

Meet the Sports Medicine Executive Council

Terry Grindstaff, DPT, ATC, CSCS,*D - Chair

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Terry has served in many capacities in the sports medicine arena including athletic training, physical therapy, and strength and conditioning. He has worked with athletes of all ages and skill levels from beginner to elite collegiate and Olympic athletes. He currently works at the University of Virginia in Sports Medicine/Athletic Training as an Associate Athletic Trainer and is also pursuing a PhD in Kinesiology.

David Potach, PT, CSCS,*D; NSCA-CPT,*D

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A Nebraska native, David is a nationally-known expert in the field of plyometrics, and speaking nationally and regionally on strength training and conditioning. He has authored rehabilitation, speed training and plyometric training chapters for both the Essentials of Strength Training and Conditioning (2000) and NSCA's Essentials of Personal Training (2004) textbooks. In addition, he was named the 2005 NSCA Sports Medicine Professional of the Year.

Joe Hewgley, DPT, PT, CSCS

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Joe practices physical therapist and is an independent personal trainer in the Nashville area.

He is continuously attempting to correlate sports medicine and health awareness to formulate the most up to date research proven treatments in rehabilitation while striving to bridge the gap between science and application of both rehabilitation and exercise techniques.

Lisa Limper, MS, CSCS

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Lisa currently works as a personal trainer for the YMCA in Nashville specializing in sports injuries, triathletes, and balance issues. She is also an instructor of CPR, First Aid, and Lifeguard courses. In addition, she serves on the NSCA Finance Committee and is a dedicate member of the NSCA.