

# MICHAEL STELLA, MA, ATC, PES, CES

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## EDUCATION

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August 2009 – May 2011	<b>The George Washington University</b> <i>Master of Administration in Sports Management</i>	Washington, DC
August 2004 – May 2008	<b>Marist College</b> <i>Bachelor of Science in Athletic Training/ CAATE Accredited</i>	Poughkeepsie, NY

## EMPLOYMENT EXPERIENCE

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November 2018 - Present	<i>Owner, The Movement Underground, LLC</i>	Farmingdale, NY
July 2014 – November 2018	<i>Head Athletic Trainer, Director, Co-Founder, AMP Recovery Lab</i>	Syosset, NY
August 20, 2012 – October 10, 2014	<i>Athletic Trainer, Clinical Coordinator, US Athletic Training Center</i>	New York, NY
June 1, 2011 – August 16, 2012:	<i>Assistant Athletic Trainer, Long Island University Brooklyn, Men's Soccer and Baseball</i>	Brooklyn, NY
August 22, 2009 – May 15, 2011:	<i>Graduate Assistant Athletic Trainer, Rehabilitation Coordinator, Men's Soccer, The George Washington University</i>	Washington, DC
June 1, 2008 – August 14, 2009:	<i>Athletic Trainer, University of Florida, Football, Men's and Women's Track and Field and Cross Country</i>	Gainesville, FL

## RELATED EXPERIENCE

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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

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

## MEMBERSHIP/CERTIFICATION

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March 2016- Present

- FMS, by Functional Movement Systems, Inc

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

## COURSES/LECTURES

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### **2019**

FMT BASIC & PERFORMANCE KINESIOLOGY TAPING CERTIFICATION

January 12-13, Levittown, NY

### **2018**

FMT BASIC & PERFORMANCE KINESIOLOGY TAPING CERTIFICATION

July 27-29- Toledo, Ohio

July 30-31- Fort Wayne, Indiana

August 10-13 - Fairfax, VA

September 20-21, Columbia University, New York, NY

November 9-11, Madison, Wisconsin

December 8-11, Philadelphia, PA

FMT BLADES BASIC & ADVANCED IASTM CERTIFICATION

July 14-Buffalo, NY

July 15- Rochester, NY

July 16- Syracuse, NY

September 28-31 - Nanuet, Kingston, Schenectady, NY

October 10-12, Manhattan, NY

November 28-30, Nashville, TN

FMT PODS & FLOSSING CERTIFICATION

October 20-21, Palmer Chiropractic College, Daytona Beach, FL

### **2017**

February 28, Introduction to IASTM, Hofstra University, Hempstead, NY

April 13, Healing Process and Pain, Hofstra University, Hempstead, NY

December 1, Injury Prevention in the Overhead Athlete, AMP Winter Symposia, Syosset, NY

