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KIME HUMAN PERFORMANCE INSTITUTE

Sacramento/El Dorado Hills, CA Outpatient/Sports Physical Therapy, Sports Performance Training

Clinical Director / Physical Therapist
Director of Intern and Clinical Education

Aug 2016 - Current

- Assist with Business Development of a world class sports medicine center in the Sacramento region.
- Establish and maintain relationships with referral sources and business alliances: MD's, Schools, Personal Trainers, youth and community organizations.
- Deliver Physical Therapy and injury prevention programs for individuals and athletes of all levels: youth to pro, and general population, (orthopedic, neurological, pediatric)
- Developing education platform with an emphasis on educating other clinicians and fitness professionals
- Manage and program Sports Performance at local High schools

NORCAL DISTANCE PROJECT

Sacramento, California

October 2016 - May 2017

Performance Coach / Physical Therapist

- Program strength and conditioning and power development for elite Olympic distance runners
- Deliver high level Physical Therapy and Sports Medicine for elite Olympic distance runners

USA TRACK AND FIELD OUTDOOR CHAMPIONSHIPS

Sacramento, California
2017

June 22-25,

Lead Physical Therapist

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

EXOS - PHOENIX, NFL COMBINE TRAINING AND PREPARATION Feb 8 – 10, 2017

Phoenix, Arizona

VOLUNTEER PHYSICAL THERAPIST

- Deliver physical therapy services to elite football players preparing for the NFL combine

Champion Physical Therapy and Performance

Boston, Massachusetts - Outpatient/Sports Physical Therapy, Sports Performance Training

Performance Coach / Physical Therapy Student

April 2016-July 2016

- Deliver high level physical therapy programs to individuals and athletes of all levels: youth to professional
- Performance coach for baseball performance program for athletes of all levels
- Assist with research on throwing arm of high level baseball players
- Enhance Integration for athletes from injury to return to sport using PT and Performance Training

Personal Performance Coach/Physical Therapist for:

- Kim Connelly (USA Track and Field, 2 time Olympian)
- Kyri Washington (Boston Red Sox Organization, MLB)
- Erik Pinkins (New York Giants, NFL)
- Brandyn Thompson (Edmonton Eskimos, CFL)
- Lianne Farber (USA Track and Field)

PAC-12 CONFERENCE ROWING CHAMPIONSHIPS

Sacramento, California
2018

May 11-13,

Physical Therapist / Onsite Medical Coverage

- Organizing to provide onsite care for competing athletes.

California State University, Sacramento, Physical Therapy Department

Aug. 2014 – Dec. 2015
Sacramento, California

GRADUATE ASSISTANT

- Responsible for instructing lab sections for first year physical therapy students courses

California International Marathon

Sacramento, California

Dec 2016, 2017

- Athlete support and education in Sports Medicine

CROSSFIT SAC - Medical and Rehab

Sacramento
June 2017

Dec 2016 -

· Provided Physical therapy and comprehensive rehab programs to their competing athletes

SACRAMENTO STATE UNIVERSITY TRACK AND FIELD TEAM

Sacramento, CA

- Presented on Sports Science and preparing the body for competition Jan 2016

SACRAMENTO STATE UNIVERSITY, PHYSICAL THERAPY

February 2018

Sacramento, CA

PHYSICAL THERAPY ADMISSIONS INTERVIEW PANEL

BODY AND MIND CONFERENCE

Chico, California

Feb 24, 2018

PRESENTER

- Presentation - The Bulletproof Shoulder: Dynamic Methods to Enhance Shoulder Stability

MIKEREINOLD.COM

Boston, Massachusetts

May 2016

GUEST

- Webinar Presentation: Assessing and Treating Thoracic Mobility

TOTAL HEALTH AND FITNESS EXPO

Sacramento, California

Jan 2018

PRESENTER

- Dynamic Warm Up for the Strength Athlete

DEL CAMPO HIGH SCHOOL

Sacramento, California

Nov 2016 - Jan 2017

Strength and Performance Coach

- Developed and executed strength, speed and performance programs for the Varsity baseball team

PERFORMANCE AND INJURY ASSESSMENT

Sacramento, California

ORGANIZED TESTING FOR TEAMS OF ATHLETES

Sacramento City College Baseball	Nov 2016, May 2017, Feb 2018
Del Campo High School Baseball	Nov 2016, Jan 2017, Feb 2018
Del Campo High School Softball	Feb 2018
Oak Ridge High School Baseball	Nov 2016, May 2017, Feb 2018
Sacramento State University Rowing	October 2016
SSC Cats Baseball	Nov 2016, May 2017, Feb 2018

California State University, Sacramento

Aug. 2013 - Dec 2016

Doctorate of Physical Therapy.

California State University, Sacramento

Aug. 2009 - Dec

2013

Bachelor of Science in Health Sciences.

Major: Kinesiology, Exercise Science

Continuing Education

IASTM Technique: Boston	April 2016
ASMI Injuries in baseball conference, Birmingham, AL	Jan 2014
Advanced treatment of the Shoulder: Kevin Wilk	May 2016
Functional Stability Training: Mike Reinold/Eric Cressey	June 2016
FMS Level 1 Certification	Jan 2015
Selective Functional Movement Assessment Certification	Nov 2015
Postural Restoration Institute: Myokinematic Restoration	Jan 2018
Sport Specific Functional Assessment and Readiness to Play	April 2017
Bridging the Gap Between PT and Performance: Champion PT	June 2016
Perform Better: Functional Training Series: San Francisco	Jan 2017
Taping for the Sports and Orthopedic Physical Therapist	July 2014
CPTA 2015: Sacramento, CA	March 2015
1st Annual SF Giants Injuries in Baseball Course	Jan 2015

California Licensed Physical Therapist, #292431

September 20016 - present.

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

March 2015 - present.

Certified CPR, AED, First Aid Health Care Provider

February 2013 - Present

Strong First Kettlebell Instructor (Level I)

September 2017 - Present

Functional Movement Screen Certified

January 2015 - Present

Selective Functional Movement Assessment Certified

November 2015 - Present

IASTM Certified

April 2016 - Present