

# Geoffrey Charles Dover

## Education

Doctor of Philosophy, 2005

Dissertation title: Multiple daily TENS treatments for the shoulder after exercise induced injury

University of Florida, Gainesville, Florida

Athletic Training Specialization, minor in Rehabilitation Science

Master of Exercise and Sport Science, 2001

University of Florida, Gainesville, Florida

Concentration in Athletic Training (NATA Approved Graduate Curriculum)

Diploma in Sports Injury Management, 1999

Sheridan College, Oakville, Ontario Canada

Honors Bachelor of Science, 1996

University of Guelph, Ontario Canada

Human Kinetics Major

## Refereed Publications

George SZ, **Dover GC**, Fillingim RB. Fear of pain influences outcomes after exercise-induced delayed onset muscle soreness at the shoulder.

*Clin J Pain.* 2007 Jan;23(1):76-84.

Borsa PA, **Dover GC**, Wilk KE, Reinold MM. Glenohumeral range of motion and stiffness in professional baseball pitchers. *Med Sci Sports Exerc* 2006 Jan;38(1):21-6.

Mineollo S, Powers M, Tillman M, Wikstrom E, **Dover G**. Lower Leg Cold Immersion Does Not Impair Dynamic Stability in Healthy Females. *Journal of Sport Rehabilitation* 14 (3), 234-247, AUG 2005.

Borsa PA, Wilk KE, Jacobson JA, Scibek JS, **Dover GC**, Reinold MM, Andrews JR: Correlation of range-of-motion and glenohumeral translation in professional baseball pitchers. *Am J Sports Med* 33(9), 1392-1399: 2005.

Borsa PA, Jacobson JA, Scibek JS, **Dover GC**: Comparison of dynamic sonography to stress radiography for assessing glenohumeral laxity in asymptomatic shoulders. *Am J Sports Med* 33(5), 734-741, 2005.

**Dover GC**, Borsa PA: Reliability of clinical assessment techniques. *Athl Ther Today* 9(5): 64-67, 2004.

**Dover GC**, Borsa PA, McDonald D. Cold urticaria following an ice application: A case study. *Clin J Sport Med* 14(6): 362-364, 2004.

**Dover GC, Powers ME.** Cryotherapy does not impair joint position sense. *Archives of Physical Medicine and Rehabilitation.* 85: 1241-1246 August 2004.

**Dover GC, Powers ME.** Reliability of joint position sense and force reproduction measures during shoulder internal and external rotation. *Journal of Athletic Training.* 38 (4): 304-310 October-December 2003.

**Dover GC, Kaminski TW, Meister K, Powers ME, Horodyski MB.** Assessment of shoulder proprioception in the female softball athlete. *American Journal of Sports Medicine.* 31 (3): 431-7 May-June 2003.

Kaminski TW, **Dover GC.** Reliability of inversion and eversion peak and average torque measurements from the Biodex System 3 isokinetic dynamometer. *Journal of Sport Rehabilitation,* 10 (3): 205-220 AUG 2001.

### **Non-refereed Journal Publications**

Powers ME, **Dover GC.** A test of nerves: The relationship between temperature and neuromuscular function deserves a closer look. *Rehab Management,* 16 (3): 22-25 APR 2003.

### **Refereed Abstracts**

Schenker SM, **Dover GC.** Prolonged nerve palsy following an anterior maxillary sinus wall fracture in a collegiate baseball player. *Journal of Athletic Training (Supplement)* 42 (2), S-25, 2007.

Heiberg RE, **Dover GC.** The conservative treatment of a Salter-Harris Type III fracture in a high school football player: a case study. *Journal of Athletic Training (Supplement)* 42 (2), S-36, 2007.

Solomon JA, **Dover GC.** A forefoot injury in a recreational gymnast. *Journal of Athletic Training (Supplement)* 41 (2), S-28, 2006.

Palmer CJ, **Dover GC.** Acute shoulder injury of a high school football player. *Journal of Athletic Training (Supplement)* 41 (2), S-83, 2006.

**Dover GC, Borsa PB, Tillman MD, George SZ.** Multiple daily TENS treatments for the shoulder after exercise-induced injury. *Journal of Athletic Training (Supplement)* 41 (2), S-85, 2006.

George S, **Dover G, Fillingim R.** Pain related fear influences pain, physical impairment, disability, and kinesiophobia following delayed onset muscle soreness at the shoulder. *J Pain,* abstracted 2006.

**Dover GC, Conrad BP, Tillman MD, Wikstrom EA, Borsa PA.** Comparison of shoulder and elbow joint position sense using a vibration stimulus. *Journal of Athletic Training (Supplement)* 40 (2), S-92, 2005.

Kezele JL, **Dover GC.** Low back pain in a collegiate defensive tackle. *Journal of Athletic Training (Supplement)* 40 (2), S-79, 2005.

Broer S, **Dover GC**. A thigh injury of an adventure racer. *Journal of Athletic Training (Supplement)* 40 (2), S-75, 2005.

**Dover GC**, Borsa PA, McDonald D. Erythema annulare following an ice application. *Journal of Athletic Training (Supplement)* 39 (2), S-92, 2004.

Miniello SE, Powers ME, Tillman MD, Horodyski MB, Wikstrom EA, **Dover GC**. Cryotherapy treatment does not impair dynamic stability in healthy females. *Journal of Athletic Training (Supplement)* 39 (2), S-33, 2004.

**Dover GC**, Powers ME, Wilk KE. Assessment of ankle muscle reaction time following cold and warm whirlpool treatment. *Journal of Athletic Training (Supplement)* 38 (2), S-46, 2003.

Valdez D, **Dover GC**, Morgan M, Kaminski TW. Shoulder injury in a collegiate recreational athlete. *Journal of Athletic Training (Supplement)* 35 (2), S-50, 2002.

Powers ME, **Dover GC**. The effects of pre-cooling on electrically evoked knee extension force. *Journal of Athletic Training (Supplement)* 37 (2), S-39, 2002.

**Dover, G**, Kaminski, T.W., Horodyski, M.B. Reliability of inversion and eversion peak torque measurements from Biodex System 3 isokinetic dynamometer. *Journal of Athletic Training (Supplement)* 35 (2), S-91, 2000.

### **International Presentations**

What predicts self reported outcomes after exercise-induced delayed onset muscle soreness of the shoulder? Oral presentation at the 5<sup>th</sup> European Sports Medicine Congress in Prague, Czech Republic, October 10-14, 2007.

### **National Presentations**

Multiple daily TENS treatments of the shoulder after exercise-injury. Poster presentation at the NATA National Conference in Atlanta GA, 2006.

Multiple daily TENS treatments of the shoulder after exercise-injury. Poster presentation at the CATA National Conference in Ottawa, Canada 2006.

Comparison of shoulder and elbow joint position sense using a vibration stimulus. Oral presentation at the NATA National Conference in Indianapolis IA, 2005.

Pain and functional measures following induced micro injury of the shoulder. Oral presentation at the CATA National Conference in Calgary AB, 2005

Erythema annulare following an ice application. Poster presentation at the NATA National Conference in Baltimore MD, 2004.

Cryotherapy does not impair shoulder joint position sense. Oral presentation at the CATA National Conference in Antigonish, Nova Scotia, Canada 2004.

Assessment of ankle muscle reaction time following cold and warm whirlpool treatment. Oral presentation at the NATA National Conference in St. Louis, 2003

Proprioception in the upper extremity. One hour lecture at the CATA National Conference "The upper extremity in sport" in Victoria, Canada 2003.

Reliability of joint position sense and force reproduction measures during shoulder internal and external rotation. Oral presentation at the CATA National Conference in Victoria, Canada 2003.

Assessment of shoulder proprioception in the female overhand athlete. Poster presentation at the CATA National Conference in Tremblant Canada, 2002.

Reliability of joint position sense and force reproduction measures during shoulder internal and external rotation. Oral presentation at the NATA National Conference in Dallas, 2002.

A comparison of shoulder joint proprioception sense between overhand and nonoverhand athletes. Oral presentation at the NATA National Conference in Los Angeles, 2001.

Reliability of inversion and eversion peak torque measurements from Biodex System 3 isokinetic dynamometer. Poster presentation at the NATA National Conference in Nashville Tennessee, 2000.

### **Regional Presentations**

Multiple daily TENS treatments of the shoulder after exercise-injury. Poster presentation at the SEATA Regional Conference in Atlanta GA, 2006.

Comparison of shoulder and elbow joint position sense using a vibrations stimulus. Oral presentation at the South Eastern Athletic Trainers Conference in Atlanta Georgia, 2005.

Cold urticaria following an ice application: A case study. Poster presentation at the South Eastern Athletic Trainers Conference in Atlanta Georgia. 2004

Received funding for Athletic Training and Research Conference 2003 (\$2,150.00)

Assessment of ankle muscle reaction time following cold and warm whirlpool treatment. Poster presentation at the South Eastern Athletic Trainers Conference in Atlanta Georgia, 2003.

Reliability of joint position sense and force reproduction measures during shoulder Internal and External Rotation. Poster presentation at the South Eastern Athletic Trainers Conference in Atlanta Georgia, 2002

A comparison of shoulder joint proprioception sense between overhand and non-overhand athletes. Oral presentation at the South Eastern Athletic Trainers Conference in Atlanta Georgia, 2001

## **Local Presentations**

Fitness seminar city of Gainesville employees.  
City Hall Wellness Center, Gainesville, Florida February 2001

Fitness and injury prevention seminar for Gainesville Police Department  
GPD Training Gainesville Florida, May 2000

Fitness and physical assessment seminar for Regional Transit Systems  
City Hall Wellness Center, Gainesville Florida, August 2000

## **Current Research**

Reducing pain in the shoulder after exercise induced injury.

The effect of fatigue on shoulder force production.

Received NATA doctoral grant titled "Comparison of shoulder and elbow joint position sense using a vibration stimulus". (\$2,096.00) March 2003

## **Teaching Positions**

Assistant professor, Department of Exercise Science, Concordia University

Lecturer, Department of Applied Physiology and Kinesiology 2004 – 2008, University of Florida

Instructor, PET 2622 Prevention and Care of Athletic Injuries, Summer 2003, Fall 2003, Spring 2004, Fall 2004 (2 sections), Spring 2005 (2 sections)

Instructor, Seminar Fall 2004

Instructor, Rehab Spring 2005

Teaching Assistant, PET 6326 Clinical Anatomy of Exercise Science, Spring 2002, Spring 2004 (Cadaver Section)

Instructor, PET 4623 Athletic Injury Assessment: Upper Extremity Lab, Fall 2001, 2002, 2003

Instructor, PET 4634 Athletic Injury Assessment: Lower Extremity Lab, Spring 2001, 2002, 2003, 2004

Instructor, PET 4633 Rehabilitation Techniques in Athletic Training Lab, Fall 2000 – 2003

Instructor, PET 2622 Prevention and Care of Athletic Injuries Lab, Spring 2000 – Spring 2003

Guest Lecturer, PET 6551 Athletic Training Research Techniques II, Spring 2003

Guest Lecturer, PET 4633 Rehabilitation Techniques in Athletic Training, Fall 2001, 2002, Spring 2004

Guest Lecturer, PET 2622 Prevention and Care of Athletic Injuries, Fall 2000, 2001

Guest Lecturer, PET 4381 Neuromuscular Physiology, Fall 2000

### **Memberships/Certifications**

Health and Human Performance College Commencement committee

Health and Human Performance College Petition committee

Coordinator of UF Bloodborne Pathogen Program for Department of Applied Physiology and Kinesiology

Athletic Training Steering Committee at University of Florida 2002 - 2008

Health and Human Performance Graduate School Council representative 2002-2008

Journal Club President 2001-2002

Canadian Club at the University of Florida Prime Minister 2001-2004

Certified Athletic Trainer February 2001

Certified Athletic Therapist May 2000

Canadian Athletic Therapist Association member since 1996

First Aid/CPR certified

### **Honors**

Reviewer for Journal of Athletic Training, Journal of Sport Rehabilitation, Archives and Physical Medicine and Science, and Clinical Orthopaedics and Related Research

NATA Foundation Scholarship 2003

ESS supplemental fellowship award 2001-2002

International Student Award 2000, 2001, 2002

### **Athletic Training Experience**

Florida High School Athletic Association State Track meet 2002-2003  
Gainesville, Florida

Senior Games

Martin Luther King Center, Gainesville Florida 2002

Oak Hall soccer Fall 2002

Gainesville, Florida

Bradford High school football Fall 2002

Starke, Florida

Swamp Bowl October, 2001, 2002

Gainesville, Florida

Rookie sensation October 13th 2001

Gainesville, Florida

Gator weekend July 21st 2001  
Gainesville, Florida

P.K. Yonge Women's Soccer Spring 2001  
Gainesville, Florida

Judo Sunshine State Games Summer 2000  
Martin Luther King Center, Gainesville Florida

Men's Varsity Football games, Bradford High School Fall 1999  
Starke, Florida

State Football Championships Fall 1999  
Ben Griffin Hill Stadium, Gainesville Florida

Lifemark Health Rehabilitation Clinic Fall and Spring 1998-1999  
Oakville, Ontario Canada

World Karate Championships March 1998  
Atlantic City, New Jersey

University of Guelph Football 1993-1997  
University of Guelph, Ontario Canada

### **Professional Employment**

Assistant Professor  
Department of Exercise Science 2008- present  
Concordia University

Lecturer and director of graduate athletic training program  
Department of Applied Physiology and Kinesiology 2004 – 2008  
University of Florida

Lab coordinator ATSMC and site supervisor 2001-2004  
University of Florida

Athletic Trainer City of Gainesville 1999-2001  
Gainesville, Florida

Head Athletic Therapist Olympia sports camp Summer of 1997,1998,1999, 2002  
Huntsville, Ontario Canada