

**Jeffrey J. Hebert, DC, PhD(c)**

## **PUBLICATIONS**

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### **Refereed Manuscripts:**

**Hebert JJ**, Koppenhaver SL, Fritz JM. The Efficacy of General Stabilization or Motor Control Exercise Following Lumbar Discectomy: A Randomized Clinical Trial. *In Progress*. ClinicalTrials.gov ID: NCT00894972.

**Hebert JJ**, Koppenhaver SL, Fritz JM. Neuromuscular Deficits of the Lumbar Multifidus and Effect of Exercise Following Lumbar Discectomy. *In Progress*. ClinicalTrials.gov ID: NCT00894972.

Koppenhaver SL, **Hebert JJ**, Fritz JM. Effect of Spinal Manipulation on Transversus Abdominis and Lumbar Multifidus Muscle Activation in Individuals with Low Back Pain. *In Progress*.

Koppenhaver SL, **Hebert JJ**, Fritz JM. Effect of Spinal Manipulation on Lumbar Segmental Stiffness in Individuals with Low Back Pain. *In Progress*.

**Hebert JJ**, Koppenhaver SL, Fritz JM, Marcus R, Magel J. Postoperative Rehabilitation Following Lumbar Discectomy with Quantification of Lumbar Multifidus Structure and Function: A Case Study and Review of the Literature. *In Preparation*.

**Hebert JJ**, Koppenhaver SL, Magel J, Fritz JM. The Relationship of Transversus Abdominis and Lumbar Multifidus Activation and Prognostic Factors for Clinical Success with a Stabilization Exercise Program: a Cross-Sectional Study. *Archives of Physical Medicine and Rehabilitation*. *In Press*.

Koppenhaver SL, **Hebert JJ**, Parent EC, Fritz JM. A Systematic Review of the Assessment of the Lumbar and Abdominal Muscles by Rehabilitative Ultrasound Imaging: An Examination of Validity and Responsiveness. *Australian Journal of Physiotherapy*. *In Press*.

**Hebert JJ**, Koppenhaver SL, Parent EC, Fritz JM. A Systematic Review of the Assessment of the Lumbar and Abdominal Muscles by Rehabilitative Ultrasound Imaging: An Examination of Reliability. *SPINE*. *In Press*.

Fritz JM, **Hebert JJ**, Koppenhaver SL, Parent EC. Beyond Minimally Important Change: Defining a Successful Outcome of Physical Therapy for Patients with Low Back Pain. *SPINE*. *In Press*.

Koppenhaver SL, Parent EC, Teyhen D, **Hebert JJ**, Fritz JM. Improvements in Rehabilitative Ultrasound Imaging Measurement Error by Averaging Multiple Measurements. *Journal of Orthopaedic & Sports Physical Therapy*. 2009 June ;39(8): 604-611.

Koppenhaver SL, **Hebert JJ**, Fritz JM, Parent EC. Measurement of the Transversus Abdominis and Lumbar Multifidus Muscles With Rehabilitative Ultrasound Imaging: An Examination of Reliability and Stability. *Archives of Physical Medicine and Rehabilitation*. 2009 Jan; 90(1): 87-94.

**Hebert JJ**, Fritz JM, Koppenhaver SL, Parent EC. Clinical Prediction of Success of Interventions for Managing Low Back Pain. *Clinics in Sports Medicine*. 2008 Jul. 27(3): 463-79.

### **Refereed Abstracts:**

**Hebert JJ**, Koppenhaver SL, Fritz JM, Parent EC. Construct Validity of Prognostic Factors Related to Individuals With Low Back Pain Who May Improve With Spinal Stabilization Exercises. *The Journal of Chiropractic Education*. Spring 2009 23(1).

**Hebert JJ**, Koppenhaver SL, Fritz JM, Parent EC. Validity of Quantitative Rehabilitative Ultrasound Imaging Measurements to Assess the Morphology and Function of Muscles of the Trunk: A Systematic Review. *The Journal of Chiropractic Education*. Spring 2009 23(1).

Magel J, **Hebert J**, Koppenhaver S, Fritz J, Brennan G, Thackeray A. Construct Validity of Factors Related to Individuals with Low Back Pain Who May Improve With Spinal Stabilization Exercises. *Journal of Orthopaedic & Sports Physical Therapy*. 2009. 39(1), A17.

**Hebert JJ**, Koppenhaver SL, Fritz JM, Parent EC. Reliability of Rehabilitative Ultrasound Imaging of the Transverse Abdominus and Lumbar Multifidus Musculature. *The Journal of Chiropractic Education*. Spring 2008. 22(1):62.

### **Other Publications:**

**Hebert JJ**, Yonemura K. Rehabilitation of the Lumbar Spine: An Evidence Based Perspective. The Interactive Educational Program for Spine Surgeons, Lumbar Spine Section. Magnifi Group. Online, From February, 2009.

**Hebert JJ**, Perle S. Letter to the editor concerning "Independent evaluation of a clinical prediction rule for spinal manipulative therapy: a randomised controlled trial" (M. Hancock, et al.). *European Spine Journal*. 2008 Oct. 17(10): 1401-1402.

Perle S, Schneider M, **Hebert JJ**, Ventura J, Jahn W. Intellectual Honesty. *Dynamic Chiropractic*. November 1, 2007.

**Hebert JJ**. Low Back Pain and the Importance of Sub-grouping. *The American Public Health Association Newsletter*. Fall, 2006.

**Hebert JJ**. Letter to the Editor concerning "Chiropractic and Heart Attacks." *Dynamic Chiropractic*. February 1, 2004.

**Hebert JJ**. Whiplash Associated Disorders. *Utah Health*. January, 2004.

## **PROFESSIONAL PRESENTATIONS**

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### **Refereed:**

**Hebert JJ**, Koppenhaver SL, Fritz JM, Magel J. Construct Validity of Prognostic Factors Related to Individuals With Low Back Pain Who May Improve With Spinal Stabilization Exercises. The Association of Chiropractic Colleges Research Agenda Conference (Platform Presentation). Las Vegas, NV. March 13, 2009.

**Hebert JJ**, Koppenhaver SL, Parent EC, Fritz JM. Validity of Quantitative Rehabilitative Ultrasound Imaging Measurements to Assess the Morphology and Function of Muscles of the Trunk: A Systematic Review. The Association of Chiropractic Colleges Research Agenda Conference (Platform Presentation). Las Vegas, NV. March 13, 2009.

Magel J, **Hebert JJ**, Koppenhaver SL, Fritz JM, Parent EC. Construct Validity of Prognostic Factors Related to Individuals With Low Back Pain Who May Improve With Spinal Stabilization Exercises. The American Physical Therapy Association Combined Sections Meeting (Platform Presentation). Las Vegas, NV. February 12, 2009.

**Hebert JJ**, Koppenhaver SL, Fritz JM, Parent EC. Reliability of Rehabilitative Ultrasound Imaging of the Transversus Abdominis and Lumbar Multifidus Musculature. The Association of Chiropractic Colleges Research Agenda Conference (Platform Presentation). Washington, D.C. March 15, 2008.

**Hebert JJ**, Dekanich, JT. Osteolysis of the Distal Clavicle in a Professional Freestyle Skier. The American Chiropractic Board of Sports Physicians Annual Sports Science Symposium (Poster Presentation). Las Vegas, NV, May 15, 2004.

**Invited:**

**Hebert JJ**. Lumbar Spine Rehabilitation Protocols and Case Management. Canadian Memorial Chiropractic College Rehabilitation Fellowship Education Program. Toronto, ON. March 6-7, 2010.

**Hebert JJ**. Lumbar Spine Rehabilitation: An Evidence Based Approach. Canadian Memorial Chiropractic College Continuing Education Program. Calgary, AB. November 14-15, 2009.

**Hebert JJ**. Identifying subgroups of individuals with back and leg pain: a treatment based classification approach. Canadian Memorial Chiropractic College Annual Research Symposium. Toronto, ON. October 23, 2009.

**Hebert JJ**. Evidence Based Practice: Methodology and Clinical Utility of Prediction Rules. American College of Chiropractic Consultants and Council on Forensic Sciences Annual Conference. Chicago, IL. October 9, 2009.

**Hebert JJ**. Lumbar Spine Rehabilitation: Advanced Concepts & Postoperative Management (Online). Canadian Memorial Chiropractic College Continuing Education Program. Toronto, ON. From October, 2009.

**Hebert JJ**. Introduction to Chiropractic Rehabilitation & Practical Approach to Evidence Based Medicine. Canadian Memorial Chiropractic College Rehabilitation Fellowship Education Program. Toronto, ON. September 26-27, 2009.

**Hebert JJ**, Gentile JP. Nonoperative Spine Care: An Evidence-Based Overview. The Indiana Spine Group Annual Spine Symposium: Back Tack III. Indianapolis, Indiana. September 11, 2009.

**Hebert JJ**, Expert Panel. Operative & Nonoperative Spine Care Panel Discussion. The Indiana Spine Group Annual Spine Symposium: Back Tack III. Indianapolis, Indiana. September 11, 2009.

**Hebert JJ**. Evidence Based Rehabilitation for Disorders of the Lumbar Spine. The Indiana Spine Group Annual Spine Symposium: Back Tack III. Indianapolis, Indiana. September 12, 2009.

**Hebert JJ.** Neuromuscular Changes and Clinical Outcome in Individuals Undergoing Postoperative Rehabilitation Following Lumbar Discectomy: A Randomized Clinical Trial. University of Utah, Department of Physical Therapy. November 4, 2008.

**Hebert JJ.** Spinal Manipulation: An Evidence-Based Perspective. The Indiana Spine Group Annual Spine Symposium: Back Tack II. Indianapolis, Indiana. August 23, 2008.

**Hebert JJ.** Rehabilitation of the Lumbar Spine: An Evidence-Based Perspective. University of Utah, School of Medicine. April 17, 2008.

**Hebert JJ.** Koppenhaver SL. The Use of Rehabilitative Ultrasound Imaging with Lumbar Stabilization Exercise (with lab). Intermountain Healthcare, The Orthopaedic Specialty Hospital (TOSH), Department of Physical Therapy. June 7, 2007.

**Hebert JJ.** Patellofemoral Pain Syndrome. Steadman-Hawkins Orthopaedic Foundation, Athletic Training Fellowship Clinical Seminar, Vail, Colorado. May 11, 2003.

**Hebert JJ.** Chiropractic and Manual Therapy in Sports Medicine, Steadman-Hawkins Orthopaedic Foundation, Athletic Training Fellowship Seminar, Vail, Colorado. March 15, 2003.

**Hebert JJ.** The Ankle Sprain, Steadman-Hawkins Orthopaedic Foundation, Athletic Training Fellowship Seminar, Vail, Colorado. November 10, 2002.