

**RICHARD DEMONT, PhD, CAT(C), ATC**

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EDUCATION

1996-1999 DOCTOR OF PHILOSOPHY (SPORTS MEDICINE)  
UNIVERSITY OF PITTSBURGH  
Pittsburgh, PA

1992-1993 MASTER OF SCIENCE (ATHLETIC TRAINING)  
INDIANA STATE UNIVERSITY  
Terre Haute, IN

1987-1989 DIPLOMA IN SPORTS INJURY MANAGEMENT  
SHERIDAN COLLEGE, Oakville, ON

1982-1986 BACHELOR OF SCIENCE (PHYSICAL EDUCATION)  
ST. FRANCIS XAVIER UNIVERSITY  
Antigonish, NS

TEACHING EXPERIENCE

June 2004 ASSOCIATE PROFESSOR  
Present CONCORDIA UNIVERSITY

Professor of Principles of Athletic Therapy (CATA 263), Assessment and Rehabilitation of the Extremities (CATA 338), Modalities (CATA 348), Supervision of AT Clinical Internships (CATA 480). Assist Program Administration

Aug 1999- ASSISTANT PROFESSOR  
May 2004 CONCORDIA UNIVERSITY

Professor of Principles of Athletic Therapy (CATA 263), Assessment and Rehabilitation of the Extremities (CATA 338), Modalities (CATA 348), Supervision of AT Clinical Internships (CATA 480). Assist Program Administration

Jan-Aug 1999

LECTURER  
CONCORDIA UNIVERSITY

Instructor for Principles of Athletic Therapy (CATA 263), Supervision of AT Internships, Assist Program Administration.

June-July 1997  
Sept.- April 1998

INSTRUCTOR  
UNIVERSITY OF PITTSBURGH

Assistant Instructor Human Anatomy (Undergraduate), Assistant Instructor Anatomical Basis for Sports Medicine (Cadaver Dissection, Mater's Level)

Sept. 1993-  
April 1996

PART-TIME FACULTY, DEPARTMENT OF PHYSICAL EDUCATION  
ST. FRANCIS XAVIER UNIVERSITY, ANTIGONISH, NOVA SCOTIA

Instruct courses in Care and Prevention of Athletic Injuries (including Lab.), Motor Learning Laboratory, and Activity Units. Supervision of Student Teacher Practice.

#### THERAPY EXPERIENCE

Aug. 1989-  
April 1992;  
Aug. 1993-  
July 1996

HEAD OF ATHLETIC THERAPY  
ST. FRANCIS XAVIER UNIVERSITY, ANTIGONISH, NOVA SCOTIA

With emphasis on Varsity Athletes, responsibilities include injury prevention and care and treatment of injuries to the University Community from onset through rehabilitation; supervision of student trainees; conducting sports injuries clinics.

May 1989-  
Aug. 1989

SPORTS THERAPIST  
CENTER FOR SPORT AND RECREATION MEDICINE, TORONTO, ONTARIO

Rehabilitated injuries on referral from 'Center' staff physicians.

Aug. 1988 -  
Apr. 1989

ASSISTANT SPORTS THERAPIST  
MCMASTER UNIVERSITY, HAMILTON, ONTARIO

Sports therapist for football and basketball teams, including extensive clinical involvement dealing with various athletes.

#### RESEARCH PUBLICATIONS AND PRESENTATIONS

##### PUBLICATIONS:

Fraser SA, Li KZH, **DeMont RG** &Penhune VB: The effects of balance status and age on muscle activation during walking under divided attention. *Journals of Gerontology: Psychological Sciences*, 62B(3), 171-178, 2007.

Mandapuram S, Rakehja S, Ma S, **DeMont R**, Boileau P-E. Influence of back support conditions on the apparent mass of seated occupants under horizontal vibration. *Industrial Health, Industrial Health*, 43(3), July 2005

**DeMont RG**, Leroux A. Desire for Graduate Athletic Therapy Programs within Canada is High. *J Athl Train*. 40(2);S19, 2005.

**DeMont RG**, Demey P. Comparison Of Impact Force From 3 Heights During Ground Landing To Horizontal Landing. *J Athl Train*. 40(2);S-111, 2004.

**DeMont RG**, Jean-Claude E, Grant, RA. Effects of active isolated stretching and passive stretching on range of motion and pre-activation of the hamstrings.

Winner, *Canadian Athletic Therapists Association, Human Kinetics Writing Award (2004)*

**DeMont RG**, Lephart SM. The effects of gender on pre-activation of the gastrocnemius and hamstring muscles. *Brit J Sports Med*. 38(2):120-124, 2004

Winner, *Canadian Athletic Therapists Association, Writing Award (2002)*

**DeMont RG**, Grant RA. Comparison of leg muscle pre-activation during gravity assisted jumping. *J Athl Train*. 37(2);S28, 2002.

Riemann BL, **DeMont RG**, Ryu KH, Lephart SM, Rubinstein EN. The effects of sex, joint angle, and the gastrocnemius muscle on ankle joint complex stiffness. *J Athl Train*. 36(4):369-376, 2001.

Runner Up, *Journal of Athletic Training (NATA), Kenneth L Knight Award, Outstanding Research Manuscript (2002)*

**DeMont RG**, Riemann BL, Lephart SM, Ryu KH. Role of foot position on hamstring contraction during isometric contractions. *J Athl Train*. 35(2);S37, 2000

**DeMont RG**, Riemann BL, Ryu KH, Lephart SM. The influence of foot position, knee joint angle, and gender on segmental stiffness at the knee. *J Athl Train*. 34(2);S14, 1999.

**DeMont RG**, Lephart SM, Giraldo JL, Swanik CB, Fu FH. Muscle pre-activity of anterior cruciate ligament deficient and reconstructed females during functional activities. *J Athl Train*. 34(2);115-120, 1999.

Winner, *Canadian Athletic Therapists Association, Writing Award (1999)*

Runner Up, *Journal of Athletic Training (NATA), Kenneth L Knight Award, Outstanding Research Manuscript (1999)*

Swanik CB, Lephart SM, Giraldo JL, **DeMont RG**, Fu FH. Reactive muscle firing of anterior cruciate ligament deficient and reconstructed females during functional activities. *J Athl Train*. 34(2);121-129, 1999.

Winner, *Journal of Athletic Training (NATA), Kenneth L Knight Award, Outstanding Research Manuscript (1999)*

Riemann BL, **DeMont RG**, Ryu KH, Lephart SM. The influence of foot position, knee joint angle, and gender on segmental stiffness at the ankle. *J Athl Train*. 34(2)S14, 1999.

**DeMont RG**, Lephart SM, Giraldo JL, Yuktananda P, Giannantonio FP, Fu FH. EMG activity of the abdominal musculature comparing two strengthening exercises. *J Sports Med Phys Fit.* 39(3);253-258, 1999

Young AL, Lephart SM, Jenkinson DM, **DeMont RG**, Robertson R. The effect of active versus passive warm-up on alleviating musculoskeletal injury after exercise. *J Athl Train.* 33(2);S67, 1998.

**DeMont RG**, Lephart SM, Giraldo JL, Swanik CB, Fu FH. Muscle pre-activity among ACL-D, ACL-R, and control female subjects during various lower extremity activities. *J Athl Train.* 33(2);s73, 1998.

Swanik CB, Lephart SM, Giraldo JL, **DeMont RG**, Fu FH. Reactive muscle firing of ACL-D, ACL-R, and normal females during various dynamic activities. *J Athl Train.* 33(2);s71, 1998.

PRESENTATIONS (peer reviewed):

DeMont R, Pranesh A, Rakheja S. Pre-activation in hamstring running uphill versus level. World Federation of Athletic Training and Therapy. January 14<sup>th</sup>, 2007. Tokyo, Japan.

Pranesh A, Rakheja S, **DeMont R**: A multi-body dynamic biomechanical model of a seated human exposed to vertical whole-body vibration. 1st American Conference on Human Vibration, June 5-7, 2006, Morgantown, WV

**DeMont RG**, Fraser SA, Li KZH, & Penhune VB: The effect of cognitive distraction on muscle activity during dynamic tasks. Canadian Athletic Therapists Association, Calgary, AB, May, 2005.

**DeMont RG**, Fraser SA, Li KZH, & Penhune VB: The effect of cognitive distraction on muscle activity during stance and swing phases of gait. World Federation of Athletic Trainers and Therapists, Edinburgh, Scotland, Nov, 2005.

**DeMont RG**, Demey P, Ma SP: Comparison of impact force from 3 heights during ground landing to horizontal landing. *National Athletic Trainer's Association, Annual General Meeting and Clinical Symposium*, Baltimore, MD, June 19<sup>th</sup> 2004.

Fraser SA, Li KZH, Penhune VB, & **DeMont RG**. Porter un jugement en marchant : Les différences d'âge dans les interactions entre les performances cognitives et sensorimotrices. 72e congrès de L' Association francophone pour le savoir (ACFAS). Montreal, QC, May 14<sup>th</sup>, 2004.

**DeMont RG**: Activation of Leg Muscle is Effected by Slope During Walking. *World Federation of Athletic Training and Therapy*, Victoria, BC, May 26<sup>th</sup>, 2003

**DeMont RG**, Jean-Claude E, Grant RA: Comparison of active isolated stretching with standard passive stretching on hamstring range of motion. *Canadian Athletic Therapists Association, Annual Conference*, Victoria, BC, May 29<sup>th</sup>, 2003

**DeMont RG**, Penhune VB, Li KZH, Fraser SA. Effect of walking slope and cognitive distraction on leg muscle pre-activation. *Eastern Athletic Trainer's Association Conference*, Boston, MA Jan 6-7, 2003

Nichol CL, **DeMont RG**. Muscular pre-activation compared in four positions of gravity assisted jumping. *Eastern Athletic Trainer's Association Conference*, Boston, MA Jan 6-7, 2003

Jean-Claude E, **DeMont RG**. Comparison of bent and straight knee active isolated stretching with standard passive stretching on hamstring range of motion. *New England Chapter American College of Sports Medicine*, Providence, RI. Nov 7<sup>th</sup> 2002

**DeMont RG**, Grant RA. Comparison of leg muscle pre-activation during gravity assisted jumping. *National Athletic Trainer's Association, Annual General Meeting and Clinical Symposium*, Dallas, TX, June 15<sup>th</sup>, 2002.

**DeMont RG**, Grant RA. The effect of two stretching methods on pre-activation during dynamic tasks. *Canadian Athletic Therapists Association, Annual Conference*, Mt. Tremblant, QC, May 23<sup>rd</sup>, 2002

**DeMont RG**, Lephart SM. The effects of gender on pre-activation of the gastrocnemius and hamstring muscles. *Canadian Athletic Therapists Association, Annual Conference*, Kananaskis, AB, May 25<sup>th</sup>, 2001

**DeMont RG**, Riemann BL, Lephart SM, Ryu KH. Role of foot position on hamstring contraction during isometric contractions. *Canadian Athletic Therapists Association, Annual Conference*, Niagara Falls, ON, May 12<sup>th</sup>, 2000.

**DeMont RG**, Riemann BL, Ryu KH, Lephart SM. The influence of foot position, knee joint angle, and gender on segmental stiffness at the knee. *National Athletic Trainer's Association, Annual General Meeting and Clinical Symposium*, Kansas City, MO, June 16<sup>th</sup>, 1999.

Riemann BL, **DeMont RG**, Ryu KH, Lephart SM. The influence of foot position, knee joint angle, and gender on segmental stiffness at the ankle. *National Athletic Trainer's Association, Annual General Meeting and Clinical Symposium*, Kansas City, MO, June 16<sup>th</sup>, 1999.

**DeMont RG**, Lephart SM, Giraldo JL, Swanik CB, Fu FH. Muscle pre-activity among ACL-D, ACL-R, and control female subjects during various lower extremity activities. *National Athletic Trainer's Association, Annual General Meeting and Clinical Symposium*, Baltimore, MD, June 20<sup>th</sup>, 1998.

Swanik CB, Lephart SM, Giraldo JL, **DeMont RG**, Fu FH. Reactive muscle firing of ACL-D, ACL-R, and normal females during various dynamic activities. *National Athletic Trainer's Association, Annual General Meeting and Clinical Symposium*, Baltimore, MD, June 20<sup>th</sup>, 1998.

Young AL, Lephart SM, Jenkinson DM, **DeMont RG**, Robertson R. The effect of active versus passive warm-up on alleviating musculoskeletal injury after exercise. *National Athletic Trainer's Association, Annual General Meeting and Clinical Symposium*, Baltimore, MD, June 19<sup>th</sup>, 1998.

**DeMont RG**, Lephart SM, Giraldo JL, Swanik CB, Fu FH. EMG activity among ACL-D, ACL-R, and control female subjects during various lower extremity activities prior to footstrike. *Canadian Athletic Therapists Association, Annual Conference*, Halifax, NS, May 20<sup>th</sup>, 1998.

#### PRESENTATIONS (Invited):

Canadian Athletic Therapists Association; Educational Standards and Professional Certification. United Kingdom Sports Therapy Summit, University of Bedfordshire, Luton, England. November 17<sup>th</sup>, 2006

Proprioception and Kinesthesia in the Lower Extremity: Enhancement for Rehabilitation and Optimal Performance. *Canadian Athletic Therapists Association, Annual Conference*, Niagara Falls, ON, May 12<sup>th</sup>, 2000.

Kinaesthetic Testing and Proprioception (Workshop). *Canadian Athletic Therapists Association, Annual Conference*, Niagara Falls, ON, May 13<sup>th</sup>, 2000.

Does Isokinetic Exercise have a place in the Clinic? An Approach to Utilization. *National Athletic Trainer's Association, Annual General Meeting and Clinical Symposium*, Kansas City, MO, June 16<sup>th</sup> 17<sup>th</sup>, 1999.

#### NON-RESEARCH PUBLICATIONS

**DeMont, RG.** Accreditation. *Athletic Therapy Today*, 8(4); 44-45, 2003

Fait P, **DeMont RG.** Third degree spleen laceration in a male varsity athlete. *Athletic Therapy Today*, 8(3); 32-33, 2003

**DeMont, RG.** The place for palpation. *Athletic Therapy Today*, 8(2); 42-43, 2003

Poirier M, **DeMont RG.** Complication from Triangular Fibro-Cartilage Complex Degenerative Tear. *Athletic Therapy Today*, 7(1); 30-31, 2002.

**DeMont RG,** Lephart SM. Repetition drives neuromuscular recovery after ACL injury. *BioMechanics*. 5(4): April, 1998; 31-37.

#### RECENT RESEARCH GRANTS RECEIVED

Rakheja S, Dickey JP, Ma S, Su C-Y, Boileau P-E, **DeMont RG:** Musculoskeletal loading of seated occupational drivers exposed to whole body vibration; vibration control.

Agency: Collaborative Health Research Program (NSERC/CIHR).

**Funded:**\$ \$274,750 (2006; 3 years)

**DeMont RG.** EMG Analysis of Muscle Pre-Activation During Level and Uphill Running in Healthy Individuals

Agency: Concordia University, Arts and Science General Research Grant.

**Funded:**\$4925.36 (2006: 1 year)

#### EDITORIAL EXPERIENCE

Dec. 2003- Present	Guest Editor Journal of Athletic Training
Sept. 1996- Present	Editorial Board Member Journal of Sport Rehabilitation
Sept. 1996- Dec. 1998	Editorial Assistant Journal of Sport Rehabilitation
Sept. 2002- Dec. 2004	Column Editor- CATA Views Athletic Therapy Today

## COURSES & CERTIFICATIONS

Certified Athletic Therapist - (Canadian Athletic Therapists Association)  
Certified Athletic Trainer - (National Athletic Trainer's Association)  
Nova Scotia Teacher's Certificate, (TC #5)  
Certified Basic Rescuer - (CPR)  
Sports First Responder  
Certified First Aid  
Muscle Energy Techniques  
Thoracic Evaluation and Treatment  
Manual Lymphatic Drainage

## NATIONAL SPORTING EVENT EXPERIENCE

Maccabi Games (Montreal)- Medical Team, Aug, 2002  
Women's National hockey Program, National Evaluation Camp –1999  
Canadian National Special Olympics – 1994  
Canadian National Gymnastics Championships - 1994  
Espoir Wrestling Championships - 1992  
CIAU Men's Basketball - 1990, 1985  
Toronto Marathon - 1987, 1988  
Canadian Junior Tennis Championships - 1989

## COMMITTEE/VOLUNTEER INVOLVEMENT

### University Community:

Concordia University- Human Ethics Committee Research: Member May 1 '03-April 30, '06; Vice Chair Jan 06-Present  
Concordia University- Departmental Hiring Committee (Dept. of Exercise Science): Sept. 05-Present  
Concordia University- Departmental Curriculum Committee (Dept. of Exercise Science): Jan '99- April '02, Sept. 05-Present.  
Concordia University- Departmental Personnel Committee (Dept. of Exercise Science): Jan '99 Sept. '99; Sept. 05-June 07 (Elected)  
Concordia University- Departmental Chair Search Committee (Dept. of Exercise Science): Jan '00-May, '00  
Concordia University- Chair, Departmental Human Research Ethics Committee (Dept. of Exercise Science): May '00-April '03  
University of Pittsburgh -School of Education; Student Development Committee (Elected): 96-97, 97-98  
University of Pittsburgh -School of Education; Student Research Seminar- Organization Committee: 97-98  
University of Pittsburgh -HPRED Research Award Committee 97-98

### NSERC Project Reviewer 2003

Reviewed grant application on merits for potential funding

### SSHRC Project Reviewer- 2002

Reviewed grant application on merits for potential funding

### Villa Maria HS Science Fair Judge- 2002, 2003