

CHRISTINA KARCHER, PT, OCS, Cert. MDT, CLT

Christina Karcher has practiced physical therapy for more than 30 years specializing in spine pain, orthopedics, chronic pain and sports rehabilitation. She is co-owner of Eugene Physical Therapy. In addition to her physical therapy training from Pacific University, she also has advanced certification for orthopedics, McKenzie Diagnosis and treatment of spine/extremities, certification as Lymphedema Therapist in addition to Advanced Titleist Golf certification. She has advanced training with sport specific rehabilitation for golf, running, dance, and cycling.

CERTIFICATIONS

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| Certified Lymphedema Therapist | 2013/2014 |
| Advanced Level III Certified Golf Fitness Instructor (Titleist Performance Institute) | 2011 - 2010 |
| Certified McKenzie Diagnostic Therapist (Cert. MDT) | 2005 |
| Certified Orthopedic Clinical Specialist (OCS) | 2004 |
| Certified Spin Cycling Instructor | 2000 |

RECENT PROFESSIONAL ACTIVITIES

Speaker, Pain Society of Oregon (Lane County chapter): Eugene, OR 6/2011
Sports Medicine Speaker, Northwinds School of Gymnastics, Cottage Grove, OR 6/2009

EDUCATION

Certificate in Physical Therapy, **Pacific University**, Forest Grove, Oregon 1986
B.S. in Science, **Southern Oregon State University**, Ashland, Oregon

POST GRADUATE EDUCATION

Physical therapy training, Certificate of Physical Therapy, Pacific University, Forest Grove, Oregon

BREAST CANCER / LYMPHEDEMA MANAGEMENT

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| <i>Klose Lymphedema Conference 2017</i> | Various Speakers | 5/4 - 5/6/2017 |
| <i>Cancer Rehab: Bridging the Gap between Medical Prognosis & Physical Realities</i> | Carrie Riddock, MS, PT, CLT | 6/4 - 6/5/2016 |
| <i>Head & Neck Lymphedema Management</i> | Heidi Miranda-Walsh, OTR/L, CHT, CLT-LANA | 8/2015 |
| <i>Breast Cancer Rehabilitation Course</i> | Jodi Winicour, PT, CMT, CLT-LANA | 2/21 2/22/2015 |
| <i>Lymphedema Certification Course: Lower Extremity</i> | Vicki Ralph, MPPA, OTR/L, CLT-LANA | 2/14 - 2/22/2014 |
| <i>Lymphedema Certification Course: Upper Extremity</i> | Jodi Winicour PT, CMT, CLT-LANA | 3/15 - 3/19/2013 |
| <i>Lymphedema Management of the Upper & Lower Extremities</i> | Elizabeth Augustine, DPT | 6/22 - 6/24/2012 |
| <i>Advanced Management of Lymphedema</i> | Julie Osborne, PT, CLT-LANA | 1/21 - 1/22/2012 |
| <i>Advanced Management of Breast Cancer Rehabilitation</i> | Julie Osborne, PT, CLT-LANA | 8/20 - 8/21/2011 |

FUNCTIONAL CAPACITY EVALUATIONS

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| <i>Functional Capacity Evaluation Training</i> | Jim Mecham, MS, OTR/L, AEP | 7/12 - 7/14/2011 |
| <i>Ergonomics Training</i> | E. Oakes, OTR - HealthSouth RTN course | 1/2000 |

GOLF - TITLEIST PERFORMANCE INSTITUTE

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| <i>Certified Golf Fitness Instructor Course Level III</i> | Greg Rose, DC; Michael Voight, PT, ATC, SCS, OCS, DHSc, CSCS | 11/11 - 11/12/2011 |
| <i>Certified Golf Fitness Instructor Course Level II</i> | Greg Rose, DC; Dave Phillips: PGA Professional Class A | 11/6 - 11/7/2010 |
| <i>Certified Golf Fitness Instructor Course Level I</i> | Greg Rose, DC; Dave Phillips: PGA Professional Class A | 2/16 - 2/17/2010 |

GRASTON TECHNIQUE

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| <i>Graston Technique Module I</i> | Thomas Hyde, DC, DACBSP Michael Ploski, MS, Med, PT, ATC, OCS | 4/1-4/2/2005 |
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JONES INSTITUTE

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| <i>Strain & Counterstrain I</i> | Larry Ham, MS, PT, ATC | 3/04 - 3/06/2016 |
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McKENZIE INSTITUTE U.S.A.

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| <i>The McKenzie Case Manager</i> | Online | 8/27/2017 |
| <i>MDT Clinical Skills Update</i> | Scott Herbowy, PT, Dip MDT | 3/17 - 3/18/2012 |
| <i>McKenzie Mechanical Dx & Therapy: Part E: The Human Extremities</i> | J. Mark Miller, PT, Dip MDT | 12/2-12/03/2006 |

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| <i>McKenzie Mechanical Dx & Therapy: Clinical Skills Update</i> | J. Mark Miller, PT, Dip MDT | 10/14-10/15/2006 |
| <i>McKenzie Mechanical Dx & Therapy: Part D: Review</i> | J. Mark Miller, PT, Dip MDT | 10/2005 |
| <i>McKenzie Mechanical Dx & Therapy: Part D: Advanced Problem Solving</i> | Scott Herbowy, PT, Dip MDT | 9/09 - 9/11/2004 |
| <i>McKenzie Mechanical Dx & Therapy: Part C: Problem Solving</i> | J. Mark Miller, PT, Dip MDT | 5/13 - 5/16/2004 |
| <i>McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic</i> | J. Anspach Rickey, PT, Dip MDT | 1/30 - 2/1/2004 |
| <i>McKenzie Mechanical Dx & Therapy: Part A Lumbar</i> | Audrey Long, PT, Dip MDT | 11/20 11/23/2003 |

MEDICAL SCREENING

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| <i>Medical Screening Refresher for the P.T.</i> | Richard Gicking, MD, FACP; Jill Pruett, MD | 9/18/2004 |
| <i>Medical Screening Refresher for the P.T.</i> | David J. Musnick, MD | 9/22 - 9/23/2001 |
| <i>Medical Screening Refresher for the P.T.</i> | David J. Musnick, MD | 9/25 - 9/26/1998 |
| <i>Medical Screening for the Physical Therapist</i> | William Boissonnault, MS, PT Michael B. Koopermeiners, MD | 10/1994 |

NORTH AMERICAN INSTITUTE OF ORTHOPAEDIC MANUAL THERAPY (NAIOMT)

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| <i>NAIOMT: Shoulder Girdle</i> | Cliff Fowler, PT, MCSP, MCPA, FCAMT | 12/6 -12/7/2003 |
| <i>NAIOMT: Acute and Subacute MVA Injury to the Neck</i> | James Meadows, BSc, PT, FCAMT | 5/16-18/2003 |
| <i>NAIOMT Level III: Lower Quadrant Part B: Spine</i> | Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT | 4/11-13/2003 |
| <i>NAIOMT Level III: Upper Quadrant Part A: TMJ/Spine</i> | Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT | 2/ 7-9/2003 |
| <i>NAIOMT Level III: Lower Quadrant Part B: Spine</i> | Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT | 10/25-27/2002 |
| <i>NAIOMT Level III: Lower Quadrant Part A: Extremities</i> | Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT | 9/20-22/2002 |
| <i>NAIOMT Level III: Lower Quadrant Part B: Spine</i> | Bill Temes MS, PT,OCS, COMT, FAAOMPT | 10/26-28/2001 |
| <i>NAIOMT Level II: Lower Quadrant Part A: Extremities</i> | Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT | 9/28-30/2001 |
| <i>NAIOMT Level II: Upper Quadrant Part B: Spine</i> | Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT | 2/9-11/2001 |
| <i>NAIOMT Level II: Upper Quadrant Part A: Extremities</i> | Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT | 1/5-7/2001 |
| <i>NAIOMT Level I: Differential Diagnosis on Orthopedic Manual Therapy Part B</i> | Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT | 11/3-5/2000 |
| <i>NAIOMT: Level I: Spinal Differential Diagnosis & Orthopedic Manual Therapy Part A</i> | Bill Temes MS, PT,OCS, COMT, FAAOMPT | 9/22-24/2000 |
| <i>NAIOMT: Evaluation and Treatment of the Thoracic Spine</i> | Bill Temes MS, PT,OCS, COMT, FAAOMPT Kent Keyser, MS, PT, ATC, OCS, COMT, FAAOMPT | 12/1997 |

SLOCUM ORTHOPEDICS (formerly Orthopedics HealthCare NW)

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| <i>25th Annual Orthopedic & Sports Medicine Update</i> | Slocum Orthopedics | 12/02/2017 |
| <i>24th Annual Orthopedic & Sports Medicine Update</i> | Slocum Orthopedics | 12/03/2016 |
| <i>23rd Annual Orthopedic & Sports Medicine Update</i> | Slocum Orthopedics | 12/05/2015 |
| <i>22nd Annual Orthopedic & Sports Medicine Update</i> | Slocum Orthopedics | 12/06/2014 |
| <i>21st Annual Orthopedic & Sports Medicine Update</i> | Slocum Orthopedics | 5/05/2014 |
| <i>Sports Medicine and the School-Age Athlete</i> | Slocum Orthopedics | 5/04/2013 |
| <i>Orthopedic & Sports Medicine Update</i> | Slocum Orthopedics | 12/05/2009 |
| <i>Total Joint Clinical Update</i> | Slocum Orthopedics | 11/04/2009 |
| <i>The Painful Post-Op Shoulder</i> | Slocum Orthopedics | 04/18/2009 |
| <i>Musculoskeletal Pain Management Conference</i> | Slocum Orthopedics | 11/22/2008 |
| <i>Orthopedic & Sports Injuries for the PCP</i> | Slocum Orthopedics | 12/8/2007 |
| <i>Orthopedic & Sports Injuries for the PCP</i> | Orthopedic HealthCare NW | 12/4/2004 |
| <i>Orthopedics for the PCP</i> | Orthopedic HealthCare NW | 12/7/2002 |
| <i>Orthopedics for the PCP</i> | Orthopedic HealthCare NW | 12/8/2001 |
| <i>Orthopedic & Sports Injuries for the PCP</i> | Orthopedic HealthCare NW | 12/5/2000 |
| <i>Orthopedics & Sports Injuries for the PCP</i> | Orthopedic HealthCare NW | 12/1999 |
| <i>Orthopedic & Sports Injuries for the PCP</i> | Orthopedic HealthCare NW | 12/1997 |

OTHER

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|--|--|--------------------|
| <i>2015 APTA Private Practice Section Conference</i> | Various Speakers, Orlando, FL | 11/11 - 11/15/2015 |
| <i>Pediatric Pain, What's Different</i> | Helen Turner, DNP, PCNS (OHSU) | 2/16/2011 |
| <i>The Advanced Running Course: Biomechanics, Analysis, Training & Rehabilitation</i> | Matthew Walsh, PT, SPG Level III (Australia) | 3/21/09 |
| <i>The Emerging Role of the PT w/ the Female Athlete</i> | OPTA | 3/16/08 |
| <i>Pain Management & Treatment for the 21st Century PT</i> | OPTA: Thomas Watson, DPT, DAAPM | 3/16/08 |
| <i>The Running Course</i> | Matthew Walsh, PT, SPG Level III (Australia) | 1/26 - 27/2008 |
| <i>Introduction to the Mulligan Concept – Manual Therapy Techniques</i> | Donald Reordan, MS, PT, OCS, MCTA | 3/9-10/2002 |
| <i>Sacroiliac Joint & the S3 Subluxation: A Method and Rationale for the Rapid and Effective Relief of Low Back Pain</i> | Richard DonTigny, PT | 10/13/2001 |
| <i>Intervention Strategies for the Challenging Foot: Orthotic & Non Orthotic Approaches</i> | OPTA | 3/2001 |
| <i>Precision Cycling – Instructor Certification</i> | Star Trac | 8/2000 |
| <i>The Orthopedic Shoulder</i> | Kevin Wilk, PT – HealthSouth RTN course | 1/1999 |
| <i>Functional Stabilization Training</i> | Beverly Biondi, PT | 9/1998 |
| <i>Golf Skills Enhancement – Level 1</i> | HealthSouth | 9/1997 |
| <i>Current Concepts of the Athlete's Shoulder</i> | Oregon Institute of Sports Medicine | 2/1997 |

STUDY COURSES

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| <i>Orthopedic Issues and Treatment Strategies for the Pediatric Patient</i> | Orthopedic Section, APTA | 2/2010 |
| <i>Dance Medicine: Strategies for Prevention and Care of Injuries</i> | Orthopedic Section, APTA | 12/2008 |
| <i>Diagnostic Imaging in PT</i> | Orthopedic Section, APTA | 8/2007 |
| <i>Reimbursement Strategies for PT's</i> | Orthopedic Section, APTA | 3/07 – 5/2007 |
| <i>Private Practice study course</i> | Private Practice Section, APTA | 2007 |
| Fundamentals of Functional Assessment | Ergo Rehab, Inc. | 2006 – 2007 |
| <i>Certified Specialist in Functional Assessment (CSFA)</i> | | |
| <i>H105 Fundamentals of Functional Assessment</i> | | |
| <i>H106 Functional Capacity Evaluation</i> | | |
| <i>H107 Return to Work Programs & Services</i> | | |
| <i>Independent Medical Examination Training</i> | Health Cost Management | 2006 |
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| <i>Current Concepts of Orthopedic Physical Therapy # 11.2</i> | Orthopedic Section, APTA | 8/2001 – 12/2001 |
| Foot Management Course | Orthopedic Section, APTA | 6/2000 - 12/2000 |
| <i>Normal Anatomy & Pathophysiology of the Foot and Ankle</i> | R. Donatelli, PT, PhD, OCS | |
| <i>Contemporary Footwear Considerations</i> | T McPoil, PT, PhD, ATC | |
| <i>Foot and Ankle Orthosis</i> | M. Cornwall, PT, PhD, CPed | |
| <i>Injuries of the Leg, Foot and Ankle</i> | Joseph Tomaro, PT, MS, ATC | |
| <i>Diabetic Foot Problems</i> | Nancy Balash, PT | |
| <i>Inflammatory Arthritis: Management of Foot and Ankle Problems</i> | L Gerber, MD Jshrader, PT, Cped; K Lohmann Siegel, PT, MA; | |
| <i>Current Topics in Rehabilitation of the Shoulder</i> | Sports Physical Therapy Section, APTA | 1/1996 - 6/1996 |

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association
 Orthopedic/Sports Section, APTA
- McKenzie Institute USA
- Oregon Physical Therapy Association (OPTA)
- Oregon Physical Therapists In Independent Practice (OPTIP)

<http://www.apta.org>
<http://www.orthopt.org/>
<http://www.mckenziemdt.org>
<http://www.opta.org>
<http://www.optip.org>

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