

## MARTHA WATRY, PT, Cert. MDT

Martha Watry has clinical experience dating back to 1989. She has experience primarily in outpatient orthopedics. In addition to her formal university training she has attended over 45 post-graduate courses encompassing a wide variety of areas (see post-graduate education).

She became a certified McKenzie practitioner with the McKenzie Institute in March of 2005. Clinically, she enjoys treating orthopedic problems of the shoulder, knee, ankle and mechanical spine disorders.

**Professional Focus:** Martha believes in providing quality care and empowering patients in self management of symptoms.

## RECENT PROFESSIONAL ACTIVITIES

**Olympic Track and Field Trials** Medical Volunteer in Eugene, Oregon, June 2008

**Physical Therapy Month Celebration.** promote education and public awareness of physical therapy at the Newport Farmer's Market. October, 2007.

**NPTA Public Relations Northern District Chair.** Coordinated various events to promote Physical Therapy awareness in the community and during legislative assembly. Reno/Carson City, Nevada. 2001-2005

## EDUCATION

B.S. Physical Therapy, **University of Findlay**, Findlay, OH **Summa Cum Laude Graduate.**

Assoc. Applied Science Physical Therapy Assistant, **Cuyahoga Community College**, Cleveland, OH

Physical Therapy Technician Certificate, **Academy of Health Sciences, US Army Reserves**, Fort Sam Houston Texas.

## CERTIFICATIONS

Certification in Mechanical Diagnosis and Therapy of the Spine (Cert. M.D.T.), **McKenzie Institute USA**

## POST GRADUATE EDUCATION

### CHAIN REACTION

*Chain Reaction Transformation: Total Body Functional Profile*  
*Chain Reaction*

Gary Gray, PT; David Tiberio, PhD, PT, OCS  
Gary Gray, PT

9/2005  
9/1991

### McCONNELL INSTITUTE

*The McConnell Patellofemoral Treatment Plan*

Jenny McConnell, PT, GDMT, M.Biomed.Eng.

11/2001

### McKENZIE INSTITUTE U.S.A.

*Conference of the Americas: From Pain to Function*

*The McKenzie Case Manager*

*McKenzie Mechanics Dx & Therapy: Part E: Extremities*

*McKenzie Mechanics Dx & Therapy: Part E: Extremities*

*McKenzie Mechanical Dx & Therapy: Part D:*

*Advanced Problem Solving*

*McKenzie 2000 North American Conference*

*McKenzie Mechanical Dx & Therapy: Part C: Problem Solving*

*McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic*

*McKenzie Mechanical Dx & Therapy: Part A Lumbar*

McKenzie Institute, USA

Online Course

J. Mark Miller, PT, Dip MDT

J. Mark Miller, PT, Dip MDT; Scott Herbowy, PT, Dip MDT

J. Mark Miller, PT, Dip MDT

Robin McKenzie, PT, OBE, FCSP; Ronald Donelson, MD

Vert Mooney, MD, et. al

Colin Davies, PT, Dip MDT

Robert Metcalf, PT, Dip MDT

Elaine Gillman, PT, Dip MDT

07/2008

5/2005

12/2006

4/2002

12/2004

6/2000

5/1999

3/1999

9/1998

### NEURO DEVELOPMENT TECHNIQUE (NDT)

*Introduction to NDT in Pediatrics*

*The Cleveland Clinic Foundation*

3/1997

### NEVADA PHYSICAL THERAPY ASSOCIATION (NPTA)

*Certified Specialist Research Symposium*

*Certified Specialist Conference*

*Nevada Certified Specialist Conference & Research Award Presentation*

NPTA Annual Conference

NPTA Annual Conference

NPTA Annual Conference

10/2002

9/2001

10/2002

### OHIO PHYSICAL THERAPY ASSOCIATION

*How to Use the APTA Guide to Physical Therapy Practice*

OHIO Annual Conference, Cleveland, OH

6/1999

### PILATES

*The Pilates Method for Use as Therapeutic & Corrective Exercise*

*Core Stabilization: Pilates & Other Stabilization Exercises*

Mary Lou Savino, PTA, NSCA-CPT

Karen Sanzo, PT; Cynthia Trentman, PT

6/2006

6/2004

## SPINE

|  |  |                    |
|--|--|--------------------|
| <i>Maitland Australian Physiotherapy Seminars:MT-2:Basic Spinal Functional Relationships of the Lower Half</i>                           | Robert Fluegel, PT,OCS,COMT                        | 11/16 – 11/18/2007 |
| <i>Lumbar Spine: Distinct Treatment Ideas</i>  | Richard Jackson, PT                                | 4/2005             |
| <i>The Pelvic Girdle</i>   | Boyd Etter, PT, Cert MDT, Pete Barbieri, PT, et al | 11/2004            |
| <i>The Study of Biomechanics with Muscle Energy Technique &amp; Beyond for the Pelvis, Sacrum, Cervical, Thoracic &amp; Lumbar spine</i> | Richard Jackson, PT                                | 4/2001             |
| <i>Mulligan Concept – Mobilizations with Movement: “NAGS”, “SNAGS” and MORE</i>  | Sharon Weiselfish, PhD, PT                         | 2/1998             |
| <i>The Aging Spine</i>   | Brian Mulligan, FNZSP, DipMT                       | 10/1997            |
|  | The Cleveland Clinic Foundation                    | 9/1994             |

## SPORTS MEDICINE

|   |  |         |
|---|--|---------|
| <i>Recent Advances in the Evaluation and Treatment Of the Shoulder and Knee</i> | Kevin Wilk, PT, DPT  | 09/2009 |
| <i>The Running Course</i>   | Matt Walsh, PT   | 11/2008 |
| <i>Care of the Track and Field Athlete</i>                                      | Slocum Research and Education Foundation                         | 06/2008 |
| <i>Lake Tahoe Knee &amp; Shoulder Update</i>                                    | Robert Rupp, MD, Laurence Higgins, MD, Stephen Howell, MD, et al | 4/2006  |
| <i>The 10 Most Common Sports Related Injuries of the Foot/Ankle</i>             | Tracey E. Giambrone, DPM   | 4/2004  |
| <i>Mechanical Disorders of the Neck and Shoulder</i>                            | Carl DeRosa, PhD, PT; Jim Porterfield, MA, PT, ATC               | 3/2004  |
| <i>Current Concepts on Knee &amp; Elbow Rehabilitation</i>                      | Kevin Wilk, PT   | 3/2003  |
| <i>Functional Rehabilitation of the Shoulder</i>                                | Sandy L. Burkart, PhD, PT  | 11/2002 |
| <i>Management Musculoskeletal Problems: Children &amp; Adolescents</i>          | Northeastern Ohio Universities College of Medicine               | 3/1999  |
| <i>Current Concepts Evaluation &amp; Treatment of the Knee/Shoulder</i>         | Kevin Wilk, PT; Robert Mangine, MEd, PT, ATC                     | 8/1992  |

## OTHER

|   |   |         |
|---|---|---------|
| <i>Designing a Functional Training Program</i>                              | Therapeutic Associates, David McHenry DPT                                   | 09/2009 |
| <i>The Painful Post-Op Shoulder</i>   | Slocum Research and Education Foundation                                    | 04/2009 |
| <i>Musculoskeletal Pain Management Conference</i>                           | Slocum Research and Education Foundation                                    | 11/2008 |
| <i>Explain Pain</i>   | Adriaan Louw, PT, M. App. SC, GCRM, CSMT                                    | 05/2008 |
| <i>Cardiovascular Disease: Implications for the PT &amp; OT</i>             | Konrad J. Dias, PT,DPT,CCS  | 6/2007  |
| <i>Aging Body, Aging Mind</i>   | Laura Pawlak, PhD, RD   | 1/2006  |
| <i>NPTA Conference: Coding and Reimbursement</i>                            | Helene M. Fearon, PT  | 4/2005  |
| <i>Substance Abuse Related to the Physical Therapy Setting</i>              | Carolyn Hultgren, PT  | 9/2004  |
| <i>Dx &amp; Treatment of Movement Impairment Syndromes Level II</i>         | Shirley Sahrman, PhD, PT, FAPTA   | 10/2002 |
| <i>Dx &amp; Treatment of Movement Impairment Syndromes Level I</i>          | Shirley Sahrman, PhD, PT, FAPTA   | 9/2001  |
| <i>Effective Treatment Techniques &amp; Protocols: Orthopedic Diagnoses</i> | Therese McNearney, PT,CCS   | 4/2000  |
| <i>Being in Balance: Therapeutic Ball Seminar</i>                           | Nancy A. Good, PT   | 4/1996  |
| <i>Therapeutic Exercise: Physiological Adaptation to Training</i>           | Ivan Gradisar Jr, MD; Peter Lemon, PhD; Jim Porterfield, MA, PT, ATC, et al | 4/1995  |
| <i>Gait Analysis for Clinicians</i>   | Mount Sinai PT Staff, Cleveland, OH   | 6/1993  |
| <i>4<sup>th</sup> Annual Dissection Lab: Knee, Ankle, Foot</i>              | Northeastern Ohio Universities College of Medicine                          | 3/1992  |
| <i>Joint Mobilization for the PTA</i>                                       | Lisa Holpit, PT; Janet Eber, PT   | 2/1992  |
| <i>Electrotherapy &amp; Laser Update</i>                                    | The Cleveland Clinic  | 10/1989 |

## SELF STUDY COURSE WORK

|   |                        |        |
|---|------------------------|--------|
| <i>Orthopedic Physical Assessment: Module I: Shoulder</i>         | Home CEUConnection.com | 8/2007 |
| <i>Pharmacology for the Physical Therapist: Module I &amp; II</i> | Home CEUConnection.com | 8/2007 |

## PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association (APTA) <http://www.apta.org/>
- Orthopedic Section, APTA <http://www.orthopt.org/>
- McKenzie Institute USA <http://www.mckenziemdt.org/>
- Oregon Physical Therapy Association (OPTA) <http://www.opta.org/>
- Professional PT Licensure: Oregon, Nevada, Ohio

2008 EUGENE PHYSICAL THERAPY, LLC [www.EugenePT.com](http://www.EugenePT.com)

Revised December 2, 2008 COTTAGE GROVE PHYSICAL THERAPY [www.CottageGrovePT.com](http://www.CottageGrovePT.com)