

Nancy Henderson

Assistant Professor, Department of Rehabilitation Sciences at Georgia Southern University
Savannah, GA, US

Nancy Henderson is an expert in injury prevention, running form, and assessing meaningful change of interventions.

Biography

Dr. Henderson began teaching in Georgia Southern's DPT program in 2006 and teaches in the research and orthopedic curriculums. Dr. Henderson has extensive outpatient clinical experience in both military and civilian facilities and currently treats patients in the local military PT clinics on a weekly basis. She is one of the creators of the Soldier Athlete Human Performance Optimization (SAHPO) program. The SAHPO program is a collaborative effort between Georgia Southern University and the 3rd Infantry Division and allows students to work with soldiers on injury prevention in an effort to improve medical readiness. Dr. Henderson is an Orthopedic Clinical Specialist and also holds a manual therapy certification in Mechanical Diagnosis and Therapy. She is actively involved in both student-centered research and collaborative military research with the United States Army Institute for Environmental Medicine. Her research interests include injury prevention, running form, and assessing meaningful change of interventions.

Areas of Expertise

Orthopaedics, Running Form, Injury Prevention, Assessing meaningful change of interventions

Education

Virginia Commonwealth University
Ph.D.

Elon University
M.S.P.T.

Longwood University
B.A.

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