

CURRICULUM VITAE

Heidi L. Fisher, PT, DScPT, CMPT, OCS, CPT
Doctor of Science in Physical Therapy
Certified Manual Physical Therapist
Orthopedic Clinical Specialist
Polestar Certified Rehabilitation Pilates Practitioner

CONTACT INFORMATION

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OBJECTIVE

Provide high quality patient and client rehabilitation that is customized to individuals and maintains the one-on-one interaction to optimize outcomes and client experience for best quality of care. Integrate healthy movement and postural education into preventative and lifestyle management programs for patients and clients.

EDUCATION

Andrews University <i>Berrien Springs, MI</i>	2014	Advanced Degree: Doctor of Science Manual Physical Therapy (DScPT)
Polestar Pilates Education <i>Miami, FL/Phoenix, AZ</i>	2013-2014	Comprehensive Rehabilitative Pilates instructor training
North American Institute of Orthopedic Manual Therapy	2014	Certification in Manual Physical Therapy (CMPT)
Neurokinetic Therapy®	2019/2020	Level I Certification in NKT, Level II in process
Gray Institute of Applied Functional Science	2018	Certification in Applied Functional Science (CAFS)
University of New Mexico <i>Albuquerque, NM</i>	2005	Masters in Physical Therapy
Linfield College <i>McMinnville, OR</i>	1993	Bachelor's Degree German Studies with Spanish & Biology Minors

LICENSURE & CERTIFICATION

Physical Therapy License #AZ0008748 <i>Arizona State Board of Physical Therapy</i>	2009-Present
Orthopedic Clinical Specialist Certification <i>American Board of Physical Therapy Specialties</i>	2009-Present
PMA Certified Pilates Instructor <i>Pilates Method Alliance</i>	2014-2016

PROFESSIONAL EXPERIENCE

- 2019-Present **A Wise Move Physical Therapy & Pilates, PLLC, dba F.I.T. 4 Tucson (Fisher Integrated Therapies), dba Physical Therapy 2 Pilates (PT 2 Pilates)** as Independent Contractor providing fee-for-service Physical Therapy, Neurokinetic Therapy & Rehabilitative Pilates at local studios, gyms, homes and other locations Phone: 520-488-6715
- 2019-2020 **Home Health Physical Therapist**
Banner Home Care
575 E. River Road, Tucson AZ
Supervisor: Grace Ravicchio, Kelly Kish Phone: 520-694-9180
- 2012-July 2019 **Outpatient Rehabilitation Coordinator**
- Outpatient Orthopedics, Industrial and some Neurological. Applied Functional Science, Pilates-based Rehabilitation, Manual Physical Therapy, Neurokinetic Therapy, Functional Capacity Evaluations, Work Hardening/ Conditioning and Administrative and leadership activities, Founder of Employee Health & Community Based Pilates Fitness Program.
Carondelet St. Mary's Outpatient Rehabilitation Department
1601 W. St. Mary's Road, Tucson, AZ 85745
Supervisor: Ivan Aranguren Phone: 520-981-0166
- *Direct patient care 32 hours per week with a hands-on focus for orthopedic diagnoses of the spine and extremities from acute to chronic and youth to elderly. Some neurological, balance & vestibular cases. Work hardening and functional capacity evaluations.*
 - *Assistant supervisor for outpatient rehabilitation department with 30+ therapists and 10 support staff.*
 - *Rehabilitation department coordination including implementation and leadership of electronic health record, clinical supervision for documentation quality and clinical decision making, managing chart audits, clerical team-building and project development, payroll, new policy implementation, employee leave requests/scheduling and new employee orientation and mentoring.*

2013-Present **Pilates Practitioner and Independent Contractor for Physical Therapy & Pilates**

Student teaching for classes and private sessions during comprehensive training program that developed into contract work for evenings and weekends to teach group classes and private Pilates sessions for Mirea Sharifi and BodyQuest Pilates. Established PT 2 PILATES program for transition of patients from physical therapy care to supervised fitness and healthy movement classes in the community. Also contracted with Julia Miller Pilates/Human Movement Studio for similar services. Provided physical therapy services to clients at both studios as an independent contractor as well to assist with the bridge program. Also teach private Pilates sessions in home studio.

2009-2012 **Lead Physical Therapist & Clinical Instructor**

Outpatient Orthopedics & Manual Physical Therapy

Desert Palms Physical Therapy – Catalina

15631 N. Oracle Road, Catalina, AZ 85739

Supervisor: Kevin & Kim Eggers

Phone: 520-881-3856

- *Direct patient care 32 hours per week with a hands-on focus for orthopedic diagnoses of the spine and extremities. Some neurological, balance & vestibular cases.*
- *Supervision of support staff including physical therapy assistant and technician.*
- *Clinical instructor for student interns.*
- *Peer study group anatomy and technique review presentations for multiple body regions.*

2009-2011 **Staff Physical Therapist**

Outpatient Orthopedics & Manual Physical Therapy

Desert Palms Physical Therapy & Movement Studios– Tucson & Catalina, AZ

7400 N. LaCholla Boulevard, Tucson, AZ 85741 and

15631 N. Oracle Road, Catalina, AZ 85739

Supervisor: Bruce Franke

Phone: 520-531-0305

- *Direct patient care in two busy outpatient physical therapy clinics with hands-on manual therapy approach and a strong team setting.*
- *Assist with modifications and development of customized electronic health record.*
- *Present anatomy and technique review presentations for multiple body regions for a peer study group.*

2007-2009 **Deputy Chief Physical Therapist & Lieutenant with United States Public Health Service**

Indian Health Service Hospital with Outpatient & Inpatient Services
Tuba City Regional Health Care Corporation

P.O. Box 600, 167 North Main Street, Tuba City, AZ 86045

Supervisor: James Cowher

Phone: 928-283-2593

- *Direct patient care in busy outpatient and inpatient hospital setting for multiple age groups and diagnoses, including orthopedics, neurological, acute and subacute care, cardiac rehabilitation, pediatrics and wound care.*
- *Assist department chief with employee supervision, departmental budgeting and project planning.*
- *Directly supervise administrative support staff*
- *Organized a regional continuing education course for therapists*
- *Design and organize patient education materials and handouts.*
- *Organize PT Month activities and departmental open houses for two years.*
- *Managed \$100,000 specialty wound care program for negative pressure therapies*

2005-2007

Staff Physical Therapist & Lieutenant Junior Grade with United States Public Health Service

Indian Health Service Hospital with Outpatient & Inpatient Services
Tuba City Regional Health Care Corporation

P.O. Box 600, 167 North Main Street, Tuba City, AZ 86045

Supervisor: James Cowher

Phone: 928-283-2593

- *Direct patient care in busy outpatient and inpatient hospital setting for multiple age groups and diagnoses, including orthopedics, neurological, acute and subacute care, cardiac rehabilitation, pediatrics and wound care.*
- *Managed and stream-lined department supply inventory (\$75,000) realizing a 17% cost-savings.*
- *Implemented a peer study group for case review and skill advancement*
- *Designed new evaluation forms for inpatient and outpatient care to facilitate consistent and thorough documentation*

2004-2005

Student Physical Therapist

Adult Neurological Rehabilitation (8 weeks)

Healthsouth Rehabilitation Hospital

Albuquerque, NM

Outpatient and Inpatient Orthopedics (8 weeks)

Indian Health Service -- Northern Navajo Medical Center

Shiprock, NM

Outpatient Orthopedics (8 weeks)

Los Alamos Medical Center
Los Alamos, NM

2003 **Water Therapy Instructor**

Special Populations
University of New Mexico
Albuquerque, NM

Other Employment Experience:

Assistant Retail Buyer: Lake Powell Resorts & Marina, Page, AZ (1998-2001)

- *Marketing and merchandising*
- *Inventory program design and management in computer database*
- *Order tracking and management*

Administrative Assistant:

Baldrige Lumber Company (Albuquerque, NM 2001-2002)

Credit Bureau and Insurance Adjustment Bureau (Casper, WY 1996-1998)

PROFESSIONAL MEMBERSHIP

American Physical Therapy Association (APTA)

Arizona State Physical Therapy Association (AzAPTA)

Pilates Method Alliance (PMA)

New Mexico State Physical Therapy Association

Commissioned Officers' Association of the United States Public Health Service

SPECIAL ACCOMPLISHMENTS ~ HONORS ~ AWARDS

Comprehensive Pilates Employee & Community Wellness Program accepted and implementation process initiated (2016)

Carondelet St. Mary's Hospital Star Customer Service Award (April 2014)

Finalist for group nomination for Ramirez Award for Excellence in Program Development for Work Hardening and Conditioning (2014).

Completed 3 case studies and oral practical examination for Level 1 Neurokinetic Therapy (2019)

Passed Comprehensive Polestar Rehabilitative Pilates Practical 2-day Examination (2014)

Completed 3 detailed case histories for manual physical therapy for submission to NAIOMT to meet requirements in part for intermediate level certification (2014)

Developed Rehabilitative Pilates Program proposal for Carondelet St. Mary's Hospital (2014)

Passed Four-Station NAIOMT Level III Oral Practical Examination for Orthopedic Manual Physical Therapy and Medical Screening before two nationally recognized therapists and a physician (October 2011)

US Public Health Service Citation Medal 2009

US Public Health Service Commendation Medal 2008
 Junior Officers Association Committee Chair Award 2008
 US Public Health Service Achievement Medal 2007
 Therapist Professional Advisory Committee Junior Officer of the Year Award 2007
 Academic Achievement Award University of New Mexico 2005
 Honorable Mention Class Leadership Award 2005
 Liz Barnett Leadership Award, New Mexico State Physical Therapy Association 2004

UNIQUE QUALIFICATIONS

Computer skills: word processing, database management, budgeting, form and brochure design
 Foreign Languages: Spanish and German

PROFESSIONAL DEVELOPMENT

Orthopedic Manual Therapy

November 2019	<i>Level II Neurokinetic Therapy, Neurokinetic Therapy (NKT) (15 hours)</i>
April 2019	<i>Female Chain Reaction, Gray Institute of Applied Functional Science, (14.5 hours)</i>
March 2019	<i>Level I Neurokinetic Therapy, Certification Practical Test & Case Studies, Neurokinetic Therapy (NKT) (15 hours)</i>
February 2019	<i>Integrated Muscle Testing & Palpation, Neurokinetic Therapy (NKT) (15 hours)</i>
February 2019	<i>Certification in Applied Functional Science (CAFS), Gray Institute (25 hours)</i>
July 2018	<i>Behavioral Treatment of Chronic Pain: Moving from Hope to Healing, Robert Rosenbaum, PhD (6.25 hours)</i>
April 2018	<i>Pfirates & VESy Lab: Plyometric Pelvic Floor, Bruce Crawford, MD (12 hours)</i>
March 2018	<i>Instrument Assisted Soft Tissue Mobilization Level I Certification (16 hours)</i>
May 2017	<i>Chain Reaction, MoStability, Gary Gray, Gray Institute (18 hours)</i>
January 2017	<i>Pelvic Restoration Course, Postural Restoration Institute (15 hours)</i>
May 2016	<i>Assessment & Treatment of Lower Quadrant: A Functional Mobilization Approach (13 hours)</i>
October 2015	<i>The Essential Pelvic Floor for Every Rehab Professional (8 hours)</i>
August 2014	<i>Movement System Impairment Syndromes of the Lumbar Spine & Hip, Shirley Sahrman (16 hours)</i>
November 2014	<i>Structural Manual Intervention, Polestar Education (16 hours)</i>
June 2014	<i>Fundamentals of Therapeutic & Kinesiology Taping (6 hours)</i>
March 2014	<i>Anatomy Trains, Peter Ehlers & Kiki Vance; Tucson, AZ (14 hours)</i>
November 2013	<i>Medical Exercise Therapy (MET) Fundamentals (15 hours)</i>
May 2012	<i>Advances in Examination, Evaluation & Treatment in Selected Shoulder Conditions, George Davies, DPT, MED; Arizona APTA Spring</i>

- Conference, Phoenix, AZ (12 hours)
- Spring 2012 *NAIOMT Differential Diagnosis in Orthopedic Manual Therapy*, Erl Pettman, PT, MCSP; Tucson, AZ (42 hours)
- Fall 2011 *NAIOMT 720 Clinical Reasoning*, Erl Pettman, PT, MCSP; Tucson, AZ (20 hours)
- Fall 2011 *NAIOMT 700 Clinical Technique Review – Spine & Extremity*, Erl Pettman, PT, MCSP; Tucson, AZ (20 hours)
- November 2011 *Treatment Based Classification System and Management of Low Back Pain*, Cheri Hodges, DPT, OCS, FAAOMPT; Tucson, AZ
- Spring 2011 *NAIOMT Level III Advanced Lower Quarter*, Erl Pettman, PT, MCSP; Tucson, AZ (42 hours)
- August 2010 *Cervical Spine, Thoracic Spine & Ribcage: A Manual Therapy & Exercise Approach*, Bruce Franke, Jr., PT, OCS, FAAOMT; Tucson, AZ (12 hours)
- Fall 2010 *NAIOMT Level III Advanced Upper Quarter*, Erl Pettman, PT, MCSP; Tucson, AZ (42 hours)
- Spring 2010 *NAIOMT Level II Intermediate Lower Quarter*, Erl Pettman, PT, MCSP; Tucson, AZ (42 hours)
- April 2009 *The Shoulder Girdle with Cervical Spine, Thoracic Spine & Ribcage: A Manual Therapy & Exercise Approach*, Bruce Franke, Jr., PT, OCS, FAAOMT, et al; Tuba City, AZ (14 hours)
- Fall 2009 *NAIOMT Level II Intermediate Upper Quarter*, Erl Pettman, PT, MCSP; Tucson, AZ (42 hours)
- Fall 2009 *NAIOMT Thoracic Spine: Comprehensive Evaluation & Intervention*, Erl Pettman, PT, MCSP; Berrien Springs, MI (20 hours)
- Spring 2008 *NAIOMT Differential Diagnosis in Orthopedic Manual Therapy*, Erl Pettman, PT, MCSP; Tucson, AZ (42 hours)

Rehabilitative Pilates & Pilates Coursework

- November 2019 Equipment Essentials, *Pilates Equipment Maintenance* (4 hours)
- April 2019 Pilates on Tour Conference: *A Way In: Pilates to Facilitate Neuroplasticity* (6 hours, Allyson Cabot & Cari Riis Stemmler); *Thoracolumbar Fascia: The Second Brain of Movement* (3 hours, Shari Berkowitz); *Know Pain, Know Gain* (3 hours, Janette Ahrndt, Michele Townshend); *Demystifying Scapular-Humeral Rhythm* and *The Shoulder Girdle: A Delicate Balance* (6 hours, Karen Sanzo, Shari Berkowitz)
- April 2018 *Pfilates: Plyometric Pelvic Floor*, Pilates on Tour Pre-Conference (12 hours)
- May 2017 Fletcher Pilates Annual Conference (3 day conference)
- April 2017 Pilates on Tour Rehabilitation Summit(3 day conference)
- April 2016 Pilates on Tour Rehabilitation Summit (3 day conference)
- May 2015 Fletcher Pilates Annual Conference (3 day conference)
- March 2015 *Pilates for Osteoporosis* with Sherri Betz (14 hours)
- March 2015 *Oov for Pilates and Oov for Apparatus* with Daniel Vladeta (16 hours)
- November 2014 *Structural Manual Intervention Using Pilates Apparatus* (Polestar)
- August 2014 *Pay Guyton Franklin Method Course* (14 hours)

April 2014 Pilates on Tour Conference
April 2013 *Communication for Pilates and Movement Practitioner*, Polestar (15 hours)
April 2013 Pilates on Tour Conference

Select Post-Graduate Coursework

(Doctor of Science Program, Andrews University, Berrien Springs, MI)

Summer 2010 Educational Techniques
Supervised Clinical Internship with Fellow of American Academy of Orthopedic Manual Therapy
Spirituality in Healthcare
Comprehensive Management of the Orthopedic Physical Therapy Patient
Spring 2010 Clinical Pharmacology
Summer 2009 Applications in Clinical Research
Medical Diagnostics
Spring 2009 Advanced Topics in Clinical Research
Clinical Screening & Differential Diagnosis
Fall 2008 Advanced Clinical Physiology

Other Selected Courses

June 2012 *The Breathable Body, Buteyko Institute Method of Breathing Retraining*
Robert Litman, Tucson, AZ (2 hours)
October 2008 *Dizziness & the Unbalanced Patient*, Sun City, AZ (15 hours)
October 2007 *Vestibular Rehab, Dizziness & Balance in Physical Therapy*, American Physical Therapy Association, home study course (30 hours)
July 2007 *Cardiac Rehabilitation & Secondary Prevention*, Tuba City Regional Healthcare Corporation, Tuba City, AZ