

## Mallory Arp, DPT

Rachel is a graduate of Georgia Southern University where she received her Doctoral degree in Physical Therapy (DPT), and a Bachelor of Science degree in Rehabilitation Science and minor in Neuroscience from Armstrong State University in Savannah, Georgia.

As a Doctor of Physical Therapy, Mallory has received specific training in differential diagnosis, primary care screening, pharmacology, radiology and imaging, manual therapy, therapeutic interventions, health care management, prevention and wellness, health promotion, histology, and pathology. She has additional expertise in dry needling, treatment in upper extremity athletes, instrument assisted soft tissue mobilization, and vestibular rehabilitation.

Mallory's clinical interests within the field of physical therapy include: post-operative rehabilitation, sport and fitness related injuries, spine disorders, shoulder and hip injuries, vestibular rehabilitation, cervicogenic dizziness, Parkinson's Disease, balance impairments, and total joint arthroplasties.

She is a Credentialed Clinical Instructor through the APTA (CCI-APTA) and is planning to complete training through McKenzie Institute USA, become a Vestibular specialist through the American Institute of Balance, complete an orthopedic residency and become a Board Certified Orthopedic Clinical Specialist (OCS).

Her treatment philosophy consists of: allowing plenty of time for patients to express their concerns; providing education on the patient's condition and the treatment plan to follow; utilizing evidence-based treatment while also considering patient needs; identifying deficits and developing goals important to the patient.

Some of her hobbies include surfing, running, hiking and white-water rafting. As a travel therapist from Florida, she is excited to explore the Pacific Northwest

## RECENT PROFESSIONAL ACTIVITIES

Clinical Instructor: Saint Augustine, Florida (2020-2021)

## EDUCATION

B.S. in Rehabilitation Science, **Armstrong State University**, Savannah, Georgia. Minor in Neuroscience  
D.P.T (Doctor of Physical Therapy), **Georgia Southern University**, Savannah, Georgia

## POST GRADUATE EDUCATION

### ORTHOPEDICS AND SPORTS

<i>Primary Dry Needling</i>	Luis Hernadez PT, DPT, OSC	5/21-23/2021, 9/18-19/2021
<i>Considerations for the Upper Extremity Athlete</i>	Luis Hernadez PT, DPT, OSC	2/20 - 2/21/2021
<i>Comprehensive Evaluation and Management of Cervical Spine</i>	Michelle Turner, PT, DPT, OSC, MTC, CKTP, GTC	2/29 - 3/1/2020
<i>Manual Therapy for the Upper and Lower Extremity</i>	Michelle Turner, PT, DPT, OSC, MTC, CKTP, GTC	8/8 - 8/9/2019

### VESTIBULAR REHABILITATION

<i>Recent Advances of Treatment and Diagnosis of Horizontal Canal BPPV</i>	Susan L. Whitney, PT, DPT, PhD, NCS, ATC, FAPTA	11/20/2020
<i>Recent Advances of Treatment and Diagnosis of Posterior Canal BPPV</i>	Susan L. Whitney, PT, DPT, PhD, NCS, ATC, FAPTA	11/21/2020

### ONLINE STUDY COURSES

<i>APTA Clinical Instructor Credentialing Program</i>		12/2020
<i>Global Dynamic Functional Stability for Hip and Pelvis</i>		11/18/2020
<i>Lower Extremity Alignment: A Proximal Rehabilitation Approach</i>		10/28/2020
<i>Beyond Slump Test: Peripheral Neuropathic Syndromes in the Lower Quarter</i>		10/26/2020
<i>Shoulder Arthroplasty: Return to Function</i>		08/21/2020
<i>Knee Arthroplasty: Recent Advances</i>		07/19/2020
<i>Diagnosis and Treating Lyme Disease</i>		11/14/2019
<i>Worker's Compensation</i>		09/5/2019

## **GRADUATE RESEARCH**

- Poster presentation at Combined Section Meeting on “Establishing Normative Data for Bone Mineral Density in College Aged Females: Lifestyle Factors and BMD” Washington D.C. (2019)
- Inservice on Differential Diagnosis of Cervicogenic Dizziness, Brooks Rehabilitation, Saint Augustine, Florida (2019)

## **PROFESSIONAL AFFILIATIONS**

- American Physical Therapy Association <http://www.apta.org/>  
Orthopedic Section, APTA <http://www.orthopt.org/>