

# Theresa A. Schmidt

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Highly qualified Expert Witness, Orthopedic Certified Specialist Physical Therapist and Educator with 35 years clinical experience in physical therapy, massage therapy, professional speaking and consultation. Passionate and committed to providing the latest evidence-based assessment to support successful resolutions. Dedicated to concise, rapid, objective evaluation of medical records and documentation for personal injury and medical malpractice issues. Excellent communicator, engaging presenter, and expert orthopedic physical therapist with over 30 years academic and professional presentation experience.

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## Education and Credentials

**Doctorate in Physical Therapy**, University of New England – Portland, ME

**Master of Science in Physical Therapy**, Long Island University – Brooklyn, NY

**Bachelor of Science in Health Science**, Long Island University – Brooklyn, NY

**Massage Therapy Diploma**, New Center for Holistic Health Education & Research/New York College – Syosset, NY

*Licensed New York Physical Therapist #009087*

*Licensed New Hampshire Physical Therapist #4387*

*Licensed Utah Physical Therapist PT Compact #CP000112T*

*Licensed New York Massage Therapist #005220*

*Licensed New Hampshire Massage Therapist #7590*

## Certifications

Orthopedic Certified Specialist PT – American Board of Physical Therapy Specialties

Certified Professional Speaker – Women’s Prosperity Network

Certified Hypnotherapist – International Association of Counselors and Therapists

CPR & AED Certification – American Red Cross

Approved CE Provider: New York State Boards of Physical Therapy and Massage Therapy

Approved CE Provider: Educise – National Association for Therapeutic Massage & Bodywork, Inc./NCBTMB

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## Professional Experience

**President**, EDUCISE, P.C., Newbury NH and THERESA A. SCHMIDT, MS, PT, PC, DBA: FLEX PHYSICAL THERAPY – Northport, NY (4/2000 – Present)

Principal practitioner and operator of a private practice. Board Certified Specialist in Orthopedic Physical Therapy. Expert Witness in medical rehabilitation, malpractice, and personal injury cases.

- Supervised and trained staff of up to 12 employees in a multidisciplinary physical therapy, massage therapy and personal fitness company
- Reviewed medical records, personal injury, workers compensation and malpractice files associated with litigation and clinical matters.
- Designed and supervised a risk management and quality assurance program, including HIPAA, Medicare and insurance compliance updates for the private practice
- Provided expert examination and interventions for diverse population of patients presenting with orthopedic, neuromuscular and cardiopulmonary impairments in an integrative medicine practice

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- Developed and presented over 10 community wellness programs, including osteoporosis prevention, ergonomics, Tai Chi, Back Injury Prevention, fitness, and mindfulness meditation programs
- Organized and supervised student clinical affiliations with 3 local physical therapy colleges to provide clinical training for students

**Physical Therapist**, HANDS ON NEW YORK PHYSICAL THERAPY, P.C. – Massapequa, NY

Primary practitioner of a private practice providing orthopedic, neuromuscular and cardiopulmonary rehab and wellness.

**Physical Therapist / Independent Contractor**, NASSAU COUNTY PUBLIC SCHOOLS – Nassau County, NY

Designed and implemented Physical Therapy programs in over 12 schools for multi-handicapped children aged 5 to 18 years.

**Physical Therapist, Assistant Supervisor**, NASSAU-SUFFOLK ORTHOPEDIC ASSOCIATES – Massapequa, NY

Instrumental supervisor of PTs, students, PT assistants, athletic trainers, and aides. Administered exemplary orthopedic and sports physical therapy.

**Physical Therapist**, EXERCISE PRESCRIPTIONS, INC. – New Hyde Park, NY

Administered quality patient care services and treatment at a private practice that delivered therapies in orthopedic, rheumatologic, sports, cardiac, and neuromuscular rehabilitation specialties.

**Physical Therapist**, VETERANS ADMINISTRATION MEDICAL CENTER – New York, NY

Performed physical therapy rotations across diverse disciplines. Established essential PT foundations, including grand rounds and clinics with physicians from Bellevue, NYU and the VAMC.

**Physical Therapist / Hospital Generalist**, PHYSICIANS HOSPITAL – Jackson Heights, NY

Practiced as an Independent Contractor per diem, in a generalist role.

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## Teaching Experience

*Instructed in 20+ topics, averaging 7 courses per month for 15+ years. Sample topics include: Clinical Practice Guidelines for Neck Pain/Low Back Pain, Myofascial Release Certification, Cupping Therapy Certification, Geriatric Integrated Functional Therapy Examinations/Interventions, Functional Aging, Integrated Neuromuscular Re-Education, Positional Release, Muscle Energy Lumbar Spine SI Joint and Pelvis, Energetic Intelligence, Flex-ability, and Proprioceptive Neuromuscular Facilitation.*

*\*Detailed list of topics available upon request.*

**President**, EDUCISE P.C./EDUCISE RESOURCES, INC. – Northport, NY / Newbury, NH (1/1999 – Present)

**Principal leader** of professional continuing education (CE) seminars, webinars, and clinical coaching. Professional seminar presenter.

- Conducted 1000+ seminars, presentations, webinars, and instruction to date.
- Designed over 25 specialty programs in health, rehabilitation, ergonomics and wellness, with over 1000 live and online presentations across the US and Canada.

**Expert Witness** Consultant in medical rehabilitation, malpractice, and personal injury. Detailed case review and recommendations provided for prosecution and defense specializing in orthopedic rehabilitation and personal injury.

**Seminar Faculty Member**, PESI/VYNE/CROSS COUNTRY EDUCATION INC. – Eau Claire, WI (2003 – Present)  
Live and online seminar leader for a national continuing education company.

- Created and presented over 12 orthopedic rehabilitation live seminars, webinars, and online courses, providing accredited continuing education credits to physical, occupational, and massage therapists, physicians, athletic trainers, chiropractors and nurses.

**Seminar Faculty Member**, HOME CEU CONNECTION.COM – Plano, TX (8/2009 – Present)  
Founding member of seminar faculty for a national allied health continuing education company.

- Developed and taught over 15 CEU courses to diverse audiences in live and online formats.

**Acting Chair, Physical Therapist Assistant Program / Assistant Professor, Physical Therapy Program**, TOURO COLLEGE – New York, NY (9/1994 – 4/2003)

Selected to lead the PTA Program and serve as an Evening Advisor to students. Instructed in PTA, PT, and OT courses. Ensured students retained information through engaging instruction and leadership.

- Taught over 9 courses and special seminars on diverse topics.
- Served on multiple committees including: Accreditation, Admissions, Curriculum, Continuing Education, and Equipment.
- Lead faculty in achieving successful accreditation of the new evening PTA Program
- Developed student tutorial program for ethnically diverse ESL students as student advisor.

**Past positions have included: Adjunct Assistant Professor**, CUNY-QUEENS COLLEGE – Flushing, NY (9/1999 – 5/2000), Instructed Kinesiology and Biomechanics courses in the Family Nutrition and Exercise Science Program.

**Consultant**, NEW YORK INSTITUTE OF TECHNOLOGY – Old Westbury, NY (5/1998) Trusted advisor in curriculum development, including course syllabi and texts, for the new PT program.

- Established an innovative program curriculum in collaboration with cross-functional personnel.

**Adjunct Assistant Professor**, NASSAU COMMUNITY COLLEGE – Garden City, NY (9/1996 – 5/1997)

Lab Instructor for Physical Therapy I and Kinesiology courses in the Physical Therapist Assistant Program. Appointed role of Clinical Instructor to provide practical training to students at clinic sites.

- Instructed and mentored over 40 students in the program.

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## Sponsored Presentations

*Prepared and delivered engaging presentations to high-growth organizations, private hospitals, rehabilitation centers, and clinics. Some notable organizations include:*

1. International Fascia Research Congress III/IV
2. National Aeronautics and Space Administration NASA – Inomedic Health Applications, Inc.
3. Cleveland Clinic
4. Johns Hopkins Medical Center
5. Vanderbilt University Medical Center
6. American Physical Therapy Association
7. American Occupational Therapy Association
8. American Massage Therapy Association
9. Allied Health Education, Inc.
10. Motivations CEU Inc.

## Select Publications & Scholarly Activities

Over 15 publications (editing, books, articles, peer-reviewed articles) and scholarly activities (webinar presentations, seminar presentations, research presentations, audiovisual productions, and interviews).

1. **Associate Editor**, *International Journal of Complementary and Alternative Medicine*  
Jan 2018 – Present, Associate editor, peer-reviewed medical journal.
  2. **Peer-reviewed publication**: Schmidt, Theresa A., Not Just Folk Medicine: Myofascial Cupping in the Tech Age! *Ortho & Rheum Open Access J* 8(4): OROAJ.MS.ID.555741 (2017) ISSN:2471-6804
  3. **Author**, contributor, Best-Selling book, My Journey to the Stage, Chapter submission, Women's Prosperity Network, Publisher, September, 2016
  4. **Research Live Poster Presentation**: Case Report: Effect of Strain/Counterstrain on Neck Pain and Disability. Fascia Research Congress 2012, Vancouver, BC. March 29, 2012
  5. **Peer-reviewed publication**: Case Report: Effect of Strain/Counterstrain on Neck Pain and Disability. *Fascia Research Congress*, Keiner Publications, 2012
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## Community Leadership

**Member of Leadership Committee**, Women's Prosperity Network – Long Island, NY

**Public Speaker**, Independent Business Women's Circle – Centereach, NY

**Public Speaker, Business of Speaking Conference and Illuminations Conference**, Women's Prosperity Network – Fort Lauderdale, FL

**Founding Member**, U.S. Department of Homeland Security, multiple Incident Command Systems, (ICS) emergency management course certificates.

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## Professional Associations

Member American Physical Therapy Association

Member of Leadership Committee • Women's Prosperity Network

Founding Member • Fascia Research Society

Member • National Association of Professional Women

Founding Member • United States Coast Guard Auxiliary, Department of Homeland Security

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## Awards

Woman of the Year • National Association of Professional Women

Outstanding Service, Long Island District • American Physical Therapy Association

Highest Achievement • B.S.-M.S. Program in Physical Therapy, Long Island University