



DENNIS SCOFIELD, MAED

Research Exercise Physiologist

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Madonna Rehabilitation Hospital
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EDUCATION

AS Health Science Laboratory Technology (2008). The George Washington University, Washington, DC

MAED Exercise Science (2004). University of Nebraska at Kearney, Kearney, NE

BS Physical Education (2001). University of Nebraska at Kearney, Kearney, NE

POSITIONS and APPOINTMENTS

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|----------------|---|
| 2024 – present | <i>Research Exercise Physiologist</i>
Institute for Rehabilitation Science and Engineering
Madonna Rehabilitation Hospitals, Lincoln, NE |
| 2023 – 2024 | <i>Asst. Operations Manager</i>
Regional Pathology Services
University of Nebraska Medical Center, Omaha, NE |
| 2022 – 2023 | <i>Civilian Health Promotion Coordinator</i>
Offutt AFB, NE |
| 2020 – 2023 | <i>Personal Trainer</i>
Good Life Fitness, Lincoln, NE |

- 2019 – 2020 ***Insurance Agent***
Farm Bureau Financial Services
College of Medicine
University of Nebraska Medical Center, Omaha, NE
- 2017 – 2018 ***Clinical Study Manager***
Celerion, Lincoln, NE
- 2015 – 2017 ***Research Fellow***
Oak Ridge Institute for Science and Education
Military Performance Division
U.S. Army Research Institute of Environmental Medicine, Natick, MA
- 2007 – 2015 ***Research Physiologist / Medical Laboratory NCO***
Military Performance Division
U.S. Army Research Institute of Environmental Medicine, Natick, MA
- 2006 – 2007 ***Environmental Wellness Coordinator***
Two Rivers Public Health Department, Holdrege, NE
- 2005 – 2006 ***Health and Wellness Specialist***
Wellness Fitness Center
Good Samaritan Hospital, Kearney, NE
- 2004 – 2004 ***Strength & Conditioning Intern***
Athletic Performance Summer Conditioning Program
College of the Holy Cross, Worcester, MA
- 2002 – 2004 ***Adjunct Instructor, Health & Physical Education***
Central Community College, Grand Island, NE
- 1999 – 2005 ***Business Owner***
Worldwide Muscle Sports Nutrition, Grand Island, NE
- 1998 – 2005 ***Personal Trainer***
HealthPlex Fitness Center, Grand Island, NE

CONTRACTS and GRANTS

Development and Implementation of a Model System of Rehabilitation Care for Patients Post-COVID-19. Role: Research Exercise Physiologist. U.S. Department of the Treasury, Coronavirus State and Local Fiscal Recovery Funds via subaward from Department of Health and Human Services (FAIN: SLFRP1965). 2022 to 2026.

Developing a Model System of Rehabilitation Care for Patients Post-COVID-19. Role: Research Exercise Physiologist. U.S. Department of the Treasury, Rescue Act Funds via subaward from Douglas County, NE (FAIN: SLFRP1615). 2022 to 2026.

HONORS and AWARDS

- 2018 *The Journal of Orthopaedic & Sports Physical Therapy's George J. Davies-James A. Gould Excellence in Clinical Inquiry Award.* Kardouni JR, Shing TL, McKinnon CJ, **Scotfield DE**, Proctor SP. Risk for lower extremity injury after concussion: A matched cohort study in soldiers.
- 2016 *Excellence in Research Award*, Massachusetts Chapter of the American Physical Therapy Association's Annual Conference for study, "Risk for lower extremity injury after concussion: A matched cohort study in soldiers."
- 2015 *Army Commendation Medal*, 1st Bronze Oak Leaf Cluster (2nd Award)
- 2015 *Army Good Conduct Medal*, 3rd Bronze Knot (3rd Award)
- 2013 *Army Achievement Medal*, 1st Silver Oak Leaf Cluster (6th Award)
- 2012 *Army Good Conduct Medal*, 2nd Bronze Knot (2nd Award)
- 2012 *Army Commendation Medal*
- 2011 *Commandant's List*, Warrior Leader Course, Ft. Bragg, SC
- 2011 *Army Achievement Medal*, 4th Bronze Oak Leaf Cluster (5th Award)
- 2011 *Army Achievement Medal*, 3rd Bronze Oak Leaf Cluster (4th Award)
- 2010 *Soldier of the Year Award*, U.S. Army Research Institute of Environmental Medicine, Natick, MA
- 2010 *Soldier of the Quarter Award*, U.S. Army Research Institute of Environmental Medicine, Natick, MA
- 2010 *Army Achievement Medal*, 2nd Bronze Oak Leaf Cluster (3rd Award)
- 2010 *Army Achievement Medal*, 1st Bronze Oak Leaf Cluster (2nd Award)
- 2009 *Army Achievement Medal*
- 2009 *Army Good Conduct Medal*
- 2008 *Commandant's List*, U.S. Army Medical Laboratory Specialist School, Fort Sam Houston, TX / Fort Carson, CO

PUBLICATIONS (peer-reviewed)

1. Sterczala AJ, Pierce JR, Barnes BR, Urso ML, Matheny RW, **Scotfield DE**, Flanagan SD, Maresh CM, Zambraski EJ, Kraemer WJ, Nindl BC (2022). Insulin-like growth factor-I biocompartmentalization across blood, interstitial fluid and muscle, before and after 3 months of chronic resistance exercise. *Journal of Applied Physiology*, 1;133(1):170- 182.

2. Kardouni JR, Shing TL, McKinnon CJ, **Scofield DE**, Proctor, SP (2018). Risk for lower extremity injury after concussion: A matched cohort study in soldiers. *Journal Orthopedic Sports and Physical Therapy*, 48(7):533-540.
3. **Scofield DE**, Proctor SP, Kardouni, JR, Hill OT, McKinnon CJ (2017). Risk factors for mild traumatic brain injury and subsequent post-traumatic stress disorder and mental health disorders among U.S. Army soldiers. *Journal of head Trauma and Rehabilitation*, 34(23): 3249-3255.
4. Hill OT, **Scofield DE**, Usedom J, Bulathsinhala L, Kwon P, Haley TF, Carter R (2017). Risk factors for rhabdomyolysis in the US active duty Army, 2004-2006. *Military Medicine*, 182(7):e1836-e1841.
5. Smith LB, Westrick R, Sauers S, Cooper A, **Scofield DE**, Claro P, Warr B (2016). Underreporting of musculoskeletal injuries in the U.S. Army: Findings From an infantry Brigade Combat Team survey. *Sports Health A Multidisciplinary Approach*, 8(6): 507-513.
6. Sauers SE, Smith LB, **Scofield DE**, Cooper A (2016). Self-management of unreported musculoskeletal injuries in the US military. *Military Medicine*, 181(9): 1075-80.
7. **Scofield DE**, Kardouni JR (2015). The tactical athlete: A product of 21st century strength and conditioning. *Strength & Conditioning Journal*, 37(4).
8. Bulathsinhala L, Hill OT, **Scofield DE**, Haley TF, Kardouni JR (2015). Epidemiology of ankle sprains and the risk of separation from service in U.S. Army soldiers. *Journal of Orthopedic and Sports Physical Therapy*, 45(6):477-84.
9. Chennaoui M, Drogou C, Sauvet F, Gomez-Merino D, **Scofield DE**, Nindl BC (2014). Effect of acute sleep deprivation and recovery on IGF-I responses and inflammatory gene expression in healthy men. *European Cytokine Network*, 25(3).
10. Hughes JM, Smith MA, Henning PC, **Scofield DE**, Spiering BA, Staab JS, Hydren JR, Nindl BC, Matheny RW (2014). Bone formation is suppressed with multi-stressor military training. *European Journal of Applied Physiology*, 114(11).
11. Sauers SE, **Scofield DE** (2014). Strength and conditioning strategies for women in the military. *Strength and Conditioning Journal*, 36(3).
12. Henning PC, **Scofield DE**, Spiering BA, Staab JS, Matheny RW, Smith MA, Shalender B, Nindl BC (2013). Recovery of endocrine and inflammatory mediators following extended energy deficit. *Journal of Clinical Endocrinology and Metabolism*, 99(3):956-64.
13. Hill OT, Bulathsinhala L, **Scofield DE**, Haley TF, Bernasek TL (2013). Risk factors for soft tissue knee injuries in active duty U.S. Army soldiers, 2000- 2005. *Military Medicine*, 178(6): 678-82.
14. Nindl BC, Castellani JW, Warr BJ, Sharp MA, Henning PC, Spiering BA, **Scofield DE** (2013). Physiological employment standards III: Physiological challenges and consequences encountered during international military deployments. *European Journal of Applied Physiology*, 113(11): 2655-72.
15. Warr BJ, **Scofield DE**, Spiering BA, Alvar BA (2013). Influence of training frequency on fitness levels and perceived health status in deployed National Guard soldiers. *Journal of Strength & Conditioning Research*, 27(2): 315-22.

16. Nindl BC, Urso ML, Pierce JR, **Scofield DE**, Barnes BR, Kraemer WJ, Anderson JM, Maresh CM, Beasley KN, Zambraski EJ (2012). IGF-I measurement across, blood, interstitial fluid, and muscle biocompartments following explosive, high power exercise. *The American Journal of Physiology: Regulatory, Integrative and Comparative*, 303(10): R1080-9.
17. Henning PC, **Scofield DE**, Rarick KR, Pierce JR, Staab JS, Lieberman HR, Nindl BC (2013). Effects of caloric restriction compared to caloric balance on the temporal response of the IGF-I system. *Metabolism*, 62(2): 179-87.
18. Nindl BC, **Scofield DE**, Strohbach CA, Centi AJ, Yanovich R, Moran DS (2012). IGF-I, IGF-BPS and inflammatory cytokine responses during gender integrated Israeli army basic combat training. *Journal of Strength & Conditioning Research*, 26(2):S73-81.
19. Strohbach CA, **Scofield DE**, Nindl BC, Centi AJ, Evans RK, Yanovich R, Moran DS (2012). Female recruits sustaining stress fractures during military basic training demonstrate differential concentrations of circulating IGF-I system components: A preliminary study. *Growth Hormone and IGF-I Research*, 22(5): 151-7.
20. **Scofield DE**, McClung HL, McClung JP, Kraemer WJ, Rarick KR, Pierce JR, Cloutier GJ, Fielding RA, Matheny RW, Young AJ, Nindl BC (2011). A novel, non-invasive transdermal fluid sampling methodology: IGF-I measurement following exercise. *The American Journal of Physiology: Regulatory, Integrative and Comparative*, 300(6), R1326-32.
21. Nindl BC, McClung JP, Miller JK, Karl JP, Pierce JR, **Scofield DE**, Young AJ (2011). Bioavailable IGF-I is associated with fat-free mass gains following physical training in young, healthy women. *Medicine & Science in Sport and Exercise*, 43(5), 793-9.
22. **Scofield DE**, Unruh S. (2006). Dietary supplement use among adolescent athletes in central Nebraska and their sources of information. *The Journal of Strength & Conditioning Research*, 20(2), 452-455.

BOOK CHAPTERS

1. **Scofield DE**, Sauers SE, Sharp M, Spiering BA, Nindl BC (2017). Chapter 15: Evidence based approach to strength and power training. In Alvar BA, Sell K, Duester PA, eds. *Essentials of Tactical Strength & Conditioning*; Human Kinetics, Champaign, IL.
2. Henning PC, Spiering BA, **Scofield DE**, Nindl BC (2017). Chapter 20: Physical training to optimize load carriage. In Alvar BA, Sell K, Duester PA, eds. *Essentials of Tactical Strength & Conditioning*; Human Kinetics, Champaign, IL.
3. Warr BJ, Gagnon P, **Scofield DE**, Jaenen S (2017). Chapter 10: Testing and evaluation. In Alvar BA, Sell K, Duester PA, eds. *Essentials of Tactical Strength & Conditioning*. 2017; Human Kinetics, Champaign, IL.

PRESENTATIONS and ABSTRACTS (peer-reviewed)

1. Kardouni JR, Shing TL, McKinnon CJ, **Scofield DE**, Proctor SP (2016). Risk for lower extremity injury following concussion: A retrospective cohort study in soldiers. Poster presentation, 2016 *American Physical Therapy Association of Massachusetts Annual Meeting*. Norwood, MA. November 11, 2016.

2. **Scofield DE**, Kardouni JR, McKinnon CJ (2016). Mild traumatic brain injury is associated with testosterone replacement therapy among active duty U.S. Army soldiers. Short communication, *2016 Military Health Systems Research Symposium*. Kissimmee, FL. August 15-18.
3. Kardouni KR, **Scofield DE**, Shing TL (2016). Soldiers with a history of lower extremity musculoskeletal injuries show increased odds of sustaining a concussion. *2016 Military Health Research Symposium*. Kissimmee, FL. August 15-18.
4. **Scofield DE**, McKinnon CJ, Proctor SP, Kardouni JR, Hill OT (2016). Risk factors for mild traumatic brain injury among U.S. Army soldiers: A matched cohort study. Poster presentation, *2016 American College of Sports Medicine Annual Meeting*. Boston, MA. May 31-June 4.
5. **Scofield DE**, McKinnon CJ, Proctor SP, Kardouni JR, Hill OT (2016). Risk factors for mild traumatic brain injury among U.S. Army soldiers: A matched cohort study. *Medicine and Science in Sports and Exercise*, 48(5S):1056.
6. Pierce JR, Beasley KA, Antczak AJ, **Scofield DE**, Negus C, Evans RK, Zambraski EJ, Maresh CM, Kraemer WJ, Nindl BC (2016). Peripheral QCT sector analysis reveals positive adaptations following osteogenic index-optimized exercise. Poster presentation, *2016 American College of Sports Medicine Annual Meeting*, Boston, MA. May 31-June 4.
7. Pierce JR, Beasley KA, Antczak AJ, **Scofield DE**, Negus C, Evans RK, Zambraski EJ, Maresh CM, Kraemer WJ, Nindl BC (2016). Peripheral QCT sector analysis reveals positive adaptations following osteogenic index-optimized exercise. *Medicine and Science in Sports and Exercise*, 48(5S):804.
8. Kardouni JR, Shing TL, McKinnon CJ, **Scofield DE**, Proctor SP (2016). Risk for lower extremity injury following concussion: A retrospective cohort study in soldiers. Poster presentation, *2016 American College of Sports Medicine Annual Meeting*. Boston, MA. May 31-June 4.
9. Kardouni JR, Shing TL, McKinnon CJ, **Scofield DE**, Proctor SP (2016). Risk for lower extremity injury following concussion: A retrospective cohort study in soldiers. *Medicine and Science in Sports and Exercise*, 48(5S):629.
10. Sauers SE, Cooper A, **Scofield DE**, Warr BJ, Smith LB (2015). Self- management of unreported musculoskeletal injuries in a U.S. Army brigade. *2015 Military Health Systems Research Symposium*. Kissimmee, FL. August 17-20.
11. Bulathsinhala L, Hill OT, **Scofield DE** (2015). Ankle sprain: Mixed hazard rates for service separation, 2000-2006. *2015 American Occupational Health Conference*. Baltimore, MD. May 3-6.
12. Hughes JM, Smith MA, Hydren JR, Henning PC, **Scofield DE**, Spiering BA, Staab JS, Nindl BC (2014). Bone formation is suppressed with U.S. Army Ranger training. Poster presentation, *2014 American College of Sports Medicine Annual Meeting*. Orlando, FL. May 27-31.
13. Hughes JM, Smith MA, Hydren JR, Henning PC, **Scofield DE**, Spiering BA, Staab JS, Nindl BC (2014). Bone formation is suppressed with U.S. Army Ranger training. *Medicine and Science in Sports and Exercise*, 46(5S):36.
14. Smith LB, Warr BJ, Cooper A, **Scofield DE**, Sauers SE, Claro P (2014). Musculoskeletal injury reporting in the U.S. Army. *2014 American College of Sports Medicine Annual Meeting*. Orlando, FL. May 27-31.

15. Smith LB, Warr BJ, Cooper A, **Scofield DE**, Sauers SE, Claro P (2014). Musculoskeletal injury reporting in the U.S. Army. *Medicine and Science in Sports and Exercise*, 46(5S):200.
16. **Scofield DE**, DeGroot DW, Ely MR, Karl JP, Young AJ, Nindl BC (2012). Post-exercise growth hormone kinetics differ between assay methods during energy balance. *Medicine and Science in Sports and Exercise*, 44(5): S431.
17. Henning PC, Nindl BC, Rarick KR, **Scofield DE**, Pierce JR, Stanger MJ, Lieberman HR (2012). Effects of caloric restriction compared to caloric balance on the response of the IGF-I system. *Medicine and Science in Sports and Exercise*, 44(5): S12.
18. **Scofield DE**, Pierce JR, Barnes BR, Kraemer WJ, Maresh CM, Anderson JM, Zambraski EJ, Nindl BC (2011). Elevated IGF-I concentration observed in transdermal fluid but not serum following acute lower-body plyometric exercise. Poster presentation, *2011 American College of Sports Medicine Annual Meeting*. Denver, CO.
19. Nindl BC, Urso ML, Pierce JR, Barnes BR, Kraemer WJ, Anderson JM, Maresh CM, Beasley KN, **Scofield DE**, Zambraski EJ (2011). IGF-I Responses in blood, interstitial fluid and muscle biocompartments following 3 months of exercise training: Relationship to muscle hypertrophy. Poster presentation. *2011 American College of Sports Medicine Annual Meeting*. Denver, CO.
20. **Scofield DE**, Pierce JR, Barnes BR, Kraemer WJ, Maresh CM, Anderson JM, Zambraski EJ, Nindl BC (2011). Elevated IGF-I concentration observed in transdermal fluid but not serum following acute lower-body plyometric exercise. *Medicine and Science in Sports and Exercise*, 43(5): S631.
21. Nindl BC, Urso ML, Pierce JR, Barnes BR, Kraemer WJ, Anderson JM, Maresh CM, Beasley KN, **Scofield DE**, Zambraski EJ (2011). IGF-I responses in blood, interstitial fluid and muscle biocompartments following 3 months of exercise training: Relationship to muscle hypertrophy. *Medicine and Science in Sports and Exercise*, 43(5): S211.
22. **Scofield DE**, DeGroot DW, Miller JK, Ely MR, Karl JP, Nindl BC (2010). IGF-I concentrations are altered in serum, but not transdermal fluid during underfeeding and overfeeding. *Medicine and Science in Sports and Exercise*, 42(5): S14.
23. Nindl BC, McClung JP, Miller JK, Karl JP, Pierce JR, **Scofield DE**, Young AJ (2010). Bioavailable IGF-I is associated with fat-free mass gains following physical training in young, healthy women. *Medicine and Science in Sports and Exercise*, 42(5): S80.
24. **Scofield DE**, Pierce JR, Barnes BR, Kraemer WJ, Maresh CM, Anderson JM, Zambraski EJ, Nindl BC (2010). Elevated IGF-I concentration observed in transdermal fluid but not serum following acute lower-body plyometric exercise. Slide presentation, *2010 New England College of Sports Medicine Fall Meeting*. Providence, RI.
25. **Scofield DE**, DeGroot DW, Miller JK, Ely MR, Karl JP, Nindl BC (2010). IGF-I concentrations are altered in serum, but not transdermal fluid during underfeeding and overfeeding. Slide presentation, *2010 American College of Sports Medicine Annual Meeting*. Baltimore, MD.
26. Nindl BC, McClung JP, Miller JK, Karl JP, Pierce JR, **Scofield DE**, Young AJ (2010). Bioavailable IGF-I is associated with fat-free mass gains following physical training in young, healthy women. Slide presentation, *2010 American College of Sports Medicine 2010 Annual Meeting*. Baltimore, MD.

27. Strohbach CA, **Scofield DE**, Nindl BC, Antczak AJ, Evans RK, Yanovich R, Arbel Y, Moran DS (2010). Bioavailable IGF-I is reduced in female recruits sustaining stress fractures during military basic training. *2010 American Society for Bone and Mineral Research*. Toronto, ON, Canada, 2010.
28. Nindl BC, Rarick KR, **Scofield DE**, Pierce JR, Stanger MJ, Adam GE, Lieberman HR (2009). IGF-I system temporal responses to caloric restriction during continuous monitoring of interstitial glucose. *Journal of the Federation of American Societies for Experimental Biology*, 23: 991.24.
29. **Scofield DE**, DeGroot DW, Miller JK, Ely MR, Karl JP, Nindl BC (2009). IGF-I concentrations are altered in serum, but not transdermal fluid during underfeeding and overfeeding. *2009 New England Chapter of the American College of Sports Medicine*. Providence, RI, 2009.
30. Nindl BC, Rarick KR, **Scofield DE**, Pierce JR, Stanger MJ, Adam GE, Lieberman HR (2009). IGF-I system temporal responses to caloric restriction during continuous monitoring of interstitial glucose. *Poster presentation for Nindl BC, 2009 USARIEM Annual Scientific Poster Exhibit*. Natick, MA.
31. **Scofield DE**, Nindl BC, McClung HL, McClung JP, Rarick KR, Pierce JR, Fielding RA, Young AJ (2009). Monitoring total and free IGF-I in serum vs. transdermal body fluid biocompartments: Effects of endurance exercise. *Poster presentation, 2009 USARIEM Annual Scientific Poster Exhibit*. Natick, MA.
32. **Scofield DE**, Nindl BC, McClung HL, McClung JP, Rarick KR, Pierce JR, Fielding RA, Young AJ (2009). Monitoring total and free IGF-I in serum vs. transdermal body fluid biocompartments: Effects of endurance exercise. *Poster presentation, American College of Sports Medicine Annual Meeting*. Seattle, WA.
33. **Scofield DE**, Unruh S (2006). Dietary supplement use among adolescent athletes in central Nebraska and their sources of information. *Poster presentation, National Strength & Conditioning Association's National Convention*. Washington, D.C.

INVITED PROFESSIONAL PRESENTATIONS

1. **Scofield DE**, Kardouni JR (2016). Tactical athletes: How physical therapists keep military, firefighters and law enforcement moving. *General Conference Session at the 2016 American Physical Therapy Association of Massachusetts Annual Meeting*. Norwood, MA. November 11, 2016.
2. **Scofield DE**, Kardouni JR (2016). Epidemiology of concussion: Risk factors, sequelae and implications for tactical athletes. *General Conference Session Presentation 2016 National Strength & Conditioning Association Tactical Strength & Conditioning Annual Training*. San Diego, CA. April 25-28.
3. **Scofield DE** (2012). Medical Consequences and physiological Stressors of deployment. *General Conference Session Presentation 2012 National Strength & Conditioning Association Tactical Strength & Conditioning Conference*. Las Vegas, NV.
4. Kraemer WJ, Spiering BA, Urso ML, **Scofield DE** (2011). Optimizing health and performance: From the weight room to the battlefield. *Symposium presented at 2011 National Strength & Conditioning Association's National Conference*. Las Vegas, NV.

PUBLICATIONS (non-peer-reviewed)

1. **Scofield DE**, Kardouni JR (2015). Concussion: Neurocognitive performance and emerging treatment. *Tactical Strength and Conditioning (TSAC) Report*, Issue 39
2. **Scofield DE**. (2014). Effects of mild traumatic brain injury on anabolic hormones, exercise and recovery. *Tactical Strength & Conditioning (TSAC) Report*, Issue 33.