

# Timothy Peter Heckmann, P.T., A.T., C.

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## Personal Information

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Center  
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## Education

North College Hill Jr. Sr. High School  
Diploma 1975  
Cincinnati, OH

Ohio University  
BSED, 1979  
Major: Health Education  
Athens, OH

Ohio State University  
BSAMP, 1981  
Major: Physical Therapy  
Columbus, OH

## Present Position

Director of Rehabilitation  
Cincinnati Sportsmedicine and Orthopaedic Center  
Cincinnati, OH (2004-Present)

Clinical Instructor  
Duquesne University  
Physical Therapy Department  
302 Health Sciences Building  
600 Forbes Ave.  
Pittsburgh, PA 15282

## **Present Position**

Clinical Instructor  
University of Kentucky  
College of Health Sciences  
UK Wethington Building, RM 123  
900 South Limestone  
Lexington, KY 40536

## **Previous Positions**

Clinical Coordinator  
Healthsouth Sportsmedicine and Rehabilitation Center, Cincinnati, OH (2001-2004)  
Administrator  
Healthsouth Sportsmedicine and Rehabilitation Center, Cincinnati, OH (1997-2001)  
Knee Team, Clinical Education Department  
Birmingham, AL (1997-2004)

Co-Director of Rehabilitation  
Cincinnati Sportsmedicine and Orthopaedic Center, Cincinnati, OH (1992-1997)  
Associate Director of Rehabilitation  
Cincinnati Sportsmedicine and Orthopaedic Center, Cincinnati, OH (1984-1992)  
Staff Physical Therapist  
Cincinnati Sportsmedicine and Orthopaedic Center, Cincinnati, OH (1981-1984)

## **Current Responsibilities**

**Patient Care:** supervise, direct and provide direct patient care to orthopaedic/ sports medicine population. Primary diagnoses include, but not limited to: knee and shoulder pathology. Case load includes surgical and conservative cases, routine, as well as, complex ligament and ROM restricted patient load.

**Administration:** primary to develop and promote educational and research opportunities for professional staff. Staff development through in-service education to MD/PT and ATC staff members. Additionally, to assist with operational issues, including, but not limited to: staff schedules, event coverage, employee hiring and retention, and review/ design of rehabilitation protocols/ exercise forms.

**Outreach:** provide support to our outreach coordinator by providing coverage to local high school events, regional gymnastic events, special event coverage, such as, the AVP Pro-Beach Volleyball Tour and Ohio Cup Soccer Tournament.

## **Consultation Position**

Physical Therapy Advisory Board  
ERMI, Inc.  
441 Armour Pl.  
Atlanta, GA 30324  
404- 687-0505

## **Licensures and Certifications**

Physical Therapy License: 1981, State of Ohio (PT-3006)  
Physical Therapy License: 1991, State of Kentucky (PT-1961)  
Athletic Trainer Certification: 1979, National Athletic Trainers Association (D4-718)  
Athletic Trainer License: 1992, State of Ohio (AT-571)  
Cardiopulmonary Resuscitation, Current, American Heart Association

## **Professional Organizations**

American Physical Therapy Association  
Sports Section, APTA  
Ohio Chapter, APTA  
National Athletic Trainers Association  
Great Lakes Athletic Trainers Association  
Ohio Athletic Trainers Association

## **Articles and Publications**

Heckmann TP: Conservative versus post-surgical rehabilitation. Physical Therapy of the Knee. 1<sup>st</sup> Edition. Churchill Livingstone, New York, 1988

Mangine RE, Heckmann TP, Eldridge VL: Improving strength, endurance, and power. Physical Therapy. JB Lippincott Company, Philadelphia, 1989

Mangine RE, Heckmann, TP: The Knee. Sports Physical Therapy. Appleton and Lange. Norwalk, CT, 1990

Mangine RE, Heckmann TP, Eifert-Mangine MA: Alternative techniques for the motion-restricted shoulder. The Athlete's Shoulder. Churchill Livingstone, New York, 1994

Heckmann TP, Siegel MG: Patellofemoral surgery and postoperative management. Physical Therapy of the Knee. 2<sup>nd</sup> Edition. Churchill Livingstone, New York, 1995

## Articles and Publications

Hewett TE, Noyes FR, Barber-Westin SD, Heckmann TP: Decrease in knee joint pain and increase in function in patients with medial compartment arthrosis: a prospective analysis of valgus bracing. Orthopaedics. 21(2): 131-138, 1998

Barber-Westin SD, Noyes FR, Heckmann TP, Shaffer BL: The effect of exercise and rehabilitation on anterior-posterior knee displacements after anterior cruciate ligament autograft reconstruction. American Journal of Sports Medicine. 27(1): 84-93, 1999

Noyes FR, Berrios-Torres S, Barber-Westin SD, Heckmann, TP: Prevention of permanent arthrofibrosis after anterior cruciate ligament reconstruction alone or combined with associated procedures: a prospective study in 443 knees. Knee Surgery, Sports Traumatology, Arthroscopy. 8(4): 196-206, 2000

Heckmann TP, Noyes FR, Barber-Westin SD: Autogenic and allogenic anterior cruciate ligament rehabilitation. *In*: Ellenbecker, TS (ed): Knee Ligament Rehabilitation. Churchill Livingstone, New York, pages 132-150, 2000

Noyes FR, Heckmann TP, Barber-Westin SD: Posterior cruciate ligament and lateral, posterolateral reconstruction. *In*: Ellenbecker TS (ed): Knee Ligament Rehabilitation. Churchill Livingstone, New York, pages 167-185, 2000

Cullen MC, Hewett TE, Noyes FR, Heckmann TP: Patellofemoral malalignment: the effects of a knee sleeve on gait biomechanics (Internal publication)

Heckmann TP, Barber-Westin SD, Noyes FR: Meniscal repair and transplantation: indications, techniques, rehabilitation, and clinical outcomes. Journal of Orthopaedic and Sports Physical Therapy. J Orthop Sports Phys Ther, 36(10): 795-814, 2006

Noyes FR, Mayfield W, Barber-Westin SD, Albright J, Heckmann TP: Opening wedge high tibial osteotomy: an operative technique and rehabilitation program to decrease complications and promote union and early function. American Journal of Sports Medicine. Am J Sports Med, 34(8): 1262-73, 2006

Austin JC, Hasan SS, Heckmann TP, Lindenfeld TN. Posterior shoulder instability. *The Athlete's Shoulder*, 2<sup>nd</sup> Edition, Wilk KE (ed.), Elsevier, Philadelphia, in press

Babb JR, Noyes FR, Heckmann TP, Welling TE. Comprehensive analysis of the effects of electrical muscle stimulation alone and during exercise to overcome muscle disuse and atrophy (Internal publication)

## **Presentations**

Over 150 presentations on knee and shoulder injuries including evaluation, treatment, and rehabilitation techniques. Highlights include the following:

Instructional Course on the Athlete's Knee and Shoulder, Hilton Head Island, SC (1990-2008). Participated as course Co-Director and presenter. Course presented to 300-350 physicians, physical therapists, and athletic trainers. Topics included conservative/ post-surgical management of patellofemoral, HTO, ACL, PCL, meniscus, ROM complications, impingement and rotator cuff, use of orthotics and knee bracing, gait re-training.

Kentucky Chapter Physical Therapy Association, Louisville, KY (1988 & 1992). Topics included shoulder anatomy, biomechanics, treatment/ rehabilitation, patellofemoral evaluation, treatment, and rehabilitation.

Biodex Corporation Educational Seminars, Cincinnati, OH (1992 & 1994). Topics included anterior cruciate ligament and rotator cuff evaluation and post-operative management.

Ohio Athletic Trainers Association State Meeting, Cincinnati, OH (1996). Topic included disorders and evaluation of the athlete's knee.

Managed Care 1996: Functional Outcomes, Ft. Mitchell, KY (1996). Topic included Proprioceptive evaluation of the lower extremity.

Healthsouth Rehabilitation Clinical Instructor (1997-2004). Continuing education presentations to Healthsouth clinicians. Topics included knee and shoulder lecture/ lab for anatomy, biomechanics, pathomechanics, evaluation, surgical and post-surgical treatment and rehabilitation.

National Athletic Trainers Association Annual National Convention, Salt Lake City, UT (1997). AOSSM symposium on patellofemoral disorders. Topic included physiotherapy for conservative and post-operative management.

Instructional Courses for Northeast Seminars, Chicago, IL; Hartford, CT; Washington DC; Seattle, WA; Detroit, MI; Boston, MA; Milwaukee, WI (1997-1998) Two day seminars for knee and shoulder rehabilitation. Course set up for lecture and lab demonstration regarding all aspects of knee and shoulder care.

American Physical Therapy Association National Convention, Indianapolis, IN (2002). Topic included Surgical and rehabilitation for ACL reconstructions using a hamstring graft.

The 2<sup>nd</sup> Annual Northeast Wisconsin Sports Medicine Symposium, Appleton, WI (2002). Topic included the ACL continuum: injury, surgery, rehabilitation, and return to activity.

## **Presentations**

Great Lakes Athletic Trainers Association Winter Meeting, Evansville, IN (2003). Topic included rehabilitation of female patellofemoral pain syndrome.

The 1<sup>st</sup> Annual Advances in Diagnosis, Treatment, and Rehabilitation of Sports Injuries in the Female Athlete, Cincinnati, OH (2003). Topic included Advances in post-operative management of ACL reconstructions in the female athlete. Special consideration for return to play.

Orthopaedic MRI and Sportsmedicine Scrimmage at Paul Brown Stadium, Cincinnati, OH (2001, 2002, 20003). Topic included Postoperative rehabilitation protocols-implications for MRI findings for ACL and complex knee instabilities.

The Tenth Annual Sports Medicine Symposium for the HealthCare Professional, Cincinnati, OH (2004). Topic included post-surgical management of the complex meniscus tear.

The 2<sup>nd</sup> Annual Advances in Diagnosis, Treatment, and Rehabilitation of Sports Injuries in Male and Female Athletes, Cincinnati, OH (2004). Topic included the Cincinnati Sportsmedicine approach to advanced and delayed protocols for post-operative management of ACL reconstructions: patient selection, indications, and contraindications.

ERMI National Sales Meeting, Atlanta, GA (2005, 2006), Las Vegas, NV (2007). Topics included ROM complications, ROM evaluation with labs for goniometry.

ERMI Regional Physical Therapy Seminars, Chicago, IL (2007), Louisville, KY (2007). Topics included ROM complications, Gait deviations and re-training, Complex ligament injuries and rehabilitation, Patellofemoral pain syndromes.

Clinical Instructor for the Cincinnati Sportsmedicine Orthopaedic and Sports Fellowship Program, Cincinnati, OH (1981- present). Topics included rehabilitation concepts for patellofemoral management, ACL, PCL/PL, meniscus, HTO/OATS/CarticeI//TKR, physical therapy modalities, functional progression, gait re-training, knee bracing and orthotics, etc.