

DR. KARLA JUDGE DAT, L-ATC

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Educator/Preceptor/Functional Assessment/Clinical ATC/Curriculum Development/On-line Instruction/International Experience

Summary of Qualifications

- >**32 years teaching at the collegiate level:** undergraduate and graduate
- >**Development of two athletic training student curriculums:** Idaho State University; University of California, Santa Barbara
- >**Organization, scheduling, and management of athletic training student coverage for summer sports camp employees**
- >**Participated in hiring committees for graduate assistants, coaches, and staff**
- >**Participating in clinical research**
- >**Thesis defense committee member**
- >**Development of risk management guidelines for collegiate athletic department**
- >**Development of emergency action plans at practice and competition venues**
- >**Proficient in Microsoft Office and SPSS statistical software**
- >**Extensive use and instruction of manual therapy techniques**
- >**Development and instruction in development of Evidence Based Practice**
- >**Development and Instruction of Patient Centered Outcome Practice**

Education

2017	University of Idaho	D.A.T.	Athletic Training
1991	Idaho State University	M.S.	Athletic Administration
1985	Ohio University	M.S.	Athletic Training
1984	University of Montana	B.S.	Physical Education with emphasis in Athletic Training and Adaptive Physical Education

Teaching Experience

- 2014-2017** **University of Montana-Missoula MT**
 ATEP 574 Graduate Level Manual Therapy Techniques
 Thesis Committee Member/Research Supervisor
- 2003-2012** **University of Montana-Missoula MT**
 HHP 342/343 Lower Extremity Injury Evaluation and Treatment; lecture and lab
- 1990-1992** **Idaho State University-Pocatello ID**
 PE 370 Care and Prevention of Athletic Injuries

Professional Experience

- 2018-Present** **Medical Staff of Chinese Olympic Men's Table Tennis Team
 Beijing, China**
- Responsibilities**
- *daily evaluation, treatment and rehabilitation of injuries
 - *travel as required
 - *functional assessment of athletes
 - *development of professional enrichment for staff
 - *interaction and learning with existing Chinese staff
- 2003- 2018** **University of Montana-Missoula MT
 Certified Athletic Trainer**
- Responsibilities**
- *women's basketball daily evaluation, treatment, rehabilitation and travel
 - *Supervise graduate assistants assigned to volleyball
 - *Facilitate and navigate insurance, appointments and referrals
 - *Instruct in CAATE approved Athletic Education Program
 - *Preceptor for undergraduate and graduate clinical experiences
 - *Assist in the organization and scheduling of student athlete pre-participation physical exams
 - *Administration of NCAA and institutional drug testing

- Other activities**
- * Relay for Life
 - *MedStart program for high school students interested in health professions
 - *Organize and host CEU opportunities
 - *Hiring committees for VB, TF, Graduate Assistants, Asst. ATC
 - *Introduced patient-oriented outcome measures to clinic
 - *Action research on ankle dorsiflexion, anterior knee pain, central sensitization of pain, Mulligan mobilization techniques

1992-2003 **University of California, Santa Barbara**
Head Women's Athletic Trainer

- Responsibilities**
- *women's soccer, basketball, men's and women's swimming, men's gymnastics, men's and women's track and field
 - *collaborate with student health center for navigation of athlete health regarding specialist referrals
 - *development of athletic training student internship curriculum
 - *assign athletic training student interns' work schedule and team assignments
 - *medical director of Michael Jordan basketball camps
 - *awarded the *Citation of Excellence* in 1998

1988-1992 **Idaho State University Pocatello ID**
Head Women's Athletic Trainer

- Responsibilities**
- *women's volleyball, basketball, men's and women's tennis and track and field
 - *instructor of Prevention and Care of Athletic Injuries
 - *member of AIDS Education Committee
 - *development of athletic training student internship program

1987-1988 **Concordia College Portland OR**
Head Athletic Trainer/Instructor

Responsibilities *coverage of all teams

 *instructor of Prevention and Care of Athletic Injuries

 *medical management for NCAA's NYSP summer youth sport programs:
 organized physical exam and follow-up health care for under privileged
 children

Presentations and Public Appearances

>2016 University of Montana
The Lower Extremity "Tune Up"
University of Montana Spring Seminar

>2015 University of Montana
Introduction to the Mulligan Concept of Joint Mobilization
University of Montana Spring Seminar

>2015 Spokane WA
Return to Play Criteria: More Than a Hop, Skip and Jump
NWATA District Symposium

>2014 Indianapolis IN
Lymphatic Facilitation in Athletic Training
Advanced Track Course
NATA National Symposium Speaker

>2013 Coeur d'Alene ID
The Lower Extremity "Tune Up"
Idaho Athletic Trainer's Association State Meeting

>2012 St. Louis MO

Peer to Peer Discussion Group Facilitator

NATA National Symposium

>2012 St. Louis MO

Five Soft Tissue Techniques Every Athletic Trainer Should Know

NATA National Symposium Lab Assistant

>2010 Philadelphia PA

Lymphatic Facilitation for Athletic Training

NATA National Symposium Lab Assistant

>2007 University of Montana

Introduction to Positional Release Therapy in Athletics

University of Montana Spring Seminar

>2005 University of Montana

Basic Core Stabilization Exercises for Adolescent Athletes

University of Montana Spring Seminar

>2001 University of California, Santa Barbara

The Importance of a Cooperative Effort Between the Athletic Training Department and the University Health Center

Presentation to Health Center Personnel

>1999 University of California, Santa Barbara

Ergogenic Aids in Athletics

Presentation to Health Center Personnel

>1990 & 1992 Idaho State University

Adolescent Sport Injuries: Basic Prevention and Care

Physical Education Tele-com course on PBS

>1990 & 1991 Idaho State University
Women in Non-Traditional Careers
Career Day for At-Risk High School Girls

Professional Memberships

National Athletic Trainer's Association #10-273
Northwest Athletic Trainer's Association
Montana Athletic Trainer's Association #44
NPI number: 1619093945

Continuing Education

- Positional Release Therapy: Spine and Pelvis; July 2013
- Assessment of the Lumbar Spine; January 2014
- Selective Functional Movement Assessment; March 2014
- Mulligan Concept of Joint Mobilization: Lower Quadrant; June 2014
- Mulligan Concept of Joint Mobilization: Spinal and Peripheral; July 2014
- The Myokinesthetic System; July 2014
- Diagnosis and Treatment of Muscle Imbalances; October 2014
- Total Motion Release: Levels 1 & 3; April 2015
- Postural Restoration: Respiration; June 2015
- Neurodynamic Techniques; March 2016
- The Neuroscience of Sprains, Strains, Pain and Sports Performance; March 2016
- Teaching People about Pain; March 2016
- Graston Technique M1; October 2017
- Evidence Based Treatment of the Hip; Aug. 2018
- Hip and Pelvis Stabilization 1 & 2; Sept. 2018

Manuscripts for Publication

“The Mulligan Concept in the Treatment of Anterior Knee Pain”

“The Effect of Stress Levels on the Immediate Effect of Positional Release Therapy on Neurological Cross-Transfer and the Central Sensitization of Pain”

“Motion Sickness Treatment with Essential Oils”

References

Dr. Carla Fritz

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Ms. Erin Butori ATC, LAT

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Athletic Trainer for Dr. Thomas Hackett

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