physically Active Patients with a Joint Mobilization as Functional as them: Mulligan Concept for the Lower Quadrant”.
 - Presentation given at NATA Annual Symposium June 2019.