

Rachel C. Carter

Curriculum Vitae

Education

Doctor of Physical Therapy, Regis University, Denver, CO	2003-2006
Bachelor of Arts Dance Sciences, University of Northern Colorado	1998-2002

Licensure

Colorado Licensed Physical Therapist #0009345	2006-Present
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Certifications

Certified Functional Manual Therapist, <i>Institute of Physical Art</i>	2010
Certified Clinical Instructor Level 1, <i>APTA</i>	2010
TRX Suspension Training Certified Trainer	2013
Certified High Intensity Pilates Instructor, <i>Fierce 45</i>	2017
Certified Level 1, 2, and 3 Functional Dry Needling, <i>Kinetacore</i>	2018
Certified Blood Flow Restriction Rehabilitation, <i>Owens Recovery Science</i>	2021

Professional Memberships

American Physical Therapy Association	Current
American Spinal Injury Association	2008-2010

Physical Therapy Clinical Experience

Integrated Therapeutics, Denver, CO -Founder, Physical Therapist <i>Initiated referral sources, maintained social media and other marketing platforms, evaluated and treated up to 30 clients per week during one-on-one treatment sessions.</i>	August 2013- Present
Functional Physical Therapy, Denver, CO -Staff Physical Therapist, Clinical Education Coordinator	2009-2014

Evaluated and treated up to 40 patients per week, served as primary clinical instructor for 1-3 students per year, provided mentoring and weekly educational sessions to Physical Therapists preparing for Functional Manual Therapy Certification.

Craig Hospital, Denver, CO

2005-2010

-Staff Rehab Physical Therapist

-Pain Management and Manual Therapy Specialist

2009-2010

Provided rehabilitation services for people who sustained spinal cord injuries, evaluated and prescribed appropriate durable medical equipment, provided caregiver and family training, co-founded The Shoulder Preservation Committee, founded the position of In-House Manual Therapy and Pain Specialist.

Professional Teaching Experience

Assistant Instructor: Common Shoulder Pathology in Spinal Cord Injury, *Spinal Cord Injury Seminars*, March-June 2008

Regular Inservice Presenter to both Physical and Occupational Therapy departments, Craig Hospital, May 2005-December 2010

Clinical Instructor for Doctoral Physical Therapy Students, *Craig Hospital* 2006-2010

Lab Assistant: Functional Mobilization II, *Institute of Physical Art*, August 2011

Lab Assistant: Functional Mobilization of the Lower Quadrant, *Institute of Physical Art*, August 2014

Clinical Instructor for Doctoral Physical Therapy Students and Post-Doctoral Students for Certification in Functional Manual Therapy, *Functional Physical Therapy*, 2010-2014.

Affiliate Faculty, Regis University, Management and Applications of Physiology, 2019

Affiliate Faculty, Regis University, Neurological Management 1, 2020-2023

Affiliate Faculty, Regis University, Neurological Management II, 2021-2023

Affiliate Faculty, Regis University, Musculoskeletal Management 1, 2020-2023

Affiliate Faculty, Regis University, Musculoskeletal Management 2, 2020-2023

Affiliate Faculty, Regis University, Musculoskeletal Management 3, 2020-2023

Affiliate Faculty, Regis University, Physical Therapy Examination, 2021-2023

Affiliate Faculty, Regis University, Professional Issues/ Case Management 5, 2021-2022

Affiliate Faculty, Regis University, Professional Issues/Case Management 2, 2022

Affiliate Faculty, Regis University, Examination of the Movement System, 2022

Guest Lecturer, Regis University, Business Management, Regis University, 2022

Other Teaching Experience

Biomechanics of Triathlon: Optimizing Performance Through Improved Alignment, presented at TriBella Multisport, September 2015

Sustainable Fitness: Minimizing Injury Through Optimal Alignment, presented at Fierce 45 Denver, May 2016, and August 2016

Self -Treatment Strategies to Reduce Injury, presented at Fierce 45 Denver, November 2016, January 2018.

Anatomy and Alignment of Fierce Movement, presented to teacher training participants at Fierce 45 Denver, 2017-2019

Anatomy, Function, and Optimal Cueing of the Obliques, presented to coaching staff at Fierce 45 Denver, October 2018

Core Anatomy, Alignment, and Effective Cueing, presented to Ohana Yoga and Barre Instructors, May 2019

Research

Physical Changes in the Adolescent Male Pitcher, Regis University, 2006

SCI Rehab Collaborative Model Center Study, Craig Hospital, 2008

Effects of Acupuncture on the Incomplete Spinal Cord Injury, Craig Hospital, 2009

Continuing Education and Professional Development

The Neurologically Compromised Shoulder, *Spinal Cord Injury Seminars*, July 2007

Functional Mobilization 1, *Institute of Physical Art*, August 2007

Preservation of the Upper Limb, *American Spinal Injury Association*, November 2007

Back Education and Training, *Institute of Physical Art*, January 2008

Proprioceptive Neuromuscular Facilitation 1, *Institute of Physical Art*, May 2008

Functional Mobilization 2, *Institute of Physical Art*, October 2008

Functional Mobilization of the Upper Quadrant, *Institute of Physical Art*, May 2009

Credentialed Clinical Instructor Program, *APTA*, June 2009

Functional Mobilization of the Lower Quadrant, *Institute of Physical Art*, August 2009

Lumbo-Pelvic Integration, *Crunkeyser Seminars*, May 2010

Cervico-Thoracic Integration, *Crunkeyser Seminars*, June 2010

Functional Gait, *Institute of Physical Art*, July 2010

Level 1 Functional Dry Needling, *KinetaCore*, January 2011

Level 2 Functional Dry Needling, *KinetaCore*, December 2012

Functional Dry Needling of the Pelvic Floor, *KinetaCore*, December 2012

Medicine of Cycling, *UCSF Continuing Medical Education*, August 2015

Level 3 Functional Dry Needling, *Kinetacore*, October 2018

Core First Strategies, *Institute of Physical Art*, October 2019

Blood Flow Restriction Rehabilitation, *Owens Recovery Science*, August 2021

Concussion Conversations, Nicole Miranda and Heather Campbell, *APTA Colorado Fall Conference*, September 2022

Hip Preservation, Everything You Need to Know in 2022, Brian White, *APTA Colorado Fall Conference*, September 2022

Advisory and Consultative Work

Expert Witness, <i>Shafner Injury Law</i>	2009-Present
Ergonomics Advisor, <i>Wist, Janney, & Elstner Associates</i>	2018
Body Mechanics and Safety Consultant, <i>Fierce 45 Denver</i>	2017
Expert Witness, <i>Keating, Wagner, Polidori, and Free</i>	2009

Other Related Work Experience

Fierce 45 Denver -High Intensity Pilates Instructor -In-House Physical Therapist -Continuing Education Coordinator	2017-Present
University of Northern Colorado, <i>Department of Dance</i> -Yoga and Dance Conditioning Instructor	2000-2003
Greeley Conservatory of Dance Denver, Greeley, CO -Dance, Dance Conditioning, and yoga instructor	2000-2003
Work Out West Fitness Center, Greeley, CO -Spinning, Mat Pilates, yoga, kickboxing instructor	1999-2003

Service Experience

Meal Delivery, <i>Mile High Vineyard Church</i>	2016- present
Classroom Assistant, Fundraising Support, <i>Faith Christian Academy</i>	2020- present
Classroom Assistant, <i>Edison Elementary School</i>	2016-2020
Meal Delivery, <i>Meals on Wheels</i>	2009-2010
Volunteer Builder, <i>Habitat for Humanity</i>	2006
Skin Health Education, <i>9 News Health Fair</i>	2005