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ACADEMIC POSITIONS & TRAINING

Academic Positions

2024 – Present Assistant Professor of Sports Science (*tenure-track*)
School of Kinesiology
College of Human Sciences & Education
Louisiana State University

Research Center Affiliations

2026 – Present Institute for the Health and Performance of Champions- Biomechanist

Education

2024 Ph.D. in Education- Kinesiology with a concentration in Sports Medicine
The Clinical Utility of Torque-Velocity Relationships Following Anterior Cruciate Ligament Reconstruction
University of Virginia
Advisor: Joe M. Hart, Ph.D., ATC

2017 M.S. in Athletic Training
Relationship Between Rate of Torque Development and Vertical Jump Performance
University of Kentucky
Advisor: Carl G. Mattacola, Ph.D., ATC

2015 B.S. in Athletic Training
The Ohio State University

Research Positions Held

2020-2024 Graduate Research Assistant
University of Virginia
PI: Joe M. Hart, Ph.D., ATC

2018-2020 Clinical Research Trainee/ Coordinator
University of Virginia
PI: Jacob E. Resch, Ph.D., ATC

2015-2017 Graduate Student Researcher
University of Kentucky
PI: Carl G. Mattacola, Ph.D., ATC

2013-2015 MOVES Biomechanics Lab Assistant
The Ohio State University
PI: James A. Onate, Ph.D., ATC

PUBLICATIONS

Peer-Reviewed Publications (N=39)

1. Hopper HM, Bruce-Leicht AS, Hart JM, **Thompson XD**. The Mechanism of Injury's Role in Jump Landing Mechanics after Anterior Cruciate Ligament Reconstruction. *KSSTA*. 2026
2. **Thompson, X. D.**, Kelly, D. K., Giordano, K. A., Hart, J. M. Quantifying Recovery After Anterior Cruciate Ligament Reconstruction Using the Torque- Velocity Relationship. *J. Vis. Exp.* (233), e72088, doi:10.3791/72088 (2026).
3. **Athletic Trainers' Osteoarthritis Consortium**. Consensus Recommendations for Common Data Elements in Osteoarthritis and Posttraumatic Osteoarthritis Research From the ATOAC: Part I-Physical Activity and Patient-Reported Outcomes. *J Appl Biomech*. Published online July 23, 2026. doi:10.1123/jab.2025-0129
4. **The Athletic Trainers' Osteoarthritis Consortium**. Consensus Recommendations for Common Data Elements in Osteoarthritis and Posttraumatic Osteoarthritis Research From the ATOAC: Part II—Biomechanics and Neural Function. *Journal of Applied Biomechanics*. 1-13 Published online July 25, 2026. doi:10.1123/jab.2025-0130
5. **The Athletic Trainers' Osteoarthritis Consortium**. Consensus Recommendations for Common Data Elements in Osteoarthritis and Posttraumatic Osteoarthritis Research From the ATOAC: Part III—Imaging and Biomarkers. *Journal of Applied Biomechanics*. 1-8 Published online July 25, 2026. doi:10.1123/jab.2025-0131
6. Kaur M, Krepkovich E, Patrie J, Richardson N, Olowin A, Bruce Leicht AS, **Thompson XD**, Saliba S, Hart J. Video Game-Based Electromyographic Biofeedback Interventions in Patients With Knee Osteoarthritis: A Clinical Trial. *Cureus* 18(3): e105993. doi:10.7759/cureus.105993
7. **Thompson XD**, Resch JE, Kuenze C, Brockmeier SF, Hart J. Torque–Velocity is Associated With Voluntary Activation and Corticospinal Excitability in Healthy Knees, but Not Following Anterior Cruciate Ligament Reconstruction. *Journal of Sport Rehabilitation*. 1-6. doi:10.1123/jsr.2025-0237
8. **Thompson XD**, Bruce Leicht AS, Resch JE, Kuenze C, Brockmeier SF, Carpenter L, Lee D, Gandhi S, Almario AN Hart J. The Torque-Velocity Relationship and Second ACL Injury Risk. *Journal of Athletic Training*. In Press. doi: 10.4085/1062-6050-0217.25
9. Resch JE, Rosenblum DJ, McIndoe E, Donahue CC, Newman T, **Thompson XD**, Erdman NK, Walton SR, Pugh K, Broshek DK, Freeman J, MacKnight JM, Siobhan M Statuta SM, Barth JT. Leveraging the Enhanced Sports as a Laboratory Assessment Model to Cross-Validate a Formula Used to Predict Clinical Recovery From Concussion in Collegiate Athletes. *Journal of Athletic Training*. 2026;61(1):89–101 doi: 10.4085/1062-6050-0663.24
10. **Thompson XD**, Bruce Leicht AS, Resch JE, Kuenze C, Brockmeier SF, Diduch DR, Miller MD, Gwathmey FW, Werner BC, Hart JM. The Clinical Utility of Strength Measures in Predicting Patient Progression Following ACLR. *Orthopaedic Journal of Sports Medicine*. 2026;14(1). doi:10.1177/23259671251400776

11. **Thompson XD**, Bruce Leicht AS, Brockmeier SF, Miller MD, Gwathmey FW, Werner BC, Gean RP, Dart SE, Hart J, Diduch DR. Patient Outcomes Following Bone–Patellar Tendon–Bone ACL Reconstruction: Influence of Graft Size Relative to Tendon Width. *Journal of Orthopaedics*. 2026;71:103-106. doi:10.1016/j.jor.2025.08.064
12. Roman DP, Ulman S, Butler L, **ARROW Author Group** et al. Age and Sex Differences in Anterior Cruciate Ligament–Return to Sport after Injury Subscale Scores of Emotion, Risk Appraisal, and Confidence After ACL Reconstruction. *Orthopaedic Journal of Sports Medicine*. 2025;13(7). doi:10.1177/23259671251356273
13. Mishra M, Thoma L, Charity D, **Thompson XD**, Hart JM, Baez S. Do Kinesiophobia Levels During Recovery Change After Primary Versus Secondary Anterior Cruciate Ligament Reconstruction?. *Journal of Sport Rehabilitation*. Published online June 17, 2025. doi:10.1123/jsr.2024-0393
14. Bruce Leicht AS, **Thompson XD**, Queen RM, et al. The Utilization of the Landing Error Scoring System in Patients’ Postanterior Cruciate Ligament Reconstruction: An Exploratory Factor Analysis. *Journal of Sport Rehabilitation*. Published online June 09, 2025. doi:10.1123/jsr.2024-0249
15. Lee D, Ambrose M, **Thompson XD**, Cross KM, Moler C, Gwathmey FW, Werner BC, Su C, Kuenze C. Comparison of Patient-Reported and Objective Functional Measures during the Early Rehabilitative Phase in Patients with Primary Versus Revision ACL Reconstruction. *Physical Therapy in Sport*. 2025;74:88-95. doi:10.1016/j.ptsp.2025.05.010
16. Hodges J, Bruce Leicht AS, **Thompson XD**, Werner BC, Diduch DR, Brockmeier SF, Gwathmey FW, Miller MD, Hart JM. The Influence of Limb Dominance On Performance Based Outcomes Following ACL Reconstruction. *Sports Health*. 2025. (In Press).
17. Wahl AJ, Holum P, **Thompson XD**, Sroufe MD, Diduch DR, Gwathmey FW, Miller MD, Hart JM. A Comparison of Return to Sport Measures Following ACL Reconstruction in Patients With and Without Postoperative Complications. *Journal of Orthopaedics* (2025), <https://doi.org/10.1016/j.jor.2025.05.027>.
18. Weaver AP, Kuenze CM, Roman D, ARROW, **Thompson XD**. Isokinetic Knee Strength and Patient-Reported Outcomes Differ Between Graft Types in Adolescents After Anterior Cruciate Ligament Reconstruction: A Multicenter Study. *Orthopaedic Journal of Sports Medicine*. 2025;13(5). doi:10.1177/23259671251334143
19. **Thompson XD**, DelBiondo GM, Hart JM. Clinician Knowledge of Anterior Cruciate Ligament Reconstruction Rehabilitation Practices: A Preliminary Survey Study. *Journal of Sport Rehabilitation*. Published online January 11, 2025. doi:10.1123/jsr.2023-0413
20. Mobley J, Kelly DK, Lauck BJ, DelBiondo GM, **Thompson XD**, Hart JM, Bruce Leicht AS. The Clinical Significance of Using PASS Thresholds When Administering Patient-Reported Outcome Instruments After Anterior Cruciate Ligament Reconstruction. *The American Journal of Sports Medicine*. 2025;53(2):299-307. doi:[10.1177/03635465241298917](https://doi.org/10.1177/03635465241298917)
21. Bruce Leicht AS, **Thompson XD**, Queen RM, Rodu J, Higgins MJ, Cross KM, Werner BC, Resch JE, Hart JM. Comparison of Limb Loading Characteristics and Subjective Functional Outcomes Between Sexes Following ACLR. *J Athl Train* 1 December 2024; 59 (12): 1178–1186. doi: <https://doi.org/10.4085/1062-6050-0534.23>

22. Prinz NW, **Thompson XD**, Bruce Leicht AS , Kuenze CM, Hart JM. Associations Between Race & Socioeconomic Status, Lower Extremity Strength, and Patient Reported Outcomes Following Anterior Cruciate Ligament Reconstruction. *J Athl Train* 1 December 2024; 59 (12): 1171–1177. doi: <https://doi.org/10.4085/1062-6050-0617.23>
23. Bruce Leicht AS, **Thompson XD**, Queen RM, Rodu J, Higgins MJ, Cross KM, Werner BC, Resch JE, Hart JM. Analysis of Limb Loading and Lower Extremity Strength Recovery Across Time Following Anterior Cruciate Ligament Reconstruction. *Sports Health*. 2024;0(0). doi:[10.1177/19417381241285859](https://doi.org/10.1177/19417381241285859)
24. Hopper HM, Bruce Leicht AS, **Thompson XD**, Gwathmey FW, Miller MD, Werner BC, Brockmeier SF, Diduch DR, Hart JM. The effect of factors from different time points on psychological readiness following ACL reconstruction. *Physical Therapy in Sport*. 2024;67:161-166. doi:10.1016/j.ptsp.2024.05.002
25. DeJong Lempke AF, Stephens SL, **Thompson XD**, Hart JM, Hyrvniak DJ, Rodu JS, Hertel J. Transference of outdoor gait-training to treadmill running biomechanics and strength measures: A randomized controlled trial. *Journal of Biomechanics*. 2024;168:112095. doi:10.1016/j.jbiomech.2024.112095
26. Moran TE, Ramamurti P, Wells DK, **Thompson X**, Hart JM, Diduch DR, Brockmeier SF, Miller MD, Gwathmey FW, Werner BC. No Deficits in Functional Outcomes of the Contralateral Limb Are Seen When the Hamstring Is Harvested for Augmentation of Small Diameter Ipsilateral Hamstring Autograft. *Arthroscopy, Sports Medicine, and Rehabilitation*. 2023;5(5):100798. doi:10.1016/j.asmr.2023.100798
27. **Thompson XD**, Bruce Leicht AS, Hopper HM, Kaur M, Diduch DR, Brockmeier SF, MD Miller, Gwathmey FW, Werner BC, Hart JM. Knee Extensor Torque-Velocity Relationships following Anterior Cruciate Ligament Reconstruction. *Clinical Biomechanics*. 2023;108:106058. doi:10.1016/j.clinbiomech.2023.106058
28. Bruce Leicht AS, **Thompson XD**, Kaur M, Hopper HM, Stolzenfield RJ, Wahl AJ, Sroufe MD, Werner BC, Diduch DR, Gwathmey FW, Brockmeier SF, Miller MD, Hart JM. Hip Strength Recovery After Anterior Cruciate Ligament Reconstruction. *Orthop J Sports Med*. 2023;11(7):23259671231169196. Published 2023 Jul 7. doi:10.1177/23259671231169196
29. Sroufe MD, Sumpter AE, **Thompson XD**, Moran TE, Bruce Leicht AS, Diduch DR, Brockmeier SF, Miller MD, Gwathmey FW, Werner BC, Pietrosimone B, Hart JM. Comparison of Patient-Reported Outcomes, Strength, and Functional Performance in Primary Versus Revision Anterior Cruciate Ligament Reconstruction. *Am J Sports Med*. 2023;51(8):2057-2063. doi:[10.1177/03635465231169535](https://doi.org/10.1177/03635465231169535)
30. Troiano M; **Thompson X**, Boukhechba M, Hertel J, Resch JE. An Absence of Persistent Postural Stability Deficits Following a Sport Concussion in Collegiate Athletes. *Journal of Head Trauma Rehabilitation*. 2023 doi: 10.1097/HTR.0000000000000873
31. Neumann KD, Seshadri V, **Thompson XD**, Broshek DK, Druzgal J, Massey JC, Newman B, Reyes J, Simpson SR, McCauley KS, Patrie J, Stone JR, Kundu BK and Resch JE. Microglial activation persists beyond clinical recovery following sport concussion in collegiate athletes. *Front. Neurol*. (2023) 14:1127708. doi: 10.3389/fneur.2023.1127708
32. DeJong Lempke AF, Stephens SL, Fish PN, **Thompson XD**, Hart JM, Hryvniak DJ, Rodu JS, Hertel J. Sensor-Based Gait-Training to Reduce Contact Time for Runners with

- Exercise-Related Lower Leg Pain: A Randomised Controlled Trial. *BMJ Open Sport & Exercise Medicine*. 2022;8:e001293. doi:10.1136/bmjsem-2021-001293.
33. **Thompson XD**, Newman TM, Donahue CC, Erdman NK, Statuta SM, Resch JE. Kinesiophobia Is Related to Acute Musculoskeletal Injury Incidence Following Concussion. *Journal of Sport Rehabilitation*. Published online September 01, 2022. doi:10.1123/jsr.2022-0134
 34. **Thompson XD**, Bruce AS, Kaur M, et al. Disagreement in Pass Rates Between Strength and Performance Tests in Patients Recovering From Anterior Cruciate Ligament Reconstruction. *Am J Sports Med*. 2022;50(8):2111-2118. doi:10.1177/03635465221097712
 35. **Thompson XD**, Erdman NK, Walton SR, Broshek DK, Resch JE. Reevaluating clinical assessment outcomes after unrestricted return to play following sport-related concussion, *Brain Injury*, 2021;35:12-13, 1577-1584, DOI: 10.1080/02699052.2021.1975818
 36. **Thompson XD**, Gabler CM, Mattacola, CG. The Relationship Between Rate of Torque Development and Vertical Jump Performance: Possible Implications for ACL Injury?. *Athletic Training and Sports Health Care*. 2021; 13(3): 136–143.
 37. **Thompson XD**, DiAntonio B. Returning a Division I Hurdler to Sport after Multiple Knee Ligament Injuries. *International Journal of Athletic Therapy and Training*. 2021;26(1):26-31. doi:10.1123/ijatt.2019-0121
 38. Gabler, LF, Huddleston, SH, Dau, NZ, Lessley DJ, Arbogast KB, **Thompson XD**, Resch JE, Crandall JR. On-Field Performance of an Instrumented Mouthguard for Detecting Head Impacts in American Football. *Ann Biomed Eng* (2020). <https://doi.org/10.1007/s10439-020-02654-2>
 39. **Thompson XD**, Hunt TN. The Relationship Between Age and GPA on Exerted Effort During Baseline Concussion Assessment. *Athletic Training and Sports Health Care*. 2017;9(2):81-88 <https://doi.org/10.3928/19425864-20170109-02>

FUNDING & AWARDS

Extramural Support

2025-2027	NIH NIAMS Clinical Research Loan Repayment Program Award <i>ROAR: Rehabilitation Outcomes following ACL Reconstruction</i> Role: Principal Investigator
2023	VATA Doctoral Student Research Grant - \$750 Virginia Athletic Trainers' Association <i>TRACE- Torque-Velocity Relationships and Corticospinal Excitability following ACLR</i> Role: Principal Investigator
2023-2024	NIH R01 – \$1,294,860 The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) <i>Clinically Assessed Risk Factors for a Second ACL Injury Using an Innovative Wearable Sensor</i>

	Role: Paid Consultant (PI: Robin Queen, PhD)
2022	National Biomechanics Day Grant - \$1,000 Black Biomechanists Association & Bertec <i>Bringing the Biomechanics of Sport from the Lab to the World</i> Role: Applicant
2018-2021	Defense Advanced Research Projects Agency (DARPA)- \$2,611,458 Lockheed Martin Advanced Tech. Lab <i>REaDI Sense</i> Role: Clinical Research Coordinator (PI: Jacob E. Resch, PhD).
2018-2021	Seed Funding- \$129,770 Biocore, LLC <i>Investigation of a Novel Mouthguard Sensor</i> Role: Clinical Research Coordinator (PI: Jacob E. Resch, PhD).

Intramural Support

2025	Director's Research Award- \$10,000 LSU School of Kinesiology <i>Effects of Dual Tasking on Lower Extremity Biomechanics during Ruck Performance</i> Role: Primary Investigator
2023	Idea Grant - \$1,000 University of Virginia School of Education <i>TRACE- Torque-Velocity Relationships and Corticospinal Excitability following ACLR</i> Role: Primary Investigator (Jacob E. Resch, PhD)
2023	Raven Fellowship- \$2,500 Raven Society <i>TRACE- Torque-Velocity Relationships and Corticospinal Excitability following ACLR</i> Role: Primary Investigator (Jacob E. Resch, PhD)
2022	Professional Development Award - \$1,000 University of Virginia Office of Graduate and Postdoctoral Affairs Role: Applicant (Mentor: Jacob E. Resch, PhD)
2018-2021	Seed Funding - \$161,210 University of Virginia Brain Institute <i>Concussion-Induced Inflammation: A Clinical and Mechanistic Study</i> Role: Sub-Investigator (PI: Jacob E. Resch, PhD)

Submitted

2026	Pilot Project Program- \$34,965 FAIR Center Center <i>AI-Enabled Biomechanical Modeling of Sprint and Jump Tasks for ACL and Hamstring Injury Risk Assessment</i> Role: Principal Investigator Status: In Review
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2025	Early Career Investigator Grant- \$19,789.00 National Athletic Trainers' Association Research & Education Foundation <i>Movement Screening under Cognitive Load Using 2D Video Analysis Post-ACLR</i> Role: Principal Investigator Status: Pre-Proposal Accepted for Full Submission- In Review
2025	Collaboration in Action Grant- \$150,274 The Louisiana State University System and Our Lady of the Lake Health <i>Using Wearable Sensor Data to Inform Patient Assessment After ACL Reconstruction: A Feasibility Study</i> Role: Principal Investigator Status: Not Awarded
2025	Research Competitiveness Subprogram-\$126,894 Louisiana Board of Regents <i>ROAR: Recovery Outcomes following ACL Reconstruction</i> Role: Principal Investigator Status: Not Awarded
2024	Early Career Research Grant- \$9,243 American College of Sports Medicine <i>The Jump from Isokinetics to Sport Related Tasks</i> Role: Principal Investigator Status: Not Awarded
2024	Research Competitiveness Subprogram- \$165,960 Louisiana Board of Regents <i>ROAR: Recovery Outcomes following ACL Reconstruction</i> Role: Principal Investigator Status: Not Funded

Awards

2025	ACSM Leadership & Development Training Program Level 3 American College of Sports Medicine
2025	Grant Writing Institute Award Office of Research and Economic Development Louisiana State University
2025	Free Communications Doctoral Student Award Virginia Athletic Trainers' Association
2024	School of Kinesiology Director's Research Award Louisiana State University
2024	Edgar F Shannon Z Society Award University of Virginia
2024	Gansneder Award for Outstanding Quantitative Dissertation University of Virginia
2024	Raven Award University of Virginia
2024	Doctoral Diversity Dinner Honoree

	University of Virginia
2024	Local Award Winner American Kinesiology Association
2024	All-University Graduate Teaching Award University of Virginia
2023-2024	Diversity in Sports Science Award Gatorade Sports Science Institute One of Four Students Selected in the Initial Cohort
2023	Ford Foundation Fellowship Honorable Mention Ford Foundation
2023	Student Travel Award ACSM Biomechanics Special Interest Group
2023	John T. Casteen III Diversity, Equity and Inclusion Award Nominee University of Virginia
2023	Nathan E. Johnson Memorial Scholarship University of Virginia
2022	Brenda Holliday Loyd Award University of Virginia
2022	Office of Graduate and Postdoctoral Affairs Professional Development Award University of Virginia
2022	NATA Foundation Scholarship National Athletic Trainers' Association
2022	VATA Free Communications Doctoral Student Award Virginia Athletic Trainers' Association
2021	NATA Research Foundation Post-Professional Terminal Degree Student Winner National Athletic Trainers' Association
2021	Hunter Student Research Conference Poster Award University of Virginia School of Education & Human Development
2020-2024	Dean's Fellowship University of Virginia School of Education & Human Development
2020	Phillip Morris Minority Scholarship University of Virginia
2016-2017	Lyman T Johnson Fellowship University of Kentucky
2015	Award of Merit The Ohio State University School of Health & Rehabilitation Sciences
2015	Bucking the Trend Scholarship The Ohio State University
2014	MARC FASEB Travel Award American College of Sports Medicine

2013	Billy A Hill Scholarship for Service in Athletic Training The Ohio State University
2012-2015	Todd A. Bell National Resource Center Certificate of Achievement The Ohio State University
2012	Slater & Johnson Memorial Scholar The Ohio State University
2011	National Achievement Scholar National Merit Scholarship Corporation

PRESENTATIONS

Refereed Abstract Presentations (N=50)

International

1. Hopper HM, Bruce AS, **Thompson XD**, Hart JM. The Mechanism of Injury's Role in Jump Landing Mechanics After Anterior Cruciate Ligament Reconstruction. International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Congress, Boston, MA. June 2023

National

1. Ferrell NJ, Fears NE, Broussard PC, **Thompson XD**, Sontag SA. Vertical Jump Performance for Novice Special Olympic Powerlifting Athletes. Poster Presentation. National Strength and Conditioning Association National Conference, New Orleans, LA June 2026.
2. Guillory K, **Thompson XD**. Characterizing Beach Volleyball Jumping Mechanics Using A Commercially Available App. Poster Presentation. National Strength and Conditioning Association National Conference, New Orleans, LA June 2026.
3. **Thompson XD**, Resch JE, Kuenze C, Brockmeier SF, Hart JM. Torque-Velocity Relationships and Corticospinal Excitability Following ACLR. Poster Presentation. National Athletic Trainer's Association Annual Meeting and Clinical Symposium, Orlando, FL. June 2025.
4. **Thompson XD**, Bruce Leicht AS, Resch JE, Kuenze C, Brockmeier SF, Carpenter LS, Lee D, Gandhi SP, Almario AN, Hart JM. The Torque Velocity Relationship and Second ACL Injury Risk. Rapid Fire Platform. American College of Sports Medicine Annual Meeting. Atlanta GA. May 2025.
5. Weaver AP, **Thompson X**, Kuenze C. Isokinetic Knee Strength and Patient Reported Outcomes Differ between ACL Reconstruction Graft Types in Adolescents. Accepted for Platform Presentation at the 2025 APT Combined Sections Meeting. Houston, TX.
6. **Thompson XD**, Bruce Leicht AS, Hart J. The Torque-velocity Relationship and Predicting Function Following ACLR. Thematic Poster. American College of Sports Medicine Annual Meeting. Boston MA. May 2024.
7. Bruce Leicht AS, **Thompson XD**, Queen RM, Rodu J, Higgins MJ, Cross KM, Werner BC, Resch JE, Hart JM. Prognostic Value of Limb Loading During Early Functional

- Assessment For Predicting Later Jump Landing Performance Following ACLR. Thematic Poster. American College of Sports Medicine Annual Meeting. Boston, MA. May 2024.
8. DelBiondo GM, Kelly DK, Smith-Ryan AE, **Thompson X**, Hart JM. "Evaluating Sex Differences In Quadriceps Muscle Fatiguability After Anterior Cruciate Ligament Reconstruction" American College of Sports Medicine Annual Conference, Boston, MA. May 2024.
 9. Mishra M, Thoma L, Charity D, **Thompson X**, Hart J, Baez S. Do Kinesiophobia Levels during Recovery Change after Primary Vs. Secondary ACL Reconstruction?. Poster Presentation. Combined Sections Meeting. Boston, MA. Feb 2024.
 10. **Thompson XD**, Bruce Leicht AS, Kuenze C, Hart JM. Psychological Readiness Among Patients Following ACLR and ACLR Revision Surgery. Oral Presentation. National Athletic Trainer's Association Annual Meeting and Clinical Symposium, Indianapolis, IN. June 2023.
 11. **Thompson XD**, Bruce Leicht AS, Hart JM. Torque-Velocity Relationship Differences During Isokinetic Extension Between ACL Reconstructed and ACL Revision Knees. Poster Presentation. American College of Sports Medicine Annual Meeting, Denver, CO. May 2023.
 12. Bruce Leicht AS, Kelly DK, Thompson A, **Thompson XD**, Hart JM. Differences In Single-leg Balance Measures Between Individuals Following Anterior Cruciate Ligament Reconstruction and Healthy Controls. Poster Presentation. American College of Sports Medicine Annual Meeting, Denver, CO. May 2023.
 13. **Thompson XD**, Bruce AS, Kaur M, Hopper HM, Hart JM. Knee Extensor Force Velocity Relationship is altered in patients recovering from ACLR. National Athletic Trainer's Association Annual Meeting and Clinical Symposium, Philadelphia, PA. June 2022.
 14. Bruce AS, **Thompson XD**, Kaur M, Hart JM. Hip Strength Recovery During Rehabilitation after ACL Reconstruction. National Athletic Trainers' Association Annual Meeting and Clinical Symposium. Philadelphia, PA. June 2022.
 15. Bruce AS, **Thompson XD**, Kaur M, Hart JM. The Relationship Between Lower Extremity Strength Ratios and Patient Reported Function After Anterior Cruciate Ligament Reconstruction. American College of Sports Medicine Annual Meeting, San Diego, CA. June 2022.
 16. **Thompson XD**, Bruce AS, Kaur M, Hopper HM, Hart JM. Patient Reported Outcomes Among Patients With Disagreeing Pass Rates Among Performance Tests In Patients With ACLR. American College of Sports Medicine Annual Meeting, San Diego, CA. June 2022.
 17. **Thompson XD**, Bruce AS, Hopper HM, Hart JM. Pass rates among different components of return to sports test batteries after ACLR in Adolescent Patients. ACL Research Retreat IX: The Pediatric Athlete. Conference. March 2022.
 18. Bruce AS, **Thompson XD**, Kaur M, Hart JM. Physical Activity Level and Sex Differences Impacting Pediatric Patient Outcomes After Anterior Cruciate Ligament Reconstruction (ACLR). ACL Research Retreat IX: The Pediatric Athlete. Conference. March 2022.
 19. Hopper HM; Bruce AS MS; **Thompson XD** MS, ATC; Hart JM PhD, ATC. Mechanism Of Injury Impact On Outcome Following ACL Reconstruction In Adolescents ACL Research Retreat IX: The Pediatric Athlete. Conference. March 2022

20. Kaur, M., Krepkovich, E., Richardson, N., Olowin, A., Manalich, P., Bruce, A., **Thompson, X.**, Saliba, S., Hart, J. Video Game-Based EMG-Biofeedback in Patients with Knee Osteoarthritis. Poster Presentation. Combined Sections Meeting. February 2022.
21. **Thompson XD**, Bruce AS, Hopper HM, Sullivan JL, Hart JM. Disagreement in Pass Rates Among Different Components of Return to Sports Test Batteries After ACLR. National Athletic Trainer's Association Annual Meeting. Virtual Conference. June 2021. **(NATA Foundation Post-Professional Terminal Degree Student Free Communication Award)**
22. Bruce AS, **Thompson XD**, Hopper HM, Stolzenfeld RL, Moler CB, Wahl AJ, Hart JM. Weight Distribution Progression During Bilateral Squatting Tasks Post-Anterior Cruciate Ligament Reconstruction. Poster Presentation. American College of Sports Medicine Annual Meeting. Virtual Conference. June 2021.
23. **Thompson, XD**, Bruce, AS, Hart, JM. Force Velocity Modulation Differences During Isokinetic and Isometric Extension Between ACL Reconstructed and Healthy Knees. Poster Presentation. American College of Sports Medicine Annual Meeting. Virtual Conference. June 2021.
24. Bruce AS, **Thompson XD**, Hopper HM, Stolzenfeld RL, Moler CB, Wahl AJ, Hart JM. Weight Distribution Progression During Bilateral Squatting Tasks Post-Anterior Cruciate Ligament Reconstruction. Poster Presentation. American College of Sports Medicine Annual Meeting. Virtual Conference. June 2021.
25. Monge JL, Donahue CC, Erdman NK, **Thompson XD**, Walton SR, Resch JE. Concussion Modifiers Associated with Prolonged Recovery from Sport Concussion. National Athletic Trainer's Association Annual Meeting. Virtual Conference. June 2021.
26. Newman TM, Donahue CC, **Thompson XD**, Resch JE. The Effects of the COVID-19 Pandemic on ImPACT Performance in Collegiate Athletes. National Athletic Trainer's Association Annual Meeting. Virtual Conference. June 2021.
27. **Thompson XD**, Erdman NK, Walton SR, Resch JE. Kinesiophobia is Unrelated to Acute Musculoskeletal Injury Incidence Post-Concussion. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Virtual Conference. July 2020.
28. **Thompson XD**, Erdman NK, Walton SR, Resch JE. Persistent Neurological Impairment Six Months Following Unrestricted Return-to-Play from Concussion. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV. June 2019.
29. Carrington H, **Thompson XD**, Erdman NK, Walton SR, Resch JE. Predicting Time to Symptom Resolution in Collegiate Athletes Diagnosed with Sport Concussion: A Cross Validation Study. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV. June 2019.
30. Carrington HW, Broshek DK, Erdman NK, **Thompson XD**, Walton SR, Resch JE. The Influence of Hormonal Contraceptives on Baseline ImPACT Performance. Society of Neurological Surgeons (SNS) 110th Annual Meeting, Seattle, Washington. May 2019.
31. Manetz K, Walton SR, Erdman NK, **Thompson XD**, Resch JE. The Influence of Concussion History on Kinesiophobia in Collegiate Athletes. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV. June 2019.

32. Monge J, Green RM, Walton SR, Erdman NK, **Thompson XD**, Marshall AN, Hertel JN, Resch JE. Predicting Time to Symptom Resolution in Collegiate Athletes Diagnosed with Sport Concussion: A Cross-Validation Study. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Las Vegas, NV. June 2019
33. Memmini AM, **Thompson XD**. Keeping Runners Healthy: Environmental and Overuse Injuries. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, New Orleans, LA. June 2018.
34. **Thompson XD**, DiAntonio B, TL Uhl. Returning a Division I Hurdler to Sport after Multiple Knee Ligament Injury. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX. June 2017.
35. Memmini AK, DiAntonio B, **Thompson XD**, Black WS. Insidious onset of a grade III femoral stress fracture in a Division I male cross-country runner athlete. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX. June 2017.
36. **Thompson XD**, Clifton DR, Onate JA. Relationship Between Weight-Bearing Ankle Dorsiflexion and Deep Squat Performance. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, St. Louis, MO. June 2015.
37. **Thompson XD**, Hunt TN. The Relationship Between Age and GPA on Exerted Effort During Baseline Concussion Assessment. American College of Sports Medicine Annual Meeting, Orlando, FL. May 2014

State

1. Broussard PC, Emerson C, Stutzman A, Irving BA, **Thompson XD**. Quadriceps Function Under Various Forms of Fatigue. Poster Presentation. Louisiana Biomedical Research Network Annual Meeting. Baton Rouge, LA. January 2026.
2. **Thompson XD**, Resch JE, Kuenze C, Brockmeier SF, Hart JM. TRACE: Torque-Velocity Relationships and Corticospinal Excitability Following ACLR- A Pilot Study. Athletic Trainer's Association Annual Meeting. Hampton, VA. Oral Presentation. January 2025. (**Doctoral Student Free Communication Presentations Award Winner**)
3. Mobley J, Kelly DF, Lauck BJ, DelBiondo GM, **Thompson XD**, Hart JM, Bruce Leicht AS. The Clinical Significance of Utilizing PASS Thresholds when Administering Patient-Reported Outcomes Post Anterior Cruciate Ligament Reconstruction. Poster. North Carolina Orthopaedic Association 2024 Annual Meeting; October 25-27, 2024; Charlotte, NC.
4. Wahl AJ, **Thompson XD**, Hart JM. A Comparison of Return to Sport Measures Following ACL Reconstruction in Patients With and Without Postoperative Complications. Poster. Virginia Orthopaedic Society Annual Meeting, May 3-5, 2024, Tysons Corner, VA
5. Le RT, Marcum WA, Almario AN, **Thompson XD**, Cross K, Moler C, Gwathmey FW, Werner BC, Su CA, Kuenze C. Area Deprivation Index is Associated with Knee Function and Psychological Readiness for Sport during Early, Mid, and Late Rehabilitation after ACL Reconstruction. Accepted for Oral Podium Presentation. Virginia Orthopaedic Society Annual Meeting, May 3-5, 2024, Tysons Corner, VA
6. Hopper HM, Bruce Leicht AS, **Thompson XD**, Gwathmey FW, Brockmeier SF, Miller MD, Werner BC, Diduch DR, Hart JM. Influences on Psychological Readiness to Return

to Play Following Anterior Cruciate Ligament Reconstruction. Virginia Orthopaedic Society 76th Annual Meeting, Hot Springs, VA. April 2023

7. **Thompson XD**, Bruce AS, Hopper HM, Hart JM. Disagreement in Pass Rates Among Different Components of Return to Sports Test Batteries After ACLR. Virginia Athletic Trainer's Association Annual Meeting. Virtual Conference. January 2022. (**Doctoral Student Presentation Award Winner**)
8. Bruce AS, **Thompson, XD**, Hopper, HM, Stolzenfeld, RL, Moler, CB, Wahl, AJ, Hart, JM. Side-to-Side differences in Squat Symmetry after ACL-Reconstruction. Virginia Athletic Trainers' Association. Poster Presentation. January 2022.

University

1. **Thompson XD**, Bruce AS, Kaur M, Hopper HM, Hart JM. Patient Reported Outcomes Among Patients With Disagreeing Pass Rates Among Performance Tests In Patients With ACLR. UNC Sports Medicine Institute Conference, Chapel Hill, NC. September 2022.
2. **Thompson XD**, Bruce AS, Hopper HM, Hart JM. Knee Extensor Torque-Velocity Relationships Following ACL Reconstruction. Human Movement Science Research Symposium, Chapel Hill, NC. April 2022.
3. Prinz NW, **Thompson XD**, Bruce AS, Hart JM. Associations Between Race & Socioeconomic Status and Prevalence of Reinjury Following Anterior Cruciate Ligament Reconstruction. Hunter Student Research Conference. Charlottesville, VA. March 2022.
4. Godwin HE, Cravens FK, Bruce AS, **Thompson XD**, Rosenblum DJ, Resch JE, Hart JM. Differences in Postural Stability between Healthy and ACL-Reconstructed Collegiate Athletes. Hunter Student Research Conference. Charlottesville, VA. March 2022.
5. **Thompson XD**, Bruce, AS, Hart, JM. Force Velocity Modulation Differences During Isokinetic and Isometric Extension Between ACL Reconstructed and Healthy Knees. Poster Presentation. Hunter Student Research Conference. March 2021. (**Health Poster Session Winner**)
6. Bruce AS, **Thompson XD**, Hopper HM, Stolzenfeld RL, Moler CB, Wahl AJ, Hart JM. Side-to-Side differences in Squat Symmetry after ACL-Reconstruction. Hunter Student Research Conference. Virtual Conference. March 2021. (**Health Poster Session Winner**)
7. **Thompson XD**, Resch JE. Kinesiophobia is Unrelated to Acute Musculoskeletal Injury Incidence Post-Concussion. Curry Research Conference. Accepted, Cancelled COVID-19.

Other Conference Engagement

Invited Speaking Engagements

1. **Thompson XD**. Bridging the Gap Data to Inform Coaching. National Strength and Conditioning Association Louisiana State Clinic. Baton Rouge, LA. December 2025.
2. Kuenze C, **Thompson XD**. Data to Decision: Using Low-Cost Wearables in Sports Medicine. National Athletic Trainer's Association Annual Meeting and Clinical Symposium, Orlando, FL. Learning Lab. June 2025.
3. **Thompson XD**. Strength Recovery and Brain Driven Muscle Activation after ACL Reconstruction. Louisiana Athletic Trainer's Association Annual Meeting. Oral Presentation. Baton Rouge, LA. June 2025.

4. Hart JM, **Thompson XD**, Bruce AS. ACL RTP Testing and Programming. National Athletic Trainer's Association Annual Meeting and Clinical Symposium, Philadelphia, PA. Learning Lab. June 2022

Meetings Otherwise Attended

1. Ohio Athletic Trainer's Association Annual Meeting 2014
2. Ohio Athletic Trainer's Association Annual Meeting 2013

TEACHING & MENTORSHIP

Teaching Experience

Instructor of Record

Institution	Course	Role	Frequency	Years	Students
Louisiana State University	Integrating Medical Research into Athletic Training ATRN 7501	Instructor of Record	Spring	2026	16
	Biomechanical Basis of Kinesiology (KIN 3514)	Instructor of Record	Fall, Spring	2024-2026	45-55
University of Virginia	Emergency Medical Care (KINE 3600)	Instructor of Record	Spring, Fall	2021-2024	50-60

Other Instructional Roles

Institution	Course	Role	Frequency	Years	Students
University of Virginia	Foundational Athletic Training Skills (KINE 5700)	Instructor	Summer	2021	24
	Emergency Medical Care (KINE 3600)	Graduate Teaching Assistant	Fall	2020	60
	Emergency Medical Care (KINE 3600)	Guest Instructor	Fall, Spring	2018-2019	50-60

University of North Carolina Chapel Hill	Fundamentals of Sports Medicine (EXSS 265)	Guest Lecturer	Spring	2021	40
Worthington Kilbourne High School	Sports Medicine	Guest Instructor	Spring	2014	20

Mentorship Experience

Master's Students

2023-2024	Payton Lear Master of Science in Athletic Training <i>Does oral contraceptive use at the time of surgery affect knee function and lower extremity strength following anterior cruciate ligament reconstruction in female patients?</i> University of Virginia
2023-2024	Andrew Martin Master of Science in Athletic Training <i>Sex Disparities in Reinjury and Return to Sport Post-ACL Reconstruction Among Elite Soccer Athletes: A Critically Appraised Topic</i> University of Virginia
2022-2023	Nick Diebold Master of Science in Athletic Training <i>Investigating the Use of Eccentric Performance Variables in the Countermovement Jump as Indicators of Change of Direction Performance</i> University of Virginia
2022-2023	Joseph Na Master of Science in Athletic Training <i>The Role of Cryotherapy in Reduction of Proliferation of the Secondary Damage Response: A Critical Appraisal</i> University of Virginia
2021-2022	Lindsay Riley Master of Science in Athletic Training <i>Individualized Patterns of Functional Performance in Patients With ACLR: A Case Series</i> University of Virginia
2020-2021	Mia Troiano Master of Science in Athletic Training <i>The Application of Sample Entropy to Investigate Recovery of Postural Deficits following Sport Concussion in Athletes</i> University of Virginia

Undergraduate Students

Student	Institution	Research Interests
Inessa Robillard	LSU	ACL and muscle function
Kaiya Glaude	LSU	ACL and muscle function
Elesi Tedjame-Mortty	LSU	ACL and muscle function
Janiya Adams	LSU	ACL and muscle function
Beatrice Ceron	LSU	ACL and the brain
Kaitlyn Flores	LSU	ACL and muscle function
Diana Turcanu	LSU	ACL and biomechanics
Alissa Stutzman	LSU	ACL and muscle function
Paige Broussard	LSU	ACL and fatigue
Gianna Buckley	University of Virginia	Patient function following ACLR
Austin Kobza	University of Virginia	ACL and motor function
Tess Synowski	University of Virginia	ACL and motor function
Emily Kyaw	University of Virginia	ACL and motor function
Nesreen Abuhaija	University of Virginia	ACL and motor function
Andrew Gaedecke	University of Virginia	ACL and motor function
Vyshnavi Sistla	University of Virginia	ACL and brain function
Farise Cravens	University of Virginia	ACL and balance performance
Gabrielle DelBiondo	University of Virginia	Clinician practices following ACLR
Ashley Thompson	University of Virginia	Outcomes following ACLR
Haley Godwin	University of Virginia	Sensory reorganization following ACLR
Haleigh Hopper	University of Virginia	Patient-reported outcomes following ACLR
Madison Brna	University of Virginia	Relationship between concussion and musculoskeletal injury
Ellie Stephens	University of Virginia	Patient outcomes following concussion
Jasmine Monge	University of Virginia	Role of modifiers on concussion recovery
McKayla Guerrero	University of Virginia	Patient outcomes following concussion
Holly Carrington	University of Virginia	Role of hormonal contraceptives on concussion recovery
Andrew Gerrin	University of Virginia	Sample entropy in postural control measurements
Kyle Manetz	University of Virginia	Concussion history and kinesiophobia

SERVICE**Academic Society Service**

2025-Present	ACCESS Committee Member American College of Sports Medicine
2025	Annual Meeting Subject Matter Expert American College of Sports Medicine
2024-2025	Abstract Reviewer American College of Sports Medicine

2024-Present	Statistical Review Committee ACL Reconstruction Rehabilitation Outcomes Workgroup (ARROW)
2022-2025	Session Moderator National Athletic Trainers' Association
2021-2023	Global Bodies Initiative World Federation of Athletic Training and Therapy

Departmental Service

2024-2025	Member, Faculty Search Committee for School of Kinesiology, LSU
2021-2024	Member, Kinesiology Social Media Manager, UVA
2021	Roundtable Discussion Leader, UVA MSAT Program
2020-2024	Committee Member, UVA School of Education & Human Development

University Service

Louisiana State University

2024-2025	Member, LSU CHSE Graduate Scholarship Committee
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University of Virginia

2022-2024	Professional Development Chair, UVA Student Chapter of American Society of Biomechanics
2022-2024	Chair, UVA Hunter Student Research Conference Outreach Committee
2022-2024	Volunteer Instructor, UVA Sports Medicine Program
2021-2024	Moderator & Reviewer, UVA Hunter Student Research Conference
2021-2024	Equity Committee Member, UVA EdCouncil
2021-2022	Social Coordinator, UVA Student Chapter of American Society of Biomechanics

Community Involvement

2026	Read Across America Participant
2025	Sixth Grade Day, Louisiana State University
2024-2025	STEAM Day, Wildwood Elementary School
2022-2024	Starr Hill Pathways Sessions, UVA Kinesiology
2021-Present	Youth Sports Volunteer Coach- YMCA, Little League, Traction Sports
2020	Charlottesville Together We Rise Campaign

Ad Hoc Reviewer

BMC Musculoskeletal Disorders
BMC Sports Science, Medicine and Rehabilitation
BMJ Open
Clinical Biomechanics
European Journal of Orthopaedic Surgery & Traumatology
Frontiers in Psychology
Frontiers in Sports and Active Living
International Journal of Athletic Therapy and Training
International Journal of Sports Physiology and Performance
Journal of Athletic Training
Journal of Electromyography and Kinesiology
Journal of Orthopaedic Surgery and Research

Journal of Sport Rehabilitation
Journal of Sport Sciences
Measurement in Physical Education and Exercise Science
Orthopaedic Journal of Sports Medicine
Physical Therapy in Sport
Pilot and Feasibility
Scientific Reports
Sport Health
Sports Medicine Open
Topics in Exercise Science and Kinesiology

Memberships/ Certifications/ Licenses

2024-present	Southeast Athletic Trainer's Association
2024-present	Louisiana Board of Medical License# 344901
2024	International Society of Biomechanics in Sports
2024-present	American Society of Biomechanics
2023-present	ACL Reconstruction Rehabilitation Outcomes Workgroup (ARROW)
2023-2024	ANGELS Society
2023-present	Raven Society
2022-present	Black Biomechanists of America
2022-2024	UVA Ph.D. Plus Program
2021-2024	American Society of Biomechanics- UVA Student Chapter
2021-2024	Red Cross Instructor
2017-2024	Mid-Atlantic Athletic Trainer's Association
2017-2024	Virginia Athletic Trainers' Society
2017-2025	Virginia Board of Medicine License# 0126002813
2016	Graston Technique Level I Certification
2015-present	Board of Certification BOC288800
2020-present	National Provider Identifier 1255942264
2013-present	American College of Sports Medicine
2013-present	National Athletic Trainer's Association
2012-present	CPR/ AED Certification

Professional Development

American College of Sports Medicine Leadership Training Program
 American College of Sports Medicine

 NATA Faculty Mentorship Program
 National Athletic Trainers' Association Foundation

 Summer Grant Writing Workshop
 Office of Research and Economic Development, Louisiana State University

 LSU AI Faculty Learning Committee
 School of Kinesiology, Louisiana State University

 NIRSPORT2 fNIRS System Workshop
 School of Kinesiology, Louisiana State University

 Exploring Cognitive Neuroscience with fNIRS & Virtual Reality
 BIOPAC SYSTEMS, INC. - U.S.A.

PhD Plus Consulting Series

Office of Graduate and Postdoctoral Affairs, University of Virginia

Operant Conditioning Workshop

The Medical University of South Carolina

PhD Plus Foundations Series

Office of Graduate and Postdoctoral Affairs, University of Virginia

Office of Graduate and Postdoctoral Affairs Mentoring Program

Office of Graduate and Postdoctoral Affairs, University of Virginia

Tomorrow's Professor Today

Center for Teaching Excellence (CTE), University of Virginia

Teaching As a Graduate Assistant

Center for Teaching Excellence (CTE), University of Virginia