

# Alison O'Connor Sutherland

MS · ATC · OTC · AEMT · CES

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## EDUCATION

UNIVERSITY OF CONNECTICUT · Storrs, CT  
*Master of Science, Exercise Science*

*May 2016*

UNIVERSITY OF VERMONT · Burlington, VT  
*Bachelor of Science, Athletic Training*

*May 2010*

## PROFESSIONAL EXPERIENCE

DARTMOUTH COLLEGE · Hanover, NH  
*Athletic Trainer*

*April 2019 - Present*

- Provide primary athletic training services for NCAA Division I Intercollegiate Women's Volleyball, Skiing, and Track & Field teams including on-site coverage, travel, and administrative responsibilities
- Collaborate with colleagues to provide support for other teams as needed
- Integration into college health service to support campus operations during COVID-19 pandemic
- Administrative duties as assigned, including community relations and departmental welfare projects

THE STEADMAN CLINIC · Vail, CO  
*Athletic Trainer*

*August 2017 – March 2019*

- Function as a member of a multidisciplinary team providing world-class care in the area of orthopaedic foot and ankle surgery with an emphasis on facilitating efficiency and quality care under the supervision of Thomas O. Clanton, MD, and C. Thomas Haytmanek, MD
- Assist with all aspects of patient care including:
  - Injury assessment, presenting patients to attending physician, completing documentation, assisting with injections, casting, PT prescriptions, home exercise program and taping instruction
  - Surgical assisting, incision closure, postoperative dressings and application of splints and DME
  - Answer current and prospective patient questions regarding care provided
- Supervision, clinical education, and mentorship of Athletic Training Residents
- Traditional Athletic Training services on an intermittent basis with affiliated entities, including US Ski & Snowboard

THE STEADMAN CLINIC · Vail, CO  
*Athletic Training Resident*

*July 2016 – July 2017*

- Emphasis on Clinical Orthopaedic Evaluation and Diagnosis, with focused education and application of advanced physical examination, as well as imaging, surgical and nonsurgical treatment, and differential diagnosis development for acute and chronic orthopaedic injuries
- Rotations with orthopaedic surgeons in clinical and surgical practice; specialties include Sports Medicine, Foot and Ankle, Spine, Wrist and Hand, and Pain Management
- Experience observing and assisting with orthopedic surgical procedures in Sports Medicine, Joint Replacement, and Trauma subspecialties
- On-site Athletic Training Services for Vail Mountain School Athletics and US Ski & Snowboard, and event coverage for Vail Recreation District, Kids Adventure Games, and Maverick Sports Promotions

**UNIVERSITY OF CONNECTICUT ATHLETICS • Storrs, CT**

*July 2014 – July 2016*

*Graduate Assistant Athletic Trainer*

- Primary Athletic Trainer for NCAA Division I Intercollegiate Women's Ice Hockey team
- Shared Athletic Training responsibility for NCAA Division I Intercollegiate Men's and Women's Tennis teams
- Preseason training camp and in-season practices and games for NCAA Division I FBS Intercollegiate Football team
- Clinical Preceptor: University of Connecticut Athletic Training Program

**VALLEY SPORTS PHYSICIANS • Avon, CT**

*August 2012 - July 2014*

*Athletic Trainer & Clinical Physician Extender*

- Head Athletic Trainer for Avon High School: provided on-site daily Athletic Training services for all sports, including football, hockey, and lacrosse, and managed additional Athletic Training personnel as needed
- Clinical Physician Extender: supported Dr. Paul Tortland in non-surgical orthopaedics, sports, and regenerative medicine with an emphasis on diagnostic musculoskeletal ultrasound, ultrasound guided injections, platelet-rich-plasma injections, stem cell injections, and prolotherapy including phlebotomy and preparation of PRP

**UNIVERSITY OF VERMONT • Burlington, VT**

*August 2011 - June 2012*

*Assistant Athletic Trainer*

- Served as primary Athletic Trainer for Men's & Women's Cross Country and Women's Swimming & Diving teams
- Shared Athletic Training responsibility for Men's & Women's Track & Field Teams
- Managed dictations for weekly clinic with team orthopaedic surgeon

**MOUNT MANSFIELD UNION HIGH SCHOOL • Jericho, VT**

*August 2010 – June 2011*

*Assistant Athletic Trainer*

- Provided coverage for all athletic events and practices, including football, ice hockey, and lacrosse
- Supervised UVM Athletic Training Students

**FLETCHER ALLEN HEALTH CARE • Burlington, VT**

*June 2009 – August 2012*

*Emergency Department Technician*

- Assisted Physicians, Nurses, and Physician Assistants with a variety of tasks including triaging patients, assessing vital signs, splinting musculoskeletal injuries, transporting patients, phlebotomy and IV starts, 12-lead EKG acquisition, and trauma charting

**RELATED EXPERIENCE**

**STATE OF VERMONT DEPARTMENT OF PUBLIC SAFETY**

*April 2016 – December 2016*

*Consultant*

- Provided consulting services to the State of Vermont Department of Public Safety regarding Prevention, Recognition, and Treatment of heat illness in Department of Public Safety personnel

**RAY REID SOCCER SCHOOL • Storrs, CT**

*July 2015, 2016*

*College ID Camp Head Athletic Trainer*

- Worked in conjunction with Camp Registered Nurse and Student Nurses to provide on-site medical care to over 300 adolescent male soccer players at overnight camp
- Supervised staff of four Student Athletic Trainers and one Certified Athletic Trainer

**USA FIELD HOCKEY REGIONAL PRACTICES • Storrs, CT**

*July 2015*

*Athletic Trainer*

- Provided on-site medical care for USA Field Hockey regional practices

**UVM RESCUE • Burlington, VT**

*September 2006 – May 2010*

*Advanced Emergency Medical Technician*

- Over 7,000 hours volunteering on student-run, advanced-life support ambulance serving the University of Vermont campus and providing mutual aid to surrounding towns
- Peer-elected to serve as Personnel and Public Relations Officer
- Appointed as Alumni Member of the Board of Directors
- Alumni Volunteer 2010-2013

**VERMONT CITY MARATHON • Burlington, VT**

*May 2006 - Present*

*Athletic Trainer, AEMT*

- Volunteer as Athletic Trainer and AEMT, providing emergency care of marathon runners during annual event with a team of healthcare providers from varying backgrounds
- Assist Medical Coordinator with pre-race preparation

**TEACHING EXPERIENCE**

**NORTHERN ARIZONA UNIVERSITY ATHLETIC TRAINING PROGRAM**

*2012*

- Guest Lecture: Clinical Applications of Electrical Stimulation

**UNIVERSITY OF CONNECTICUT DOCTOR OF PHYSICAL THERAPY PROGRAM**

*2015, 2016*

- Guest Lecture: Instrument Assisted Soft Tissue Mobilization

**UNIVERSITY OF CONNECTICUT ATHLETIC TRAINING PROGRAM**

*2015*

- Guest Lecture: Circulatory Shock

**UNIVERSITY OF CONNECTICUT ATHLETIC TRAINING PROGRAM**

*2014*

*Teaching Assistant: Assessment Laboratory*

- Assisted primary instructor with grading of evaluation scenarios
- Graded and provided feedback on weekly student reflection papers

**UNIVERSITY OF VERMONT ATHLETIC TRAINING EDUCATION PROGRAM**

*2012*

- Shock Review

**UNIVERSITY OF VERMONT DEPT. OF REHABILITATION AND MOVEMENT SCIENCES**

*2009 - 2010*

*Teaching Assistant*

- Injury Evaluation & Recognition I & II (*Fall 2009, Spring 2010*)
  - Assisted with lab portion of class, lead weekly review sessions
- Therapeutic Modalities (*Fall 2010*)
  - Served as lab assistant in open labs, evaluated practical exams for AT and DPT students

**RESEARCH EXPERIENCE & PROFESSIONAL DEVELOPMENT**

- Ivy League Sports Medicine Symposium *August 2020*
  - Organizer, Presenter: Simplifying Shock

- Dartmouth College Health Service CME Presentation *April 2020*
  - Simply Shoulders! (collaboration with Scott Roy)

- Grand Rounds Presentation: Steadman Philippon Research Institute *October 2016*
  - Shoulder Bracing

- Master's Thesis: *April 2016*

Changes in Power and Movement Strategy over One Athletic Season

*Advisor: Lindsay DiStefano, PhD, ATC*

## **CURRENT LICENSES, CERTIFICATIONS, AND PROFESSIONAL AFFILIATIONS**

- Certified Athletic Trainer
- New Hampshire Licensed Athletic Trainer
- Certified Orthopaedic Technologist (OTC)
- Nationally Registered Advanced Emergency Medical Technician (inactive status)
- Member, National Athletic Trainers' Association
- Member, Eastern Athletic Trainers' Association
- Member, Vermont Association of Athletic Trainers
- Member, New Hampshire Athletic Trainers' Association
- Graston Technique M1 Certified
- Corrective Exercise Specialist