

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

Christina Karcher has practiced physical therapy for more than 25 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

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

<i>Klose Lymphedema Conference 2017</i>	Various Speakers	5/4 - 5/6/2017
<i>Cancer Rehab: Bridging the Gap between Medical Prognosis &amp; Physical Realities</i>	Carrie Riddock, MS, PT, CLT	6/4 - 6/5/2016
<i>Head &amp; 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 &amp; 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

<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

<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

<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

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

<i>MDT Clinical Skills Update</i>	Scott Herbowy, PT, Dip MDT	3/17 - 3/18/2012
<i>McKenzie Mechanical Dx &amp; Therapy: Part E: The Human Extremities</i>	J. Mark Miller, PT, Dip MDT	12/2-12/03/2006
<i>McKenzie Mechanical Dx &amp; Therapy: Clinical Skills Update</i>	J. Mark Miller, PT, Dip MDT	10/14-10/15/2006
<i>McKenzie Mechanical Dx &amp; Therapy: Part D: Review</i>	J. Mark Miller, PT, Dip MDT	10/2005

McKenzie Mechanical Dx & Therapy: Part D: Advanced Problem Solving  
 McKenzie Mechanical Dx & Therapy: Part C: Problem Solving  
 McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic  
 McKenzie Mechanical Dx & Therapy: Part A Lumbar

Scott Herbowy, PT, Dip MDT 9/09 - 9/11/2004  
 J. Mark Miller, PT, Dip MDT 5/13 - 5/16/2004  
 J. Anspach Rickey, PT, Dip MDT 1/30 - 2/1/2004  
 Audrey Long, PT, Dip MDT 11/20 11/23/2003

**MEDICAL SCREENING**

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

**NORTH AMERICAN INSTITUTE OF ORTHOPAEDIC MANUAL THERAPY (NAIOMT)**

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

**SLOCUM ORTHOPEDICS (formerly Orthopedics HealthCare NW)**

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

**OTHER**

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

**STUDY COURSES**

Orthopedic Issues and Treatment Strategies for the Pediatric Patient Orthopedic Section, APTA 2/2010  
 Dance Medicine: Strategies for Prevention and Care of Injuries Orthopedic Section, APTA 12/2008  
 Diagnostic Imaging in PT Orthopedic Section, APTA 8/2007  
 Reimbursement Strategies for PT's Orthopedic Section, APTA 3/07 – 5/2007

<i>Private Practice study course</i>	<b>Private Practice Section, APTA</b>	2007
<b>Fundamentals of Functional Assessment</b>	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 &amp; Services</i>		
<i>Independent Medical Examination Training</i>	Health Cost Management	2006
<i>Current Concepts of Orthopedic Physical Therapy # 11.2</i>	<b>Orthopedic Section, APTA</b>	8/2001 – 12/2001
<b>Foot Management Course</b>	<b>Orthopedic Section, APTA</b>	6/2000 - 12/2000
<i>Normal Anatomy &amp; 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>	<b>Sports Physical Therapy Section, APTA</b>	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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