

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 Function Manual Therapist (CFMT) through the Institute of Physical Art and also in Mechanical Diagnosis and Treatment (Cert MDT®) through the McKenzie Institute U.S.A.

His professional interests extend to his personal ultra running, including 17 years as a competitive distance runner, with recent accomplishments:

01/14/2012	3 rd place (Bronze Medalist)	USATF 100K Trail National Championship	8:38:53
12/03/2011	19 th place,	North Face Endurance Challenge 50 miler, San Francisco	7:11:35
10/29/2011	1 st place,	Oregon Road Runners Autumn Leaves 50K race	3:18:45
06/25/2011	40 th place,	Western States 100 Mile Endurance Run (Calif.)	20:01:51
09/20/2011	1 st place,	McKenzie River Trail Run 50K	3:47:54
10/30/2010	1 st place,	Autumn Leaves 50 mile Race (new course record)	6:03:24
05/02/2010	11 th place,	Eugene Marathon	2:31:19

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, **USA 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

Advanced Clinical Imaging of the Spine/Pelvis & Extremities for the PT

Edsen Donato, PT, DPTSc, BSRT, OCS, CHT, CSCS
Miven Donato, DPT, DC, MOMT

6/13/2010

GUNDERSEN-LUTHERAN SPORTS MEDICINE

Upper Extremity Symposium

George J. Davies, DPT, MED, PT, SCS, ATC, CSCS

11/14-11/15/2008

INSTITUTE OF PHYSICAL ART

*GAIT: Functional Gait: Component Assessment & Treatment
Functional Mobilization*

Nancy Hackett Harrison, MSPT, CFMT, FMTF
Kent Keyser, MS, PT, ATC, OCS, COMT,
FFCFMT, FAAOMPT

9/23 – 9/25/2011

5/12 – 5/15/2011

PNF I

Vicky Saliba Johnson, PT, FFCFMT

11/18 -11/21/2010

McKENZIE INSTITUTE U.S.A.

*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
J. Anspach Rickey, PT, Dip MDT
Scott Herbowy, PT, Dip MDT

3/19 – 3/21/2010

12/04 – 12/06/2009

10/16 – 10/18/2009

NEURO MOBILIZATION (INT'L MANUAL THERAPY SEMINARS)

The Upper Quarter Pain Puzzle: Differential Diagnosis/Treatment of the Orthopedic Patient with Upper Quarter Neurogenic Syndromes Jack Stagge, PT, OCS, FAAOMPT

11/05 – 11/06/2011

NORTH AMERICAN INSTITUTE OF ORTHOPAEDIC MANUAL THERAPY (NAIOMT)

NAIOMT Level II: Lower Quadrant Part B: Spine

Kent Keyser, MS, PT, ATC, OCS, COMT, FFAOMPT 10/22-24/2010

NAIOMT Level II: Lower Quadrant Part A: Extremities

Kent Keyser, MS, PT, ATC, OCS, COMT, FFAOMPT 9/24-26/2010

USA TRACK & FIELD

Coaching Education – Level II (Colorado Springs, CO)

Al Schmidt, vice-chair USATF Coaching Education

12/14-12/20/2003

Coaching Education – Level I (Aberdeen, SD)

Mike Corn, USATF Level III

6/21-6/23/2002

OTHER

Online APTA Clinical Performance Instrument (CPI) Training)

APTA

2/22/2011

APTA Clinical Instructor Credentialing Program

Mary Dockter, PT, PhD

1/23 – 1/24/2010

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 <http://www.apta.org/>
<http://www.orthopt.org/>
- Oregon Physical Therapy Association <http://www.opta.org/>
- USA Track & Field <http://www.usatf.org/>