

CURRICULUM VITAE

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JENNIFER DIETER, MPT

EDUCATION

- | | | |
|--------------------|-----------------------------------|---------------------|
| 1991-1995 | University of Virginia | Charlottesville, VA |
| | <i>B.S. Sports Medicine</i> | |
| Jan 1997- Jan 1999 | University of St. Augustine | St. Augustine, FL |
| | <i>Master of Physical Therapy</i> | |

PROFESSIONAL EXPERIENCE

Rocktape

Instructor, June 2018- present

- Instructor for all of Rocktape's continuing education programs, teaching classes of up to 40+ students for full lecture and lab independently.

Select Physical Therapy

Jacksonville, FL

Market Manager and Physical Therapist: May 2007- present

- August 2016 – Opened new PT clinic and am primary treating physical therapist for Select PT's San Marco Center for Performance, inside Crucible CrossFit. Focus is on return to sport and function. Clientele includes athletes of all ages, levels and abilities, from adolescents to world ranked athletes. Hold CrossFit Level 1 Certification and CrossFit Gymnastics Certification.
- Clinician and Manager of outpatient facilities in Jacksonville market. Patient care has been primarily in Orthopaedic setting; core services include physical therapy evaluation and treatment, low back rehabilitation, orthopedic rehabilitation, work injury prevention and management. Specialized services include: Sports Specific training for professional and recreational athletes, Concussion and Vestibular Rehab, Functional Capacity Evaluations, On-site Job Ergonomic, TMJ rehabilitation, Osteoporosis program, and Women's Health. Additional mentoring and training physical therapists, students and residents in the proper case management and delivery of physical therapy to our patients. Delivered lectures of various topics for continuing education credit for Case Managers and to Diabetes Association.

Healthsouth Sports Medicine and Rehabilitation

Jacksonville, FL

Site Coordinator and Physical Therapist: May 2001-May 2007

- Clinician and Manager of busy outpatient facilities. Achieved success in the treatment of Cervical and Lumbar Spine, surgical and non-surgical orthopedic extremity injuries, Sports

Medicine, Back Pain during Pregnancy and Women's Health patients by using manual therapy skills and functional treatment philosophies. Performed on-site ergonomic evaluations. Served as Clinical Coordinator of Clinical Education, overseeing placement of students and mentoring students during their internships.

Staff Physical Therapist: March 1999- May 2001

- PT in outpatient physical therapy clinic, treating patients with diverse injuries and post surgical conditions. Worked closely with Athletic Trainers, Physicians, Occupational Therapists and other Physical Therapists while treating patients in order to maximize their rehab potential. Physical Therapist for the Jacksonville Jaguars' "Roar" Cheerleaders, treating their injuries with successful return to sport (1999-2010).

CERTIFICATIONS

- CrossFit L1 Certification 2015
- CrossFit Gymnastics Certification 2015
- APTA Certified Clinical Instructor, 2006

PRESENTATIONS

- CrossFit Gymnastics Seminar, April 2017
- "Implications of an Aging Workforce", July 2016
- "Safety and Ergonomics in the Workplace"; Manson Construction 2014
- "Strain-Sprain Presentation"; Eagle Transport 2013
- "Back Injury Training"; ARC of St. Augustine 2011
- "Evidenced Based Low Back Pain"; Kraft Foods 2010
- "Heavy Issues; Impact of Obesity on Rehabilitation"; Case Managers Society Association 2010
- "Soft Tissue Injuries"; Case Manager group 2010
- "Physical Therapy and how it Relates to the Diabetic Population"; Mayo Health Systems Diabetes Health Educators 2009
- "Interpreting Physical Therapy Notes", Case Management Group 2008

CONTINUING PROFESSIONAL DEVELOPMENT

- S1 – Intro to Spinal Evaluation and Manipulation – University of St. Augustine, Stanley Paris, 1998
- E1 – Extremity Evaluation and Manipulation – Univ. of St. Aug, Catherine Patla, 1998
- PNF 1: The Functional Approach to Proprioceptive Neuromuscular Facilitation – Institute of Physical Arts, 1998
- Shoulder Program, June 1999

- Complementary and Alternative Medicine, January 2000
- Developing Successful Treatment Programs for Pelvic Muscle Dysfunction & Incontinence, April 2000
- Obstetric Musculoskeletal Dysfunction, June 2001
- Physical Therapy for the Golfer, February 2002
- Introduction to Women's Health, August 2002
- Evaluation and Treatment of the Shoulder, August 2002
- Core Stability, Sept 2002
- Pilates Rehabilitation for the Healthcare Professional, Nov 2002
- S3 – Advanced Eval and Manipulation of the craniofacial region, cervical and upper thoracic spine April 2003, Stanley Paris
- Running Medicine - University of Virginia, 2004
- Spinal-Extremity Joint Mobilization: A Lab Course, January 2005
- Integrated Lumbar Spine, Pelvic Girdle and Hip, Sept 2005
- Ligamentous Stress Testing of the Cranio-Cervical Spine, Oct 2005
- Manual Treatment of Common Orthopaedic Disorders, Nov 2005
- APTA CI Education and Credentialing Program, March 2006
- Shoulder Update 2006, January 2006
- Evaluation and Treatment of the Lumbar Spine, January 2007
- Peripheral Joint Mobilization, Michael Lucido, February 2008
- FCE training, May 2008
- Atlas Ergonomic Certification, 2008
- Workwell Physical Abilities Screening Certification, July 2009
- Evidenced Based Management of Foot and Ankle, August 2009
- S4 – Functional Analysis and Management of Lumbo-Pelvic-Hip Complex, USA, Sept 2009
- Spinal Manipulation for Orthopedic Physical Therapist, Michael Lucido, April 2010

- PT Clinical Performance Instrument for Students, May 2010
- Objective Employment Testing Protocols, WorkSTEPS, June 2010
- Manual Therapy of the Upper Quarter – Lab Intensive, September 2012
- Evidence Based Active Care for Today’s Physical Therapist, October 2012
- Graston Technique, December 2012
- Therapists Working with Diabetic Amputees, May 2013
- Pelvic Physical Therapy Level 2 (audit), March 2014
- Introduction to Rehabilitation of Pelvic Floor Dysfunction and Urinary Incontinence, November 2015
- Treatment and Rehabilitation of Orthopedic Shoulder Conditions, November 2015
- Maximizing Fitness with Myofascial Release, November 2015
- Treating Benign Paroxysmal Positional Vertigo: Cupulolithiasis, November 2015
- Pilates for Lumbar and Pelvis Stability, November 2015
- Clinical Approach to Therapeutic Taping: an Evidence Based Approach, November 2016
- RockTape FMT Basic & Performance, October 2017
- RockTape FMT Blades & Advanced Blades, November 2017

PROFESSIONAL COURSES TAUGHT

- Select Physical Therapy: Clinical Approach to Therapeutic Taping, November 2017
- RockTape FMT Basic, July 2018, September, October 2018
- RockTape FMT Performance, September 2018
- RockTape FMT Blades, November 2018, February 2019
- RockTape FMT Floss, November 2018
- RockTape FMT Advanced Blades, March 2019

ATHLETIC ACHIEVEMENTS

- CrossFit Games Masters Athlete 2015, 2016, 2017, 2018 finishing 5th and 6th in each of the four years
- Masters National Weightlifting Record 63kg in 2016 for snatch, clean and jerk and total
- World Champion for Women's Masters 63kg in 2018 for snatch, clean and jerk and total and World Record holder in each of the same categories.
- Masters National Weightlifting Record 64kg in 2018 for snatch, clean and jerk and total.