

St. Luke's University Health Network
Physical Therapy at St. Luke's
501 Cetronia Rd.
Allentown, Pennsylvania 18104
United States

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Stephen Kareha, PT, DPT, ATC, PhD

Education

- Aug 2011 – April 2018* **Nova Southeastern University**
Doctor of Philosophy, Physical Therapy
Fort Lauderdale, Florida, United States
- Nov 2005 – Jun 2006* **Allied Services**
Mentorship in Orthopaedic & Vestibular Physical Therapy
Scranton, Pennsylvania, United States
- Aug 2003 – Feb 2006* **Arcadia University**
Doctor of Physical Therapy with Distinction, Physical Therapy
Glenside, Pennsylvania, United States
Honors: Alpha Epsilon Lambda, Inducted 2005
- Aug 1999 – May 2003* **Gettysburg College**
Bachelor of Arts Summa cum Laude, Health & Exercise Sciences
Gettysburg, Pennsylvania, United States
Honors: Phi Beta Kappa, Inducted 2003; Omicron Delta Kappa, Inducted 2003

Licensure Information/Registration Number

- 9 Mar 2006 –* **Commonwealth of Pennsylvania**
31 Dec 2022 Physical Therapist – PT018008
- 19 Mar 2008 –* **Commonwealth of Pennsylvania**
31 Dec 2022 Direct Access Physical Therapist – DAPT001662
- 29 Jul 2003 –* **Commonwealth of Pennsylvania**
31 Dec 2022 Athletic Trainer – RT003422
- 11 Jan 2017 –* **State of New Jersey**
31 Jan 2024 Physical Therapist – 40QA 01713500
- 2006 –* **NPPES National Provider Identifier Number**
Present Physical Therapist - 1740248681

Certifications

<i>1 Jul 2009 – 31 Jun 2029</i>	American Board of Physical Therapy Specialties Board-Certified in Orthopaedic Physical Therapy - Certificate No. 18747
<i>Jun 2003 – 31 Dec 2024</i>	NATABOC Certified Athletic Trainer – 060302295
<i>Jun 2003 – 31 Dec 2023</i>	National Strength and Conditioning Association Board of Certification Certified Strength and Conditioning Specialist – 200319776
<i>Sep 2008</i>	Mulligan Concept Teacher Association Certified Mulligan Practitioner
<i>Apr 2007</i>	American Physical Therapy Association Credentialed Clinical Instructor
<i>Jun 2000 – Mar 2023</i>	American Heart Association BLS for Healthcare Providers (CPR & AED)

Employment and Positions Held

<i>Jan 2019 – Present</i>	Director & Professor, Spine Physical Therapy Fellowship St. Luke's University Health Network Bethlehem, Pennsylvania, United States
<i>Jul 2015 – Present</i>	Director, Professional Development Physical Therapy at St. Luke's St. Luke's University Health Network Bethlehem, Pennsylvania, United States
<i>Jul 2012 – Present</i>	Director & Professor, Orthopaedic Physical Therapy Residency St. Luke's University Health Network Bethlehem, Pennsylvania, United States
<i>Jan 2020 – Present</i>	Assistant Professor - Clinical Associate Department of Physical Therapy DeSales University Center Valley, Pennsylvania, United States
<i>Jan 2020 – Present</i>	Adjunct Professor Department of Physical Therapy Moravian University Bethlehem, Pennsylvania, United States

Jul 2017 – Present **Assistant Director, Comprehensive Spine Program**
Physical Therapy at St. Luke's
St. Luke's University Health Network
Bethlehem, Pennsylvania, United States

Jan 2017 – Present **CEO**
Ability Health and Wellness
Schnecksville, Pennsylvania, United States

Jun 2016 – Jan 2017 **Data Manager**
Orthopaedic Section, APTA
Shoulder Disorders Pilot – NOPTOD

Feb 2016 – Dec 2019 **Adjunct Professor**
DeSales University, Department of Physical Therapy
Center Valley, Pennsylvania, United States

Aug 2010 – May 2020 **Adjunct Professor**
Arcadia University, Department of Physical Therapy
Glenside, Pennsylvania, United States

Sep 2011 – Sep 2012 **Adjunct Clinical Instructor**
Duquesne University, Department of Physical Therapy
Pittsburgh, Pennsylvania, United States

Dec 2010 – Jul 2012 **Physical Therapist II**
WellSpan Health, Department of Rehabilitation
Gettysburg, Pennsylvania, United States

Jun 2006 – Dec 2010 **Physical Therapist**
Center Coordinator of Clinical Education & Clinical Instructor
GO Sport Physical Therapy
Gettysburg, Pennsylvania, United States

Aug 2004 – Feb 2006 **Research Assistant**
Arcadia University, Department of Physical Therapy
Glenside, Pennsylvania, United States

Jun 2004 – Feb 2006 **Peer Tutor**
Gross Anatomy and Orthopedics
Arcadia University, Department of Physical Therapy
Glenside, Pennsylvania, United States

Aug 2003 – Dec 2005 **Graduate Assistant Athletic Trainer**
Arcadia University, Department of Athletics
Glenside, Pennsylvania, United States

Aug 2000 – May 2003 **Peer Tutor**
 Anatomy & Physiology, Kinesiology, Athletic Training I & II
 Gettysburg College
 Gettysburg, Pennsylvania, United States

Jun 1998 – Aug 2008 **Sales Representative**
 Vector Marketing Corporation

Peer Reviewed Publications

- Kettle C, McKay L, Cianciolo AM, **Kareha SM**, Ruggeri CE. A novel movement system screen for primary care providers: a multisite, observational study. *J Osteopath Med*. 2022;122(3):159-66.
- Beneciuk JM, Brown-Taylor L, Alodaibi F, **Kareha S**, Holmes R, Fritz J. Patient- and Physical Therapist-Level Predictors of Patient-Reported Therapeutic Alliance: An Observational, Exploratory Study of Cohorts With Knee and Low Back Pain. *Arch Phys Med Rehabil*. Jul 18 2021.
- Alodaibi F, Beneciuk J, Holmes R, **Kareha S**, Hayes D, Fritz J. The Relationship of the Therapeutic Alliance to Patient Characteristics and Functional Outcome During an Episode of Physical Therapy Care for Patients With Low Back Pain: An Observational Study. *Phys Ther*. Apr 4 2021;101(4).
- Kareha SM**, McClure PW, Fernandez-Fernandez A. Reliability and Concurrent Validity of Shoulder Tissue Irritability Classification. *Phys Ther*. Mar 3 2021;101(3).
- Kosar M, Buggey J, **Kareha S**. Slipped Capital Femoral Epiphysis Presenting as Quadriceps Strain. *Journal of Orthopaedic & Sports Physical Therapy*. 2019;49(5):356.
- Harris A, **Kareha S**, Holmes R. Does the STarT Back Screening Tool Correlate with the FOTO Functional Scale in Patients with Low Back Pain? *Int J Acad Med*. 2017;3:23-30.
- McClure P, Greenberg E, **Kareha S**. Evaluation and management of scapular dysfunction. *Sports Med Arthrosc*. 2012 Mar;20(1):39-48. DOI:10.1097/JSA.0b013e31824716a8
- Tate AR, McClure PW, **Kareha S**, Irwin D, Barbe M. A clinical method for identifying scapular dyskinesis: Part 2 Validity. *J Athl Train*. 2009 Mar-Apr;44(2):165-173. DOI:10.4085/1062-6050-44.2.165
- McClure PW, Tate AR, **Kareha S**, Irwin D, Zlupko E. A clinical method for identifying scapular dyskinesis: Part 1 Reliability. *J Athl Train*. 2009 Mar-Apr;44(2):160-164. DOI:10.4085/1062-6050-44.2.160
- Tate AR, McClure PW, **Kareha S**, Irwin D. Effect of the scapula reposition test on shoulder impingement symptoms and elevation strength in overhead athletes. *J Orthop Sports Phys Ther*. 2008;38(1):4-11. DOI:10.2519/jospt.2008.2616

Non-Peer Reviewed Publications

Kareha, SM. (2018). Shoulder Symptom Irritability: Development and Testing of a New Construct. Physical Therapy. ProQuest, Nova Southeastern University. PhD: 141.

Stawicki SP, Anderson RA, Agarwala S, et al. *St. Luke's University Health Network: 2016 Annual Research Report*. Bethlehem, PA; 2016.

Stawicki SP, Butryn T, Stoltzfus JC, et al. *St. Luke's University Health Network: 2015 Annual Research Report*. Bethlehem, PA; 2015. DOI:10.13140/RG.2.1.1635.7203

Frantz A, Massie G, Clark J, **Kareha S**. Effects of joint mobilization and treatment timing on the glenohumeral joint: a pilot study. *Orthopaedic Practice*. 2015;27(3):160-167.

Peer Reviewed Scientific and Professional Presentations

DeRea AL, **Kareha SM**. A conservative approach for a middle-aged woman with restless leg syndrome: a case report. *J Orthop Sports Phys Ther*. 2022;52(1):CSM74. Paper presented at: APTA Combined Sections Meeting; San Antonio, TX 2022.

Ford JT, **Kareha SM**. Physical therapists' accuracy and effectiveness when recommending medication prescription for acute spine pain. *J Orthop Sports Phys Ther*. 2022;52(1):CSM81. Paper presented at: APTA Combined Sections Meeting; San Antonio, TX 2022.

Maurice D, Ballard EA, **Kareha SM**. Preparticipation screening for predicting injury in baseball athletes: a pilot study. *J Orthop Sports Phys Ther*. 2022;52(1):CSM107. Paper presented at: APTA Combined Sections Meeting; San Antonio, TX 2022.

Geist KT, Klein AB, Manal TJ, et al. Essentials To Enhance Education and Outcomes in Residency/Fellowship Programs. Paper presented at: APTA Combined Sections Meeting; Presented Synchronously Online; 02/2021.

Elban MD. Comprehensive spine program utilizing physical therapists as first-contact providers: an administrative case report. Paper presented at: APTA Combined Sections Meeting; Presented Synchronously Online; 02/2021

Patrick KG, **Kareha SM**. The appropriateness and efficiency of diagnostic imaging orders recommended by physical therapists. Paper presented at: APTA Combined Sections Meeting; Presented Synchronously Online; 02/2021.

Corkery MB, Keil AP, Nelson EO, **Kareha SM**, Schick MK, Collie ME. Advances in Imaging Referral: Generating a New Pulse in Autonomous Physical Therapist Practice. Paper presented at: APTA Combined Sections Meeting; Presented Synchronously Online; 02/2021.

Beneciuk J, Fritz J, **Kareha SM**, Holmes R, Alodaibi F. Optimizing the Therapeutic Alliance Through Motivational Interviewing and Patient-Reported Outcome Measures: Patient-Centered Physical Therapy. Paper presented at: APTA Combined Sections Meeting; Presented Synchronously Online; 02/2021.

Keil AP, **Kareha SM**, McGee TG. Physical Therapists Who Order Diagnostic Imaging: Updates from the Field. Proceedings of the APTA CSM. Denver, CO 2020.

Keil A, **Kareha SM**. Physical Therapists Who Order Diagnostic Imaging: Updates from the Field. Proceedings of the APTA NEXT. Chicago, IL 2019.

Kareha SM, Fernandez-Fernandez A, McClure P, Cheng MS. *Differentiating symptom irritability classification levels with 3 patient-reported outcome instruments*. APTA Combined Sections Meeting, Washington, DC; 01/2019.

Kareha SM, Fernandez-Fernandez A, McClure P, Cheng MS. *The reliability and construct validity of the shoulder symptom irritability classification system: a single-blind study*. APTA Combined Sections Meeting, Washington, DC; 01/2019.

Cornell J, **Kareha S**. *The prevalence of movement-related conditions in the primary care setting*. APTA Combined Sections Meeting, New Orleans, LA; 02/2018.

Adrianne N, **Kareha S**, Bergmooser AB, Bays JN, Stolzhus J. *Patients' thoughts and perspectives on pain in an outpatient physical therapy practice: a descriptive study*. APTA Combined Sections Meeting, New Orleans, LA; 02/2018.

Kareha S, Migliore S, Elnaggar S, et al. *Cost-effectiveness of physical therapy as an intervention for low back pain*. APTA Combined Sections Meeting, New Orleans, LA; 02/2018.

Kareha S, Bugey J, Miller T, Carolan GF. *Reliability of Shoulder Irritability Levels: A Pilot Study*. APTA Combined Sections Meeting, Indianapolis, IN; 02/2015, DOI:10.2519/jospt.2015.45.1.A74

Kareha S, McClure PW, Tate AR. *Reliability of a clinical test to detect scapular dyskinesia*. APTA Combined Sections Meeting, Boston, MA; 02/2007.

Non-Peer Reviewed Scientific and Professional Presentations

Is Therapeutic Alliance Predictive of Functional Outcomes? FOTO Patient Outcomes Webinar, 20, July 2021.

Telehealth & Beyond: Lessons Learned. St. Luke's Physical Therapy Grand Rounds, 10 June 2020.

Telehealth. St. Luke's University Health Network Orthopaedic Physical Therapy Residency Faculty, 30 March 2020.

St. Luke's Comprehensive Spine Program. St. Luke's University Health Network Internal Medicine Residency Program, 3 October 2019.

Physical Therapy as an Entry Point in a Multidisciplinary Spine Program. Pennsylvania Physical Therapy Association, Northeast District, 9 October 2018.

Body Weight & Functional Movement: How Your Physical Therapist Can Help. Update on Obesity: A Multidisciplinary Approach, St. Luke's 8th Annual Bariatric Symposium, 5 October 2018.

PT First: Essential Tools for Functioning as a First-Contact Provider. St. Luke's University Health Network, 11, 18, & 25 April 2018.

Utilizing Outcome Measures to Enhance Patient Care Across the Healthcare Spectrum. St. Luke's Physical Therapy Grand Rounds, 27 March 2018.

The TMJ Conundrum. Pennsylvania Physical Therapy Association, Northeast District, 13 March 2018.

Treatment-Based Classification for Non-Operative Treatment of Shoulder Pain. St. Luke's Physical Therapy Grand Rounds, 25 May 2016.

Musculoskeletal Imaging of the Cervical Spine. St. Luke's Physical Therapy, 3 March 2014

Oh My Aching Back. Barnes & Noble, Easton, PA, 1 May 2014

Treating Neck Pain Non-Surgically. St. Luke's Allentown Hospital, 9 October 2013

Mobilizations. In-service, Deatrick Commons Clinic, 18 July 2012

Residency Education. In-service presented to WellSpan Health staff – Adams County, 9 November 2011 and York County, 12 January 2012.

Lumbar Spine Evaluation. WellSpan Adams Health Center, 4 November 2011.

Fibromyalgia. Allied Services, May 2006

Post-operative Lumbar Rehabilitation. Allied Services, February 2006.

Grant Funding

- \$5000 **The Auxiliary of St. Luke's University Hospital Grant**
The Auxiliary of St. Luke's University Hospital
Shoulder Symptom Irritability: A Single-Blinded Observational Study
2017
- \$1850 **Orthopaedic Clinical Residency or Fellowship Program Grant**
Orthopaedic Section, APTA
2014

Current Research Projects

Freburger J, Schneider M, Khoja S, Delitto A, Reynolds B, Beck D, Patterson C, Beach S, Helfrich C, Minick K, Horning R, Argwal N, Kareha S, Carmona A, Brown K. *Co-management and stratified treatment choices for primary care management of LBP (CATCH-PC)*

Kareha S, Carmona A, Bise C. *Low Back Pain Management*.

Kettle C, Kareha S, Remde A. *Primary Care Movement System Screen*.

Kareha S, Bays J, Holmes R. *Outcomes of Residency Training*.

Ballard E, Kareha S. *Injury Prevention Screen*.

Membership in Scientific/Professional Organizations

2022 – Present	Member North American Spine Society
2017 – Present	Member Academy of Physical Therapy Education, APTA
2016 – Present	Member Nominating Committee (2022-2025) Orthopaedic Residency & Fellowship Special Interest Group Academy of Orthopaedic Physical Therapy, APTA
2016 – Present	Member Academy of Physical Therapy Research, APTA
2015 – Present	Member Imaging Special Interest Group Academy of Orthopaedic Physical Therapy, APTA
2008 – Present	Member American Academy of Orthopaedic Manual Physical Therapists
2003 – Present	Member Academy of Orthopaedic Physical Therapy, APTA
2003 – Present	Member American Physical Therapy Association
2003 - Present	Member National Athletic Trainers' Association
2002 - 2011	Member National Strength & Conditioning Association

Community Service

2017 – Present	Adult Choir Union United Church of Christ, Neffs, Pennsylvania Tenor
2005 - 2007, 2012 – 2017, 2019	Allentown CROP Walk Lead warm-up activities

- 2012 - 2016 **Cantate Domino**
First Presbyterian Church of Allentown
Tenor
- 2006 - 2012 **Adult Choir**
Gettysburg Presbyterian Church
Tenor
- 2006 - 2012 **Young Married Sunday School**
Gettysburg Presbyterian Church
- 2010 - 2011 **Visioning Task Force**
Gettysburg Presbyterian Church
- 2011 **10 Great Dates - Co-Leader**
Gettysburg Presbyterian Church
- 2009-2010 **Assistant Wrestling Coach**
Gettysburg High School
- 2006 - 2008 **Senior High Youth Fellowship Leader**
Gettysburg Presbyterian Church
- 2006 - 2008 **Assistant Wrestling Coach**
Gettysburg College
- 2007 **Free Fitness Clinic - National PT Month**
GO Sport Physical Therapy

Services on Committees/Councils/Commissions

- 2022 - Present **Nominating Committee Member**
Orthopaedic Residency and Fellowship Special Interest Group
Academy of Orthopaedic Physical Therapy
- 2020 - Present **Reviewer**
Journal of Orthopaedic & Sports Physical Therapy
- 2020 **Reviewer**
Athletic Training & Sports Health Care
- 2019 - Present **Chair**
Spine Fellowship Practice Analysis Team
American Board of Physical Therapy Residency and Fellowship Education

- 2017 - Present **Coordinator**
New Employee Orientation/Mentorship Development Planning Team
Physical Therapy at St. Luke's
St. Luke's University Health Network
- 2017 - 2019 **Co-Chair**
Clinical Outcomes Improvement Team
Physical Therapy at St. Luke's
St. Luke's University Health Network
- 2016 - Present **Editorial Board Member**
International Journal of Academic Medicine
- 2016 - Present **Chair**
St. Luke's Physical Therapy Grand Rounds Planning Committee
Physical Therapy at St. Luke's
St. Luke's University Health Network
- 2016 - Present **Member**
Comprehensive Spine Program
St. Luke's University Health Network
- 2015 - Present **Chair**
Specialty Council
Physical Therapy at St. Luke's
St. Luke's University Health Network
- 2014 - Present **Chair**
TMJD Program
Physical Therapy at St. Luke's
St. Luke's University Health Network
- 2015 - 2018 **Member**
NOPTOD Shoulder Module Development Group
Academy of Orthopaedic Physical Therapy, APTA
- 2015 - Present **Chair (2018-Present)**
Member (2015-2017)
Primary Care and Community Health Research Committee
St. Luke's University Health Network
- 2015 - 2016 **Member**
Spine Institute Development Team
St. Luke's University Health Network

- 2014 – 2015 **Member**
Reputation Building Advisory Committee
St. Luke's University Health Network
- 2014 – Present **Member**
Network Academic & Research Integration Council
St. Luke's University Health Network
- 2013 – Present **Member**
Graduate Medical Education Committee
St. Luke's University Health Network
- 2013 – Present **Faculty**
Orthopaedic Physical Therapy Residency
Physical Therapy at St. Luke's
St. Luke's University Health Network
- 2010 – Present **Member**
Practice Advisory Committee
Pennsylvania Physical Therapy Association
- 2008 – Present **Member**
PTeam, APTA's grassroots political action network
- 2005 - 2006 **Treasurer**
Student Physical Therapy Association
Arcadia University

Honors and Awards

- 2017 **Top 5 in Patient Outcomes Award**
Physical Therapy at St. Luke's
St. Luke's University Health Network
- 2016 **Therapist of the Year**
Physical Therapy at St. Luke's
St. Luke's University Health Network
- Q1 2009 **Employee of the Quarter**
GO Sport Physical Therapy
- Q3 2007 **Employee of the Quarter**
GO Sport Physical Therapy

- 2006 **E. Jane Carlin Award**
Arcadia University
- 2005 **Alpha Epsilon Lambda**
(National Graduate Honor Society)
Arcadia University
- 2003 **NCAA Post-Graduate Scholarship**
- 2003 **Phi Beta Kappa**
Gettysburg College
- 2005 **Omicron Delta Kappa**
(National Leadership Honor Society)
Gettysburg College
- 2003 **NCAA Division III Academic All-American Wrestling Team**
- 2002 **Dr. Carl A. Hanson, President Emeritus, Leadership Award**
Gettysburg College
- 2002 **NCAA Division III Academic All-American Wrestling Team**
- 2001 **NCAA Division III Academic All-American Wrestling Team**
- 1999 **Eagle Scout**
Boy Scouts of America

Continuing Education Attended

- 8 June 2022 **2022 Spring Evidence-Based Medicine Training Program**
NASS Faculty
9 contact hours
- 11 May 2022 **Cupping & Dance Medicine**
Jessica Hamati-Attieh, DPT & Isabella Scangamor, DPT
1 contact hour
- 13 April 2022 **Aquatic Therapy: It's not just for chronic pain**
Melissa Hager, DPT, OCS
1 contact hour
- 9 March 2022 **High Intensity Boxing for Parkinson's Disease**
Georgia March, DPT, NCS
1 contact hour

- 9 February 2022 **What do I need to know about PASC?**
Elizabeth McCormick, DPT, NCS & Patrick Kilduff, DPT, NCS
1 contact hour
- 3-5 February 2022 **Combined Sections Meeting, APTA**
San Antonio, TX
16 contact hours
- 15-16 January 2022 **Therapeutic Neuroscience Education**
Adriaan Louw, PT, PhD, CSMT
18 contact hours
- 12 January 2022 **The Achilles' Heel: Updates on Achilles Tendinopathy**
Tara Escueta, PTA, BS, SCO
1 contact hour
- 27 December 2021 **Graston Technique®: Treating Movement Dysfunction through Functional Testing, Graston Technique® and Adjunctive Therapies**
Jacqueline Shakar, DPT, MS, PT, OCS, LAT, GTS
4.5 contact hours
- 27 December 2021 **The Movement System: Practical Swimming Biomechanics and Treatment**
Jared Vagy, PT, DPT, OCS, CSCS
2 contact hours
- 5 December 2021 **The Athlete Movement System: Upper Quarter (Recorded Webinar)**
Jared Vagy, PT, DPT, OCS, CSCS
3.5 contact hours
- 5 December 2021 **The Movement System: Assessment and Treatment of Low Back Pain**
Jared Vagy, PT, DPT, OCS, CSCS
1.75 contact hours
- 10 November 2021 **Interoception**
Shelby Brown, MS, OTR/L
1 contact hour
- 13 October 2021 **Tongue Tie: Evaluating for Decreased Function**
Rima Strassman, MD
1 contact hour

- 8 September 2021 **Smooth Sailing? How to recognize and address movement system disorders in the newborn and postpartum mother**
Lauren Garges, MSPT & Cindy Miles, PT, PhD
1 contact hour
- 11 August 2021 **Multidisciplinary Approach to Evidenced-Based Treatment to Maximize Community Reintegration after TBI**
Cara Yezzi, DPT
1 contact hour
- 13 July 2021 **Integrating Balance & Hearing Loss**
Brittany Hilderbrandt, AuD, CCC-A & Jessica Wagner, AuD, CCC-A
1 contact hour
- 9 June 2021 **Are we loading our patients enough?**
James Ritter, DPT
1 contact hour
- 12 May 2021 **Conquering Pediatric Potty Problems**
Amber Cunningham, DPT
1 contact hour
- 14 April 2021 **Thoracic Outlet Syndrome - It has seen you!**
Frank Buzin, DPT
1 contact hour
- 10 March 2021 **Motivational Interviewing**
Emily Getz, DPT
1 contact hour
- 1-28 February 2021 **Combined Sections Meeting, APTA**
Virtual Conference
20 contact hours
- 10 February 2021 **Don't Nap on it: Applications of "sleep hygiene" in rehabilitation**
Stephen Betz, DPT
1 contact hour
- 13 January 2021 **Exploring Vestibular Pathology in Children**
Patrick McCormick, DPT
1 contact hour

- 12 November 2020* **Impact of COVID-19 on Physical Therapy Interventions Through the Continuum of Care**
Lauren Collins, DPT; Elizabeth McCormick, DPT
1 contact hour
- 12 October 2020* **Getting to the Heart of POTS**
Amber Cunningham, DPT
1 contact hour
- 29 September 2020* **Updates on IDDSI**
Jessica Novrosky, MS, CCC-SLP
1 contact hour
- 10 August 2020* **Extremity pain: Are we missing something?**
Kathryn Terry, DPT
1 contact hour
- 14 July 2020* **Pregnancy & Preparing for Labor/Delivery**
Hannah Stitt, DPT
1 contact hour
- 10 June 2020* **Telehealth & Beyond: Lessons Learned**
Stephen Kareha, DPT, ATC, PhD
1 contact hour
- 13 May 2020* **Mechanisms of Manual Therapy**
Jeremy Kushner, DPT
1 contact hour
- 22 May 2020* **Head and Neck Cancer Care: Improving Communication, Swallowing, and Quality of Life**
Jessica Novrosky, MS, CCC-SLP
1 contact hour
- 22 May 2020* **Locomotor Training and Cardiovascular Exercise Intensity Post Stroke**
Kristen Topping, DPT
1 contact hour
- April 2020* **Telehealth Income Explosion**
Paul Gough, PT

- April 2020* **Implementing Telehealth in Your Practice STAT: Practical Guidance from Experienced Telehealth PTs**
Todd Norwood, PT, DPT; Ellen Morello, PT, DPT; Sarah Gallagher PT, DPT;
Christin Tate, PT, DPT; Samantha Dutrow Norwood, PT, DPT, CSCS
1 contact hour
- 11 March 2020* **Movement Impairment Syndromes: The Physical Therapy Identity**
Alex Brown, DPT, OCS, FiT
1 contact hour
- 20-22 February 2020* **Combined Sections Meeting, APTA**
Denver, CO
16 contact hours
- 12 February 2020* **Integrating lifestyle medicine principles into your practice**
Jenna Cornell, PT, DPT, ATC
1 contact hour
- 8 January 2020* **Orthotics, who needs them?**
Matthew Babbitt, PT, DPT, Cert MDT, CPed
1 contact hour
- 13 November 2019* **Physical Therapy for Gastrointestinal Disorders**
Nick DeBlasio, PT, DPT
1 contact hour
- 12 November 2019* **Management of Patients with Persistent Postural Perceptual Dizziness**
Patrick McCormick, PT, DPT
1 contact hour
- 23 October 2019* **Hearing Loss: Impact on Cognition and Overall Health**
Brittany Hilderbrandt, Au.D, CCC-A; Jessica Wagner, Au.D, CCC-A
1 contact hour
- 25 September 2019* **Clinical Decision-Making for Acute Spine Pain**
Giovanni Stracco, PT, DPT
1 contact hour
- 10 September 2019* **Vision Assessment and Exercise Prescription**
Briana Hapenovich MS, OTR-L
1 contact hour

- 28 August 2019 **Thoracic Spine: The Common Link between Neck, Shoulder, Lumbar, and Visceral Pain Patterns**
Matthew Kosar, PT, DPT
1 contact hour
- 24 July 2019 **Taking On the World Around Us: Sensory Integration in Pediatrics**
Jennifer Grieco, MOT, OTR/L; Nicole Woolridge, M.S. OTR/L
1 contact hour
- 9 July 2019 **Evidence Based Outcome Measures for Amputee Patients in an Outpatient Setting**
Joshua Kiner PT, DPT
1 contact hour
- 26 June 2019 **Pitching mechanics and video motion analysis**
Jeffrey Bays, PT, DPT, OCS, Cert MDT
1 contact hour
- 22 May 2019 **Healthy Running**
Joel Allen, PT, MSPT
1 contact hour
- 24 April 2019 **Neonatal Abstinence Syndrome**
Carissa Snelling, MS, OTR/L, BCP
1 contact hour
- 27 March 2019 **The Fourth Trimester – The baby is cute but how is Mom’s recovery going?**
Lauren Garges, PT, MSPT, WCS
1 contact hour
- 15-17 March 2019 **McKenzie Part A**
Brian McClenahan, PT, MS, OCS, Dip MDT, FAAOMPT
26 contact hours
- 12 March 2019 **The utilization of NMES and sEMG biofeedback in the treatment of swallowing disorders**
Jessica Novrosky MS, CCC-SLP
1 contact hour
- 7 February 2019 **Mentoring the Advanced Practitioner in Physical Therapy**
Eric Robertson, PT, DPT, OCS, FAAOMPT; Carol Courtney PT, PhD, ATC, FAAOMPT
1.75 contact hours

- 24-26 January 2019 **Combined Sections Meeting, APTA**
Washington, DC
14 contact hours
- 23 Jan 2019 **Gait Analysis for Hemiparesis**
Elizabeth McCormick, PT, DPT, NCS
1 contact hour
- 15 Jan 2019 **Cervicogenic Headaches**
Geeta Sathe, MD
1 contact hour
- 28 Nov 2018 **Personalized Blood Flow Restriction Training: The Future of Rehabilitation?**
Gregory Colvin, PT, DPT, ATC, CMP; Rick Grubb, PT, MSPT, OCS
1 contact hour
- 13 Nov 2018 **Motor Learning and Neuroplasticity**
Jennifer McKenna, PT, DPT, CSCS
1 contact hour
- 25 Oct 2018 **Preventing Shoulder Injuries in the Overhead Throwing Athlete**
Christopher Fisher PT, DPT, SCS
1 contact hour
- 5 Oct 2018 **Update on Obesity: A Multidisciplinary Approach, St. Luke's 8th Annual Bariatric Symposium**
6 contact hours
- 26 Sept 2018 **Clinical Management of Spinal Cord Injury Survivors**
Marlee McNerney MS, OTR/L, CBIS
1 contact hour
- 22 August 2018 **Torticollis & Plagiocephaly: Current Evidence-Based Perspectives**
Cindy Miles, PT, PhD, PCS
1 contact hour
- 25 July 2018 **Feeding Development: Evaluation and Intervention**
Laurie Risi, MA, CCC-SLP; Stephanie Edwards, MS, OTR/L
1 contact hour
- 27 June 2018 **Neurorehab: A Network Continuum Approach**
Julie Corsi, OTD, OTR/L, C-GCM, CSRS
1 contact hour

- 23 May 2018 **Pes planus implications for patellofemoral pain**
Robert Gieringer, PT, DPT, OCS, SCS, COMT, FAAOMPT
1 contact hour
- 5-6 May 2018 **Therapeutic Neuroscience Education: Educating Patients about Pain**
Adriaan Louw, PT, PhD, CSMT
15 contact hours
- 6-11 April 2018 **PT First: Essential Tools for Functioning as a First-Contact Provider**
Aaron Keil, PT, DPT, OCS; Giovanni Stracco, PT, DPT; Stephen Kareha, PT, DPT, OCS
17 contact hours
- 25 April 2018 **Headaches, migraines, and the vagus nerve**
Nick DeBlasio, PT, DPT, OCS, CSCS
1 contact hour
- 27 March 2018 **Utilizing Outcome Measures to Enhance Patient Care**
Rett Holmes, PT, DPT, OCS, Cert MDT; Stephen Kareha, PT, DPT, PhD, OCS
1 contact hour
- 27 February 2018 **Updates on Adhesive Capsulitis**
Andrew Feher, PT, DPT, OCS
1 contact hour
- 22-24 February 2018 **Combined Sections Meeting, APTA**
New Orleans, LA
12 contact hours
- 21 February 2018 **Achieving Clinical Correlates: Imaging Implications for Physical Therapists**
New Orleans, LA
8 contact hours
- 22 January 2018 **A Comprehensive Approach: Rehabilitation for Patients After Lower Extremity Amputation**
Kristen Topping, PT, DPT
1 contact hour
- 22 November 2017 **Evaluation and Treatment of Dizziness**
Jennifer McKenna, PT, DPT, CSCS
1 contact hour

- 9 November 2017 **The Physical Therapist as a Primary Care Provider for Patients With Low Back Pain**
Ian Stephens, PT, DPT; Christine Schulte, PT, DPT; Sandra Passek, PT, DPT
2 contact hours
- 25 October 2017 **Functional Testing for Return to Sport**
Seth Eisenberg, PT, DPT, SCS, ATC
1 contact hour
- 27 September 2017 **Concussion and Cognitive Therapy**
Jessica Novrosky, M.S., CCC-SLP
1 contact hour
- 23 August 2017 **The Pelvic Floor: What does it have to do with MY patients?**
Lauren Garges, PT, MSPT, WCS
1 contact hour
- 26 July 2017 **Dry Needling and Physical Therapy Practice: An Eclectic Therapeutic Approach for the Management of Neuromusculoskeletal Pain and Movement Dysfunction**
Brian Owens, PT, DPT
1 contact hour
- 28 June 2017 **Understanding the Lymphatic System and Lymphedema Treatment**
Jeff Hashagen, PT, MSPT, CLT
1 contact hour
- 24 May 2017 **Concussion: Diagnosis and Management**
Annie Verghese, PT, DPT, OCS
1 contact hour
- 26 April 2017 **Interactive Metronome**
Mark Hrycko, MS, SLP-CCC; Jennifer Grieco, MOTR/L, SIPT
1 contact hour
- 20 April 2017 **Implementation of Hospital-Based Direct Access Highlighting Direct Ordering of Diagnostic Imaging**
Aaron Keil, PT, DPT, OCS
2 contact hours
- 11 April 2017 **Evidence-Based Evaluation Of The Sacroiliac Joint**
James Scifers, DScPT, PT, SCS, LAT, ATC
1 contact hour

- 22 March 2017 **Female Pelvic Girdle Instability: Digging Deeper**
Julie Spencer, PT, DPT
1 contact hour
- 22 February 2017 **McKenzie Method: Mechanical Diagnosis and Therapy of the Lumbar Spine**
Rett Holmes, PT, DPT, OCS, Cert MDT
1 contact hour
- 16-18 February 2017 **Combined Sections Meeting, APTA**
San Antonio, TX
14 contact hours
- 28-29 January 2017 **A Study of Neurodynamics: The Body's Living Alarm System**
Emilio Puentedura, PT, DPT, PhD, OCS, GDMT, CSMT
15 contact hours
- 25 January 2017 **Current Concepts in Chronic Pain Science**
JoAnn Redmond, PT, DPT
1 contact hour
- 23 November 2016 **Why Am I Still Spinning? - Atypical BPPV**
Ethan Hood, PT, DPT, MBA, NCS, GCS
1 contact hour
- 26 October 2016 **Foot and Ankle Biomechanics**
Matthew Babbitt, PT, DPT, C-Ped, Cert MDT
1 contact hour
- 28 September 2016 **How Vision Impacts Memory in ABI**
Alicia Reiser, MS, OTR/L, PAM-C
1 contact hour
- 24 August 2016 **Treatment of Low Back Pain in Gestational and Post-Partum Females**
Alison Frantz, PT, DPT, OCS
1 contact hour
- 27 July 2016 **Patellofemoral Assessment and Regional Interdependence**
Gregory Massie, PT, DPT, OCS
1 contact hour
- 22 June 2016 **Evidence-Based Treatment for Rib Dysfunctions**
Laura Rothermel, PT, DPT, FAAOMPT
1 contact hour

- 17-20 February 2016 **Combined Sections Meeting, APTA**
Anaheim, CA
14 contact hours
- 27 December 2015 **Evidence-Based Treatment of the Shoulder**
Eric Hegedus, PT, DPT, MHSc, OCS, CSCS
4.75 contact hours
- 27 December 2015 **Evidence-Based Examination of the Shoulder**
Eric Hegedus, PT, DPT, MHSc, OCS, CSCS
7.25 contact hours
- 27 December 2015 **The Neuroscience of Sprains, Strains, Pain and Sports Performance**
Adriaan Louw, PT, PhD, CSMT
2.5 contact hours
- 20 December 2015 **Teaching People About Pain**
Adriaan Louw, PT, PhD, CSMT
4.75 contact hours
- 4-7 February 2015 **Combined Sections Meeting, APTA**
Indianapolis, IN
14 contact hours
- 4-6 February 2014 **Combined Sections Meeting, APTA**
Las Vegas, NV
18 contact hours
- 13-15 July 2013 **Management Of Lumbopelvic Disorders**
Tim Flynn, PT, PhD
23 contact hours
- 12 March 2013 **Arthroscopic Treatment of Hip Pain**
Brett Gibson, MD
1 contact hour
- 3 June 2012 **Prosthetic Overview**
Kevin Warner, CP
1 contact hour
- 2 August 2011 **The Interactive Shoulder Algorithm**
George Davies, DPT, MEd, PT, SCS, ATC, LAT, CSCS, FAPTA
10.5 contact hours

- 22-25 June 2010 **NATA Annual Meeting & Clinical Symposia**
Philadelphia, PA
- 10-11 April 2010 **Clinical Biomechanics**
Robert DuVall, PT, DSc, ATC, OCS, SCS, FAAOMPT
12 contact hours
- 9-10 April 2010 **Advanced Pain Assessment, Medical Screening & Biomechanical
Differential Diagnosis for Physical Therapists**
Robert DuVall, PT, DSc, ATC, OCS, SCS, FAAOMPT
12 contact hours
- 30 April 2009 **The Collaborative Model of Clinical Education in an Internship: Benefits,
Challenges, and Nuts & Bolts**
Arcadia University
7.5 contact hours
- 26-27 September 2008 **Mulligan Concept – Follow-Up Course For Spinal And Peripheral Manual
Therapy Techniques**
Geoffrey Foat, PT, MS, OCS
13 contact hours
- 4 June 2008 **Independent Study Course 16.2, Current Concepts in Orthopaedic Physical
Therapy**
Orthopaedic Section, APTA
84 contact hours
- 10-11 November 2007 **Vestibular Rehabilitation Therapy: Practical Management of Patient with
Dizziness**
Martin Gizzi, MD, PhD & Jeff Walter, PT, NCS
14 contact hours
- 20-21 October 2007 **Mulligan Concept – Upper Quadrant, Mobilizations with Movement,
‘NAGS’, ‘SNAGS’ & more (a lab course)**
Michelle Quirk, MS, PT
13 contact hours
- 4-5 August 2007 **Mulligan Concept – Lower Quadrant, Mobilizations with Movement,
‘SNAGS’, ‘SMWLM’ & more (a lab course)**
Geoffrey Foat, PT, MS, OCS
13 contact hours

- 15-17 February 2007 **Combined Sections Meeting, APTA**
 Boston, MA
 14 contact hours
- 21 May 2007 **Basic Cranio-Facial**
 University of St. Augustine
 20 contact hours
- 31 March – 1 April 2007 **APTA CI Education and Credentialing Program**
 Michelle Babcock, PT, NCS
 15 contact hours
- 14-17 June 2006 **NATA Annual Meeting & Clinical Symposia**
 Atlanta, GA
- 4-5 March 2006 **Diagnosis & Treatment of Movement System Impairment Syndromes:
 Concepts & Application**
 Shirley Sahrmann, PT, PhD, FAPTA
 10 contact hours

Teaching Responsibilities in Orthopaedic Residency & Fellowship Programs

- 2021 - Present **Instructor**
 Pain Neuroscience
 St. Luke's University Health Network Spine Fellowship
- 2021 - Present **Instructor**
 Mulligan Concepts
 St. Luke's University Health Network Spine Fellowship
- 2021 - Present **Instructor**
 Leadership
 St. Luke's University Health Network Spine Fellowship
- 2021 - Present **Instructor**
 Diagnostic Systems & Imaging
 St. Luke's University Health Network Spine Fellowship
- 2021 - Present **Instructor**
 Salesmanship
 St. Luke's University Health Network Spine Fellowship

- 2013 - Present **Unit Coordinator**
Evidence Based Practice and Clinical Decision Making
St. Luke's University Health Network Orthopaedic Residency
- 2013 - Present **Unit Coordinator**
Craniomandibular Unit
St. Luke's University Health Network Orthopaedic Residency
- 2013 - Present **Unit Coordinator**
Shoulder Unit
St. Luke's University Health Network Orthopaedic Residency
- 2015 - Present **Instructor**
Lumbopelvic Manipulation and Traction Sub-classifications
St. Luke's University Health Network Orthopaedic Residency
- 2013 - 2020 **Instructor**
Lumbopelvic Examination and Treatment Skills
St. Luke's University Health Network Orthopaedic Residency
- 2017 - 2021 **Unit Coordinator**
Frontiers in Physical Therapy (Telehealth, Genetics, Robotics, Imaging)
St. Luke's University Health Network Orthopaedic Residency
- 2013 – 2016, 2018 - Present **Instructor**
Hip Procedures
St. Luke's University Health Network Orthopaedic Residency
- 2016 **Instructor**
Ankle and Foot Biomechanics
St. Luke's University Health Network Orthopaedic Residency
- 2014 - 2016 **Instructor**
Cervical Spine Manipulation
St. Luke's University Health Network Orthopaedic Residency
- 2012 - 2017 **Course Coordinator**
Advanced Orthopaedic Practice: Cervical Spine, Thoracic Spine, and TMJ
Arcadia University Orthopaedic Residency
- 2012 - 2017 **Co-Instructor**
Evidence Based Practice and Clinical Reasoning
Arcadia University Orthopaedic Residency

Teaching Responsibilities in Entry-Level Doctor of Physical Therapy Programs

2021 - Present	Course Coordinator Research 1 DeSales University Entry-Level Doctor of Physical Therapy Program
2020 - Present	Course Coordinator Foundations of Therapeutic Exercise DeSales University Entry-Level Doctor of Physical Therapy Program
2020 - Present	Lab Assistant Standardized LE Exam & Evaluation Cases DeSales University Entry-Level Doctor of Physical Therapy Program
2020 - Present	Lab Assistant Standardized UE Exam & Evaluation Cases DeSales University Entry-Level Doctor of Physical Therapy Program
2020	Co-Instructor Research 1 DeSales University Entry-Level Doctor of Physical Therapy Program
2020 - Present	Co-Instructor Shoulder, Hip & Knee Biomechanics DeSales University Entry-Level Doctor of Physical Therapy Program
2018 - Present	Instructor Chronic Pain DeSales University Entry-Level Doctor of Physical Therapy Program
2018 - Present	Course Coordinator Advanced Orthopaedics and Pain Neuroscience DeSales University Entry-Level Doctor of Physical Therapy Program
2016 - Present	Instructor TMJ Biomechanics and Pathology DeSales University Entry-Level Doctor of Physical Therapy Program
2016 - Present	Instructor TMJD Examination DeSales University Entry-Level Doctor of Physical Therapy Program
2016 - Present	Instructor TMJD Intervention DeSales University Entry-Level Doctor of Physical Therapy Program

- 2015 **Lab Assistant**
Standardized LE Exam & Evaluation Cases
Arcadia University Entry-Level Doctor of Physical Therapy Program
- 2010 - 2012, 2014 **Lab Assistant**
Standardized UE Exam & Evaluation Cases
Arcadia University Entry-Level Doctor of Physical Therapy Program
- 2013 **Instructor**
Lumbar Spine Epidemiology and Classification
Arcadia University Entry-Level Doctor of Physical Therapy Program
- 2013 **Instructor**
Lumbar Intervention Strategies
Arcadia University Entry-Level Doctor of Physical Therapy Program
- 2012 **Lab Assistant**
Cervical Spine Exam
Arcadia University Entry-Level Doctor of Physical Therapy Program

Teaching Responsibilities in Transitional Doctor of Physical Therapy Programs

- 2018 - 2020 **Instructor**
Case Analysis
Arcadia University Transitional Doctor of Physical Therapy Program
- 2018 **Assistant Instructor**
Clinical Decision Making
Arcadia University Transitional Doctor of Physical Therapy Program
- 2012 - 2017 **Co-Instructor**
Neuromuscular Tissues and Motor Control
Arcadia University Transitional Doctor of Physical Therapy Program

Statistics

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Reads 11017

Citations 736

Skills & Activities

Skills Shoulder, Physiotherapy, Athletic Training, Back and Pelvic Pain, Muscle Strength, Validation, Classification, Classification Algorithms, Validation Studies, Physical Therapy, Biomechanics, Shoulder Joint, Manual Therapy, Rehabilitation, Exercise Science, Muscle Function, Physical Rehabilitation, Strength & Conditioning, Musculoskeletal Disorders, Injury Prevention, Manipulation, Movement Analysis, Chronic Pain, Temporomandibular Joint Disorders, Complex Regional Pain Syndromes, Pain Neurology

Languages English

Interests Wrestling, mountain biking, singing, running