

Meghan M. Helwig

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EDUCATION

University of Medicine & Dentistry of New Jersey • Newark, NJ August 2006 - May 2009
Doctorate, Physical Therapy

Villanova University • Villanova, PA August 1999 - May 2003
Villanova School of Business, BS Finance

PROFESSIONAL CERTIFICATIONS & AFFILIATIONS

- Therapeutic Dry Needling - Level 1 - Kinetacore
- Active Release Techniques (ART) Full Body, Masters, Long Nerve Entrapment & Complex Protocols
- Rock Tape - Fascial Movement Taping Level 1 & 2 Basic & Performance
- Neurokinetic Therapy (NKT) Levels 1-3
- Certified Golf Medical Provider Level 3 (SFMA) • Titleist Performance Institute (TPI)
- Clinical Athlete Provider
- CPR Health Care Provider • American Heart Association

CLINICAL EXPERIENCE

Primal Strength Physical Therapy • North County San Diego, CA. September 2016 - Present
Owner of Mobile Cash Based Private Practice in Northern San Diego
One on One treatment sessions with a functional movement, motor control, manual therapy focus
Travel monthly to Golf Academy in Santa Barbara to treat Golfers
Presenting Mobility/Stability Seminars at local golf academies and crossfit gyms

Movement Rx • Downtown San Diego, CA October 2016 - Present
Independent Contractor seeing patients at Movement Rx downtown location
Ortho/Sports PT with focus on functional movement, motor control and manual therapy
Providing stability/mobility seminars for local businesses

Primal Strength Physical Therapy • Hoboken NJ January 2016 - September 2016
Started Cash Based Private Practice
One on One treatment sessions with a functional movement, motor control manual therapy focus

Atlantic Sports Health Physical Therapy • Morristown NJ August 2009 - August 2016
Full Time Staff Physical Therapist
Ortho/Sports focused practice treated 18-22 patients/day, from pediatrics to geriatrics
Mentored new grad therapists

The Performance Center at Baltusrol Golf Club • Springfield NJ June 2011 – January 2012

Physical Therapist - Golf Performance Staff

Titleist Performance Institute Medical Level 3, Jr & Fitness Level 2 Provider

Evaluating and treating clients using TPI/SFMA screens, preparing golf fitness exercise programs

Worked closely with Golf Pro to correct pain/dysfunction in the golfers and enhance performance

CONTINUING EDUCATION

- Active Release Technique 2009 - 2016
- Neurokinetic Therapy Level 3 • 2012 - 2015
- TPI Junior Golf Level 2 • 2011
- World Golf Fitness Summit • Orlando, FL • 2010 - 2012 - 2014 - 2016
- TPI Medical Provider Level 2 & 3 • 2010
- TPI CGFI Level 1 • 2010
- Gray Institute – Functional Shoulder • 2010
- Kinesiotaping: 1 + 2 Fundamentals & Advanced • 2010
- Kinesiotaping KT3: Advanced Specific CKTP Certification Course • 2010
- Mobilization of the Cervical and Thoracic Spine and Ribs • Great Lakes Seminars • 2010
- ART – Upper & Lower Extremity, Spine, Long Nerve Entrapments, Masters, Complex Protocols, Long Nerve entrapments with Anatomy lab • 2009 – 2016
- Atlantic Sports Health Lecture Series • 2010 - 2015
 - Exertional Heat Illness
 - ACL Graft Selection: Point – Counter Point Debate (BTB vs HS vs Allograft)
 - Concussions in Sports: Current Concepts in Management
 - Non Operative Management of Patellofemoral Knee Pain in Athletes
 - Common Peripheral Nerve Entrapment Syndromes in the Athlete
- High Velocity Low Amplitude Mobilization of Cervical & Thoracic Spine MAMTC • 2015
- Rock Tape - Fascial Movement Taping Basic and Performance • 2016
- Kinetacore Functional Dry Needling Level 1 • 2016
- Clinical Athlete Weightlifting Coach Seminar • 2016

OTHER WORK EXPERIENCE & ACTIVITIES

Crossfit Games - Masters Online Qualifier 2017 (top 200)

Ironman All World Athlete (top 5%) 2015

ART – Ironman Provider Treatment Team – Lake Placid IM 2010 - 2013

Assistant Instructor NKT Level 1

Triathlete USA Triathlon Member 2006 – Present

Corporate Real Estate Paralegal – Kelley Drye & Warren LLP - NYC - September 2003 – July 2006

Villanova University – Division I Big East Field Hockey Starting Goalie 1999 – 2002

YMCA Swimming Short Course National Qualifier 1996 – 1999

Morris County Women's High School Golf Champion 1998 & 1999