

MICHAEL YOUNG, DPT, OCS, CSCS

Michael Young has practiced physical therapy for more than 15 years. He is a member of the first class of University of North Dakota to receive a Doctoral degree of Physical Therapy (DPT).

As a Doctor of Physical Therapy, Michael has received specific training in differential diagnosis, pharmacology, radiology and imaging, health care management, prevention and wellness, health promotion, histology, and pathology. He additionally holds Bachelor of Science degree in Exercise and Movement Science from the University of Oregon.

Michael's clinical interests within the field of physical therapy include sport and fitness related injuries, post-operative rehabilitation, spine disorders, shoulder and knee injuries, vestibular rehabilitation, Temporomandibular Disorders (TMJ/TMD) and complex pain disorders.

He is a Board Certified Orthopedic Clinical Specialist (OCS) through the APTA Board of Specialties and Certified Strength and Conditioning Specialist (CSCS) through the National Strength & Conditioning Association (NSCA). He has completed training through the McKenzie Institute USA and is a Credentialed Clinical Instructor through the APTA (CCI-APTA).

His treatment philosophy includes spending the time to listen to each patient, address individual concerns, evaluate and treat each condition thoroughly with evidence based techniques, identify and correct motor control deficits present, and develop a treatment plan to advance goals into action.

In his free time, Michael enjoys spending time with his family in outdoor activities and exploring the uniqueness of Eugene.

RECENT PROFESSIONAL ACTIVITIES

LECTURER : Prevention of LBP in the Workplace. City of Eugene Parks Dept. (3/2013)
Sports Medicine Provider, **OLYMPIC TRIALS TRACK & FIELD**, Eugene, OR (2012)
Sports Medicine Provider, **OLYMPIC TRIALS TRACK & FIELD**, Eugene, OR (2008)
PT Ask-The-Expert: **BODY WORLDS 3**; Oregon Museum of Science Industry (OMSI)/OHSU. Portland, OR (2007)
Sports Medicine Provider , **EUGENE CHALLENGE MILE**, Eugene, OR (2007)

EDUCATION

B.S. in Exercise and Movement Science, **University of Oregon**, Eugene, Oregon
D.P.T (Doctor of Physical Therapy), **University of North Dakota**, Grand Forks, North Dakota

POST GRADUATE EDUCATION

DIAGNOSTIC IMAGING

Advanced Clinical Imaging of the Spine/Pelvis & Extremities for the PT Edsen Donato, PT, DPTSc, BSRT, OCS, CHT, CSCS 6/13/2010
Miven Donato, DPT, DC, MOMT

INSTITUTE OF PHYSICAL ART

PNF I Mike Baum, PT,CFMT, Ann Kaminski, MPT, CFMT 4/12 – 4/14/2013
CFS/BET: CoreFirst™ Strategies for Back Education & Training Vicky Saliba Johnson, PT, FFCFMT 11/16 -11/18/2012
Vicki Noelle Freer, MPT, CFMT

JONES INSTITUTE

Strain & Counterstrain I Randall S. Kusunose, PT, OCS 4/20 - 4/22/2007

McKENZIE INSTITUTE U.S.A.

McKenzie Mechanical Dx & Therapy: Part E: Extremities Scott Herbowy, PT, Dip MDT 10/22 – 10/23/2011
McKenzie Mechanical Dx & Therapy: Part D: Advanced Problem Solving Mark Miller, PT, Dip MDT 9/30 – 10/3/2010
McKenzie Mechanical Dx & Therapy: Part C: Problem Solving Mark Miller, PT, Dip MDT 2/9/07-2/11/07
McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic Yvonne Body, PT, DipMDT 10/28 – 10/30/2005
McKenzie Mechanical Dx & Therapy: Part A Lumbar Audrey Long, PT, DipMDT 8/25 - 8/28/2005

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 – 11/06/11

NEURO ORTHOPAEDIC INSTITUTE (NOI)

Explain Pain Steve Schmidt, PT, M.Phys, OCS, FAAOMPT 10/24 -10/25/09

NORTH AMERICAN INSTITUTE OF ORTHOPAEDIC MANUAL THERAPY (NAIOMT)

NAIOMT Level II: C-616 Cervical Spine II Chris Hoekstra, DPT, OCS, COMT, FAAOMPT 5/20 - 5/21/17
NAIOMT Level II: C-611 Lumbopelvic Spine II Chris Hoekstra, DPT, OCS, COMT, FAAOMPT 5/6- 5/6/17
NAIOMT: Level I: C516 Cervical Spine I Bill Temes, PT, MS, OCS, COMT, FAAOMPT 4/29 - 4/30/17
NAIOMT: Level I: C511 Lumbopelvic Spine I Chris Hoekstra, DPT, OCS, COMT, FAAOMPT 1/21 - 1/22/17
NAIOMT Level II: Upper Quadrant Part B: Spine William Temes, PT, OCS, COMT, FAAOMPT 10/12 – 10/14/2007
NAIOMT Level II: Upper Quadrant Part A: Extremities William Temes, PT, OCS, COMT, FAAOMPT 9/14 – 9/16/2007
Post MVA: Cervical Dysfunction James Meadows, BSc, PT, MCPA, FCAMT 3/17 – 3/19/2006
NAIOMT Level II: Lower Quadrant Part B: Spine Erl Pettman, PT, MCSP, MCPA, FCAMT 2/17 - 2/19/2006
NAIOMT Level II: Lower Quadrant Part A: Extremities Erl Pettman, PT, MCSP, MCPA, FCAMT 1/20 - 1/22/2006

SLOCUM ORTHOPEDICS

26th Annual Orthopedic & Sports Medicine Update Slocum Orthopedics 12/01/2018

SPORTS MEDICINE

Advanced Clinical Reasoning and Evidence Enhanced Management of the Shoulder Girdle Cliff Fowler, PT, MCSP, MCPA, FCAMT 4/10 – 4/11/2010
The Running Course – Level I: Biomechanics, Analysis, Training & Rehabilitation Karl Kolbeck, PT, OCS, COMT, FAAOMPT 9/12 – 9/13/2009
Matt Walsh, PT

VESTIBULAR REHABILITATION

Vestibular Rehabilitation: A Competency-Based Course Susan J. Herdman, PT, PhD, FAPTA, 4/16 – 4/21/2012
Richard Clendaniel, PT, PhD, Ronald Tusa, MD, PhD, et al.

ONLINE STUDY COURSES

Orthopaedic Care in Auto Injury Orthopedic Section, APTA 12/28/2016
Biomechanics of Gait Orthopedic Section, APTA 12/28/2016
Golf Injuries: Prevention & Management Orthopedic Section, APTA 12/28/2016
Current Concepts of Orthopaedic Physical Therapy Orthopedic Section, APTA 12/28/2016
Function Movement Systems 1 w/ Certification FMS 12/27/2016
CF-1 Basic Cranio-Facial (TMD) University of St. Augustine 12/31/2015
Cervical and Thoracic Pain: Evidence for Effectiveness Orthopedic Section, APTA 12/2013

OTHER

Select Functional Movement Assessment (SFMA): Level I Tab Blackburn MEd, PT, ATC 9/25 - 9/26/2015
Ashley Campbell PT, DPT, SCS, CSCS, CGFI-2
Joshua Satterlee, DC
OPTA Conference: An Introduction to Evidence-Based Practice Online APTA Clinical Performance Instrument (CPI) Training Ken Bush, PT, PhD; Erin Jobst, PT, PhD 3/12 – 3/14/2010
APT A 2/2011
OPTA Conference: Grand Rounds: MDT, NAIOMT, and Kaiser/ Maitland (Australian) – Comparing Experts in LBP Scott Herbowy, PT, Dip MDT;
Ann Porter Hoke, DPT, OCS, FCAMT, FAAOMPT,
Steve Ryan, DPT, CSCS, FAAOMPT
APTA Clinical Instructor Credentialing Program Mary Dockter, PT, PhD 1/23 – 1/24/10
Update on Knee & Hip Arthroplasty Brian Jewitt, MD 5/17/2006
Gait Solutions: Biomechanical Assessment & Management of the Neurologically Impaired Client Li-Shan Chou, PhD, Victor Lin, MD 10/08/2005
Bill Pierce, PT, Don Douglas, MS, PT
Michele Gladioux, MS, PT

GRADUATE RESEARCH

- Donald L, Kjellgren K, Young J, Young M. *Electromyographic (EMG) analysis of trunk muscles at the point of puck contact during slap and wrist shots of female ice hockey athletes.* Department of Physical Therapy, School of Medicine, University of North Dakota. 2005

PROFESSIONAL AFFILIATIONS

- American Academy of Orthopedic Manual Physical Therapy (AAOMPT) <http://www.aaompt.org/>
- American Physical Therapy Association
Orthopedic Section, APTA <http://www.apta.org/>
<http://www.orthopt.org/>
- Oregon Physical Therapy Association <http://www.opta.org/>

- Vestibular Disorders Association (VEDA)

<http://www.vestibular.org>

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