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MONTCLAIR PHYSICAL THERAPY
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Montclair Physical Therapy, Certified McKenzie Clinics

Montclair, New Jersey and New York, New York

Owner

Dec. 1992 to Present

Montclair Physical Therapy is a patient-centered, physical therapist-owned boutique practice that provides unusually effective and personalized care for orthopaedic, vestibular, neurological, conditioning and other issues, with a specialty in the McKenzie Method for the spine and extremities.

The McKenzie Institute International

Waikanae, New Zealand (U.S. Branch: Syracuse, New York)

Jan. 1998 to Present

Faculty / Associate Faculty

Clinical Mentor (as one of four sites world-wide designated a Clinical Mentoring Diploma venue) for the McKenzie Diploma Programme in Mechanical Diagnosis and Therapy (2003-2011), tutoring more than two dozen candidates, each in a nine-week residency, toward their McKenzie Diploma examination; taught McKenzie courses Parts A-C 1998-2001.

The General Hospital Center at Passaic, New Jersey

Director of Rehabilitation Services

Jan. 1992 to Jan. 1998

New York Medical College

Valhalla, New York

Clinical Faculty Associate (Orthopaedic Physical Therapy)

Sept. 1996 to Present

St. Mary's Hospital, Passaic, New Jersey

Director of Physical Therapy

Asst. Director of Physical Therapy

Clinical Education Coordinator

Staff Physical Therapist

Oct. 1988 to Dec. 1992

Aug. 1985 to Sep. 1988

May 1982 to Oct. 1988

Dec. 1981 to Oct. 1985

Licenses Held:

New Jersey License No. 40QA00264000

New York License No. 7213

Education:

Massachusetts General Hospital Institute of Health Professions, Boston, Massachusetts

Doctor of Physical Therapy, September, 2005

Montclair State College, Upper Montclair, New Jersey

M.A. Immunology/Molecular Biology, May, 1987

Thesis: Comparative Immunogenicity of Processed Bovine Collagen

University of Pennsylvania, Philadelphia, Pennsylvania

Certificate in Physical Therapy, September, 1981

Special Course Work: Clinical Orthopaedics, Advanced Neurophysiology

Ohio Wesleyan University, Delaware, Ohio

B.A. Bacteriology, June, 1979

Special Course Work: Scanning and Transmission Electron Microscopy, USDA, Delaware, Ohio

Professional Presentations and Publications:

New York Road Runners Team For Kids ING Marathon Pre-Race Clinic: Manage Your Injuries by Knowing How Your Tissues Heal. New York, New York, July 2012.

McKenzie Institute International Diploma-Only Course Instructor, Clinical Skills Update. Austin, TX, October 2011

McKenzie Institute International Conference: Striving for Clinical Excellence. Differentiation, Sub-classification, and Treatment of Cervical Spine, Thoracic Spine and Upper Extremity Presentations. Baltimore, MD., August 6-8, 2010. Presenter, Evaluation and Treatment of the Upper Extremity

McKenzie Institute International Conference: From Pain to Function. Evaluation and Treatment of the Upper Extremity. Orlando, Fla. July 25-27, 2008. Presenter, Evaluation and Treatment of the Shoulder

McKenzie Institute International Conference: From The Textbook to the Clinic. Montreal, Canada, August, 2006. Presenter: History -Taking

McKenzie Institute North American Conference. Cleveland, OH, August, 2005. Presenter: Rehabilitation of Whiplash Injuries

Moderator: Building Bridges for Better Health Care. NJAPTA forum on insurance reimbursement, November, 2004

Author- Rehabilitation of Whiplash Injuries: in Whiplash, Malanga, G. and Nadler, S. ed. Hanley & Belfus, Philadelphia, PA. 2002

Contributor of case studies to authors Robin McKenzie and Craig Kubey, Seven Steps to Pain-Free Living, Waikanae, New Zealand, Spinal Publications Limited, 2000.

Presenter: "Rehabilitation of Low Back Pain," at "Challenging the Horizons of Workers' Compensation and Personal Injury Protection Services," The University of Medicine and Dentistry / New Jersey Medical School and Horizon Casualty Services, New Brunswick, New Jersey; September 2000

Presenter and Moderator: "When You're The Expert," McKenzie Institute North American Conference, Orlando, Florida; June, 2000

Other Professional Certifications and Activities:

James Tucker Excellence in Clinical Teaching Award. APTA-NJ, April, 2004

The McKenzie Institute International. Diploma Clinical Mentor, 2003 -2011; Faculty member, 1998 – 2001; Associate faculty, 2011 – present.

New Jersey Network/WNET/PBS, "Caucus: New Jersey with Steve Aduato," July/August 1999

WNBC-TV, "Live at Five," "McKenzie Method for Relieving Back Pain" June 1998

"Preventing Running Injuries," Montclair YMCA 10K/2Mile Run Featured Speaker, May 1998

Member, Orthopath Committee, The General Hospital Center at Passaic, Passaic, N.J. Along with key personnel, designed and implemented a critical pathway for major joint replacement patients, with provision for immediate post-operative follow-up and decreasing length of stay to two to three days.

Chairman, APTA-NJ Reimbursement Advisory Committee, January 1996 to April 1997. Responsible for planning insurance summit with the New Jersey Chapter of the American Physical Therapy Association and insurers writing health care policies in the State of New Jersey. The summit included nationally recognized experts in the area of reimbursement issues, the commissioner of insurance for the State of New Jersey, and over 100 representatives from the insurance industry.

Member, American Physical Therapy Association (Orthopaedic and Private Practice Sections)
May 1981 to present

Member, Payer Relations Committee, APTA-NJ. 1994-2009

Chairman of the Management Committee, St. Mary's Hospital, Passaic, New Jersey
December 1989 to January 1991

Team Physical Therapist, United States Team: World Transplant Games Budapest (1991), Singapore (1989), Innsbruck (1987), Amsterdam (1984)

Cable Television Network (CTN): "A Healthier You: Care and Prevention of Low Back Pain," December 1987

Lecturer, Essex County College, Newark, New Jersey, Physical Therapist Assistant Program: "McKenzie Approach to Evaluation and Treatment of the Lumbar Spine," March, 1993, "Pulmonary Physiology and Chest Physical Therapy" March 1992, March 1988, January 1985, March 1983

Sierra Club: "Stretching and Injury Prevention" February 1995

Eastern Heart Institute: "Care and Prevention of Low Back Pain" June 1994

Coordinator and Lecturer, "Better Breathing Program" Bergen/Passaic Respiratory Health Association, 1984-1986

Continuing Education:

New York University / Hospital for Joint Diseases 4th Annual Articular Cartilage Repair Course, New York, New York, June 2012

McKenzie Institute North America Conference in Mechanical Diagnosis & Therapy, Baltimore, Maryland, August 2010

McKenzie Institute International Conference in Mechanical Diagnosis & Therapy. Rio de Janeiro, Brazil, Aug. 28-Sept 1, 2009

"Ethics and Jurisprudence in Physical Therapy. APTA sponsored course. APTA-NJ annual conference, April, 2009

McKenzie Institute International Conference in Mechanical Diagnosis & Therapy: From Pain to Function. Orlando, Florida. July 25-27, 2008

APTA-NJ Annual Conference, October 18, 2008." How to Negotiate a Contract For Physical Therapist Services."

"The Year Ahead: Outpatient Physical Therapy Coding and Reimbursement." APTA audio conference, December 5, 2006

McKenzie Institute International Conference: From The Textbook to the Clinic. Montreal, Canada, August, 2006

McKenzie Institute North American Conference. Cleveland, OH, August, 2005

Examination and Intervention of Dizziness: The Vestibular System and Orthopaedics. Cross Country University, Paramus, NJ: June 9, 2004

Current Concepts in the Management of the Lower Extremity: Columbia University College of Physicians and Surgeons, New York, NY: June 7, 2003

Examination and Treatment of the Spine and Extremities: The McKenzie Institute International Faculty Retreat: February 15-20, 2003

McKenzie Institute International North American Conference, Tuscon, AZ: August 9-11, 2002

Disorders of the Knee: Orthopaedic Section, APTA, LaCrosse, WI: October, 2000 – March 2001

McKenzie Institute International North American Conference, Orlando, Fla: June 2-4, 2000

Challenging the Horizons of Worker's Compensation and PIP Services: UMDNJ and Horizon Casualty Services, Newark, NJ: September 19, 2000

Back Pain and Disability - Unraveling the Puzzle: Physical Medicine Research Foundation & Hospital for Joint Diseases, Mt. Sinai NYU Health, New York, NY: November 30 - December 2, 2000

Sports Medicine Symposium: Valley Hospital, Ridgewood, New Jersey, March 14, 1998

The Patella: Current Controversies & Solutions: NYU Medical Center, October 5, 1997

International McKenzie Conference: Philadelphia, Pennsylvania, September, 1997

International McKenzie Conference: San Diego, California, September 1996

McConnell Approach to the Problem Shoulder: JFK Johnson Rehabilitation Institute, June 1-2, 1996

International McKenzie Conference: Cambridge, England, September 1995

Elbow, Forearm, Wrist and Hand: Carolyn Wadsworth, PT, M.S., CHT, March 1995

Diploma Course in Mechanical Diagnosis and Therapy: McKenzie Institute International, Wellington, NZ. June 1994 through September 1994

Mobilization of the Nervous System: David Butler, PT, GDMT, May 1993

International McKenzie Conference: Toronto, Canada September 1993

The McKenzie Institute: Mechanical Diagnosis and Therapy Part D: Therapist Technique and Application, February 1992

The McKenzie Institute: Mechanical Diagnosis and Therapy Part C: Practical Workshop and Problem Solving, December 1991

Diagnosis and Treatment of Temporomandibular Joint Dysfunction, October 1991

Forum Medicum: Post Graduate Advances in Physical Therapy, January 1990 - January 1991

Forum Medicum: Post Graduate Advances in Evaluation and Treatment of Lumbar Dysfunction, January 1989- January 1990

Brian Mulligan: Nags, Snags, and PRP's, etc. August 1989

The McKenzie Institute: Mechanical Diagnosis and Therapy Part B: The Cervical Spine, May 1989

Robert Jokel: Comprehensive Approach to Spinal and Extremity Techniques, February 1988

Alan Weismantel: Combined Approach to Soft Tissue Techniques, March 1987

Duane Saunders: Faulty and Painful Postural Conditions, August 1986

Sexuality and the Chronically Disabled, November 1985

Sandy Burkart and Renee Calliet: Evaluation and Treatment of the Shoulder Joint, January 1985

Tufts University Sports Medicine Symposium: The Lower Extremity, June 1984

The McKenzie Institute: Mechanical Diagnosis and Therapy- Part A: The Lumbar Spine, March 1984

Stanley Hoppenfeld, M.D.: Physical Examination of the Spine and Extremities, October 1983

JFK Medical Center: Symposium on Sports Medicine, September 1983

American Physical Therapy Association: Managing Student Problems, April 1983

New York University Hospital: Physiology and Management of Pulmonary Disorders in Physical Therapy, October 1982

John Mennell, M.D.: Joint Mobilization in the Evaluation and Treatment of Lumbar Pain and Dysfunction, August 1982

The Langer Foundation: Applied Foot and Lower Extremity Biomechanics, April 1982

Other Board Positions, Memberships, Voluntary and Related Activities

Member, McKenzie Institute International

Member, American Physical Therapy Association, New York & New Jersey Chapters

Member, TransAction Council Executive Board, The National Kidney Foundation: 1996 – 1997

NCAA Weightlifting Champion, 1978

Medical Peer Review Panel, Horizon Casualty Services, Newark, NJ: 1998 - 2011

Board Member, Montclair Counseling Center, Montclair, New Jersey

Boy Scouts of America Scoutmaster/Committee Member, Troop 13 Upper Montclair and Troop 275 Newark, New Jersey

Appalachian Mountain Club Youth Opportunities Project Leader

YMCA of Montclair, New Jersey