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WORK EXPERIENCE:

10/2011- Present K2-Healthcare Consulting dba K2-Sports Therapy and performance

Position: **Director of Rehabilitation**

- Physical Therapist evaluating and treating a diverse patient base from orthopedics to neurologic conditions
- Oversee contract and network participation agreements
- Staffing the practice
- Service Line development
- Ergonomic Coordinator/Consultant for local businesses

01/2006-Present K2-Healthcare Consulting LLC - Executive Consultant

- Presented at over 200 Seminars throughout the United States in the clinical areas of TMJ dysfunction, Ergonomics Peripheral Neuropathy, and Treatment of the Upper Quarter.
- Expert in the area of physical rehabilitation with focus on work Injuries, Ergonomics, Orthopedic Rehabilitation, Functional Capacity evaluations, TMJ and Peripheral Neuropathy.

2/2001- 10/2011 Lake Norman Regional Medical Center - Mooresville, NC

Position: **Director of Rehabilitation Services**

- Supervise 28 + FTE's including speech, occupational, and physical therapy for both inpatient and outpatient departments
- Staff Education, Development and assist with deposition preparation for clinical staff
- Completed 2 independent Clinical Studies in the area of Ergonomics with Work Injuries and Peripheral Neuropathy.
- Identify areas of growth for outpatient department considering: Payor mix, patient demographics, capital budget, staffing and return on investment analysis (ROI)
- Developed the following outpatient program service lines
 - Comprehensive Pediatrics with speech, occupational and physical therapies
 - Work Injury Rehabilitation Program
 - Functional Capacity Evaluation Program
 - Orthopedic Treatment Center
 - Diabetic Neuropathy Treatment Program
 - Fall Prevention Program
- Ergonomics coordinator – developed back safety program that decreased time lost per back injury from 6.33 days to 1.29 days
- Maintain a caseload of patients ranging from pediatrics to geriatrics
- Worked with other hospital disciplines (e.g. Nursing, Hospitalists, Imaging, Surgical Services and Emergency Department) to manage patient care issues including program development.

- Active on Various Hospital Committees to include:
 - Back Safety
 - Ergonomics/Work Injury
 - Joint Commission Preparation
 - Orthopedic Center of Excellence Accreditation
- Represented the hospital in several community leadership roles such as:
 - Lake Norman chapter of Rotary International
 - Chamber of Commerce Leadership Training
 - YMCA Board Member, Wellness Committee member
 - Speaker at several local companies, civic groups, and health related clubs

12/2005-Present **K2-Healthcare Consulting-** Executive Consultant

- Consulting for Hospitals, Hospital Systems and Healthcare Providers teaching in the areas of outpatient program development, ergonomics, work injury reduction for healthcare workers, identification of niche market opportunities unique to each client area
- Faculty/Speaker for Cross Country Education

3/30/98-2/2001 **Carolinas Physical Therapy Network** - Lancaster, SC.

Position: **Clinical Coordinator** – Outpatient Physical Therapy

- Evaluate and treat patients with injuries including; work injuries, traumatic, orthopedic and neurological conditions.
- Attend monthly financial and administrative meetings
- Oversee staffing and coverage of all office positions
- Member of the Quality Assurance committee for CPTN to include chart reviews for Medicare, clinical, and insurance compliance
- Conduct monthly visits to referring physicians and public relations presentations to local organizations
- Participated in the clinical competency program for licensed therapists
- Attended and presented in-services on various clinical issues

11/96 – 3/15/98 **The Division of Physical Medicine and Sports Therapy,** Orthopedic Surgeons of Long Island. New Hyde Park, NY.

Position: **Director of Physical Therapy**

- Supervise the Clinical Staff of therapists, athletic trainers, assistants, and aides
- Develop protocols for department for post-surgical and non-operative diagnosis'
- Schedule staffing and coverage
- Budgeting and ordering of physical therapy supplies
- Devised and Implemented Quality Assurance tracking patient care
- Clinic coordinator of student affiliation program
- Oversee daily operations of the physical therapy department including maintaining regular case load

9/91 – 11/96 **Island Sports Physical Therapy,** East Northport, NY.

Position: **Senior Therapist/ Athletic Trainer**

- Supervised student Internship program for therapist, assistants, and Athletic Trainers
- Worked with staff in developing and implementing Aquatic Rehabilitation Programs
- Worked with staff in developing clinics Shoulder Rehabilitation, Closed Chain, and Dynamic Back Stabilization programs
- Developed return to work programs for clients in the NYPD, NYFD, and NY Department of Sanitation

7/90-9/91 **Marathon Physical Therapy**, Great Neck, NY

Position: Athletic Trainer

- Assist physical therapy staff in treating patients with orthopedic and neurological conditions

Fall 1989 **New England Patriots Football Club**, Foxboro, MA.

Position: Athletic Training Intern

- Worked under the head athletic trainer and assistant athletic trainer in providing treatment to players for variety of sports-related injuries
- Provided pre-game preparation for players to include taping and equipment/supply set up
- Assist with set up of summer training camp facility
- Worked with variety of medical professionals in including orthopedic surgeons, chiropractors, dentists and physical therapists caring for players

EDUCATION:

1992-1995 Touro College, Dix Hills, NY
Masters Degree in Physical Therapy

1987-1990 State University of New York at Cortland,
B.S. Biology – Secondary Science Teaching Certification
Minor Athletic Training (NATA Certified)

RELATED WORK EXPERIENCE:

2005-2009 Lowes YMCA Mooresville NC- Board of Directors
1996 – 1998 Access Health Professionals - Physical Therapy Home Care
1996 – 1998 St. Mary’s Children’s Hospital – Physical Therapy Home Care
1996 Waldbaum Cup; ATP Tennis Tour – vol. Athletic Trainer
1994 New York City Marathon – vol. Medical Staff
9/91-9/93 50 Plus Fitness and Vitality – Board of Advisors (as an Athletic Trainer)

PRESENTATIONS:

2013 Iredell County Dental Society – Clinical Advances in TMJ management
2011 Iredell County Dental Society – Conservative Management of TMD
2011 Lake Norman Regional Medical Center – Rehabilitation for Stroke Patients
2007-Present Cross Country Education-(Multiple sites and dates throughout the U.S.)
Subject: Assorted Topics (Neuropathy Treatment, Conservative Management TMJ, Manual Treatment of the Upper Quarter)
2001-Present Lake Norman Regional Medical Center Nurse Education Seminars
Subject: Ergonomics and back safety for healthcare workers (monthly)

- 12/2005 Lake Norman Regional Medical Center Physicians Morning Report
Subject: Using the Cold Laser in treating Neuropathy
- 4/2005 North Carolina Endoscopy Nurses State Meeting (Piedmont)
Subject: Ergonomics for Healthcare Workers
- 2002 LNRMC Managers Performance Improvement Meeting
Subject: Functional Back Safety in Healthcare
- 11/2002 Lake Norman Regional Medical Center Physicians Morning Report
Subject: Conservative Management of Back Injuries
- 4/2000 Carolinas Medical Center – Current Concepts in Managing shoulder Injuries
Subject: Rehabilitation of Shoulder Impingement

CONTINUING EDUCATION:

- 11/12 Kinesio Taping – Charlotte NC
- 7/09 Advances in Treating the Foot and Ankle – Charlotte NC
- 10/06 Oscar Miller Day –Orthopedic review of Spinal Surgeries
- 9/03 Functional Capacity Evaluation Certification course – Indianapolis IL.
- 4/02 Adult Back Injuries- Charlotte AHEC
- 3/02 North Carolina Athletic Trainers Association Annual Meeting
- 10/00 Peripheral Joint Mobilizations- The Maitland Approach CMC-Charlotte, NC
- 4/00 Adult Shoulder Problems –Charlotte AHEC (Presenter)
- 2/00 BET- by the Institute for Physical Art, CMC-Charlotte, NC
- 10/99 Biomechanics of the LE- Charlotte AHEC
- 9/99 Mobilizations with Movement the Mulligan Concept –McLean, VA
- 7/99 N.C.C.A. Sport Symposium- Raleigh, NC
- 7/99 SCATA – District Meeting – Columbia, SC
- 4/99 L/S treatment Philosophies – Charlotte AHEC
- 4/98 The Adult Knee- CMC-Charlotte, NC
- 4/97 Difficult Decision-Making in the Athlete, The Hospital for Special Surgery, NY,
- 11/96 Advances in Knee Rehabilitation, Greenwich, CT.
- 3/96 Muscle Energy Techniques for the Spine, Pelvis, and Sacrum, Albany, NY.
- 12/95 Lower Extremity Injuries in the Adolescent Athlete, Uniondale, NY.
- 10/94 Cancer Treatment Seminar, Sloan Kettering Hospital, NY, NY.
- 8/94 International Human Performance Congress, Richmond, VA.
- 6/94 Infection Control Workshop, John T. Mather Hospital, Port Jefferson, NY.
- 1/88-1/94 Eastern Regional Athletic Trainers Conference, Monticello, NY. Boston, MA.
 Philadelphia, PA.
- 4/93 Therapeutic Interventions Utilizing the Swiss Ball, JFK Rehabilitation Institute, NJ.

PROFESSIONAL MEMBERSHIPS and LICENSES:

- NC State Lic. 6830
- National Athletic Trainers Association- NATA cert. # 019106038

REFERENCES AVAILABLE UPON REQUEST