

Professional Interest:

I am working to refine and further develop a thriving outpatient private physical therapy group practice and medically oriented gym in the East Honolulu area. This practice is a growing center of excellence offering a consultation and treatment with clinicians demonstrating expertise in the areas of orthopedics, sports conditioning, neurologic rehab, and personal fitness. As a part of my mission to develop a center of excellence I work to develop and train clinicians as experts, honing their skills in orthopedics and manual physical therapy through a mentored orthopedic residency program.

I remain active in teaching orthopedic manual therapy in the U.S. and abroad, active mentoring of colleagues, participation in the Hawaii chapter of the APTA, and service as the Chair of the Board of Physical Therapy for the state of Hawaii.

My personal clinical expertise is in the area of outpatient orthopedics, manual therapy, and individual fitness with a focus on body weight functional training and running related injuries. My primary clinical interest is in the efficient delivery of quality, individualized, hands on treatment and personalized exercise instruction both within, and outside of the third party payor system.

Formal Education:

- Doctor of Physical Therapy- DPT University of St. Augustine St. Augustine, FL
- Post Professional MScPT University of St. Augustine St. Augustine, FL
- Entry Level BScPT University of Florida Gainesville, FL

Specialty Credentialing:

- MTC (Manual Therapy Certification) through Institute of Physical Therapy1996
- FAAOMPT (Fellow of the American Academy of Orthopedic Manual Therapists)1999, Recertified 2009
- OCS (Orthopedic Certified Specialist) American Board of Physical Therapy Specialties1999, Recertified 2009

Continuing Professional Education:

Course work totaling over 1,500 hours of integrated orthopedic and sports related treatment approaches with specific emphasis on:

- Manual therapy for mobilization and manipulation of the spine and extremity joints including: Paris, Maitland, McKenzie, Mulligan, & Osteopathic approaches
- Neural and soft tissue mobilization techniques
- Therapeutic exercises for correction of muscle imbalance, sport specific conditioning, and dynamic stabilization and functional movement exercise for the spine and extremities.
- Running related injuries, gait analysis & modification, and various approaches to training including: Pose Running (certified), Barefoot Running, Evolution Running, Good Form Running, and Chi Running,
- Various approaches to TMJ treatment, basic hand splinting, orthotic intervention, aquatic rehabilitation, and vestibular rehabilitation.
- Private Practice Management and Administration course work

Current Professional Activities:

OrthoSport Hawaii

Honolulu, HI

Owner / Manager / Therapist / Trainer

Apr. 2008 – present Owner, manager, and practicing primary therapist for outpatient orthopedic specialty clinic with focus on Orthopedic Manual Physical Therapy and Sports Specific Rehab / Personal Training.

University of St. Augustine for Health Sciences

St. Augustine, FL

Adjunct Faculty

Jan. 1998 – present Instructor of continuing professional education courses, focused on manual therapy techniques and foundations of clinical orthopedics.

Hawaii State Board of Physical Therapy

Honolulu, HI

Board member

Dec 2006 – present Working to insuring safe ethical practice of Physical Therapy in the state of Hawaii while promoting direct access legislation, continuing competence criteria, and updating the PT practice act and administrative rules for the state to reflect the current standard of practice.

Previous Experience:

Prins Aquatherapy

Honolulu, HI

Clinic Coordinator

October 2004 – March 2008 Manual Therapy program development, Aquatic and land based rehabilitation of orthopedic, and neurologic conditions. Staff mentoring and education, as well as program marketing.

HAPTA Legislative Committee

Honolulu, HI

Member

October 2004 – Dec 2006 Participation in monitoring of pending legislation, education of legislators regarding impact on citizens, and assistance in preparing the way for transition to direct access for the state of Hawaii.

Foothills Orthopedic and Sport Therapy

Fort Collins, CO

Staff Therapist

May 2003-July 2004 Responsible for generating referrals and building relationships with physicians. Treatment of outpatient orthopedic patients in a private practice setting with a focus on manual therapy.

Vice President Colorado Chapter of APTA

Fort Collins, CO

Spring 2000 - 2004 Participation in Board of Directors and Executive Committee

Adams & Giddings Physical Therapy

Fort Collins, CO

Independent Private Practice Therapist

Oct. 2002– May 2003 Operated as an independent contracting therapist. Developed an independent practice within an existing practice framework by generating referrals and building relationships with physicians. Treatment of outpatient orthopedic patients in a private practice setting with a focus on manual therapy.

HealthSouth - Site Coordinator

Fort Collins, CO

Feb. 1999 – Oct. 2002 Shared administrative and clinical development duties for staff of 20 in large outpatient orthopedic clinic. Clinical duties including provision of physical therapy services, mentorship of PT staff.

Flagler Hospital- Orthopedic Manual Therapy Fellowship

St. Augustine, FL

Nov. 1997 – Dec. 1998 Mentorship under Stanley Paris PhD, PT and colleagues

HealthSouth - Site Coordinator

Fort Collins, CO

Feb. 1996 – Nov. 1997 Outpatient orthopedic therapist with shared administrative and clinical duties. Also worked with marketing to develop physician relationships and improve referral base.

HealthSouth - Staff Therapist

Fort Collins, CO

May 1994 – Feb. 1996 Outpatient orthopedic therapist (aquatic & land based)

HealthSouth - Traveling Therapist

Nationwide

June 1993 – May 1994 Multiple short term assignments in varied settings with exposure to aquatic therapy, acute care, brain & spinal cord injury, stroke, and orthopedic rehabilitation.

Program Development:

- OrthoSport RunFit program- Video and live running gait analysis with technique modification instruction
- Body Weight Training- “fitness on the move” program
- Balance and Fall prevention – An aquatic approach to a land based problem
- University of Saint Augustine lectures:
 - “The Neuromuscular Basis for Stretching - Therapeutic Flexibility Training”
 - “The Effects of Agonist Contact Stretching on Hamstring Flexibility:
- Institute of Physical Therapy: E-1 Extremity Manipulation
Combined course faculty updating of course content and references, slide presentation, and Manual Therapy Certification criterion based evaluation form.
- HealthSouth (Colorado) TMJ Evaluation & Treatment course (assisted with development)
- Northern Colorado Advanced Clinical Skills Study Group (Coordinator)
- HealthSouth Arthritis Program (Developer, Instructor)

Research, Writing, & Publications:

- 1) The Effects of Agonist-Contract Stretching on Hamstring Flexibility, Oct 1998
 - “Excellence in Research” award at National AAOMPT Conference: Oct. 1998 St. Louis
 - Abstract included in Journal of Manual and Manipulative Therapy: 1998 AAOMPT conference proceedings.
- 2) Therapeutic Flexibility Training - The Neuromuscular Basis for Stretching, Feb 2001
 - Book Chapter submitted for consideration in: Foundations of Clinical Orthopedics & Manual Therapy.
- 3) The Application of Kinematic Motion Analysis in the Evaluation of Therapeutic Exercises Used in Aquatic Rehabilitation, Nov 2006
 - Journal article authored by Jan Prins, Ph.D., Michael Turner, P.T., Matthew Weissbach, P.T., Iris Kimura, Ph.D., P.T. Arch Phys Med Rehabil, Vol 87, Nov 2006.
- 4) Chi Running Technique Review, Feb 2010
 - Method summary with literature review and analysis of technique components with case study application
- 5) Pose Running Technique Review, Nov 2010
 - Method summary with literature review and analysis of technique components with case study application
- 6) Barefoot Running Technique Review Mar 2011
 - Method summary with literature review and analysis of technique components with case study application
- 7) Dunning JR, Cleland JA, Waldrop MA, Arnot C, Young I, Turner M, Sigurdsson G. Upper Cervical and Upper Thoracic Thrust Manipulation Versus nonthrust Mobilization in Patients With mechanical neck Pain: A Multicenter Randomized clinical Trial. JOSPT 45 (1), JAN 2012.
- 8) A Review of Four Running Methods and a Component Based Approach to Analysis of the Running Gait. Doctoral Paper submitted to University of St. Augustine for Health Sciences for completion of Doctor of Physical Therapy Degree April 1st, 2012.

Personal Interests:

I love an outdoor active lifestyle here in Hawaii.
I enjoy running, swimming, surfing, hiking, personal fitness and sports of all varieties individually and with my family and friends.

Languages:

English
Spanish (Near-native fluency)

References:

Available upon request
