

## Joe Uhan, DPT, MA

Joe Uhan has clinical experience dating back to 2006 in the profession of physical therapy, and sports medicine and coaching experience dating back to 2002.

As a Doctor of Physical Therapy, Joe has received specific training in differential diagnosis, pharmacology, radiology and imaging, health care management, prevention and wellness, health promotion, histology, and pathology. Prior to that, Joe earned a Master's Degree in Kinesiology, where he specialized in Exercise and Sport Psychology. He is also a USA Track & Field Level II Certified Distance Coach, with advanced, in-depth education in the areas of biomechanics/gait assessment, exercise physiology, sport psychology, and training theory.

His current practice of physical therapy is within the field of orthopedics and sports medicine. He is presently pursuing a board-certified specialization in Orthopedics (OCS) through the APTA, certification as Manual Therapist through the North American Institute of Orthopedic Manual Therapy (NAIOMT) and also in Mechanical Diagnosis and Treatment (Cert MDT®) through the McKenzie Institute U.S.A.

He presently is in the first phase of research, along with colleague Jeff Giulietti, which examines diagnostic and intervention strategies using lower extremity motor control techniques.

## RECENT PROFESSIONAL ACTIVITIES

*Lecturer, Core Stabilization & Injury Prevention for the Competitive Roller Derby Athlete.* (3/2010) Andromedolls, Rollerderby Club of the Emerald City Roller Girls League. Springfield, OR Regional Sports Center  
*Sports Medicine Provider, Cascade Conference Cross Country CHAMPIONSHIPS,* Springfield, OR (11/2009)  
*Sports Medicine Provider, US TRACK & FIELD NATIONAL CHAMPIONSHIPS,* Eugene, OR (2009)  
*Track & Field, Cross Country Assistant Coach – Collegiate, University of Wisconsin – La Crosse* (2006-2008)  
*Track & Field, Cross Country Assistant Coach – High School, Western Wisconsin* (2002-2006)

## EDUCATION

B.S. in Chemistry, **University of Wisconsin – Eau Claire** (2001)  
M.A in Kinesiology (Sport Psychology), **University of Minnesota – Minneapolis** (2005)  
D.P.T (Doctor of Physical Therapy), **University of Wisconsin - La Crosse** (2009)

## POST GRADUATE EDUCATION

### DIAGNOSTIC IMAGING

<i>Advanced Clinical Imaging of the Spine/Pelvis &amp; Extremities for the PT</i>	Edsen Donato, PT, DPTSc, BSRT, OCS, CHT, CSCS Miven Donato, DPT, DC, MOMT	6/13/2010
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### GUNDERSEN-LUTHERAN SPORTS MEDICINE

Upper Extremity Symposium	George J. Davies, DPT, MED, PT, SCS, ATC, CSCS	11/14-11/15/2008
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### McKENZIE INSTITUTE U.S.A.

<i>McKenzie Mechanical Dx &amp; Therapy: Part C: Problem Solving</i>	Scott Herbowy, PT, Dip MDT	3/19 – 3/21/2010
<i>McKenzie Mechanical Dx &amp; Therapy: Part B Cervical/Thoracic</i>	J. Anspach Rickey, PT, Dip MDT	12/04 – 12/06/2009
<i>McKenzie Mechanical Dx &amp; Therapy: Part A Lumbar</i>	Scott Herbowy, PT, Dip MDT	10/16 – 10/18/2009

### USA TRACK & FIELD

<i>Coaching Education – Level II (Colorado Springs, CO)</i>	Al Schmidt, vice-chair USATF Coaching Education	12/14-12/20/2003
<i>Coaching Education – Level I (Aberdeen, SD)</i>	Mike Corn, USATF Level III	6/21-6/23/2002

### OTHER

<i>APTA Clinical Instructor Credentialing Program</i>	Mary Dokter, PT, PhD	1/23 – 1/24/10
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## GRADUATE RESEARCH

- Uhan JM. *Team cohesion and individual performance: Beliefs, values, and practices of interscholastic cross country coaches.* Master's thesis defense, May, 2005.

## PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association  
Orthopedic/Sports Section, APTA
- Oregon Physical Therapy Association

<http://www.apta.org/>  
<http://www.orthopt.org/>

<http://www.opta.org/>

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