

Curriculum Vitae

EDUCATION

Bachelor of Science: Physical Therapy

Louisiana State University Medical Center, New Orleans, LA August 1982

Master of Medical Science: Orthopaedic Physical Therapy

Emory University, Atlanta, GA December, 1990

Clinical Fellowships

Atlanta Back Clinic, Atlanta GA, 1987

Physical Therapy Associates, Atlanta, GA, 1897

Gunderson Lutheran Sports Medicine Center, La Crosse, WI, 1988

Educational/Teaching Fellowships

Emory University, Atlanta GA, 1987

University Wisconsin La Crosse, WI, 1988

LICENSES AND SPECIAL CERTIFICATIONS

- Licensed Physical Therapist: Kentucky State Board of Physical Therapy Examiners
License Number PT-001554
- Licensed Physical Therapist: Louisiana State Board of Physical Therapy Examiners
License Number PT-00510
- Board Certified Clinical Specialist Orthopaedic Physical Therapy, American Board of Physical Therapy
Specialty Counsel of the American Physical Therapy Association, 1992

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- American Physical Therapy Association (APTA)
- Kentucky Chapter APTA
- American Academy of Orthopedic Manual Physical Therapists

CONTINUING EDUCATION

1. Acupuncture Therapy: Joseph Yao, Dallas, TX 1982
2. Sports Medicine Management Course: Ronald Peyton, Phil Donley, Dallas, TX 1983
3. The Upper Quarter: James Gould, George Davies, Punta Gorda, FL 1985
4. Cybex Isokinetic Workshops: Las Vegas, NV 1985

5. Sports Physical Therapy Competencies: George Davies, Jack Halbach, LaCrosse, WI 1985
6. Sports Physical Therapy Competencies: George Davies, Jack Halbach, LaCrosse, WI 1986
7. Podiatric Physical Therapy: Michael Wooden, Robert Donatelli, Atlanta, GA 1986
8. Lido Isokinetic Workshop: New York, NY 1988
9. Craniofacial and Vertebral Therapeutics: Atlanta, GA 1989
10. Body Composition Assessment: Sandy Quillan, Louisville, KY 1989
11. Practice Management: Ben Johnson, Louisville, KY 1989
12. Medical Exercise Training: Ola Grimsby, Minneapolis, MN 1990
13. Private Practice Meeting, Reno, NV 1990
14. Principles of Manual Medicine: Michigan State University, Lansing, MI 1990
15. Spinal Stabilization Program: Elizabeth Schorne, Louisville, KY 1991
16. Tutorial on Muscle Energy Techniques: Michigan State University, Tucson, AZ 1991
17. Lumbar Spine Update: Ola Grimsby, Louisville, KY 1991
18. Manual Stretching for the Spine: Olaf Evjenth, Folsom, CA 1991
19. Foot & Ankle Update: Michael Wooden, Louisville, KY 1991
20. Clinical Rounds PTOSI: Mark Bookout, Minneapolis, MN 1991
21. HIV/AIDS Update for Health Care Professionals 1991
22. Spinoscope Users Meeting: Washington, DC 1991
23. Private Practice Meeting, Chicago, IL 1991
24. Tutorial on Direct Action Thrust Manipulation: Michigan State University, Lansing, MI 1992
25. IFOMPT 1992: Vail, CO 1992
26. Clinical Rounds Marin Spine: Greg Johnson, San Francisco, CA 1992
27. Exercise Prescription in Manual Medicine: Michigan State University, Lansing, MI 1992
28. Clinical Rounds Hayward Physical Therapy: Peter Edgelow, Hayward, CA 1992

29. Management Development Meeting: Physiotherapy Associates, Sarasota, FL 1992
30. Evaluation and Treatment of the Shoulder: George Davies, Louisville, KY 1993
31. Mobilization of the Nervous System: David Butler 1993
32. Lumbopelvic Integration: Jeff Ellis, Chicago, IL 1993
33. Management Development Meeting: Physiotherapy Associates, Sarasota, FL 1993
34. Functional Orthopedics I: George Arem, Long Island, NY 1994
35. Scientific & Clinical Rationale for the Evaluation and Treatment of the Shoulder: George Davies, Cincinnati, OH 1994
36. HIV and AIDS Epidemic Home Study Course 1884
37. The Knee Evaluation and Treatment: George Davies, Boston, MA 1994
38. Cervical Thoracic Integration: Jeff Ellis, Long Island, NY 1994
39. Scientific & Clinical Rationale for the Evaluation and Treatment of the Shoulder: George Davies, Dallas, TX 1995
40. High Velocity Thrust of the Cervical Spine: Steve Stratton, Washington, DC 1995
41. Management Development Meeting: Physiotherapy Associates, Phoenix, AZ 1995
42. Topics in Orthopaedic Physical Assessment: Orthopaedic Physical Therapy Home Study Course 1996
43. Strain & Counterstrain: Jones Institute, Louisville, KY 1997
44. Effective Negotiating: Chester Karrass, Louisville, KY 1997
45. HIV/AIDS Update: Home Study Educators 1997
46. Augmented Soft Tissue Mobilization, Louisville, KY 1997
47. Strength & Conditioning Applications in Orthopaedics: Orthopaedic Physical Therapy Home Study Course 1998
48. Sacroiliac Joint Update: New York, NY 1999
49. Diagnostic Imaging of Bones & Joints: Orthopaedic Physical Therapy Home Study Course 1999
50. Marketing for the Professional Practice: Chicago, IL 1999
51. DBC Active Spine Care Certification, Louisville, KY 1999
52. Managing Lumbar Spine Dysfunction: Orthopaedic Physical Therapy Home Study Course 2000

53. The Pelvic Girdle: Richard Jackson, PT, OCS, Louisville, KY	2000
54. Current Concepts in the Recognition and Treatment of Knee Injuries: Sports Physical Therapy Home Study Course	2000
55. Functional Relationships of the Lower Half: Richard Jackson, PT, OCS, Louisville, KY	2000
56. Spine Eval: Richard Jackson, PT, OCS, Louisville, KY	2001
57. Business Financial Tutorial: Ron Fleisher, Louisville, KY	2001
58. Compensation Programs That Work: Ron Fleisher, Louisville, KY	2001
59. Experience Marketing: Paddy Lund, DDS, Miami, FL	2002
60. Personal Executive Training: Don Schmenke, Baltimore, MD	2002
61. DBC Active Spine Care, Louisville, KY	2004
62. Pre Placement Screening Program: Industrial Safety and Rehabilitation Institute, New Orleans, LA	2005
63. The Strategic Coach, Chicago, IL	2005
64. Evidence Based Approach to the Evaluation and Treatment of the Shoulder, Miami, FL	2006
65. Sports Physical Therapy Current Concepts in the Evaluation and Treatment of the Shoulder, Indianapolis, IN	2007
66. elements of Persuasion, Las Vegas NV	2007
67. Teleseminar Secrets, Heritage Publishing, Nevada, CA	2007

PUBLICATIONS

- An Isokinetic Estimation of Total Arm Strength. *Isokinetics and Exercise Science* 1(3), 1991
- Miscellaneous Special Tests of the Knee, In: Greenfield, B (Ed) *Rehabilitation of the Knee: A Problem Solving Approach*, F.A. Davis Publishing, 1993
- Professional Development Mentorship Syllabus. *Physiotherapy Associates*, 1994
- Rehabilitation of Shoulder Conditions Caused by Peripheral Nerve Injury. Submitted for publication.
- Four Quick Tests for Rotator Cuff Pathology. *Physician Alert* 1(1), 2003
- Taking Care of Your Back - *Back Care Concepts*. 2004
- Inactivity Will Hamper Your Recovery. *HealthAlert* 1(1), 2004

- What you should know about Common Overuse Injuries. *HealthAlert* 1(2), 2004
- Back Braces The Facts & Myths. *HealthAlert* 1(3), 2004
- What you should know about Avoiding Back Pain While Traveling. *HealthAlert* 1(4), 2004
- Your Family's Medical History May Indicate Osteoporosis. *HealthAlert* 1(5), 2004
- Prevention of Osteoporosis Should Start Early in Life. *HealthAlert* 1(6), 2004
- Spinal Decompression – Can your patients benefit? *Physician Alert* 1(2), 2004
- Spinal Bracing – What is the evidence? *Physician Alert* 1(3), 2005
- Spinal Bracing – Separating myth from indication. *Kentuckiana Health & Fitness*, February, 2005
- Back & Neck Pain – Which Treatments Are Effective?. *Kentuckiana Health & Fitness*, April, 2005
- Conservative Treatment of Tennis Elbow. *Physician Alert* 1(4), 2005
- Back & Neck Advice Physical Therapy Specialists, PSC, 2005
- Spinal Decompression – Can your patients benefit? *Orthopedic Technology Review* May/June 2005
- Patellofemoral Pain Syndrome “The Black Hole of Orthopedics” *Physician Alert* 1(5), 2005
- What you should know about Plantar Fasciitis. *HealthAlert* 2(1), 2005
- What you should know about Shin Splints. *HealthAlert* 2(2), 2005
- What you should know about IT Band Syndrome. *HealthAlert* 2(3), 2005
- What you should know about Runner's Knee. *HealthAlert* 2(4), 2005
- What you should know about Ankle Sprains *HealthAlert* 2(5), 2005
- Back & Neck Pain – Which Treatments Are Effective? *Physician Alert*, 2006
- Suprascapular Nerve Entrapment – A Case Report *Physician Alert*, 2006
- *MetamorphicWeightLoss.com* - Weblog on Healthy Weight Loss, 2007
- *Healthy Lifestyle Essentials* - 2007
- *The 10 Step Permanent Weight Loss Formula* - 2007

- *The U.S. Government Report on Weight Loss Fraud* - 2007
- *The 7 Questions Most PT's Hope and Pray You Never Ask* - 2007
- *Healthy Back Essentials* - 2007
- *Back Pain Relief Secrets* - 2007
- *EraseYourBackPain.com* - Weblog on Back Pain Relief, 2007
- Non-deformity Spinal Bracing: What is the evidence? - *Spine Universe*, 2008
- The Elements of Abdominal Strengthening - *Oxygen Magazine*, 2008
- The Importance of Flexibility in Maintaining Health - *Healthy Aging*, 2008
- Sidebar Commentary: Low Back Pain, A Symptom With Many Causes, *Healthy Aging*, 2008
- Suffering with Herniated Disc Problems? 5 Ways to Relieve Your Back Pain Now - *Los Angeles Chronicle*, 2008

RESEARCH

- An Isokinetic Estimation of Total Arm Strength, 1988
- Normative Data on Three Dimensional Imaging of the Cervical Spine (unpublished data), 1992
- The Effects of Length of Time of Stretching on the Flexibility of the Hamstrings (unpublished data), 1993

SCIENTIFIC PAPERS

- Principles of Neural Tension Testing and Treatment, 1992
- The Significance of Axonal Transport and Pain Pathways in the Nervous System, 1993

PRESENTATIONS

1. Tutorial on Pitching Mechanics, Little League Baseball Coaches: Lafayette, LA 1985
2. Throwing Injuries to the Adolescent Elbow: Research Group Presentation, Emory University 1987
3. Therapeutic Exercise Prescription: Emory University 1987
4. The Role of Physical Therapy in the Management of Low Back Pain: Humana Hospital Symposium on Low Back Pain 1988

5. The Evaluation of Neural Tension Signs in Orthopaedic Physical Therapy: Louisville Orthopaedic & Sports Study Group 1990
6. A Review of Clinical Biomechanics of the Spine: Louisville Manual Therapy Study Group 1991
7. A Review of Muscle Energy Techniques for the Lumbar Spine: Louisville Manual Therapy Study Group 1991
8. Clinical Biomechanics of the Spine: University of Louisville 1988-1998
9. Clinical Biomechanics of the TMJ: University of Louisville 1988-1998
10. Therapeutic Exercise of the Hip: University of Louisville 1988-1990
11. Therapeutic Exercise of the Knee: University of Louisville 1988-1998
12. Therapeutic Exercise of the Spine: University of Louisville 1991-1998
13. Evaluation Principles of the Spine & Extremities: University of Louisville 1989-1998
14. Evaluation & Treatment of the Shoulder - Cervical Spine & Entrapment Neuropathy Clinical Tests: Cincinnati, OH 1993
15. Clinical Decision Making in the Treatment of the Lumbar Spine: Ergoplex Work Hardening Conclave 1993
16. Career Goal Setting: University of Louisville 1993
17. Biomechanics of the Nervous System - Upper Limb Tension Testing: Louisville Hand Therapy Center 1993
18. Theory & Practice of Neural Tension/Mobilization Concepts in Orthopaedic Physical Therapy: Olympia, WA 1993
19. Theory & Practice of Neural Tension/Mobilization Concepts in Orthopaedic Physical Therapy: Memphis, TN 1993
20. Theory & Practice of Neural Tension/Mobilization Concepts in Orthopaedic Physical Therapy: Patchogue, NY 1994
21. Theory & Practice of Neural Tension/Mobilization Concepts in Orthopaedic Physical Therapy: Louisville, KY 1994
22. Evaluation of Neural and Vascular Compromises of the Shoulder: Dallas, TX 1994
23. Evaluation & Treatment of the Thoracic Cage: Lake Tahoe, NV 1995
24. Evaluation & Treatment of Upper Quarter Pain Syndrome: Louisville, KY: 1995

25. Evaluation of Neural and Vascular Compromises of the Shoulder: Louisville, KY 1995
26. Tutorial on Manual Medicine Procedures of the Spine: Louisville, KY 1995
27. Tutorial on Manual Medicine Procedures of the Spine: Louisville, KY 1996
28. Surface Palpation of the Trunk & Extremities: University of Louisville 1996-1998
29. Tutorial on Manual Medicine Procedures of the Spine: Louisville, KY 1997
30. Tutorial on Manual Medicine Procedures of the Spine (Cervical/Thoracic): Kokomo, IN 1997
31. Tutorial on Manual Medicine Procedures of the Spine (Lumbar/Pelvis): Kokomo, IN 1997
32. Integrative Manual Medicine of the Lumbopelvic Complex: Columbus, OH 1998
33. Integrative Manual Medicine of the Cervicothoracic Complex: Indianapolis, IN 1999
34. Integrative Manual Medicine of the Lumbopelvic Complex: Lafayette, LA 2000
35. Integrative Manual Medicine of the Lumbopelvic Complex: Bloomington, IN 2001
36. Recognition of Overuse Syndromes: Lafayette, LA 2006

WORK EXPERIENCE

Our Lady of Lourdes Lafayette, LA	8/1982 - 6/1986	Staff Physical Therapist Co-Director Health Promotion Ctr
Emory University Atlanta, GA	8/1986 - 5/1987	Guest Lecturer Athletic Training Assistant
Humana Hospital Suburban Louisville, KY	4/1988 - 12/1988	Director Back on Line
University of Louisville Louisville, KY	9/1988 - 5/1999	Assistant Professor Physical Therapy
Orthopaedic Physical Therapy Associates Louisville, KY	12/1988 - 3/1996	President
Physiotherapy Associates Louisville, KY	3/1991 -3/1996	Regional Manager
Physical Therapy Specialists Louisville, KY	3/1996 - 6/2007	President

The Pain Institute Louisville, KY	3/1996 – 6/2007	Screening therapist for patients with chronic and acute back and neck pain syndromes
Orthopaedic Therapeutics, LLC Louisville, KY	3/1999 - 6/2007	President
Spine Rehab Center, LLC Louisville, KY	8/2003 – 6/2007	President
OSPT Lafayette, LA	8/2005 - present	Contracted therapist
Innovative Wellness Solutions, LLC	10/2006 - present	Web based business, coaching, consulting, and speaking services