

## MARTHA WATRY, PT, Cert. MDT

Martha Watry has clinical experience dating back to 1989. She has experience primarily in outpatient orthopedics, but has also practiced in the U.S Military settings. In addition to her formal university training she has attended over 45 post-graduate courses encompassing a wide variety of areas (see post-graduate education).

She became a certified McKenzie practitioner with the McKenzie Institute in March of 2005. Clinically, she enjoys treating orthopedic problems of the shoulder, knee, ankle and mechanical spine disorders.

**Professional Focus:** Martha believes in providing quality care and empowering patients in self management of symptoms.

## RECENT PROFESSIONAL ACTIVITIES

**Physical Therapy Month Celebration.** promote education and public awareness of physical therapy at the Newport Farmer's Market. October, 2007.

**NPTA Public Relations Northern District Chair.** Coordinated various events to promote Physical Therapy awareness in the community and during legislative assembly. Reno/Carson City, Nevada. 2001-2005

## EDUCATION

B.S. Physical Therapy, **University of Findlay**, Findlay, OH **Summa Cum Laude Graduate.**  
Assoc. Applied Science Physical Therapy Assistant, **Cuyahoga Community College**, Cleveland, OH  
Physical Therapy Technician Certificate, **Academy of Health Sciences, US Army Reserves**, Fort Sam Houston Texas.

## CERTIFICATIONS

Certification in Mechanical Diagnosis and Therapy of the Spine (Cert. M.D.T.), **McKenzie Institute USA**

## POST GRADUATE EDUCATION

### CHAIN REACTION

*Chain Reaction Transformation: Total Body Functional Profile* Gary Gray, PT; David Tiberio, PhD, PT, OCS 9/2005  
*Chain Reaction* Gary Gray, PT 9/1991

### McCONNELL INSTITUTE

*The McConnell Patellofemoral Treatment Plan* Jenny McConnell, PT, GDMT, M.Biomed.Eng. 11/2001

### McKENZIE INSTITUTE U.S.A.

*2008 McKenzie Conference of the Americas* Karim Khan, MD, PhD, FACSP, FSMA, FACSM 7/25 – 7/27/2008  
Susan L. Whitney, PhD, PT, NCS, ATC, FAPTA  
Lorimer Moseley, PhD, B.App.Sc, MIAASP, MAPA, MAPS  
Eric Parent, PT, PhD; Barbara Webster, RPT, PA-C

*The McKenzie Case Manager* Online Course 5/2005

*McKenzie Mechanics Dx & Therapy: Part E: Extremities* J. Mark Miller, PT, Dip MDT 12/2006

*McKenzie Mechanics Dx & Therapy: Part E: Extremities* J. Mark Miller, PT, Dip MDT; Scott Herbowy, PT, Dip MDT 4/2002

*McKenzie Mechanical Dx & Therapy: Part D: Advanced Problem Solving* J. Mark Miller, PT, Dip MDT 12/2004

*2000 McKenzie North American Conference* Robin McKenzie, PT, OBE, FCSP; Ronald Donelson, MD 6/2000

*McKenzie Mechanical Dx & Therapy: Part C: Problem Solving* Vert Mooney, MD, et. al 5/1999

*McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic* Colin Davies, PT, Dip MDT 3/1999

*McKenzie Mechanical Dx & Therapy: Part A Lumbar* Robert Metcalf, PT, Dip MDT 9/1998  
Elaine Gillman, PT, Dip MDT

### NEURO DEVELOPMENT TECHNIQUE (NDT)

*Introduction to NDT in Pediatrics* The Cleveland Clinic Foundation 3/1997

### NEURO ORTHOPAEDIC INSTITUTE (NOI)

*Explain Pain* Adriaan Louw, PT, M.App.Sc., CSMT, GCRM 5/31 – 6/01/2008

### NEVADA PHYSICAL THERAPY ASSOCIATION (NPTA)

*Certified Specialist Research Symposium* NPTA Annual Conference 10/2002

*Certified Specialist Conference* NPTA Annual Conference 9/2001

*Nevada Certified Specialist Conference & Research Award Presentation* NPTA Annual Conference 10/2002

## OHIO PHYSICAL THERAPY ASSOCIATION

*How to Use the APTA Guide to Physical Therapy Practice*

OHIO Annual Conference, Cleveland, OH

6/1999

## PILATES

*The Pilates Method for Use as Therapeutic & Corrective Exercise*  
*Core Stabilization: Pilates & Other Stabilization Exercises*

Mary Lou Savino, PTA, NSCA-CPT  
Karen Sanzo, PT; Cynthia Trentman, PT

6/2006

6/2004

## SLOCUM ORTHOPEDICS

*Care of the Track & Field Athlete 2008*

Various Speakers

6/7 – 6/8/2008

## SPINE

*Maitland Australian Physiotherapy Seminars: MT-2: Basic Spinal*

Robert Fluegel, PT, OCS, COMT

11/16 – 11/18/2007

*Functional Relationships of the Lower Half*

Richard Jackson, PT

4/2005

*Lumbar Spine: Distinct Treatment Ideas*

Boyd Etter, PT, Cert MDT, Pete Barbieri, PT, et al

11/2004

*The Pelvic Girdle*

Richard Jackson, PT

4/2001

*The Study of Biomechanics with Muscle Energy Technique &*

Sharon Weiselfish, PhD, PT

2/1998

*Beyond for the Pelvis, Sacrum, Cervical, Thoracic & Lumbar spine*

*Mulligan Concept – Mobilizations with Movement*

Brian Mulligan, FNZSP, DipMT

10/1997

“NAGS”, “SNAGS” and MORE

*The Aging Spine*

The Cleveland Clinic Foundation

9/1994

## SPORTS MEDICINE

*Lake Tahoe Knee & Shoulder Update*

Robert Rupp, MD, Laurence Higgins, MD,

4/2006

Stephen Howell, MD, et al

*The 10 Most Common Sports Related Injuries of the Foot/Ankle*

Tracey E. Giambrone, DPM

4/2004

*Mechanical Disorders of the Neck and Shoulder*

Carl DeRosa, PhD, PT; Jim Porterfield, MA, PT, ATC

3/2004

*Current Concepts on Knee & Elbow Rehabilitation*

Kevin Wilk, PT

3/2003

*Functional Rehabilitation of the Shoulder*

Sandy L. Burkart, PhD, PT

11/2002

*Management Musculoskeletal Problems: Children & Adolescents*

Northeastern Ohio Universities College of Medicine

3/1999

*Current Concepts Evaluation & Treatment of the Knee/Shoulder*

Kevin Wilk, PT; Robert Mangine, MEd, PT, ATC

8/1992

## OTHER

*Cardiovascular Disease: Implications for the PT & OT*

Konrad J. Dias, PT, DPT, CCS

6/2007

*Aging Body, Aging Mind*

Laura Pawlak, PhD, RD

1/2006

*NPTA Conference: Coding and Reimbursement*

Helene M. Fearon, PT

4/2005

*Substance Abuse Related to the Physical Therapy Setting*

Carolyn Hultgren, PT

9/2004

*Dx & Treatment of Movement Impairment Syndromes Level II*

Shirley Sahrman, PhD, PT, FAPTA

10/2002

*Dx & Treatment of Movement Impairment Syndromes Level I*

Shirley Sahrman, PhD, PT, FAPTA

9/2001

*Effective Treatment Techniques & Protocols: Orthopedic Diagnoses*

Therese McNearney, PT, CCS

4/2000

*Being in Balance: Therapeutic Ball Seminar*

Nancy A. Good, PT

4/1996

*Therapeutic Exercise: Physiological Adaptation to Training*

Ivan Gradisar Jr, MD; Peter Lemon, PhD;

4/1995

Jim Porterfield, MA, PT, ATC, et al

*Gait Analysis for Clinicians*

Mount Sinai PT Staff, Cleveland, OH

6/1993

*4<sup>th</sup> Annual Dissection Lab: Knee, Ankle, Foot*

Northeastern Ohio Universities College of Medicine

3/1992

*Joint Mobilization for the PTA*

Lisa Holpit, PT; Janet Eber, PT

2/1992

*Electrotherapy & Laser Update*

The Cleveland Clinic

10/1989

## SELF STUDY COURSE WORK

*Orthopedic Physical Assessment: Module I: Shoulder*

Home CEUConnection.com

8/2007

*Pharmacology for the Physical Therapist: Module I & II*

Home CEUConnection.com

8/2007

## PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association (APTA)  
- Orthopedic Section, APTA
- McKenzie Institute USA
- Oregon Physical Therapy Association (OPTA)
- Professional PT Licensure: Oregon, Nevada, Ohio

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