

CHARITY L. LANE
CURRICULUM VITAE

Contact:

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Education

B.S. Psychology	Old Dominion University, VA	2003
M.A. Human Relations	University of Oklahoma, OK	2006
M.S. Exercise and Nutrition Science	The University of Tampa, FL	2015

Licenses (current)

Registered Chiropractic Assistant: State of Florida (registration # 16342)

Positions

Current

Mojave Group, Tampa, FL

2013-present Business Development and Marketing Consultant
Manage acquisition efforts and business development for this start-up consulting firm focused on the federal IT market.

*Vert Mooney Research Foundation (dba U.S. Spine & Sport Foundation), San Diego, CA;
Tampa, FL*

2016-present Director of Program Development

2018-present Member, Board of Directors

Lead marketing, program design, and growth operations in order to conduct research and related knowledge translation efforts to improve physical function and overall quality of life.

Excellcior LLC, Tampa, FL

2018-present President and Chief Executive Officer

Responsible for company vision, development and strategy of initiatives and action plans. Manage all daily operations, in alignment with the company's short and long-term plan which is focused on development and implementation of human performance solutions to aid first responders, practitioners, and other unique customers in optimizing their performance on missions.

Positions

Past

Morsani College of Medicine, University of South Florida, Tampa, FL

December 2015 - June 2018

School of Physical Therapy & Rehabilitation Science – FEMA Grant (EMW-2013-FP-00723)

2015-2018 Lead Exercise Specialist
2016 Coordinator of Exercise Interventions
2016-2018 Project Manager

Center for Neuromusculoskeletal Research:

2016-2018 Project Manager
2016-2018 Head of Operations

2015 Intern Performance Compound, Tampa, FL

2012-2013 Director, Federal Sales 4G Communications, Tampa, FL

2011-2012 Senior Manager, Business Development Technical and Project Engineering, LLC., Tampa, FL

2010-2011 Director of Marketing ByLight Professional IT Services, Inc., Arlington, VA

2007-2010 Business Associate County Executives of America (CEA), Washington, D

Certifications (current)

Project Management for Clinical Research, ACRP

Certified Personal Trainer, ACTION

Functional Nutrition Specialist, ACE

Youth Fitness Specialist, ACE

BLS/CPR Certified, AHA

Certified Human Research, CITI

TEACHING

Student Mentorships

Co-Mentor, Doctor of Physical Therapy Capstone Project, University of South Florida, Fall 2016-2018.

Coordinator, Research Internships, Lincoln Endowed Chair Research Program, Center for Neuromusculoskeletal Research, School of Physical Therapy & Rehabilitation Sciences, Morsani College of Medicine, University of South Florida, 2017 - 2018.

Task Forces and Guideline Committees

2017-2018 Research Committee Member, School of Physical Therapy & Rehabilitation Sciences, University of South Florida, Tampa, FL

2011-2015 Young AFCEAN, AFCEA Pelican Chapter, Tampa, FL

2012-2014 Vice President (Founding Board), Women In Defense (WID) Tampa Bay, Tampa, FL

Co-Lead, Army IT Day, AFCEA Northern VA (NOVA) Chapter, Alexandria, VA 2010

President, Young AFCEAN, AFCEA Camp Pendleton Chapter, San Diego, CA

RESEARCH AND CREATIVE ACTIVITY

Research: Grants, Contracts, Donations, and other Extramural Support

Funded:

Federal Grants

Role: Project Manager and Lead Exercise Specialist

Principal Investigator: John M. Mayer

Title: Worksite exercise interventions for low back injury prevention in firefighters

Sponsor: US Department of Homeland Security, Federal Emergency Management Agency, Assistance to Firefighters Grant Program, FY 2013 Fire Prevention and Safety Grants (EMW2013-FP-00723)

Type: Federal (refereed)

Total Amount Funded: total award including 5% match from Florida Chiropractic Foundation for Education and Research: \$1,332,106 (\$898,656 direct, \$433,450 indirect)

Project Start Date: August 1, 2014

Purpose: To compare the effectiveness of 2 worksite exercise interventions relative to control on lost work days, incidence of low back pain, physical function, quality of life, and costs related to low back injury and illness in firefighters.

Role: Project Manager (PI: Farrokhi S - Naval Medical Center, San Diego)

Title: Resolving the burden of low back pain in military service members and veterans: a multisite pragmatic clinical trial

Sponsor: US Department of Defense (NH170003) - NIH-DoD-VA Pain Management Collaboratory - Pragmatic Clinical Trials Demonstration Projects

Type: Federal (refereed)

Total Amount Funded (site): \$1,068,236 (\$714,539 direct, \$353,697 indirect)

Project Period: January 1, 2018 - December 31, 2022

Role: Project Leader

Title: Implementation of a Regional Firefighter Wellness Initiative

Sponsor: US Department of Homeland Security, Federal Emergency Management Agency, Assistance to Firefighters Grant Program, FY 2017 Fire Prevention and Safety Grants (EMW-2017-FP-00711)

Type: Refereed

Total Amount Funded: total project cost \$1,227,681 (federal share \$1,169,220; match \$58,461)

Project Period: September 14, 2018 - September 13, 2020.

Other Grants

Role: Project Manager

Title: Critical assessment of management of low back pain in individuals with lower extremity amputation. Sponsor: Lincoln College Education and Research Fund

Type: Foundation (non-refereed - unrestricted research gift)

Total Amount Funded: \$50,000

Project Period: January 2016 - January 2017

Purpose: To critically assess the management of low back pain in individuals with lower extremity amputation in order to develop resources for healthcare providers and patients.

Role: Co-Principal Investigator, Project Manager and Study Coordinator

Title: A comparison of the Firefighter Candidate Physical Ability Test (CPAT) to predesigned weight lifting exercises using electromyography (EMG) and Motion analysis.

Sponsor: Internally funded by the USF Lincoln Endowed Chair Research Program

Type: Internal - USF Foundation

Total Amount Funded: \$50,000

Project Period: March 2017- June 2017

Purpose: To compare the Candidate Physical Ability Test (CPAT) to a predesigned set of Olympic lifts (heavily focused on the posterior chain) and functional movements. In order to help shape a strength training regimen mimicking the use of muscle groups activated during the CPAT.

Publications

1. Book Chapters 1. Lane CL, Mayer JM. Chapter: Worksite exercise programs: benefits and strategies. APA Handbook of Sport and Exercise Psychology, Volume 2: Exercise Psychology. Editors: Labbé E, Petruzzello S. American Psychological Association (accepted).

Articles (refereed)

1. Lane CL, Mayer JM. Medical report: Posterior chain exercises for prevention and treatment of low back pain. *ACSM Health & Fitness Journal*, 2017;Jul/Aug:46-8.
2. Lane CL, Hardwick D, Janus TP, Chen H, Lu Y, Mayer JM. Comparison of the firefighter Candidate Physical Ability Test to weight lifting exercises using electromyography. *Work* (accepted for publication).

Articles (non-refereed)

1. Mayer JM, Lane CL. Can technology be used to enhance exercise outcomes? *FCA Journal*, 2016; January.
2. Lane CL, Mayer JM. Why you should properly train the posterior chain. *FCA Journal*, 2016; April:24-6.
3. Mayer JM, Lane CL. Lincoln College Endowed Chair in Chiropractic & Biomechanical Research - annual update. *FCA Journal*, 2016; July: 24-5.
4. Lane CL, Mayer JM. Firefighter Wellness and Fitness Programs in the state of Florida: Practical Applications and Future Directions. *FCA Journal*, 2016; October.

5. Lane CL, Mayer JM. Firefighter Wellness and Fitness Programs in the state of Florida: Practical Applications and Future Directions. Florida Fire Chiefs Magazine, 2016; October: 10-1.
6. Lane CL, Mayer JM. Current perspectives on exercise management of low back pain in lower extremity amputees. FCA Journal, 2017; April.
7. Lane CL, Mayer JM. Matching exercise programs to job demands. FCA Journal, 2017; October.
8. Lane CL, Mayer JM. Chiropractic Physicians as leaders in First Responder Wellness. FCA Journal, 2018; January.

Other Scholarly Publications

1. Lane CL, Mayer JM. Firefighters' Guide to Health and Wellness, 2016.
2. Mayer JM, Santos N, Janus T, Brady O, Lane CL. Exercise Training Manual: Back and Core Exercises for Firefighters. 3rd Edition. University of South Florida, Tampa, FL, 2017. p 122.

Presentations (underline indicates Lane is presenting author / senior author)

Plenary/Platform (invited)

1. Mayer JM, Lane CL. Risk management considerations for telehealth delivery of exercise. FCA Southeast Convention, Miami, FL, June 2016.
2. Lane CL, Mayer JM. Worksite exercise interventions for low back injury prevention in firefighters. FEMA Assistance to Firefighters Grants Research & Development Annual Meeting, San Antonio, TX, August 2016.
3. Lane CL, Mayer JM. Risk management considerations for telehealth delivery of exercise. The National - FCA Convention, Orlando, FL, August 2016.
4. Lane CL, Mayer JM. First responder wellness and fitness programs: practical applications and future directions. Firefighter Safety and Health Conference, Florida Fire Chiefs Association, Orlando, FL, December 2016.
5. Lane CL, Campbell B, D'Agostino D, Mayer JM. Sports Nutrition Expert Panel. University of South Florida, Tampa, FL, September 2016.
6. Mayer JM, Lane CL. First responders as tactical athletes: occupational health considerations. University of South Florida Occupational Medicine Residency Program, Tampa, FL, September 2017.

7. Lane CL, Mayer JM. Back injury prevention in firefighters: optimizing fitness programs to match job demands. Firefighter Safety and Health Conference, Florida Fire Chiefs Association, December 2017.
8. Lane CL, Janus, TJ, Brady, O'Dane, Mayer, JM. Factors Influencing Firefighters' Perceptions of Worksite Exercise. American College of Sports Medicine Annual Meeting, Minneapolis, MN May 2018 (invited).
9. Lane CL, Hardwick D, Janus T, Brady O, Mayer JM. Comparison of the Firefighter Candidate Physical Ability Test to weight lifting exercises in firefighters. American College of Sports Medicine Annual Meeting, Minneapolis, MN, June 2018.
10. Mayer JM, Diulus C, Gherscovici E, Lane CL, Stout A, Tazuell R. Nutrition considerations you need to know for spine disorders - CME Webinar. North American Spine Society, May 2018.
11. Lane CL. Exercise Science Associations. North American Spine Society Evidence and Technology Spine Summit, Park City, UT, February 2019 (invited).
12. General Health Considerations for Nutritional Management: Obesity Management, Exercise and Nutrition, Prevention, North American Spine Society Evidence and Technology Spine Summit, Park City, UT, February 2019 (invited).

Poster (refereed - with concurrent published abstract)

1. Lane CL, Mayer JM. Considerations for telehealth delivery of therapeutic exercise by federal health professionals. Society of Federal Health Professionals - AMSUS Annual Meeting, National Harbor, MD, November 2016.
2. Mayer JM, Lane CL, Highsmith MJ. Current perspectives in management of low back pain in lower extremity amputees. Society of Federal Health Professionals - AMSUS Annual Meeting, National Harbor, MD, November 2016.
3. Lane CL, Mayer JM. Factors impacting adherence to worksite exercise programs in firefighters. Art and Science of Health Promotion Conference. Colorado Springs, CO, March 2017.
4. Lane CL, Mayer JM. Departmental variations in wellness, fitness, and occupational injury characteristics of firefighters. American Occupational Health Conference, American College of Occupational and Environmental Medicine, Denver, CO, April 2017.
5. Lane CL, Mayer JM. Departmental variations in wellness and fitness characteristics of firefighters. American College of Sports Medicine Annual Meeting. Denver, CO, May 2017.

6. Lane CL, Brady O, Mayer JM. Prevention strategies for low back pain in the military: a systematic review. Society of Federal Health Professionals - AMSUS Annual Meeting, National Harbor, MD, November 2017.
7. Lane CL, Mayer JM. Comparison of Core Muscle Activity During Occupational Tasks and Weightlifting Exercises in Firefighters. Art and Science of Health Promotion Conference. San Diego, CA, March 2018 (accepted).
8. Lane CL, Janus TJ, Santos, N and Mayer JM. Relationship between injuries, fitness, and dietary habits in firefighters. Art and Science of Health Promotion Conference. San Diego, CA, March 2018 (accepted).
9. Lane CL, Hardwick D, Janus T, Santos N, Mayer JM. Comparison of the Firefighter Candidate Physical Ability Test to weight lifting exercises in firefighters. American College of Sports Medicine Annual Meeting, Minneapolis, MN May 2018 (invited).

Poster (other)

1. Oawster M, Whelchel J, Gartman G, Lane CL, Santos N, Janus T, Mayer JM. Relationship between dietary habits and anthropometric, injury, and fitness characteristics of firefighters. USF Health Research Day, Tampa, FL, February 2018.

Professional Memberships (active)

American College of Sports Medicine

Florida Chiropractic Association

National Strength and Conditioning Association

North American Spine Society

Association of Clinical Research Professionals