

MICHAEL STELLA, MA, ATC, PES, CES

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EDUCATION

August 2009 – May 2011

The George Washington University
Master of Administration in Sports Management

Washington, DC

August 2004 – May 2008

Marist College
Bachelor of Science in Athletic Training/ CAATE Accredited

Poughkeepsie, NY

CLINICAL EXPERIENCE

July 2014 – Present

Head Athletic Trainer, Director, Co-Founder, AMP Recovery Lab

Jericho, NY

- Founded and developed membership based Sports Medicine Service called Recovery Lab
- Design and Implement Corrective Exercise, Mobility, and Sports Performance Programs based on comprehensive evaluation of movement, posture, and stress
- Supervise and manage employees in delivering of Strength Training, Recovery, and Nutrition Programming to variety of clientele and athletes.
- Oversee administrative and management duties of AMP Performance Center
- Provide Manual Therapy and Reconditioning Services to athletes with injuries, functional limitations and compromised mobility/stability

August 20, 2012 – October 10, 2014

Athletic Trainer, Clinical Coordinator, US Athletic Training Center

New York, NY

- Collaborated with Physical Therapists in delivering first class sports medicine services
- Design of Rehabilitation protocols for various injuries and functional limitations
- Created and implemented strength and conditioning programs for clients of all ages
- Managed and created detailed Gait and Postural analysis for clients using Dartfish Software
- Designed and implemented corrective exercise programs
- Managed and led Continuing Education efforts for all Physical Therapists, Athletic Trainers, and Strength Coaches

June 1, 2011 – August 16, 2012:

Assistant Athletic Trainer, Long Island University Brooklyn, Men's Soccer and Baseball

Brooklyn, NY

- Prevention, evaluation, treatment and rehabilitation of athletic injuries/illness'
- Athletic Training coverage for home and away Men's Soccer and Baseball Games
- Management of Pre-Participation Paperwork for all athletic teams
- Management of Inventory and Purchasing for Sports Medicine Department
- Supervision and Instruction of Athletic Training Students as an Approved Clinical Instructor
- Designed and Implemented Injury Prevention/Strength programs for athletic teams
- Designed and Implemented Comprehensive Arm Care Programming for baseball pitchers
- Manage athlete referrals, appointments, and coordination of insurance reimbursement
- Daily athletic training room operations and facilities maintenance

August 22, 2009 – May 15, 2011:

Graduate Assistant Athletic Trainer, Rehabilitation Coordinator, Men's Soccer, The George Washington University

Washington, DC

- Prevention, evaluation, treatment and rehabilitation of athletic injuries
- Athletic Training coverage for home and away Men's Soccer Matches
- Manage athlete referrals, appointments, and coordination of insurance reimbursement
- Manage injury reports, progress notes, and coaches reports using Sportsware software
- Daily athletic training room operations and facilities maintenance
- Inventory Management for Satellite Athletic Training Facility
- Supervision of Athletic Training Students
- Served as Rehabilitation Coordinator, working with post-surgical student-athletes from all athletic teams

June 1, 2008 – August 14, 2009:

Gainesville, FL

Athletic Trainer, University of Florida, Football, Men's and Women's Track and Field and Cross Country

- Prevention, evaluation, treatment and rehabilitation of athletic injuries
- Athletic Training coverage for home and away track meets
- Manage athlete referrals and appointments
- Manage injury reports, progress notes, and coaches reports using SIMS software
- Inventory management
- Organized, scheduled, and managed in-house physician, massage therapist, and chiropractor clinics

RELATED EXPERIENCE

Clinical Competencies include but are not limited to:

- Prevention, Evaluation, and Treatment of acute and chronic athletic injuries and functional limitations
- Advanced Manual Therapy Techniques including Myofascial Release, Graston Technique, Instrument Assisted Soft Tissue Mobilization (IASTM), Muscle Energy Techniques (MET), Positional Release
- Proficient in variety of Taping and Bracing techniques including use of Kinesiotape, McConnell Taping, brace fitting, Orthotic evaluation and fitting
- Creating and Implementing Corrective Exercise and targeted Self Myofascial Release (SMR) Programs
- Creating and Implementing customized Strength Training and Conditioning Programs

October 17, 2012 – July 2014

- Founded and Launched *Stella Recovery Systems (Freelance Rehabilitation/Manual Therapy Service)*
 - In-Home Rehabilitation, Private Training, and Manual Therapy Service
 - Utilized Social Media to educate and bridge the gap between Sports Medicine and Performance Enhancement

June 20, 2008 – August 20, 2009

- Head Athletic Trainer and Health Office Operations, LuHi Summer Programs (summer season only)

January 16, 2009

- EATA Convention Poster Award Finalist for undergraduate research:
Acute Onset Athletic Pubalgia: A Case Study

November 14–16 2008

- Host Athletic Trainer, NCAA Regional Soccer Tournament at University of Florida

ATHLETIC EXPERIENCE

August 2004 – May 2006: Marist College Men's Lacrosse

- 2005 MAAC Champions
- NCAA Division 1 Tournament competition experience

MEMBERSHIP/CERTIFICATION

January 2015 – Present

- Certified Performance Enhancement Specialist (PES) by National Academy of Sports Medicine (NASM)

March 2014 – Present

- Certified Fascial Movement Taping (FMT) Level 1&2, RockTape, Inc.

September 2013 – Present

- Certified Corrective Exercise Specialist (CES) by the National Academy of Sports Medicine (NASM)

January 2013 – Present

- Certified Graston Technique (GT) Provider

June 2011 – Present

- NY State Licensed Athletic Trainer # 002122

July 8, 2008 – Present

- BOC Certified Athletic Trainer #070802218

September 2007 – Present

- National Athletic Trainers' Association member # 1012792

September 2004 – Present

- American Red Cross Sports Injury Prevention and First Aid
- American Red Cross CPR and AED for the Professional Rescuer and Healthcare Provider

NOTABLE CLIENTS

- CC Sabathia, New York Yankees
- Noah Syndergaard, New York Mets
- Justin Dunn, New York Mets
- David Peterson, New York Mets
- Sadik Hadzovic, IFBB Pro Bodybuilder
- Greg Gurenlian, USA Lacrosse Face Off
- Tobias Harris, NBA LA Clippers
- Wayne Barrett, Glory Kickboxing
- Christian Taylor, 2x US Olympic Gold Medalist, Triple Jump
- Ater Majok, Australian Pro Basketball
- Genevieve LaCaze, Australian Steeplechase
- Jon Linden, IFBB Pro Bodybuilder

REFERENCES

Available Upon Request