

Joseph LaVacca PT, DPT, OCS, CFSC, FMS, FMT-C, FRCms, SFMA

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Port Washington, NY 11050
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EDUCATION AND LICENSURE

- > Sacred Heart University Doctorate of Physical Therapy Program
 - o Graduated 5/15/2010
 - o Degree earned: Doctorate of Physical Therapy
- > Sacred Heart University Undergraduate Program (2004-2008)
 - o Graduation date 5/17/2008
 - o Bachelor's Degree in Exercise Science
- > NYS License #032843
 - o Expires 6/30/21

WORK EXPERIENCE

- > Strength in Motion Physical Therapy, Flatiron District, NYC
Owner and Physical Therapist (April 2018 - Present)
- > Force Couple LLC
Co-Owner and Co-Presenter of "Top Down, Bottom Up" (December 2018 - Present)
 - Top Down, Bottom Up is a 12 hour continuing education course designed for health care practitioners interested in seeking advanced knowledge and understanding of lower extremity biomechanics, assessment and intervention strategies, as well as utilization of functional foot mapping to restore function, eliminate pain and normalize gait for musculoskeletal patients. This course involves connecting the relationship of the kinetic chain as well as the anatomy and biomechanics of the lower quarter
- > RockTape
Faculty/Course Presenter (January 2016 – Present)
 - Presenter for Functional Movement Techniques: Basic and Performance, Movability, Blades, Pods and Floss, and Movement Specialist
 - o FMT Basic introduces the concept of movement therapy and enhancement via functional taping methods. It includes a review of the current literature supporting the theory of kinesiology taping for the purposes of rehabilitation, edema/swelling management, neuropathic pain, scar mobility and postural management.
 - o FMT Performance expands on the concepts of movement therapy and performance enhancement via functional taping methods that are taught in FMT Basic. The anatomy and physiology of myofascial slings is covered. Movement assessment to determine dysfunction in specific slings and how to apply tape in a manner that improves movement and function is done in a workshop, hands-on environment.
 - o FMT Blades introduces the concept of movement therapy and performance enhancement via Instrument Assisted Soft Tissue Mobilization (IASTM).

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- FMT Pods and Floss introduces the concepts of cupping and flossing myofascial therapies to reduce pain, improve movement quality and enhance patient outcomes.
 - FMT Movement Specialist is designed to help health and fitness professionals learn safe, simple, and effective tactics to screen and assess ‘conscious’ and ‘unconscious’ movement patterns. Attendees are taught multiple ‘quick’ screens and assessments along with corrective exercises tactics and strategies of the ‘conscious’ fundamental movement of the deep squat, and the ‘unconscious’ movements of breathing and gait.
- PhysioFitnes Physical Therapy, SoHo District, NYC
Senior Physical Therapist / Clinical Director (October 2017 – March 2018)
- Perfect Stride Physical Therapy, Union Square
Senior Physical Therapist (April 2014 – October 2017)
- Sports Physical Therapy of New York, Midtown Facility
Facility Manager (April 2012 – April 2014)
Staff Physical Therapist (May 2010-April 2012)
- Medical Minds in Motion
Faculty/Course Presenter (January 2013 – October 2015)
- Presenter for “Kinesiology Taping and Movement Assessment Strategies”
 - Course Designer for “Kinesiology Taping for Improving Outcomes and Treatment/Return to Sport in Post-Surgical Patients”

TEACHING EXPERIENCE

- Re-Defining Chronic Pain Management (2021-Present)
- Virtual Webinar. February 2021
 - One of the most overlooked, and undertrained branches of medicine is that of communication, empathy and compassion. This course attempts to increase the students understanding of chronic pain, behavioral interventions, and achieving optimal outcomes by pairing them with enhanced communication strategies and exercise to truly bridge the gap between mind and body rehabilitation.
- Top Down, Bottom Up (2018 - Present)
- Co-Teach with Dr. Courtney Conley in Denver, Colorado. December 2018
 - Co-Teach with Dr. Courtney Conley in New York, Texas, Canada, Phoenix, Australia, and California. January - December 2019
 - Co-Teach with Dr. Courtney Conley in California and through virtual webinars. January - December 2020
- RockTape (2016 – Present)
- Co-Teach FMT Basic and Performance in New Jersey at Parabolic Performance Center

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- Co-Teach FMT Movability in Brooklyn, NY at Brooklyn Athletic Club
- Lead instructor for FMT Basic, Performance, Movability, Blades, Pods/Floss and Movement Specialist in states across the country including Texas, Florida, California, New York, Massachusetts, Michigan, Pennsylvania, Arkansas, North Carolina, Connecticut, Colorado, New Jersey as well as through virtual webinars

- Guest Speaker Long Island Physical Therapy Association Conclave, March 2015
 - Kinesiology Taping and Movement Assessment Strategies
- Guest Speaker Long Island Student Physical Therapy Conclave, November 2015
 - Topics included: Pain and Emotion in Physical Therapy, Kinesiology Taping Strategies
- Medical Minds in Motion (2013-2015)
 - Kinesiology Taping and Movement Assessment Strategies (1 Day Course)
 - Multiple cities/states throughout the country including Virginia, Florida, Connecticut, New Jersey, Massachusetts, New York, Alabama, Oklahoma, Mississippi, Ohio, North Carolina, and Pennsylvania throughout 2013-2015
 - Kinesiology Taping and Movement Assessment Strategies (2 Day Course)
 - Connecticut and Maryland in 2013
 - Washington 2015
 - Kinesiology Taping for Improving Patient Outcomes and Return to Sport in Post Surgical Patients (1 Day Course)
 - New Jersey and Michigan in 2013

CERTIFICATIONS AND PUBLICATIONS

- “How to Treat Frozen Shoulder Effectively” Chiropractic Economics, October 2018
- “Pain can be a touchy subject, So know how to approach it with patients” Chiropractic Economics, April 2018
- Fascial Movement Taping, RockTape 2012
- Functional Movement Screen LvL 1, Functional Movement Systems 2014
- Certified Functional Strength Coach, Mike Boyle 2014
- Selective Functional Movement Assessment LvL 1, Functional Movement Systems 2014
- Functional Range Release for Upper Extremity, Dr. Andreo Spina 2014
- Orthopedic Clinical Specialist, 2015
- Functional Range Release for Spine, Dr. Micheal Chivers 2015

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- Functional Range Conditioning Mobility Specialist, Dr. Andreo Spina 2016
- Kinstretch Instructor, Dr. Andreo Spina 2016
- Functional Movement Screen LvL 2, Functional Movement Systems 2016
- Y-Balance Training and Assessment System, Functional Movement Systems, 2017
- Functional Range Release for the Lower Extremity, Dr. Micheal Chivers 2018
- Functional Range Assessment, Dr Michael Chivers 2021

CONTINUING EDUCATION

- TRIARQ Symposia on ACL Reconstruction, Lower Extremity Arthritis, Pain Theory, Prevention of Injury in Adolescent Athletes, Treating Upper Extremity Radiculopathy, Patellofemoral Pain throughout 2010-2014
- Current Concepts for Treatment of Shoulder, Elbow, Knee Disorders – 2010, Rick Daigle
- Maitland: Basic Spinal and Orthopedic Examination - 2011
- Level I and II Kinesiology Taping and Movement Assessment Strategies – 2012, Rick Daigle
- RockTape Fascial Movement Training/Certification Levels I and II - 2012
- Movement Assessment and Correcting Movement Dysfunction – 2013, Rick Daigle/Mitch Hauschlidt
- An Eclectic Approach to Treating Upper Quarter Dysfunction – 2013, Erson Religioso
- Neurokinetic Therapy Level 1 – 2013, Kathy Dooley and Perry Nickelston
- Movement Dysfunction: An Evidence Based Approach – 2014, Kyle Kiesel
- Return to Sport and Discharge Testing – 2014, Phil Pilsky
- Functional Movement Systems Level I and II – 2014, Eric D'Agati
- Certified Functional Strength Coach – 2014, Mike Boyle
- Selective Functional Movement Assessment – 2014, Perform Better
- An Eclectic Approach to Treating Upper and Lower Quarter Dysfunction – 2014, Erson Religioso
- Functional Range Release for the Upper Extremity – 2015, Andreo Spina
- “Prehab-Rehab” 201 – 2015, Mark Cheng
- Performance Movement Techniques – 2015, RockTape
- Functional Range Release for the Spine – 2015, Michael Chivers
- An Eclectic Approach to Treating Upper Cervical and TMJ Dysfunction – 2016, Erson Religioso
- Tui-Na Orthopedics – 2016, Mark Cheng
- Functional Range Conditioning – 2016, Andreo Spina
- Kinstretch – 2016, Andreo Spina

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- REAL Movement – 2017, Adam Wolf
- Functional Range Conditioning - 2018, Micheal Ranfone
- Functional Range Release for the Lower Extremity - 2018, Micheal Chivers
- Integrated Kinetic Neurology - 2019, Kyle Paxton
- Kettlebell Medicine - 2020, Benjamin Stevens
- Re-Thinking the Big Patterns - 2020, Pat Davidson
- First Principles of Movement, PREPARE - 2021, Craig Liebenson
- Functional Range Assessment - 2021, Michael Chivers