

Anna J. Hartman
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PROFESSIONAL EXPERIENCES

MovementREV

Owner / Founder / Athletic Trainer

March 2014 - Present

- Performance therapy evaluation, treatment, and rehabilitation
 - Manual therapy:
 - Barral Institute Visceral, Viscero-emotional, Neural Manipulation, and Disc Disorders
 - Dr. Ma's Dry Needling, Systemic Dry Needling
 - IAOM Joint Mobilization
 - ASTYM, Gua Sha, Cupping
 - Movement / Exercise therapy:
 - EXOS (formerly Athletes' Performance)
 - Polestar Pilates AND Pilates Method Alliance
 - Vinyasa Yoga (200hr- Cori Martinez/Asha Yoga)
 - Franklin Method
 - Fascial fitness oriented training
- Continuing education educator for athletic training, physical therapy, Pilates, yoga, and movement education topics locally, nationally, and international
- In season travel with professional athletes to provide maintenance care and or rehabilitation
 - NFL, MLB, NBA
- Consulting services with professional sports teams and organizations
 - Oakland Raiders
 - ALTIS
 - Balanced Body
 - Los Angeles Sport and Spine
- Online education
 - REVitalize Your Sole
 - Building Resiliency
 - Breathing and The Nervous System
- Education content contributor
 - strengthcoach.com
 - Asha Yoga and Urban Bath House

EXOS (formerly Athletes' Performance), Phoenix, AZ

April 2003 - March 2014

Performance Innovation Team / Athletic Trainer

June 2013 - March 2014

- Responsible for the development of content, powerpoint presentations, and audio/video recording of internal education for the Performance Physical Therapy department of the Military POTFF contract.
- Provided performance therapy evaluation, treatment, and rehabilitation to athletes at the Arizona facility.
- Presenter for educational series on: Pillar Strength, Applied Kinesiology, Regeneration, Functional Movement Screen, Common Movement Dysfunction, lower quarter

functional exam, lower quarter pathology, upper quarter functional exam, Linear movement, Multidirectional movement

Director of Performance Physical Therapy January 2011 - June 2013

- Manage day to day operations, business development, physical therapists, athletic trainers, and massage therapists of 6 facilities nationwide.
- Developed and documented internal policies and procedures for performance physical therapy and athletic training department.
- Responsible for hiring and training performance physical therapists and athletic trainers for multiple facilities, teams, and contract internationally.
- Designed internal education on boarding process for performance physical therapists and athletic trainers.
- Managed relationships with many performance, rehabilitation, and education partners: Thera-Band, GameReady, Alter-G, Balanced Body Pilates, Performance Dynamics/ASTYM, IAOM-US, ISCRS, American Dry Needling Institute, PRI, NFLPA, PBATS, KSI.
- Provided performance therapy evaluation, treatment, and rehabilitation to athletes at the Arizona facility.
- Presenter for educational series on: Pillar Strength, Applied Kinesiology, Regeneration, Functional Movement Screen, Common Movement Dysfunction, lower quarter functional exam, lower quarter pathology, upper quarter functional exam, Linear movement, Multidirectional movement

Manager, Performance Physical Therapy July 2008 – Dec 2010

- Manage day to day operations, business development, physical therapists, athletic trainers, and massage therapists of Arizona.
- Managed relationships with many performance, rehabilitation, and education partners in the AZ facility: Thera-Band, GameReady, Alter-G, Balanced Body Pilates, Performance Dynamics/ASTYM, IAOM-US, ISCRS, American Dry Needling Institute, PRI, NFLPA, PBATS.
- Developed and maintained relationship with area physicians for referrals and collaborations. Including sports medicine, internal, orthopedic, podiatric, chiropractic, dermatological, naturopathic, concierge, and joint specialists.
- Developed emergency action plan for new facilities and field access.
- Provided performance therapy evaluation, treatment, and rehabilitation to athletes at the Arizona facility.
- Presenter for educational series on: Pillar Strength, Applied Kinesiology, Regeneration, Functional Movement Screen, Common Movement Dysfunction, lower quarter functional exam, lower quarter pathology, upper quarter functional exam, Linear movement, Multidirectional movement

Athletic Trainer April 2003 - June 2008

- Provided performance therapy evaluation, treatment, and rehabilitation to athletes at the Arizona facility.
- Implemented facility wide heat acclimatization and heat illness prevention protocol.
- Developed patient file systems including current and archived.
- Assisted performance physical therapists to provide care.
- Presenter for educational series on: Pillar Strength, Applied Kinesiology, Regeneration, Functional Movement Screen, Common Movement Dysfunction, lower quarter functional exam, lower quarter pathology, upper quarter functional exam, Linear movement, Multidirectional movement.

United States Olympic Committee- Olympic Training Center, Chula Vista, CA

Athletic Trainer

July 2004 – April 2005

- Injury evaluation, treatment, and rehabilitation of olympic and paralympic athletes.
- Physician extender- provided athlete physicals, blood draw, injections, etc.
- Assisted with implementation of inventory tracking and reports for all OTC's.
- Traveled with Olympic Track cycling team.
- Provided care for the Park City World Cup for Skeleton and Bobsled in 2006.
- Worked with various olympic sports including: Archery, canoe/Kayak, rowing, bobsled, track and field, soccer, field hockey, track cycling, triathlon, softball, skiing, luge, skeleton.
- Worked with various paralympic sports including: track and field, swimming, and soccer.
- Created internal dialogue between departments to create internal continuing education opportunities bridging the gap between biomechanics, physiology, strength and conditioning, and athletic training.

CERTIFICATIONS, LICENSURES

CERTIFICATIONS AND LICENSURES

National Athletic Trainers Association Board of Certification: Certification #110202178
 State of Arizona Athletic Trainer Licensure #393
 National Strength & Conditioning Association Certification Commission: CSCS #200321942
 Polestar Pilates Rehabilitation Practitioner 10/1/2011
 Pilates Method Alliance Certified Pilates Teacher 2/29/12
 ASTYM Certificate 1/2013
 Systemic Integrative Dry Needling Certificate 11/2013
 American Heart Association BLS HeartCode CPR/AED/Professional Rescuer certificate 3/2017
 BOC Approved Provider 2016 #P8842
 ACE Approved Provider 2016

EDUCATION

Arizona School of Health Sciences August 2004
A.T. Still University of Health Sciences, Mesa, AZ
 Masters of Science, Sports Health Care
University of Oregon June 2002
 Bachelors of Science, Exercise and Movement Science

PROFESSIONAL INVOLVEMENT, PUBLICATIONS

PROFESSIONAL INVOLVEMENT

Committee member, Arizona Athletic Trainers Association (AZATA)
 Professional Education Committee 2015 - 2016
 Summer Meeting Coordinator 2016
 Peer reviewer for NATA 65th Annual Symposium workshop content 2014
 Selected as a panelist for the BOC 6th Role Delineation Study development 2005
 NATABOC Examiner 2003

PUBLICATIONS, WRITING

Hartman AJ, The Breadth of Using Breathing as a Training and Rehabilitation Foundational Movement Assessment, *Strength and Conditioning Journal, Special Topic Issue: Sports Medicine*. IN PROCESS.

Hartman, AJ, Liebenson, C., Rest, resiliency, and retuning the body, *Journal of Bodywork & Movement Therapies* (2016), <http://dx.doi.org/10.1016/j.jbmt.2016.06.013>

Hartman, AJ. How in Tune is Your Body? For *Michael Boyle's StrengthCoach.com* November 30, 2015. [<http://www.strengthcoach.com/members/How-in-Tune-is-Your-Body.cfm>]

Hartman AJ, Falsone SA. The Art and Science of Evaluation, *Chapter in Trius Sports Performance and Rehabilitation Handbook*, KinetIQ, Japan. IN PROGRESS.

Hartman AJ, Principal investigator; Sauers EL, Co-investigator
Title: A Comparison between the horizontal adduction stretch and prone internal rotation stretch for increasing posterior shoulder mobility in professional baseball players

McLeod IA, **Hartman AJ**, Baltmanis S, Hackett G. Substance Abuse. P.L.A.Y.S. Curriculum. Mesa, AZ: Dwight Patterson Sports Academy, 2004 [www.dpsasports.org].

Snyder A, **Hartman AJ**, Valovich McLeod T. The Impact of Stretching on Sports Injury Risk and Performance. *Athletic Therapy Today*. Human Kinetics, Vol. 11, No. 6, November 2006. <http://www.humankinetics.com/acucustom/sitename/Documents/DocumentItem/6884.pdf>

Hartman AJ. "Kata Catches." Plyometrics with Soft Weights. Thera-Band Academy Clinical Corner. Akron, OH: The Hygenic Corporation, 2006 [www.Thera-BandAcademy.com] http://www.thera-bandacademy.com/elements/clients/docs/CC-KataCatches-20060423__050906_123138.pdf

PODCAST/MAGAZINE AND NEWS ARTICLES

The FitCast Podcast Dec 2016
Guest Interview
<http://fitcast.network>

Thinking Pilates Podcast Oct 2016
Guest Interview - Resiliency, Compensation, Movement
<http://skillfulteaching.com/ep-30-geeking-out-w-anna-hartman-wow-what-thats-awesome/>

The Strength Coach Podcast Dec 2015
Guest Interview - Rest Postures and Rock Mats
<http://www.strengthcoach.com/members/How-in-Tune-is-Your-Body.cfm>

Chez Reavie Learning to Believe Again
http://espn.go.com/golf/story/_/id/6998316/chez-reavie-learning-believe-again

Foot Heals, Demaryius Thomas Hopes Climb NFL Draft Boards
<http://www.sportingnews.com/nfl-news/151028-foot-heals-demaryius-thomas-hopes-climb-nfl-draft-boards>

8 Reasons Triathletes Get Injured

http://triathlon.competitor.com/2015/07/training/8-reasons-triathletes-get-injured_79997/6

Breathe In, Breathe Out

<http://blackgirlsrun.com/blogs/black-girls-run/18545473-breathe-in-breathe-out>

Breathing Techniques

http://m.huffpost.com/us/entry/breathing-techniques-exercise_n_1521630.html

How to Breathe for Every Type of Exercise

<http://www.mapmyrun.com/blog/how-to-breathe-for-every-type-of-exercise-3252/>

ACL Injuries, Adrian Peterson

<http://www.usatoday.com/story/sports/nfl/2012/12/06/acl-injuries-adrian-peterson-nfl-minnesota-vikings/1752355/>

MBSC Winter Seminar

<https://edwardsperformance.wordpress.com/2016/01/25/mbsc-winter-seminar/>

Navarro Bowman Runs

<http://www.stack.com/a/navarro-bowman-40-yard-dash>

Tips to Beating the Heat at Ironman Competition

http://m.eastvalleytribune.com/local/tempe/article_c35b18bd-5b44-5733-ae88-83273b6e0619.html?mode=iqm

WR Thomas Battles Family Issues and Injury to Reach Draft

<http://cowboyszone.com/threads/wr-thomas-battles-family-issue-injury-to-reach-draft-story-highlights.179801/>

What Top Experts are Doing Differently

<http://www.mikereinold.com/2012/06/what-top-experts-are-doing-differently-this-year.html>

Injury Prevention

<http://www.andrewsinstitute.com/news/injuryprevention/articles.aspx?id=800924573>

5 Moves to Cool Down After a Workout

<http://www.coreperformance.com/daily/recovery/5-moves-to-cool-down-after-a-workout.html>

How to Breathe for Every Type of Exercise

<http://greatist.com/fitness/how-breathe-every-type-exercise>

Master Your Breathing to Perform Better

<http://www.coreperformance.com/knowledge/wellness/master-your-breathing-to-perform-better.html>

Jacoby Ellsbury Finishes Second to Justin Verlander in MVP Vote

http://www.bostonherald.com/sports/red_sox_mlb/clubhouse_insider/2011/11/jacoby_ellsbury_finishes_second_justin_verlander_mvp

Jacoby Ellsbury Back on Top with Sox

http://www.bostonherald.com/sports/red_sox_mlb/boston_red_sox/2011/06/jacoby_ellsbury_back_top_sox

Boston's First 40

<http://blogs.southcoasttoday.com/red-sox/2011/06/07/draft-2011-bostons-first-40-four/>

PROFESSIONAL SPEAKING EXPERIENCE

Moving and Resting for Better Health: The Fundamentals of Resiliency Workshop for group of movement and rehab professionals in Tokyo, Japan	Feb 2017
Body By Boyle in-service at MBSC Presenter Breathing and The Nervous System	Nov 2016
10th Annual Prague School Rehab to Performance at EXOS Presenter Primal Tuning	Nov 2016
The 16th Annual Meeting of the Pilates Method Alliance Presenter The Breadth of Using Breath: Pilates Founding Principal and its Practical Application in Rehabilitation and Performance	Oct 2016
Building Resiliency with Efficient Movement Presenter- ACE approved CEC course for PFT Denver Fire Department	Aug 2016
The Far-West Athletic Trainers Association Annual Clinical Symposium Presenter The Breadth of Using Breath: Breathing and its Practical Application in Rehabilitation	July 2016
Bringing Anatomy of Life with Movement Presenter- PMA approved CEC course in Tucson, AZ	May 2016
Experiential Anatomy Workshop for Movement Professionals Presenter Planting Roots: The relationship of the feet to the pelvis; Exploring Effortless Extension; The Hands as Feet: Weight bearing and alignment through the upper extremity	April/May 2016
Pilates on Tour- Rehabilitation Summit Presenter- REVealing the Potential of Elite Athletes	April 2016
Michael Boyle Strength and Conditioning 2016 Winter Seminar Woburn, MA Presenter Creating a Resilient Athlete: Assessing and Improving Biomechanical Tune	Jan 2016
KinetIQ KonnectXL 2016 Okinawa Event Nago City, Okinawa, Japan Week long international baseball mentorship week Sharing my story of the blend and connection between my personal and professional life	Jan 2016

- Michael Boyle Strength and Conditioning / Body by Boyle Online** Woburn, MA Nov 2015
 Presenter
 Biomechanical Tune: How in Tune it Your Body
- AzATA Annual Summer Meeting** Flagstaff, AZ August 2015
 Presenter
 Fascial Fitness: How the Science Supports a Holistic Treatment Philosophy (Lecture and Lab)
 The Breadth of Using Breath: Breathing and its Practical Application in Rehabilitation (Lecture and Lab)
- KinetIQ Konnect Happening** Seoul, South Korea June 2015
 Sharing my story of the blend and connection between my personal and professional life
- KATA Annual Symposium** Daejeon, South Korea June 2015
 Presenter
 The Breadth of Using Breath: Pilates Founding Principle and its Practical Application in Rehabilitation
- KATA Sponsored Workshop- Korean National Sport University** Seoul, South Korea June 2015
 Presenter
 Whole Body Movement: Blending the Current Trends of Fascial Fitness, Developmental Movement, and Primal Patterns
- JATO Annual Symposium** Kyoto, Japan Feb/March 2015
 Presenter
 The Breadth of Using Breath: Pilates Founding Principle and its Practical Application in Rehabilitation
 Lab: Finding, Freeing, and Using Breath to Facilitate Movement
 Fascial Fitness in Contemporary Pilates- How the Science Supports a Holistic Treatment Philosophy
- Polestar Pilates Comprehensive Rehabilitation and Studio Curriculum** March 2013- Present
 Mentor In-training
- EXOS-API** Phoenix, AZ May 2014
 Upper Quarter Functional Examination and Restoration Workshop
 Lower Quarter Functional Examination and Restoration Workshop
- Pilates on Tour Rehabilitation Summit** Phoenix, AZ April 2013
 Fascial Fitness Oriented Training in the Contemporary Pilates Environment- Case Presentation
- Hiroshima Hospital Physiotherapy Clinic** Hiroshima, Japan November 2012
 Athletes' Performance Custom UQ and LQ Functional Restoration Workshop
- 63RD Annual NATA Symposium** St. Louis, IL June 2012
 Lab Leader- Learning Lab
 The Pelvic Floor: What Every Athletic Trainer Should Know
- 35th Annual AzATA Winter Meeting** Mesa, AZ February 2012
 Presenter
 Alternative and Complimentary Therapies in Athletic Training

PBATS Baseball Medicine Conference Glendale, AZ Presenter- general session and Breakout session Pilates for the Throwing Athlete	January 2012
Hiroshima Hospital Physiotherapy Clinic Hiroshima, Japan Athletes' Performance Custom UQ and LQ Functional Exam Workshop	September 2011
62ND Annual NATA Symposium New Orleans, LA Lab Leader- Learning Lab Thoracic Mobility: The Missing Link in Your Trunk Stabilization Program	June 2011
Athletes' Performance- Performance Physical Therapy Lecture Series Presenter Pilates and Rehabilitation	June 2011
Athletes' Performance, Phoenix, AZ Presenter, Co-creator Lower Quarter Functional Restoration Workshop	May 2011
34th Annual AzATA Winter Meeting Phoenix, AZ Presenter Thoracic Mobility and Trunk Stabilization	February 2011
Athletes' Performance- Performance Physical Therapy Lecture Series Presenter Return to Throwing	October 2010
Athletes' Performance- Performance Physical Therapy Lecture Series Presenter Barefoot Running: Claims, Controversies, and the Short Foot	August 2010
2010 PHATS/SPHEM Annual Meeting Ft. Lauderdale, FL Lab Leader- Utilizing Gua Sha for Soft Tissue Mobilization Pillar Strength-Mobility, Stability, and Strength: Putting it All Together	June 2010
2009 AzATA Summer Meeting Phoenix, AZ Content Creator Return to Running- Bridging the Gap between "Full-Go" and "Ready to Play"	July 2009
60th Annual NATA Symposium San Antonio, TX Lab Leader- Learning Lab Mobilizing the Acute Ankle: Fighting Chronic Ankle Instability	June 2009
32nd Annual AzATA Winter Meeting Phoenix, AZ Presenter Recognition and Management of Iliosacral Dysfunction	March 2009
Athletes' Performance- Lower Quarter Workshop, Tempe, AZ Presenter, Co-creator	October 2008

Arizona School of Health Sciences, Mesa, AZ Guest Lecturer, Athletic Training Program Biomechanics: use of technology at Athletes' Performance	July 2008
Japanese Sports Medicine Camp, Tempe, AZ Guest Lecturer, Athletic Training The Role of Pillar Strength in the Rehabilitation of Athletes	June 2008
RMATA Clinical Symposium, Phoenix, AZ Presenter, RMSATA Workshop Vascular Thoracic Outlet Syndrome in a Professional Baseball Player	May 2008

CONTINUING EDUCATION

Neural Manipulation: Brain and Cranial Nerves Course Instructor: Jeanne Zollars, PT, VMCP	Feb 2017
Barral Visceral Manipulation- Listening Techniques 2 Course Instructor: Gail Wetzler, PT, DPT, EDO, BI-D	Dec 2016
Neural Manipulation: Lower Extremity Peripheral Nerves Course Instructor: Jeanne Zollars, PT, VMCP	Oct 2016
Barral Institute Clinical Applications for Disc Disorders Course Instructor: Jean-Pierre Barral, DO, BI-D	July 2016
AzATA Annual Summer Clinical Symposium Flagstaff, AZ	July 2016
Neural Manipulation: Upper Extremity Peripheral Nerves Course Instructor: Jeanne Zollars, PT, VMCP	May 2016
Manual Thermal Evaluation and Intro to Visceral Emotional Tech Course Instructor: Ron Mariotti, ND	May 2016
Pilates on Tour- Rehabilitation Summit Spring in Your Step- Reformer, Course Instructor: Elizabeth Larkam, MA Spring in Your Step- Mat, Course Instructor: Elizabeth Larkam, MA Pelvic Floor Function and Breathing, Course Instructor: Brent Anderson, PT, PhD Polestar Running, Course Instructor: Brent Anderson, PT, PhD	April 2016
Visceral Manipulation of the Pelvis Course Instructor: Ron Mariotti, ND	Feb 2016
AzATA Annual Winter Symposium Phoenix, AZ	Jan 2016
Neural Manipulation: Neuromeningeal Manipulation Course Instructor: Jeanne Zollars, PT, VMCP	Dec 2015

Joint Conference on Acupuncture, Fascia, and Oncology The Fascia Research Society, Society for Acupuncture Research, Society of Integrative Oncology	Nov 2015
The 8th Annual Prague School at EXOS The Italian Voitya Experience, Instructor: Giancarlo Russo, PT Movement Variability, Instructor: Guido Van Ryssegem, MS, ATC, CSCS Coach like a Caveman, Instructor: Nick Winkelman MS, CSCS-D*	Nov 2015
4th International Fascia Research Congress	Sept 2015
Visceral Manipulation of the Thorax Course Instructor: Jeanne Zollars, PT, VMCP	August 2015
Pilates on Tour Striding Ahead- Marie-Jose Blom	July 2015
Archetypal Postures and Erectorcsises Course Instructor: Phillip Beach, DO	April 2015
Understanding Movement via Contractile Fields Course Instructor: Phillip Beach, DO	April 2015
Pelvic Power Level I and II - Online Course Instructor: Eric Franklin	Feb-April 2015
The Fulfilled and Successful Pilates Teacher - Online Course Instructor: Chantill Lopez	Jan-Feb 2015
Barral Visceral Manipulation- Listening Techniques 1: An Integrative Approach to Evaluation Course Instructor: Ron Mariotti, ND	December 2014
The 14th Annual Meeting of the Pilates Method Alliance Pre-conference workshop- Pelvic Power for Core Integration, Course Instructor: Eric Franklin Pre-conference workshop- The 4 Pillars of a Healthy Spine: Emotions, Strength, Balance, Flexibility, Course Instructor: Eric Franklin The Art and Science of Best Cueing for Movement, Course Instructor: Eric Franklin Pelvis in Motion, Course Instructor: Madeline Black The Breath Inspires, Course Instructor: Kyria Sabin How Research on Fascia Informs Pilates Practice & Teaching, Course Instructor: Elizabeth Larkam	November 2014
Asha Yoga Wisdom, Skill, and Grace Yoga Teacher Training- 200hr Course Instructor: Cori Martinez, RYT	Sept-Oct 2014
Pilates and Function: The Intricacies of the Interior Course Instructor: Pat Guyton	August 2014
Barral Institute: Visceral Manipulation: Abdomen 2 Course Instructor: Peter Coppola PT	June 2014
Advanced Assessment II- Polestar Pilates Course Instructor: Amy Broekemeier, DPT, PMA-CPT	April 2014

Pilates on Tour- Rehabilitation Summit	April 2014
Movement Strategies to Support Heros In Motion, Course Instructor: Elizabeth Larkam, MA	
Vestibular Function and Training in Pilates, Course Instructor: Elizabeth Larkam, MA	
The Viscera and Movement, Course Instructor: Elizabeth Larkam, MA	
Polestar Pilates Educator and Mentor Meeting	January 2014
Course Instructors: Brent Anderson, Shelly Powers, Sherri Betz, Christi Idavoy	
Fascia in Movement	January 2014
Anatomy Trains Webinar, Course Instructor: Thomas Meyers	
The Barral Institute: Visceral Manipulation: Abdomen 1	December 2013
Course Instructor: Peter Coppola PT	
Integrative Trigger Point Dry Needling	November 2013
Course Instructor: Yun-Tao Ma, MD and Mila Ma	
Dynamic Neuromuscular Stabilization Exercise Level 1	November 2013
Course Instructor: Petra Valaucha (Prague School)	
Body Reading: Visual Assessment of the Anatomy Trains	October 2013
Anatomy Trains Webinar, Course Instructor: Thomas Meyers	
Advanced Assessment I- Polestar Pilates	October 2013
Course Instructor: Amy Broekemeier, DPT, PMA-CPT	
Asha Yoga Advanced Teacher Training- 50hr Deepen Your Practice	October 2013
Course Instructor: Cori Martinez, RYT	
Communications for the Pilates Teacher- Polestar Pilates	April 2013
Course Instructor: Helen Masin, PhD, PT	
Pilates on Tour- Rehabilitation Summit	April 2013
Pilates Studio Sequence to Support Heros In Motion, Course Instructor: Elizabeth Larkam, MA	
ASTYM Certification for the Upper Extremity and Shoulder Girdle	January 2013
Course Instructors: John Zanas PT, Susie Freeman PT, Keisuke Kano PT	
ASTYM Certification for the Lower Extremity and Pelvis	January 2013
Course Instructors: John Zanas PT, Susie Freeman PT, Keisuke Kano PT	
The 12th Annual Meeting of the Pilates Method Alliance	November 2012
Fascial Fitness, Course Instructor: Thomas Meyers	
Connecting the Foot to the Pelvis, Course Instructor: Thomas Meyers	
Pilates for Polytrauma, Course Instructor: Elizabeth Larkam, MA	
Pilates and the Shoulder, Course Instructor: Ruth Alpert	
Pilates plus Pysche, Course Instructor: Mary Bowen (Pilates Elder)	
Assessment and Treatment of Muscle Imbalance: The Janda Approach	October 2012
Course Instructor: Phil Page PhD, PT, ATC, CSCS, FACSM	

- IAOM-US: Clinical Examination and Manual Therapy of Thoracic Outlet Syndrome and the Cervico-thoracic Junction** September
2012
Course Instructor: Jean-Michel Brismee PT, ScD, OCS, FAAOMPT
- Evaluation and Treatment of the Shoulder Complex** June 2012
Course Instructor: Todd Ellenbecker, DPT, MS, SCS, OCS, CSCS
- PRI: Postural Respiration- An Integrated Approach to Treatment of Patterned Thoraco-Abdominal Pathomechanics** May 2012
Course Instructor: James Anderson
- Pilates on Tour- Rehabilitation Summit** April 2012
Fasica in Motion In the Pilates Environment, Course Instructor: Elizabeth Larkam, MA
The Pilates Reformer as an Assessment Tool, Course Instructor: Chrissy Romani-Ruby, PT, ATC
Pilates Progressions Based on Fascial Lines, Course Instructor: Sharon Gawin, PT and Arlene Bass
- Foot Class Workshop: The Franklin Method Workshop** March-May 2012
Course Instructor: Gini Martinez
- Muscle and Bone: An Experimental Approach to the Anatomy of Our Core Structures** March 2012
Course Instructor: Ruth Alpert
- Happy Spine For Life: The Franklin Method Workshop** October 2011
Course Instructor: Gini Martinez
- Pelvic Power for Core Integration: The Franklin Method Workshop** October 2011
Course Instructor: Gini Martinez
- Core Align Instructor Training Level 1** October 2011
Course Instructors: Nora St. John and Portia Page
- HIV/AIDS Update** August 2011
Online, Course Instructor: Michael Niss, DPT
- Prevention of Medical Errors in Athletic Training** August 2011
Online, Course Instructor: Michael Niss, DPT
- Polestar Pilates 7th World Conference “Building for Life”** May 2011
Course Instructors: James Oschmann PhD, Libby Weaver PhD, Sherri Betz PT, GCS, Carol Davis DPT, EdD, MS, FAPTA, Brent Anderson PT, PhD, OCS, Amy Brokemeier DPT, CMPT, Darren Stojanovic PT, Dawnna Wayburne, Juan Nieto DO, Serafino Ambrosio
- Pilates on Tour- Rehabilitation Summit** April 2011
Integrating Manual Therapy with Pilates, Course Instructor: Brent Anderson PT, PhD
The Core has Arms, Course Instructor: Elizabeth Larkam, MA
Posture, Balance, and Gait Analysis in the Pilates Environment, Course Instructor: Elizabeth Larkam, MA
Embodying a Balanced Life, Course Instructor: Tom McCook
- Polestar Pilates for Rehab Comprehensive Curriculum** November 2010-April 2011
Course Instructors: Shawnee Haws DPT, Danielle Holder, Tessa Hale DPT

PHI University- Online Video Course	June 2010
Working with the Client with Forward Head Posture, Course Instructor: Christine Romani-Ruby	
IAOM-US: Clinical Exam & Manual Therapy of Recurrent and Chronic Low Back Pain	May 2010
Course Instructor: Jean-Michel Brismee PT, ScD, OCS, FAAOMPT	
Kolar's Approach to Dynamic Stabilization	November 2009
Course Instructor: Pavel Kolar	
Midwestern University- Az Podiatric Medicine: Podiatry Grand Rounds	November 2009
Achilles Tendon Repair Case Study	
PHI University- Online Course	August 2009
BMS28 Reformer Choreography, Course Instructor: Christine Romani-Ruby	
60th Annual NATA Symposium	June 2009
2nd Annual Balanced Body University Pilates of Tour- Rehab Summit	April 2009
Unlocking Thoracic Mobility, Course Instructor: Elizabeth Larkam	
Pilates as a Treatment for SI Dysfunction, Course Instructor: Christine Romani-Ruby	
Pilates and Motor Control, Course Instructor: Karen Sanzo	
Unlocking Thoracic Mobility, Course Instructor: Sharon Gawin	
Pilates as Treatment and Prevention of Shoulder Dysfunction, Course Instructor: Christine Romani-Ruby	
32nd Annual AzATA Winter Meeting	March 2009
Kolar's Approach to Dynamic Stabilization: Intro to developmental kinesiology	November 2008
Course Instructor: Pavel Kolar	
IAOM-US: Differential Diagnosis and Manual Therapy of the Lower Cervical Spine	October 2008
Course Instructor: Gregory Dedrick, PT, ScD, COMT	
Movement System Impairment Syndromes: Long Term Course	August 08 – March 09
Course Instructors: Mary Kate McDonnell, PT, DPT, OCS and Karen Donahue, PT, DPT	
Research considerations, Upper quarter case MSI syndromes	March 2009
Cervical, thoracic, and TNJ MSI syndromes	February 2009
Scapula, GHJ, grids, and Upper quarter MSI syndromes	January 2009
Lower quarter and knee MSI syndromes	November 2008
Lumbar, hip, lower quarter evaluation and MSI syndromes	September 2008
Principles, Concepts, and Lumbar MSI syndromes	August 2008
Muscle Energy Technique of the Lumbar Spine-Pelvis-Sacrum	February 2008
Course Instructor: Pete Emerson, MMTC	
Linking the Training Prescription to Functional Assessments	November 2007
Course Instructor: Craig Liebenson, DC	
Muscle Energy Technique of the Thoracic Spine and Ribs	September 2007

Course Instructor: Pete Emerson, MMTC

Grand Canyon University, On-line Education August 2007
Online Faculty Training Course

Kinetic Control: Athletes' Performance Workshop Rehab and Performance November 2006
Course Instructor: Mark Comerford

IAOM-US: Advanced Evaluation and Management of the Lumbar Spine and Hip September 2006
Course Instructors: John Woolf, MS, PT, ATC and Matt Radlet, MS, ATC

Evaluation and Treatment of Common Wrist and Hand Injuries August 2006
Course Instructor: Richard Montmeny, PhD, PT, ATC, CHT, CEA

NATABOC Examiner August 2006
Mesa, AZ, Test Site Administrator: Eric Freas

AzATA 2006 Summer Meeting: The Foot Evaluation and Management July 2006
Course Instructor: Thomas McPoil, PT, PhD, ATC

Power Plate USA: Basic Fitness Academy July 2006
Course Instructor: Scott Hopson

Perform Better Functional Training Series December 2005
Phoenix, AZ

Sahrmann Level One: Diagnosis of Movement Impairments Syndromes November 2005
Course Instructor: Suzy Cornbleet, PT

Functional Movement Screening Workshop July 2005
Course Instructors: Gray Cook, PT, OCS and Lee Burton, MS, ATC

Arizona State NSCA Clinic April 2005

National Athletic Trainers Association 55th Annual National Symposium June 2004

NATABOC Examiner April 2004
Mesa, AZ, Test Site Administrator: Eric Freas

Concussions in Sport: Current Concepts for Clinical Practice February 2004
Presenters: Ray Padilla, DDS, Tamara Valovich McLeod, PhD, ATC,
Kevin Guskiewicz, PhD, ATC, Craig Phelps, DO, FAOASM

Thera-band Academy Muscular Imbalances & Pain Syndromes: Janda Approach November 2003
Course Instructor: Phil Page, MS, PT, ATC, CSCS

National Athletic Trainers Association 54th Annual National Symposium June 2003

NATABOC Examiner Certification March 2003