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Oladipo Eddo, PhD., CSCS
Assistant Professor, School of Kinesiology
Sports Medicine Assessment, Research & Testing (SMART) Laboratory
George Mason University
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EDUCATION

Doctor of Philosophy, Exercise, Fitness and Health Promotion Program, George Mason University, Fairfax, VA (2019)

Dissertation: *Gait modification to reduce lower extremity joint load: A review and investigation into unintended consequences*

Master of Science, Exercise, Fitness and Health Promotion Program, George Mason University, Fairfax, VA (2014)

Thesis: *Dynamic Muscle Function is Inversely Related to Knee Joint Moment during Gait*

Bachelor of Science in Kinesiology, minor in Psychology, George Mason University, Fairfax, VA (2012)

Undergraduate study course work

Biomechanics

Advanced exercise physiology

Exercise physiology

Strength and conditioning

Psychomotor learning.

Functional kinesiology.

PROFESSIONAL EXPERIENCE

2019 - Assistant Professor
Sports Medicine Assessment, Research & Testing (SMART) Laboratory
School of Kinesiology
College of Education and Human Development
George Mason University

2014 - 2019 Laboratory manager
Sports Medicine Assessment, Research & Testing (SMART) Laboratory
College of Education and Human Development
George Mason University

2016 - 2019 Graduate Teaching Assistant
Division of Health and Human Performance
College of Education and Human Development
George Mason University
Instructor on record, guest lecturer for undergraduate and graduate course work:

- KINE 341 - Undergraduate Kinesiology Internship I.
- KINE 360 - Undergraduate Scientific Application of Strength and Conditioning.
- KINE 400 - Undergraduate Biomechanics.
- KINE 490 - Undergraduate Kinesiology Internship III.

2012 - 2014 Graduate Research Assistant
Sports Medicine Assessment, Research & Testing (SMART) Laboratory
College of Education and Human Development
George Mason University

**2012 – 2014 Undergraduate Biomechanics, Graduate teaching assistant
Lab assistant (KINE 400)**
Division of Health and Human Performance
College of Education and Human Development
George Mason University

**2012 – 2014 Undergraduate Functional Anatomy, Graduate teaching assistant
Lab assistant (KINE 300)**
Division of Health and Human Performance

College of Education and Human Development
George Mason University

2013 – 2014 **Graduate Biomechanics**
Guest lecturer (EFHP 613)
Division of Health and Human Performance
College of Education and Human Development
George Mason University

2012 - 2012 **Georgetown University Sports Performance**
Interning strength and condition coach.
Georgetown University

2010 – 2012 **Exercise instructor**
Fitness instructor
Sports club LA, Northwest, DC

2006 – 2011 **Exercise instructor**
Fitness instructor
Washington sports club, Northwest, DC

RESEARCH LABORATORY EXPERIENCE

2014 - 2019 **Laboratory manager**
Sports Medicine Assessment, Research & Testing (SMART) Laboratory
College of Education and Human Development
George Mason University

- Overseeing the delivering of gait assessments and gait specific exercise recommendations to runners
- Overseeing the delivering of VO2 Maximum assessments to runners
- Overseeing the delivering of body composition analysis to members of the local community
- Overseeing and assessing resting metabolic rate for nutritional and exercise application
 - 3D gait system
 - BODPOD body composition tracking system
 - K4 B2 pulmonary gas exchange system
 - Resting metabolic rate

2012 - 2014 **Graduate Research Assistant**
Sports Medicine Assessment, Research & Testing (SMART) Laboratory

George Mason University.

- Assisted students and faculty with research projects
- Assisted with motion analysis equipment and research studies utilizing:
 - Bertec & AMTI force plates
 - Delsys wired & wireless system
 - VICON hardware/softwa re
 - Visual 3D software
 - OpenSim
 - GFT and X2 impact sensors
 - Matlab programing

TEACHING

2016 - George Mason University
School of Kinesiology
College of Education and Human Development

Undergraduate

KINE 400	Biomechanics
KINE 360	Scientific Application of Strength and Conditioning
KINE 490	University Internship Coordinator
KINE 341	Undergraduate Internship
KINE 310	Exercise Physiology I
KINE 330	Seminar in Kinesiology
KINE 350	Exercise Prescription and Programing
KINE 370	Exercise Testing and Evaluation
KINE 450	Research Methods

Graduate

EFHP 613	Advanced Applied Biomechanics (Guest lecturer)
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SCHOLARSHIP

Peer-Reviewed Published Articles

1. **Eddo, O.**, Lindsey, B., Caswell, S., & Cortes, N. (2017). Current evidence of gait modification with real-time biofeedback to alter kinetic, temporal spatial, and function related outcomes: A review. *International Journal of Kinesiology and Sports Science*. 2017;5(3):35–55.
2. **Eddo, O.**, Lindsey, B., Caswell, S., Prebble, M., & Cortes, N. (2020). Unintended changes in contralateral limb as a result of gait modification. *Journal of Applied Biomechanics*. 2020;36(1):13–19.

3. Lindsey, B., **Eddo, O.**, Caswell, S., Prebble, M., & Cortes, N. (2020). Reductions in peak knee abduction moment in three previously studied gait modification strategies. *Knee*. 2020;27(1):102–110.
4. Kettlety, S., Lindsey, B., **Eddo, O.**, Prebble, M., Caswell, S., & Cortes, N. (2020). Changes in hip mechanics during gait modification to reduce knee abduction moment. *Journal of biomechanics*. 2020; 99:109509.

Articles in peer review

1. **Eddo, O.**, Ludwick, J., Lindsey, B., Vaz, J., Martin, J., Caswell, S., & Cortes, N. (2018). Increased Trunk Kinetics Observed During Subject-Specific Trunk Lean Gait Modification.

Peer-Reviewed Published Abstracts

1. **Eddo, O.**, Lindsey, B., Prebble, M., Caswell, S., Cortes N. (2019) Increased Dynamic Knee Joint Load at the Non-Modified Limb During Medial Knee Thrust Gait Modificaton. *Med Sci Sports Exerc*, 51 (6), 12.
2. Prebble, M., Wei, Q., **Eddo, O.**, Lindsey, B., Caswell, S., Cortes N. (2019) Preliminary analysis: The Effects of Gait Interventions on Knee Joint Contact Forces in Healthy Adults. *Med Sci Sports Exerc*, 51 (6), 703.
3. Lindsey, B., **Eddo, O.**, Prebble, M., Caswell, S., Cortes N. (2019) Single-Parameter Gait Modifications Cause Involuntary Secondary Gait Changes. *Med Sci Sports Exerc*, 51 (6), 704.
4. **Eddo, O.**, Lindsey, B., Caswell, S., Hollinger, D., Pope, J., Prebble, M., Azevedo, A. M., Cortes, N. (2018) Effects of Gait Modification on Lower Extremity Sagittal Plane Biomechanics. *Med Sci Sports Exerc*, 50 (5S), 372-373.
5. Lindsey, B., **Eddo, O.**, Caswell, S., Hollinger, D., Pope, J., Prebble, M., Azevedo, A. M., & Cortes, N. (2018) Reductions in Peak Knee Adduction Moment in Three Previously Studied Gait Modification Strategies: Preliminary Analysis. *Med Sci Sports Exerc*, 50 (5S), 388.
6. Prebble, M., Sikdar, S., **Eddo, O.**, McCrory, S., Caswell, S., Azevedo, A. M., & Cortes, N. (2018) Biomechanics of Walking in Healthy Adults at Different Gait Speeds. *Med Sci Sports Exerc*, 50 (5S), 10.
7. Crawford, M., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Preliminary Analysis: Effects Of An Intervention Program In Aging Adults With History Of Falling. *Med Sci Sports Exerc*, 49 (5S), 542.
8. Pope, J., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Effects of Exercise Intervention on Falls Risk Score in Aging Adults with History of Falling. *Med Sci Sports Exerc*, 49 (5S), 542.
9. McCrory, S., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Preliminary Analysis: No Differences in Leg Strength Between Fallers and Non-Fallers. *Med Sci Sports Exerc*, 49(5S), 658-659.

10. **Eddo, O.**, Lindsey, B., Caswell, S., & Cortes, N. (2017). Current Evidence of Gait Modification Strategies to Reduce Knee Adduction Moment: Systematic Review and Meta-Analysis. *Med Sci Sport Exer*; 49(5S): 806
11. Cortes, N., Popovic, T., **Eddo, O.**, Benjaminse, A., Caswell, A., & Caswell, S. (2017). Implicit and Explicit Video Feedback On Landing Mechanics: A Randomized Controlled Trial. *Br J Sports Med*, 51(4), 309
12. **Eddo, O.**, Sikdar, S., Caswell, S., Ambegaonkar, J., & Cortes, N. (2016). Evidence supporting biphasic action of *rectus femoris* during gait using ultrasound imaging. *Med Sci Sport Exer*; 48(5S): 890
13. Ambegaonkar, J. P., **Eddo, O.**, Caswell, S.V., Greska, E., Shimokochi, Y., & Cortes, N. (2016) Effects of changing ball-handling positions on lower extremity moments during landing. *J Athl Train*.
14. Cary, A., Cortes, N., **Eddo, O.**, Chung, S., Lee, J., Ambegaonkar, J., Hepburn, L., Lincoln, A., & Caswell, S. V. (2015). Head Impact Exposure in Girls' High School Varsity Lacrosse Players. *Med Sci Sports Exerc*, 47(5S), 904-905.
15. Cortes, N., **Eddo, O.**, Caswell, S., Martin, J., Greska, E., & Ambegaonkar, J. (2015). Lower Extremity Joint Kinetics Do Not Differ Between Different Athletic Upper Body Positions. *Med Sci Sport Exer*; 47(5S): 344
16. Caswell, S., Cary, A., **Eddo, O.**, Chung, S., Lee, J., Ambegaonkar, J., Hepburn, L., Lincoln, A., & Cortes, N. (2015). Head Impact Exposure in Boys' High School Varsity Lacrosse Players. *Med Sci Sport Exer*; 47(5S): 903
17. Ambegaonkar, J, **Eddo, O.**, Caswell, S., Shimokochi, Y., & Cortes, N. (2014) Changing hand positions alters lower extremity biomechanics during landing. *Br J Sport Med*, 48(7), 561.
18. **Eddo, O.**, Jones, M., Rusbasan, T., & Delgado, J. (2012). Repeated measures of vertical jump performance with two devices in collegiate women athletes during off-season training. *J Strength Cond Res*; 27(1): S10

Peer-Reviewed Research Presentations

1. **Eddo, O.**, Lindsey, B., Prebble, M., Caswell, S., & Cortes, N. (2019). Increased Trunk Kinetics Observed During Subject-Specific Lateral Trunk Lean Gait Modification. Presented at the annual ASB national conference in Calgary, CAN.
2. **Eddo, O.**, Lindsey, B., Prebble, M., Caswell, S., Cortes N. (2019) Increased Dynamic Knee Joint Load at the Non-Modified Limb During Medial Knee Thrust Gait Modification. Presented at the annual ACSM national conference in Orlando, FL.
3. **Eddo, O.**, Lindsey, B., Prebble, M., Caswell, S., & Cortes, N. (2018). Altered Loading Patterns Observed in Contralateral Limb during Medial Knee Thrust. Presented at the annual ASB national conference in Rochester, MN.
4. **Eddo, O.** (2018) Unintended Changes in the Contralateral Limb as a Result of Gait Modification. Presented for the symposium on motor control in biomechanics at the annual ACSM national conference in Minneapolis, MN.
5. **Eddo, O.**, Lindsey, B., Caswell, S., Hollinger, D., Pope, J., Prebble, Azevedo, A. M., Cortes N. (2018) Effects of Gait Modification on Lower Extremity Sagittal

Plane Biomechanics. Presented at the annual ACSM national conference in Minneapolis, MN.

6. Lindsey, B., **Eddo, O.**, Caswell, S., Hollinger, D., Pope, J., Prebble, M., Azevedo, A. M., & Cortes, N. (2018) Reductions in Peak Knee Adduction Moment in Three Previously Studied Gait Modification Strategies: Preliminary Analysis. Presented at the annual ACSM national conference in Minneapolis, MN.
7. Prebble, M., Sikdar, S., **Eddo, O.**, McCrory, S., Caswell, S., Azevedo, A. M., & Cortes, N. (2018) Biomechanics of Walking in Healthy Adults at Different Gait Speeds. Presented at the annual ACSM national conference in Minneapolis, MN.
8. Crawford, M., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Preliminary Analysis: Effects Of An Intervention Program In Aging Adults With History Of Falling. Presented at the annual ASCM national conference in Denver, CO.
9. Pope, J., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Effects of Exercise Intervention on Falls Risk Score in Aging Adults with History of Falling. Presented at the annual ASCM national conference in Denver, CO.
10. McCrory, S., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Preliminary Analysis: No Differences in Leg Strength Between Fallers and Non-Fallers. Presented at the annual ASCM national conference in Denver, CO.
11. **Eddo, O.**, Lindsey, B., Caswell, S., & Cortes, N. (2017). Current Evidence of Gait Modification Strategies to Reduce Knee Adduction Moment: Systematic Review and Meta-Analysis. Presented at the annual ASCM national conference in Denver, CO.
12. Cortes, N., Popovic, T., **Eddo, O.**, Benjaminse, A., Caswell, A., & Caswell, S. (2017). Implicit and Explicit Video Feedback On Landing Mechanics: A Randomized Controlled Trial. International Olympic Committee Conference in Injury Prevention. Monaco
13. **Eddo, O.**, Popovic, T., Caswell, S., Ambegaonkar, J., Onate, J., Benjaminse, A., & Cortes, N. (2016). Early evidence suggests no difference in retention between an implicit and explicit feedback group: A preliminary analysis. Presented at the annual ASB national conference in Raleigh, NC.
14. **Eddo, O.**, Sikdar, S., Caswell, S., Ambegaonkar, J., & Cortes, N. (2016). Evidence supporting biphasic action of *rectus femoris* during gait using ultrasound imaging. Presented at the annual ASCM national conference in Boston, MA.
15. Ambegaonkar, J. P., **Eddo, O.**, Caswell, S.V., Greska, E., Shimokochi, Y., & Cortes, N. (2016) Effects of changing ball-handling positions on lower extremity moments during landing. Annual meeting of the National Athletic Trainers Association Conference. Baltimore, MD
16. Cary, A., Cortes, N., **Eddo, O.**, Chung, S., Lee, J., Ambegaonkar, J., Hepburn, L., Lincoln, A., & Caswell, S. V. (2015). Head Impact Exposure in Girls' High School Varsity Lacrosse Players. Presented at the annual ASCM national conference in Orlando, FL.

17. Cortes, N., **Eddo, O.**, Caswell, S., Martin, J., Greska, E., & Ambegaonkar, J. (2015). Lower Extremity Joint Kinetics Do Not Differ Between Different Athletic Upper Body Positions. Presented at the annual ASCM national conference in Orlando, FL.
18. Caswell, S., Cary, A., **Eddo, O.**, Chung, S., Lee, J., Ambegaonkar, J., Hepburn, L., Lincoln, A., & Cortes, N. (2015). Head Impact Exposure in Boys' High School Varsity Lacrosse Players. Presented at the annual ASCM national conference in Orlando, FL.
19. **Eddo, O.**, Sikdar, S., Caswell, S., Johnson, D., Johnson, T., Ambegaonkar, J., & Cortes, N. (2015). Dynamic thickness change of rectus femoris muscle during gait measured using ultrasound is related to hip and knee joint moments and muscle electrical activation. Presented at Presented at the annual ASB national conference in Columbus, OH.
20. Ambegaonkar, J., **Eddo, O.**, Caswell, S., Shimokochi, Y., & Cortes, N. (2014) Changing hand positions alters lower extremity biomechanics during landing. International Olympic Committee – Injury Prevention. Monaco.
21. **Eddo, O.**, Jones, M., Rusbasan, T., & Delgado, J. (2012). Repeated measures of vertical jump performance with two devices in collegiate women athletes during off-season training. Presented at the annual NSCA national conference in Providence, RI.

Other publications

1. **Eddo, O.** (2016). Hip Dip During Stance Leads to Steep Increase in Knee Joint Loads. SMR

GRANTS

Funded

2018 **Dissertation Completion Grant**, George Mason University. Dissertation title: Real-Time Biofeedback Gait Retraining to Alter Lower Extremity Biomechanics: a Patient Specific Approach.

SERVICE

GRADUATE STUDENT MENTORSHIP

2018 **Jamie Ludwick, B.S.**
Exercise fitness and health promotion

2015 **Tarique Siragy, M. S. Ed.**
Pilot Study: Reducing Implicit Video Feedback Frequency does not Alter Jump-Landing Mechanics

UNDERGRADUATE STUDENT MENTORSHIP

Sarah Tran, Bioengineering Major – University of Virginia (Summer 2019)

Marla Albanese, Kinesiology Major – George Mason University (Summer 2019)

David Hollinger, Undergraduate Research Scholars Program – Summer Intensive Program (Summer 2017)

Brad Boeji, Undergraduate Research Scholars Program (Spring 2014)

Sumin Chun, Undergraduate Research Scholars Program – Summer Intensive Program (Summer 2014)

HIGHSCHOOL STUDENT MENTORSHIP

Jennifer Lee, Aspiring Scientists Summer Internship Program (Summer 2014)

Kendall Dalkiewicz, Governor's School at Innovation Park High School Student (2013-2014). Dynamic Muscle Function Adversely Altered During Gait in Patients with Knee Osteoarthritis

Journal Reviewer

- *Sports Biomechanics, 2019 –*
- *International Journal of Sports Medicine, 2019 –*

PROFESSIONAL MEMBERSHIPS/CERTIFICATIONS

- American college of sport medicine (ACSM), 2015 –
- National strength and conditioning association (NSCA) – CSCS, 2011 –
- American society of biomechanics (ASB), 2016 –

HONORS & AWARDS

- ACSM Biomechanics Interest Group Student Travel Award – Orlando, Florida, 2019
- Dissertation Research Fellowship Award – George Mason University, 2018
- ASB diversity award – Rochester, Minnesota, 2018
- Motor control symposium at ACSM student travel award – Minneapolis, Minnesota, 2018
- ASB diversity award – Columbus, Ohio, 2015
- Student as scholars travel award - George Mason University, 2011
- Undergraduate kinesiology student of the year - George Mason University, 2012