

ALLI (ZEIGEL) POWELL, DAT, LAT, ATC

Associate Clinical Professor, Coordinator of Clinical Education

Master of Science in Athletic Training Program | Department of Kinesiology | Colorado Mesa University

EDUCATION

JUNE 2014 - MAY 2017

DOCTOR OF ATHLETIC TRAINING, UNIVERSITY OF IDAHO

DISSERTATION: AN EXAMINATION OF THE EFFECTIVENESS OF NOVEL MANUAL THERAPIES TO IMPROVE PATIENT CARE: A DISSERTATION OF CLINICAL PRACTICE IMPROVEMENT

AUGUST 2011 – MAY 2014- CUM LAUDE GRADUATE

BACHELOR OF SCIENCE IN ATHLETIC TRAINING, COLORADO MESA UNIVERSITY

CERTIFICATE OF OCCUPATIONS PROFICIENCY IN PERSONAL TRAINING, COLORADO MESA UNIVERSITY

COURSES TAUGHT

CMU Courses Taught:

- ATRN 511- Professionalism in Athletic Training/ Healthcare Ethics I
- ATRN 521- Injury & Illness Diagnosis & Management I
- ATRN 522- Injury & Illness Diagnosis & Management II
- ATRN 523- Advanced Therapeutic Interventions
- ATRN 531- Clinical Education in AT I
- ATRN 532- Clinical Education in AT II
- ATRN 533- Clinical Education in AT III
- ATRN 534- Clinical Education in AT IV
- ATRN 551- Principles of Rehabilitation
- ATRN 552- Advanced Rehabilitation & Manual Therapy
- ATRN 587- Research
- KINE 200- Foundations of Kinesiology
- KINE 301- Health and Fitness Assessment
- KINE 309- Anatomical Kinesiology
- KINE 399- Internship
- KINE 430- Medical Conditions and Pharmacology in Sport
- KINE 499- Internship
- KINE 501- Research Methods

University of Idaho Courses Taught:

- AT 506- Clinical Anatomy I
- AT 510- Therapeutic Modalities I
- AT 547- Current Issues in Athletic Training
- AT 550- Clinical Education III
- AT 551- Clinical Experience III
- AT 522- Clinical Education II
- AT 523- Clinical Experience II
- AT 509- Principles of Rehabilitation
- AT 507- Care & Prevention of Injuries & Illnesses

EVIDENCE OF CONTINUOUS IMPROVEMENT

- Selective Functional Movement Assessment (SFMA) Certification
 - Level 1 Certified- March 6, 2024- Online
 - Level 2 Certified- March 7, 2024- Online
- National Athletic Trainers' Association (NATA) Annual Convention 2023
 - "Using Mindfulness and Meditation Practices to enhance Return-to-Participation"
 - "A Systematic Evaluation Strategy for Hip and Groin Pain"
 - "Trusting the Testing: Optimizing Return-to-Sport Testing Following ACL-Reconstruction"
- NATA On Demand Courses: "Developing a Therapeutic Exercise Program for Mechanical Low Back Pain: Examining the Evidence and Crafting Appropriate Progressions" Online Course- September 19, 2023
- SWAY Medical
 - "Benefits of Early Intervention and Aerobic Exercise for Concussion" presentation- Sept. 14, 2022
 - "The Post-Concussion Athlete and Nutrition" presentation- Oct. 12, 2022
 - "The Impact of Concussions on Mental Health" presentation- Nov. 16, 2022
- Functional Movement Systems Certification
 - Level 1 Certified- March 10, 2021- Online
 - Level 2 Certified- June 22, 2022- Online
- Colorado Mesa University Faculty Development Workshops
 - Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2021, Spring 2022
- Myokineshetics- Upper Extremity- 20 contact hours- July 21, 2018- Moscow, ID
- Myokineshetics- Lower Extremity- 16 contact hours- July 30, 2017- Moscow, ID
- Positional Release Therapy: An Evidence-Based Review- 3 contact hours- July 7, 2017- Moscow, ID
- Theory, Practice & Clinical Application of TMR-Level 1- 16 contact hours- August 29, 2016, Online
- Theory, Practice & Clinical Application of TMR Manipulation- 16 contact hours- July 24, 2016, Moscow, ID
- Positional Release Therapy: Spine & Pelvis- 10.5 contact hours- July 26, 2015, Moscow, ID
- Myokineshetics- Upper Extremity- 20 contact hours- July 8, 2016- Moscow, ID
- Mulligan Concept: Lower Extremity- 14 contact hours- July 12, 2015- Moscow, ID

SCHOLARSHIP AND CREATIVE WORK

Journal Articles

- Reich, Sierra, Hawkins, Jeremy, **Powell, Alli**, & Reeder. Michael. (2023). Sport Specialization's Impact on Female Adolescent Athletes' Lower-Extremity Neuromuscular Control: A Critically Appraised Topic. *Journal of Sport Rehabilitation*. Advance online publication. <https://doi.org/10.1123/jsr.2022-0278>.
- **Powell, A.Z.** & Baker R.T. (2019). Treatment of scapular dyskinesis with reflexive neuromuscular stimulation: A case report. *Clinical Practice in Athletic Training*, 2(3), 35-47.
- Bonser, R.J., Hancock, C.L., Hansberger, B.L., Loutsch, R.A., Stanford, E.K., **Zeigel, A.K.**, Baker, R.T., May, J., Nasypany, A., & Cheatham, S. (2017). Changes in hamstring range of motion following neurodynamic sciatic sliders: A critically appraised topic. *The Journal of Sport Rehabilitation*, 26(4); 311-315
- Hancock, C., Hansberger, B., Loutsch, R., Stanford, E., **Zeigel, A.**, Bonser, R., Baker, R., Cheatham, S., May, J., Nasypany, A.M. (2016). Changes in hamstring range of motion following proprioceptive neuromuscular facilitation stretching compared with static stretching: A critically appraised topic. *The International Journal of Athletic Therapy & Training*, 21(5); 1-7.

Conference Presentations

- "The Base of It All: Pelvic Girdle Evaluation and Treatment Tools"- Lead Presenter- Learning Lab- (National Athletic Trainers' Association Annual Clinical Symposium)- June 26, 2023

- “The Base of It All: Pelvic Girdle Evaluation and Treatment Tools”- Single Presenter- Workshop- (Rocky Mountain Athletic Trainers’ Association Annual Clinical Symposium)- March 25, 2023
- “The Base of It All: Pelvic Girdle Evaluation and Treatment Tools”- Single Presenter- On Demand lecture- (Colorado Athletic Trainers’ Association Annual Clinical Symposium)- April 19- June 5, 2022
- "Trauma Releasing Exercises and their Use in Patient Care, for Athletic Trainers and Students"- Co-Presenting with Mackenzie Holman (Rocky Mountain Athletic Trainers' Association Clinical Symposium- April 12-15- Phoenix, AZ)
- “Teach or Treat: The Value of a Teaching Clinic for the Development of Professional Athletic Training Students and Faculty”- Single Presenter -March 23, 2018- (Northwestern Athletic Trainers’ Association Annual Meeting- March 22-25, 2015- Portland, OR)
- “Advancements in Manual Therapy: An Introduction to Contemporary Applications”- Presented with Dr. Russell Baker & Dr. Lindsay Larkins-March 22, 2018 (Northwestern Athletic Trainers’ Association Annual Meeting- March 22-25, 2015- Portland, OR)
- “Evidence Based Treatment of Meniscal Lesions and Knee Pain” –Presented with Dr. Lindsay Larkins - March 25, 2018 (Northwestern Athletic Trainers’ Association Annual Meeting- March 22-25, 2015- Portland, OR)
- “Return to Play Criteria: More than just a Hop, Skip, or Jump” Co-presenter with Dr. Karla Judge and Dr. Janet McMurray (Northwestern Athletic Trainers’ Association Annual Meeting- March 27, 2015- Spokane, WA)
- “Apparent Hamstring Tightness: Removing Stretching From Your Daily Practice” Learning Lab Assistant (National Athletic Trainers’ Association Clinical Symposia & AT Expo – June 24, 2015- St. Louis, MO)

Professional Memberships/Certifications

- NATABOC Certified Athletic Trainer- Certification Date: July 16, 2014, BOC# 2000018127
- Colorado Licensed Athletic Trainer- AT.0001932
- National Provider Identifier- 1699227678
- National Athletic Trainers’ Association Member- Member # 63206
- Rocky Mountain Athletic Trainers' Association Member
- Colorado Athletic Trainers’ Association Member
- American Heart Association (BLS) Adult, Child and Infant CPR/AED & First Aid BLS - Current

SERVICE

Department:

- Physical Therapy Director of Clinical Education Hiring Committee Chair (2021-2022)
- Head Athletic Training Hiring Committee Member (2022)
- KINE 200 Guest Lecturer (2022, 2023)
- Master of Science in Athletic Training Program Accreditation (2021)
- Athletic Training Hiring Committee Member (2020)
- Physician Assistant Hiring Committee Chair (2020)
- Majors Fair- Department Representative (2020-2021)
- Exercise Science Hiring Committee Chair (2018-2019)
- Kinesiology Scholarship Committee Chair (2018 – Present)

University:

- HLC Criterion #3 Committee Member (2022-2023)
- Graduate Curriculum Committee Member (2020-2023)
- Teacher2Teacher Committee Member (2021- Present)
- Distance Learning and Technology Committee Member (2023- Present)
- Interprofessional Education Committee Member (2023- Present)
- CMU Turkey Trot Volunteer (2022-2023)
- GEMS Club Guest Presenter (2021)

Regional:

- Colorado Athletic Trainers' Association Secretary (2023- Current)
- Colorado Athletic Trainers' Association Public Relations Chair (2019- 2023)
- Colorado Athletic Trainers' Association Marketing for Annual Clinical Symposium (2022)
- Rocky Mountain Athletic Trainers' Association Public Relations Representative (2018- 2023)
- Rocky Mountain Athletic Trainers' Association Public Relations Committee Member (2018- 2019)

Local:

- Central High School- Career Day Presenter (2019)
- QuickStix Lacrosse Tournament Athletic Training Coverage (2019)

ADVISING

Department:

- Advise 78-104 Exercise Science/ Fitness and Health Promotion Majors and Master of Athletic Training students
- Volunteer for department wide advising sessions during registration
- Attended "Academic Advising" Faculty Development Presentation (Fall 2019)
- CRM Advise Test Group Member (2020 – 2021)

UNIQUE EXPERIENCES

Beginning the summer before my official hire, I began working with Dr. Jeremy Hawkins to create the new Master of Science in Athletic Training Program. We created this program with innovative ideas, "out of the norm" courses and collaborations, and successfully began the program with the first cohort of students in 2019. Through that process we also worked to gain accreditation, which we were successful in gaining our initial accreditation for 5 years in February 2021.

Throughout my doctoral degree I was fortunate to run the teaching clinic at the university for the athletic training program. We worked to see patients from the campus (students, faculty and staff) as well as community members. We had a wide range of patients that we saw, and I would coordinate in having certified athletic trainers working with the athletic training students to provide a high level of care. These skills have followed me to CMU in working with wide ranges of patients and having introductory conversations about teaching clinic opportunities across the professional programs within the Department of Kinesiology.