
DR. D. CHRIS COTHERN
PT, CPSS, CSCS, CES, PES

479-200-7024

CHRIS@ATHLETEPLUS.NET

PROFESSIONAL EXPERIENCE

FOOTBALL DATA COLLECTION ANALYST

PRO FOOTBALL FOCUS SEPT 2022 – AUG 2023

- Correctly identifying Offensive and Defensive positions within deadlines
- Collecting data based on video analysis of college football.

APPLIED PERFORMANCE SPECIALIST

KITMAN LABS FEB 2022 – SEPT 2022

- Combining multifactorial aspects of applied sports science, player development, player health and performance along with context to improve performance and mitigate injury risk.
- Data analysis and aggregation into meaningful visualizations for partners.
- Deploying new EMR and features by multitasking, collaborating, and delegating through mapping, wrangling data, testing, training, troubleshooting, and assisting in design of new EMR.
- Empowering medical, performance, mental health, nutrition into a centralized platform for improved efficiency and impactful decision making.
- Onboarding and migrating organizations with virtual and in person meetings with all members of high performance and medical with exemplary customer service for Power 5 NCAA organizations.
- Assisting in the implementation of coaching techniques, sports science principles, and UX/UI designers for a comprehensive EMR and performance application utilized by college and professional teams.
- Analyzing data generated by sensors during sport activity to quantify athlete performance based on collected and inferred data.
- Collaborated with product, research, sports science, and data science teams utilizing Asana, Slack, and Salesforce to make informed decisions based on user feedback, user research, and data insights.
- Utilizing biomechanics measurement tools including video analysis, IMUs, force/pressure measurements, and musculoskeletal modeling.

APPLIED SPORTS SCIENCE CONSULTANT

UNIVERSITY OF ARKANSAS BASKETBALL 2019 – 2021

- Implementation and utilization of force plates and wearable products into measured improvement in Power 5 basketball team.
- Data and video analysis integration into actionable results.
- Analyze data generated by sensors during sports activity to quantify athlete performance based on collected and inferred data.
- Developed and conducted training sessions for team coaches and medical staff with athlete education on purpose to improve buy-in.
- Conducted data analysis to identify areas of improvement and implement necessary changes to training programs with presentations to coaches and staff.

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HIGH-PERFORMANCE INTERNSHIP

UNIVERSITY OF ARKANSAS FOOTBALL - SUMMER 2018

- Developed training device for proper squat form.
- Contributed to Olympic lifts, speed, and agility training.
- Assisted with all aspects of Catapult wearable technology.
- Incorporate research, industry white papers, and internal expertise into sound coaching innovation with presentations to staff.

ATHLETEPLUS PHYSICAL THERAPY & SPINE – OWNER

PERFORMANCE PHYSICAL THERAPIST 2005 – 2021

- Founded physical therapy and sports performance company while empowering ten employees in two locations.
- Negotiated collaborative agreements to become official provider for local high schools, small colleges, and semi-pro teams.
- Creatively performed time-motion analysis in 2015 by breaking down player movement for work/rest ratio in basketball.
- Dartfish 40-yard dash analysis and Brower timers since 2009.
- Trained and treated 2nd fastest 200 m U.S. sprinter of all time and trained a previously injured NBA player to injury-free season.
- Provided preventative care and treatment for athletic injuries.
- Designed and implemented rehabilitation programs to help patients recover from injuries.
- Conducted screenings and assessments to identify physical imbalances and potential injuries.
- Communicated with physicians, coaches, and athletes to provide comprehensive care.

CERTIFICATIONS

Certified Performance and Sports Scientist (CPSS)

Rapsodo Pitching Certification and SABR member

Data Science: R Basics Verified Certificate – HarvardX

SFMA Advanced Clinical Integration, FMS, and Y Balance Certification

NASM Corrective Exercise and Performance Enhancement Specialist

NSCA CSCS and NSCA Past State Director

Certificate in Workload - Tim Gabbert. FC Barcelona

Foundations in Dry Needling by Sue Falsone

PROFESSIONAL SERVICE & ACHIEVEMENTS

- NW Arkansas Award for Best Leaders and Community Volunteers.
 - Appointee to Arkansas Governor's Council on Fitness & Coordinator for Great Arkansas Workout with over four hundred kids with 30 volunteers.
 - Coach in youth football, baseball, and AAU basketball for over 15 years.
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EDUCATION

AUSTRALIAN CATHOLIC UNIVERSITY

Masters in High Performance - 2021

UNIVERSITY OF ST. AUGUSTINE

Doctorate in Physical Therapy - 2009

UNIVERSITY OF CENTRAL ARKANSAS

Masters in Physical Therapy - 1999

UNIVERSITY CENTRAL ARKANSAS

Bachelor of Science in Health Sciences - 1999

UNIVERSITY OF ARKANSAS

Bachelor of Science in Microbiology, Minor in Psychology - 1995

REFERENCES

Mark O'Neal - MLB Consultant and Former Chicago Cubs Head Athletic Trainer
moneal23@me.com 773-439-9208

Darcy Norman – Head of Performance US Men's Soccer
Performance Strategist-- Kitman Labs
tahoenorman@gmail.com 530-807-7711

Roderick Moore Jr – Strength & Conditioning Coach - Atlanta Falcons
305-213-0085

Ryan Hicks – Applied Performance Specialist – Kitman Labs
rhicks@kitmanlabs.com 832-716-0378

Alex Shultz – Applied Performance Specialist – Kitman Labs
ashultz@kitmanlabs.com 719-210-8810

Todd Barbour – Head Strength Coach – Washington St.
todd.barbour@wsu.edu 479-466-1718

Dave Richardson - Head Strength Coach – Arkansas Basketball
dr039@uark.edu 614-531-0607

Alex Mortensen – Offensive Coordinator- UAB
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