



PEER REVIEWED PUBLICATIONS – JOURNALS

Forbush SW, **Bandy WD**, Validity of using cross-sectional area for strength assessment of the supraspinatus muscle during diagonal horizontal adduction testing with measured isometric resistance applied through dynamometry. *Journal of Musculoskeletal Disorders and Treatment*. 2021.

Forbush SW, **Bandy WD**, Roberts R. Testing infraspinatus and deltoid muscles with new technique to decrease deltoid activity during testing using EMG analysis. *International Journal of Sports Physical Therapy*. 2019;3:9-15.

Bandy W, Nelson R, Beamer L. Comparison of Dry Needling vs. Sham on the Performance of Vertical Jump. *International Journal of Sports Physical Therapy*. 2017;12:747-751.

Mathis R, Taylor J, Fletcher J, Rainey J, Cade T, **Bandy W**. Time Course of Muscle Strength Changes in Response to Exercise Training in People with Type 2 Diabetes. *Cardiopulmonary Physical Therapy*. 2016;27:133-139.

Lairamore C, Garrison M, **Bandy W**. Manual muscle testing can assist in guiding orthosis usage for patients post stroke during inpatient rehabilitation. *Journal of Prosthetics and Orthotics*. 2011;23,2:64-68.

Lairamore C, Garrison MK, **Bandy W**, Zabel R. Comparison of tibialis anterior muscle electromyography, ankle angle, and velocity when individuals post stroke walk with different orthoses *Prosthet Orthot Int*. 2011;35:402-410.

Taylor JD, **Bandy WD**, Whittemore JD. Test-retest reliability and minimal detectable change of a novel submaximal graded exercise test in the measurement of graded exercise test duration. *Journal of Strength and Conditioning Research*. 2011;25:1465-9.

Fletcher JP, **Bandy WD**. Intrarater reliability of CROM™ measurement of cervical active range of motion in personas with and without neck pain. *Journal of Orthopedic and Sports Physical Therapy*. 2008;38:640-645.

Yates C, **Bandy WD**. Case report: Traumatic dislocation of the hip in a high school football player. *Physical Therapy*. 2008;88:780-788.

Fletcher JP, **Bandy WD**. Unique positioning for using elastic resistance band in providing strengthening exercise to the muscles surrounding the ankle. *North American Journal of Sports Physical Therapy*. 2007;2:51-54.

Taylor JD, **Bandy WD**. Intrarater reliability of the KT1000 arthrometer in determining anterior translation of the glenohumeral joint. *Archives of Physical Medicine and Rehabilitation*. 2005; 86:826-829.



Nelson RT, **Bandy WD**. An update on flexibility. *Journal of Strength and Conditioning Research*. 2005;27:10-16.

Taylor JD, **Bandy WD**. Intr-rater reliability of 1 repetition maximum estimation in determining shoulder internal rotation muscle strength performance. *Journal of Strength and Conditioning Research*. 2005;19:93-98.

Nelson RT, **Bandy WD**. Eccentric training and static stretching improve hamstring flexibility of high-school males. *Journal of Athletic Training*. 2004;39:31-35.

Bandy WD, Reese NB. Strapped vs unstrapped technique of the prone press up for the measurement of lumbar extension using a tape measure: Differences in magnitude and reliability of measurement. *Archives of Physical Medicine and Rehabilitation*. 2004;85:99-103.

Nelson RT, **Bandy WD**. Deep water running: An alternative to distance training on land. *Journal of Aquatic Physical Therapy*. 2004;12:17-23.

Bandy WD. Use of statistics in *Physical Therapy* over a two year period - 2000-2002: Implications for educators. *Journal of Physical Therapy Education*. 2003;17:24-29.

Reese NB, **Bandy WD**. Use of an inclinometer to measure iliotibial band flexibility using the Ober and modified Ober test: Differences in magnitude and reliability of measurements. *Journal of Orthopedic and Sports Physical Therapy*. 2003;33:326-330.

Bandy WD, Irion J, Briggler M. The effect of static stretch and dynamic range of motion training on the flexibility of the hamstring muscles. *Journal of Orthopedic and Sports Physical Therapy* 27:295-301, 1998

Grubbs N, Nelson RT, **Bandy WD**. Predictive validity of an injury score among high school basketball players. *Medicine & Science in Sports & Exercise* 29: 1279-1285, 1997

Bandy WD, Irion J, Briggler M. The effect of time and frequency of static stretch on flexibility of the hamstring muscles. *Physical Therapy* 77: 1090-1096, 1997

Reaper F, **Bandy WD**, Longinotti S, et al. The effects of frontal shoe orthotics and plyometric training on selected functional measurements in junior high school football players. *Isokinetic and Exercise Science* 1-5, 1996

Bandy WD, Strong L, Roberts T, Dyer R. False aneurysm - A complication following an inversion ankle sprain: A case report. *Journal of Orthopedic and Sports Physical Therapy* 23:1-8, 1996

Woodson C, **Bandy WD**, Curtis D, Baldwin D. Relationship of isokinetic peak torque with work



and power for ankle plantarflexion and dorsiflexion. *Journal of Orthopedic and Sports Physical Therapy* 22:113-116, 1995

Bethards S, Everitt-Smith, **Bandy WD**. Intrarater test-retest reliability of an instrument used to measure back and leg strength. *Isokinetics and Exercise Science* 5:31-35, 1995

Kerr L, Wilkerson S, **Bandy WD**, Ishee J. Reliability and validity of skinfold measurements of trained vs untrained testers. *Isokinetics and Exercise Science* 4:137-140, 1994

Bandy WD, Irion J. The effect of static stretch on the flexibility of the hamstring muscles as measured by knee extension range of motion. *Physical Therapy* 74:845-852, 1994

Bandy WD, Rusche KR, Tekulve FX. Reliability and limb symmetry for five functional tests of the lower extremity. *Isokinetics and Exercise Science* 4:108-111, 1994

Bandy WD, McLaughlin S. Intramachine and intermachine reliability for selected dynamic muscle performance tests. *Journal of Orthopedic and Sports Physical Therapy* 18:609-613, 1993

Bandy WD, Hanten WP. Changes in torque and electromyographic activity of the quadriceps femoris muscles following isometric training. *Physical Therapy* 73:455-467, 1993

Bandy WD, Grubbs N. The principles of resistance training for the upper extremities: isometric, isotonic, isokinetic exercise. Orthopedic Physical Therapy Home Study Course 93-1; Orthopedic Section APTA, Inc, 1993

Bandy WD, Timm KE. Relationships between peak torque, work, and power for knee flexion and extension in clients with grade I medial compartment sprains of the knee. *Journal of Orthopedic and Sports Physical Therapy* 16:288-292, 1992

Bandy WD, Lovelace-Chandler VS. Determinants of muscle strength. *Physical Therapy Practice* 2:1-10, 1992

Bandy WD. Functional rehabilitation of the athlete. Orthopaedic Physical Therapy Clinics of North America 1:1-13, 1992

Bandy WD, Lovelace-Chandler VS. Relationship of peak torque to peak work and peak power of the quadriceps and hamstring muscles in a normal sample using an accommodating resistance measurement device. *Isokinetic and Exercise Science* 1:1-5, 1991

Bandy WD, Lovelace-Chandler VS, Holt A. Rehabilitation of ruptured biceps brachii muscle of an athlete. *Journal of Orthopedic and Sports Physical Therapy* 13:184-190, 1991

Bandy WD, Lovelace-Chandler VS, McKittrick-Bandy B. Adaptation of muscle to resistance training. *Journal of Orthopedic and Sports Physical Therapy* 12:248-255, 1990



Shaw DK, Engmark J, **Bandy WD**. Computer program for rapid analysis of underwater weighing data. *Physical Therapy* 66:260-261, 1986

Turner DA, **Bandy WD**. Utilization of the Autorange to increase range of motion: A pilot study. *Journal of Orthopedic and Sports Physical Therapy* 7:240-243, 1986

Bandy WD, Sinning WE. Kinematic effects of heel lift use to correct lower limb length difference. *Journal of Orthopedic and Sports Physical Therapy* 7:173-179, 1986

Bandy WD, Shaw DK. Injury profile of Northeastern Ohio basketball officials. *Physician and Sportsmedicine* 14:91-97, 1986

Bandy WD, Shaw DK. Injury profile of Northeastern Ohio high school football officials. *Physician and Sportsmedicine* 12:77-83, 1984

Bandy WD, Eiland WG. Job sharing in physical therapy. *Clinical Management* 4:28-31, 1984

Bandy WD, McLaughlin T, McKittrick B. The importance of a dynamic evaluation in assessment of posterior knee pain: A case report. *Journal of Orthopedic and Sports Physical Therapy* 5:132-133, 1983

Eiland WG, **Bandy WD**. Case Study: Compression fracture of the thoracic spine with emphasis on fabrication of a protective pad for athletic participation. *Journal of Orthopedic and Sports Physical Therapy* 4:115-117, 1982

Blackburn TA, Eiland WG, **Bandy WD**. An introduction to the plica. *Journal of Orthopedic and Sports Physical Therapy* 3:171-173, 1982

Peer Reviewed Publications (Books)

Range of Motion and Muscle Length Testing. 3rd edition WB Saunders. 2016 (with Reese, N)

Therapeutic Exercise for the Physical Therapist Assistant. 3rd edition. Lippincott, Williams, and Wilkins. 2013 (with Sanders, B)

Range of Motion and Muscle Length Testing. 2nd edition WB Saunders. 2010 (with Reese, N)

Therapeutic Exercise for the Physical Therapist Assistant. 2nd edition. Lippincott, Williams, and Wilkins. Spring, 2008 (with Sanders, B)

Range of Motion and Muscle Length Testing. WB Saunders. September, 2001 (with Reese, N)



Therapeutic Exercise: Techniques for Intervention. Lippincott, Williams, and Wilkins. April, 2001 (with Sanders, B)

Honors and Awards

- Catherine Worthingham Fellow, American Physical Therapy Association, 2020
- Lucy Blair Service Award, American Physical Therapy Association, 2010
- Hall of Fame, Sports Physical Therapy Section, 2010
- Public Service Award, University of Central Arkansas, 2007
- Greg Wren Legislative Service Award, Arkansas Physical Therapy Association, 2001
- Ronald Peyton Award, Sports Physical Therapy Section, 2001
- Distinguished Service Award, Arkansas Physical Therapy Association, 1997
- Finalist - Research, Scholarship, and Creative Activity Award, University of Central Arkansas, 1997
- State Legislative Leadership Award, American Physical Therapy Association, 1997
- Excellence in Education Award, Sports Physical Therapy Section, 1994
- Mary McMillen Doctoral Scholarship (\$6000), American Physical Therapy Association, 1991