

ANTHONY R. MIKLA, DPT, MSPT, CSCS
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CLINICAL EXPERIENCE

RESULTS PHYSICAL THERAPY AND TRAINING CENTER

Sacramento, California- Outpatient-Sports Physical Therapy, Sports Performance Training.

CLINICAL DIRECTOR/ PHYSICAL THERAPIST

June 2006- Present

- Director of clinical education for staff, students, and volunteers.
- Director of Athletic Training outreach and Performance training program.
- Specialize in shoulder, elbow, knee, ankle injuries, and performance enhancement.
- Develop and deliver injury prevention programs for individuals and athletes of all levels: high school to pro.
- Physical Therapy provider for Sacramento RiverCats- Oakland Athletics Triple A affiliate, Sacramento Mountain Lions-UFL football, Sacramento State University Athletic Department.
- Instructor for Results Education: CEU provider for physical therapists.

GOLDEN BEAR PHYSICAL THERAPY

Modesto, California – Outpatient Physical Therapy/Aquatic/Sports Training

CLINICAL DIRECTOR/PHYSICAL THERAPIST

Jan. 2006-May 2006

- Manage ten employees at an outpatient PT clinic in orthopaedics/sports training/aquatic PT.
- Create, design, and manage the only sports training center in Modesto.
- Create business plan and facility design of newest location.
- Internal and external marketing and staff education.
- Consultant for Modesto Junior College and Modesto Christian High School Athletic Teams.

STAFF PHYSICAL THERAPIST/DIRECTOR OF SPORTS PERFORMANCE

Oct. 2004-Dec. 2005

- Focus on patient care and personal development.
 - Improve understanding of physical therapy business.
 - Staff education in functional exercise training.
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PROFESSIONAL EXPERIENCE

THERAFLIX, LLC.

El Dorado Hills, California

Jan. 2010-present

FOUNDER, CEO, DIRECTOR OF CONTENT

- Physical Therapy online exercise system.
- Developed exercise software that allows the Health Care Provider and Patient to access exercise video online.
- Creator and content developer for all information online.

USA TRACK AND FIELD

Indianapolis, IN

PERSONAL MEDICAL

- Physical Therapy provider and Performance Specialist for individual athletes
IAAF Track and Field World Championships, Deagu, South Korea August 2011
Olympic Games: London, England August 2012

WORLD MASTER'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Sacramento, California

July 4-13, 2011

DIRECTOR OF MEDICAL AND WELLNESS TENT

- Will organize and provide onsite care for competing athletes.
- Services provided include: Physical Therapy, Chiropractic, Athletic Training, Massage Therapy.

USA MASTER'S OUTDOOR TRACK AND FIELD NATIONAL CHAMPIONSHIPS

Sacramento, California

June 22-25, 2010

DIRECTOR OF MEDICAL AND WELLNESS TENT

- Organized and provided onsite care for competing athletes.
- Services provided include: Physical Therapy, Chiropractic, Athletic Training, Massage Therapy.

UNIVERSITY OF THE PACIFIC, DEPARTMENT OF ATHLETICS

Stockton, California

Sept. 2002 – June 2004

ATHLETIC PERFORMANCE GRADUATE ASSISTANT

- Directly responsible for men's and women's water polo, women's tennis, and men's golf.
- Design, implement and evaluate all aspects of strength and conditioning program.
- Produce and create exercise video demonstrations for website.
- Coach the City of Stockton's youth in year round training camp.

UNIVERSITY OF ARIZONA, MEN'S BASKETBALL TEAM

Tucson, Arizona

Oct. 1997 - Jun. 2002

STUDENT MANAGER/FLOOR MANAGER/ASSISTANT VIDEO COORDINATOR

- Supervised six other student managers.
- Coordinated practices, equipment and statistics with head coach and staff.
- Administered individual player workouts for skill and technique training.
- Assisted coaches in recruiting players, coordinating travel plans and hiring & training new managers.

PROFESSIONAL COACHING EXPERIENCE

This is a brief list of Professional Athletes that I personally coach in athletic performance enhancement.

- Stephanie Brown-Trafton, USA Olympic Champion, Gold Medalist Women's Discus 2008.
 - Urijah Faber- World Extreme Cagefighting Champion
 - Strength and Conditioning Consultant (Dynamic Warm-Up) for the Sacramento Kings- NBA
 - Over 50 NFL, MLB, and NBA athletes. References are available upon request.
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ADDITIONAL EXPERIENCE

UNITED STATES OLYMPIC COMMITTEE, OLYMPIC TRAINING CENTER

Chula Vista, California

Aug 8 – 22, 2011

VOLUNTEER PHYSICAL THERAPIST

- Deliver physical therapy services to resident athletes.
- Event coverage for Thorpe Cup (Decathlon and Heptathlon)

ATHLETES' PERFORMANCE

Tempe, Arizona – Sports Performance/Physical Therapy seven-week internship

Jan. 2 – Feb. 13, 2004

STUDENT PHYSICAL THERAPIST/PERFORMANCE SPECIALIST

- Primarily responsible for therapy for NFL Combine athletes.

SAN JOSE SHARKS, National Hockey League

San Jose, California

Nov. 9 & 11, 2003

VOLUNTEER STRENGTH COACH DURING TRAINING CAMP

- Assisted head strength coach in performance testing during training camp.
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TEACHING EXPERIENCE**RESULTS EDUCATION, LONG TERM COURSE**

Sacramento, California

INSTRUCTOR

- Current Concepts in Knee Arthroscopy and Rehab
- Current Concepts in Hip Arthroscopy and Rehab
- Current Concepts in Ankle Surgery and Rehab

August 23, 2012

September 22, 2012

October 21, 2012

NCSA 35TH ANNUAL NATIONAL CONFERENCE

Providence, Rhode Island

PRESENTER, The CPT Scope of Practice: Drawing the Line

- Discussing the scope of practice of the Personal Trainer and Physical Therapist

July 13, 2012

ROCK TAPE, INC

Los Gatos, California

INSTRUCTOR, Functional Taping Method

- Albuquerque, NM
- Los, Gatos, CA

March 2012

March 2012

SOUTHWEST REGIONAL NSCA CONFERENCE

Sacramento, California

PRESENTER, The CPT Scope of Practice: Drawing the Line

- Discussing the scope of practice of the Personal Trainer and Physical Therapist

March, 2012

STRENGTHANDCONDITIONINGWEBINARS.COM*PRESENTER*

- Webinar Presentation: Developing Rotational Power

June 2011

SPORTREHABEXPERT.COM

Michigan

PRESENTER

- Webinar Presentation: Evaluation and Treatment of the Throwing Elbow May 2011
- Webinar Presentation: Evaluation and Treatment of the Throwing Shoulder May 2011
- Webinar Presentation: Developing Rotational Power June 2011

NORTHERN CALIFORNIA STRENGTH AND CONDITIONING ASSOCIATION, STATE CLINIC
Sacramento, California

PRESENTER, Functional Movement Screen

- Applying the Functional Movement Screen in your facility April. 2011

PRESENTER, Functional Movement Screening and foam rolling

- Applying the Functional Movement Screen in your facility Nov. 2011

CALIFORNIA PHYSICAL THERAPY ASSOCIATION, STATE CONFERENCE
Oakland, California

PRESENTER, Preparation for the NSCA-CSCS Examination

- Plyometrics for the upper and lower extremity Sept. 2008

NORTHERN CALIFORNIA SPORTS MEDICINE EDUCATION

Sacramento, California- *Continuing education company designed for the Sports Physical Therapist*

PRESENTER

- Core Stability and functional training of the trunk. May 10, 2006
- Performance testing and evaluation May 2007
- Anatomy of shoulder and elbow Feb 2010
- Functional Training, Core Stability Feb 2010
- Bridging the gap- functional exercises for return to sport Feb 2010

LAB ASSISTANT

- Sports Medicine Long Term Course Jan – May 2007

SACRAMENTO STATE UNIVERSITY, DEPARTMENT OF HEALTH SCIENCES
Sacramento, California

PRESENTER

- Lower Extremity rehabilitation and exercise progressions Nov 2010

SACRAMENTO STATE UNIVERSITY, DEPARTMENT OF PHYSICAL THERAPY
Sacramento, California

LAB ASSISTANT

- Upper Extremity PNF patterns May 2008

UNIVERSITY OF THE PACIFIC, DEPARTMENT OF PHYSICAL THERAPY
Stockton, California

PRESENTER, Alumni continuing education conference

- Dynamic Warm-Up and Movement Preparation June 27, 2009

GUEST PRESENTER

- Prepared and administered athletic taping lab to physical therapy class. May 21 & 22, 2003
- Presentation of orthopedic versus sports physical therapy. Oct. 9, 2003

UNIVERSITY OF THE PACIFIC, DEPARTMENT OF SPORTS SCIENCE
Stockton, California

ATHLETIC PERFORMANCE SPECIALIST

- Educated student athletic trainers for athletic performance practicum proficiency. Sept. 16, 23, & 30, 2003

EDUCATION

University of the Pacific, Stockton, California Aug. 2002 - 2004
Doctorate of Physical Therapy. Masters of Science – Physical Therapy

University of Arizona, Tucson, Arizona Aug. 1997- May 2002
Bachelor of Science in Health Sciences.
Major: Physiological Sciences, Minors: Chemistry, Nutritional Sciences.

Continuing Education

Perform Better: Functional training Summit, Los Angeles June 2005
Treatment of low back dysfunction with exercise, Folsom Physical Therapy March 2006
ASMI Injuries in baseball conference, Birmingham, AL Jan 2007
Northern CA Sports Medicine Education Long Term Course: Sports Medicine Jan – May 2007
Advanced treatment of the Shoulder: Kevin Wilk Sept 2007
Advanced treatment of the Knee: Kevin Wilk Sept 2007
Pacific Medical: Arthroscopy for Rotator Cuff Repairs, cadaver lab. Oct 2007
Essentials of Strength Training and Conditioning, CPTA conference. Sept 2008
National Throwing Summit, Los Angeles January, 2009
Perform Better: Functional Training Summit, Long Beach August, 2009
APTA National Conference, Boston June, 2010
Spinal Manipulation Level 3 July, 2010
Kinesio Taping Level 1 and 2 August, 2010
National Throws Summit, USATF High Performance Team, Las Vegas Nov, 2010
APTA Sports Section Annual Conference, Las Vegas Dec, 2010
Rock Tape Power Taping, Roc Doc Certified Sept 2011
Anatomy Trains for Movement Therapists Oct 2011
NSCA National Conference, Providence, RI July 2012

CERTIFICATIONS

California Licensed Physical Therapist

September 2004- present.

National Strength & Conditioning Association Certified Strength and Conditioning Specialist (CSCS)

May 2002- present.

Certified to cast for Sole Supports Orthotics

Sept. 2003 – present.

Certified CPR, AED, First Aid Health Care Provider

Feb. 2003 – present.

USA Track and Field Certified Coach

Jan 2011 – present.

Rock Tape, “Roc Doc” Certified Provider

September 2011 - present

RESEARCH AND PUBLICATIONS

ELBOW PAIN FOR THE POWER LIFTER, Mikla, T and Thompson, D. *Power Magazine*. July/August 2011, Vol 2, NO. 4.

EFFECTS OF A FOUR WEEK BASEBALL CONDITIONING PROGRAM ON THROWING VELOCITY, SHOULDER STRENGTH, AND SHOULDER RANGE OF MOTION, Escamilla, RF, Fleisig, GS, Yamashiro, K, Mikla, T, Dunning, R, Paulos, L, and Andrews, JR. *Effects of a 4-week youth baseball conditioning program on throwing velocity. J Strength Cond Res 24(X): 000–000, 2010*

AN ELECTROMYOGRAPHIC ANALYSIS OF THE SHOULDER WHILE PERFORMING EXERCISES USING THE BODYBLADE CLASSIC AND BODYBLADE PRO, Escamilla, R.F., Yamashiro, K., Mikla, T., Dunning, R., Grover, M., Kenniston, M., Loera, J., Tanasse, T., Paulos, L., & Andrews, J.R. *An electromyographic analysis of the shoulder while performing exercises using the bodyblade classic and pro. Medicine and Science in Sports and Exercise, 42(5): S482, 2010.*

EFFECTS OF A SHORT DURATION STRETCHING DRILL AFTER PITCHING ON ELBOW AND SHOULDER RANGE OF MOTION IN PROFESSIONAL BASEBALL PITCHERS, 2009 (in submission)

ENHANCING SLAP REPAIRS WITH FIBRIN- PLATLET-RICH PLASMA (PRP) CLOT.

Alan M Hirahara, Kyle Yamashiro, Russ Dunning, Tony Mikla. *Presented at the 76th Arthroscopy Association of North America, San Diego, April 30 - May 3, 2009.* **Purpose:** The purpose of this study was to evaluate the failure rates of SLAP repairs with and without afibrin platelet-rich plasma (PRP) clot.

ACCOMPLISHMENTS

- Physical Therapist, Sacramento Mountain Lions, United Football League: 2010- Present
- Physical Therapist, Sacramento RiverCats, Oakland Athletics Triple A affiliate: 2006- Present
- Physical Therapist, Sacramento State University Athletics: 2006- Present
- Physical Therapist, Capital Christian High School Athletics: 2006- Present
- Personal Medical USA Track and Field World Championships, Daegu Korea, 2011.
- Results Physical Therapy, Most Valuable Team Member, annual award: 2008, 2009
- Physical Therapy Clinical Instructor 2004-2010
 - University of the Pacific, Dept of Physical Therapy, Adjunct Clinical Faculty
 - Sacramento State University, Dept Physical Therapy, Adjunct Clinical Faculty
 - Western University of Health Sciences, Dept of Physical Therapy
 - Sacramento City College, Physical Therapy Assistant Program

- NCAA Tournament Men's Basketball Final Four, National Runner-Up 2001.
 - 5 Consecutive NCAA Post Season Tournament appearances: 1998 - 2002
 - Pacific 10 Conference Champions, Men's Basketball: 1998, 2000, 2001.
 - Awarded University of Arizona Men's Basketball Manager Scholarship for 1998-2002 academic years.
 - University of Arizona Academic Distinction and Deans List: 1999, 2001, 2002.
 - Active member of University of Arizona Health Care Futures Club: 1997-2002.
 - University of Arizona Athletics Letterman and Athletes in Action:1997-2002.
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MEMBERSHIP/SOCIETIES

- Member National Strength and Conditioning Association: 2001-Present
- Member USA Track and Field: 2008-Present
- USA Track and Field Coaches Registry Approved Coaches: 10/14/2010- Present.

References available upon request.