

Curriculum Vitae

Business Address:

CORE Orthopaedic Medical Center, P.C.
Department of Physical and Occupational Therapy
332 Santa Fe Drive, Suite 120
Encinitas, CA 92024
Phone: (760) 942-4400

Education:

University of California, San Francisco/San Francisco State
University, San Francisco, CA
1997-1999; M.S., Physical Therapy, Class Co-President

San Diego State University, San Diego, CA

1987-1989; B.A., Physical Education with Emphasis in Athletic
Training, Graduated Cum Laude and with Distinction in Major,
Member, Mortar Board and Golden Key Honor Societies and
Dean's List

San Diego Mesa College, San Diego, CA

1987-1990, Athletic Training Internship

San Diego Mesa College, San Diego, CA

1985-1987, A.A., Selected Studies; Dean's List

**Certification/
Licensure:**

Licensed Physical Therapist, State of California

Certified Athletic Trainer, National and California Athletic
Training Associations

Certified in Mechanical Diagnosis and Treatment, McKenzie
Institute

**Professional
Background:**

CORE Orthopaedic Medical Center, PC, Encinitas, CA
Staff Physical Therapist, December 2007 – Present

PRN Spine/Joint Conditioning Center, La Jolla, CA

Physical Therapist, 2003-2007

Provide physical therapy evaluation and treatment for
patients w/ various impairments, including injuries of the
spine and extremities. Treatment includes various manual
therapy techniques, as well as physical modalities and
patient education (body mechanics, ergonomics). Provide
frequent verbal and written communication w/ referring
physicians. Provide supervision to other staff members

(physical therapy assistants and aides, athletic trainers and exercise physiologists). In addition, created and presented educational seminars for community/business groups.

BaySport Physical Therapy, San Diego, CA

Clinical Manager – Physical Therapy Services, 2002-2003

- Responsible for initiation and ramp-up of services for first club-based, non-Bay Area clinical facility, including acquisition of equipment and supplies, interviewing and hiring of physical therapy staff.
- Responsible for marketing program targeting physicians, club members, club personnel and community groups / organizations. Marketing included interaction with physicians, organization of club lectures by physicians, development of educational programs for club members and personnel.
- Provided treatment for private and work-related injuries, incorporating techniques of manual therapy, therapeutic exercise (including gym, aquatic and Pilates-based activities), patient education (including body mechanics, posture, worksite technique, independent exercise program training) and various therapeutic modalities.
- Oversaw ergonomics worksite evaluation program (including performance of worksite evaluations), therapy staff scheduling and educational development, correspondence with other healthcare providers.

BaySport Physical Therapy, San Francisco Bay Area, CA

Supervisor – Sun Microsystems On-site Locations, 1999-2002

- Supervised and provided physical therapy services for five on-site locations, including: patient treatment of private and work-related injuries (with emphasis in evaluation and treatment of conditions related to repetitive strain/cumulative trauma), marketing of services, scheduling of therapy and support staff for all locations, acquisition of equipment and supplies, educational program development, and professional correspondence.
- Oversaw ergonomic worksite assessment program for employees with work-related injuries, including development and refinement of effective evaluation, intervention and recording methods; served as liaison between E.H.&S. and worker's compensation personnel and equipment vendors.
- Responsible for developing and maintaining successful relationships with worker's compensation personnel, including Sun Microsystems Human Resources Department and case managers.
- Oversaw and provided effective communication to physicians, case managers and patients.
- Oversaw significant increase in program visibility and awareness to referral sources and patients.

BaySport Physical Therapy, San Francisco Bay Area, CA
Physical Therapy Assistant / Certified Athletic Trainer, 1995-1997

- Provided physical therapy services, including treatment, ergonomic consultation and injury prevention education.
- Worked in cooperative setting to provide services to employees at three on-site locations.

OASIS Medical Group/HealthSouth, San Diego, CA
Physical Therapy Assistant / Certified Athletic Trainer, 1990-1994

- Provided physical therapy services in progressive sports-medicine outpatient physical therapy setting, working with individuals of various ages and physical abilities, including professional and elite amateur athletes.
- Provided athletic training services to several high school programs in the San Diego Unified School District.
- Provided assistant physical therapy services to professional hockey team (San Diego Gulls – International League).

U.S. National Volleyball Teams, San Diego, CA
Assistant Certified Athletic Trainer, 1990

- Assisted with provision of athletic training services to members of men's and women's national volleyball teams.
- Oversaw athletic training services for athletes during road trips, both nationally and internationally.
- Provided professional communication with team physicians and coaches.

**Continuing
Education:**

Mechanical Diagnosis and Treatment: Parts A-E - McKenzie
Institute of North America

Current Concepts for Knee and Shoulder Rehabilitation – North
American Sports Medicine Institute

Kinesiotaping: Whole Body - California Education Connection

McConnell Approach to the Problem Shoulder - Northeast
Seminars

Mulligan Concept: The Upper Quadrant – Northeast Seminars

Pathophysiology and Mechanics of the Shoulder – Robert
Donatelli

Mobilization of the Nervous System – David Butler

Computer Pain: Analysis and Management of Repetitive Strain
Injury – David Butler

Repetitive Strain Injury: Evaluation and Treatment – Peter Edgelow

Back to Golf – Mark Archambault

Spinal Instability: Whole Spine Stabilization – Stanley Paris

Evaluation and Treatment of the Lumbar Spine: The Australian Approach – CCAPTA

Segmental Spinal Stabilization for Low Back Pain – Paul Hodges

Manual Therapy of the Lumbar Spine – Folsom Physical Therapy

Muscle Energy Techniques: Pelvis, Sacrum, Cervical-Thoracic and Lumbar Spine – S. Weiselfish

Repositioning of the Lower Kinetic Chain – Michael Wooden

Chain Reaction: Closed and Open Chain Testing and Rehabilitation – Gary Gray

Proprioceptive Neuromuscular Facilitation – OASIS Physical Therapy

Membership:

Member, American Physical Therapy Association (including Orthopaedic Section)

CPR – Healthcare Provider, American Red Cross

Other Interests:

Competitive cyclist – previous racing member of U.S. Cycling Federation

Competed in intercollegiate basketball at San Diego Mesa College, 1985-1987

Competed in intercollegiate football at the University of San Diego, 1984-1985