

# ALLI (ZEIGEL) POWELL

Assistant Professor, Coordinator of Clinical Education  
Colorado Mesa University  
Kinesiology Department  
Athletic Training Program

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## HIGHEST DEGREE

JUNE 2014 - MAY 2017

**DOCTOR OF ATHLETIC TRAINING**, UNIVERSITY OF IDAHO

AUGUST 2011 – MAY 2014

**BACHELORS OF SCIENCE IN ATHLETIC TRAINING**, COLORADO MESA UNIVERSITY

Also earned Certificate of Occupations Proficiency in Personal Training

## COURSES TAUGHT

- Clinical Education in AT I (ATRN 531)- Fall 2019 Colorado Mesa University, MSAT Program
- Research Methods (KINE 501)- Fall 2019 Colorado Mesa University, Graduate Sport Management and Athletic Training Students
- Anatomical Kinesiology (KINE 309)- Fall 2018, Spring 2019, Fall 2019 Colorado Mesa University
- Medical Conditions and Pharmacology in Sport (KINE 430)- Fall 2018, Spring 2019, Summer 2019, Fall 2019 Colorado Mesa University
- Internship (KINE 499)- Spring 2019, Fall, 2019 Colorado Mesa University
- Health and Fitness Assessment (KINE 301)- Spring 2019, Colorado Mesa University
- Clinical Anatomy I (AT 506)- Summer 2016, University of Idaho, MSAT Program
- Therapeutic Modalities I (AT 510)- Summer 2016, University of Idaho, MSAT Program
- Current Issues in Athletic Training (AT 547)- Fall 2016, University of Idaho, MSAT Program
- Clinical Experience II (AT 532) TA – Spring 2017, University of Idaho, MSAT Program
- Clinical Experience IV (AT 552) TA- Spring 2017, University of Idaho, MSAT Program
- Clinical Education III (AT 550)- Fall 2017, University of Idaho, MSAT Program
- Clinical Experience III (AT 551)- Fall 2017, University of Idaho, MSAT Program
- Clinical Education II (AT 522)- Spring 2018, University of Idaho, MSAT Program
- Clinical Experience II (AT 523)- Spring 2018, University of Idaho, MSAT Program
- Principles of Rehabilitation (AT 509)-Summer 2017 & Summer 2018-University of Idaho, MSAT Program
- Care & Prevention of Injuries & Illnesses (AT 507)- Summer 2018-University of Idaho, MSAT Program

## EVIDENCE OF CONTINUOUS IMPROVEMENT

- 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
- Myokines- 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**

### Scholarship Related to Discipline

#### **Journal Articles**

- **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 Presentation**

- "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 Symposia & AT Expo – June 24, 2015- St. Louis, MO)

### Professional Memberships/Certifications

- NATABOC Certified Athletic Trainer- Certification Date: July 16, 2014, BOC# 2000018127
- Colorado Registered Athletic Trainer- AT.0001932
- National Provider Identifier- 1699227678
- National Athletic Trainers' Association Member- Member # 63206
- American Heart Association BLS Provider- Current

## **SERVICE**

### Department:

- Physician Assistant Hiring Committee Chair
- Exercise Science Hiring Committee Chair
- Kinesiology Scholarship Committee Chair
- Athletic Training Club Advisor

### Regional:

- Rocky Mountain Athletic Trainers' Association Public Relations Representative (2019- Present)
- Rocky Mountain Athletic Trainers' Association Public Relations Committee Member (2018-2019)

### Local:

- Central High School- Career Day Presenter

## **ADVISING**

### Department:

- Advise ~80 Exercise Science Majors
- Attended "Academic Advising" Faculty Development Presentation- Fall 2019