

## Mark H. Shepherd, PT, DPT, OCS, FAAOMPT

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### Education

<b>Evidence in Motion</b> Louisville, KY	Fellowship in Manual Therapy	6/10- 6/13
<b>Body Dynamics Inc.</b> Arlington, VA	Clinical Residency	6/10- 6/11
<b>Sacred Heart University,</b> Fairfield, CT	Doctorate of Physical Therapy	9/07- 5/10
<b>James Madison University,</b> Harrisonburg, VA	Health Sciences, Pre-Physical Therapy	8/03- 5/07

### Clinical Practice

Active Life and Sports Physical Therapy <i>Physical Therapist</i>		11/16- Present
The Johns Hopkins Hospital, Outpatient Physical Therapy, Baltimore, MD <i>Physical Therapist</i>		7/13- 11/16
Body Dynamics Inc., Arlington, VA <i>Associate Physical Therapist</i>		6/10- 7/13

### Advanced Certifications

Therapeutic Pain Specialist		11/16
Trigger Point Dry Needling of Upper and Lower Quarter		3/13

### Teaching Experience

Rasmussen College, Physical Therapist Assistant Program, Land O'Lakes, FL <i>Program Director</i>		10/15- Present
Department of Physical Therapy, South College, Knoxville, TN <i>Assistant Professor</i>		6/15- Present
Residency and Fellowship Program, Evidence in Motion Institute of Health Sciences <i>Faculty</i>		7/12- Present
The Johns Hopkins Hospital and George Washington University Orthopaedic Physical Therapy Residency, Baltimore, MD <i>Clinical Faculty</i>		7/13- 8/15
Department of Physical Therapy, George Washington University, Washington, DC <i>Adjunct Faculty</i>		1/12- 5/12
Department of Physical Therapy, Sacred Heart University, Fairfield, CT <i>Adjunct Faculty- Tutorial Leader</i>		9/09- 12/09

## Continuing Education Roles

Lab Assistant- Manipalooza—Denver, CO	4/16
Lab Assistant- Fellows Only Weekend—Sacramento, CA	7/14
Lab Assistant- Management of Upper and Lower Quarter Dysfunction—VPTA Annual Conf.	10/12
Lab Assistant- Management of Lumbopelvic Disorders	4/11,4/12,11/13
• Arlington, VA; Newport News, VA	2/14
Lab Assistant- Management of Lower Extremity Disorders—Arlington, VA	1/11, 2/12
Lab Assistant- Management of Upper Extremity Disorders—Arlington, VA	9/11, 9/12
Lab Assistant- Physical Therapy Management of Cervicothoracic Dysfunction	6/11
• United States Air Force—Lead Instructor—Major Eric Wilson	
• Evidence in Motion’s CE course—Arlington, VA	7/10, 7/11, 8/12

## Publications/Clinical Research

Ortel J., Thompson J., Bannan B, Shepherd M., Henjum M., Derrick M. Adoption of Clinical Prediction Rules and Manipulation after CEU Training by Physical Therapists: An Observational Study. *Orthopaedic Practice*.

Contributing Author—ICF Low Back Pain Clinical Practice Guidelines, APTA Orthopedic Section.

## Presentations

October 2016	AAOMPT National Conference—Non-Specific Effects of Manual Therapy Can Help or Harm Clinical Outcomes
September 2015	Lynchburg College DPT Program Symposium—Residency Training
February 2014	APTA Combined Sections Meeting—Getting Involved in Research Early in Your Career
September 2013	Johns Hopkins Hospital—Thoracic Spine Manipulation for Shoulder Pain
August 2012	Management of Cervicothoracic Disorders, CE course- Management of Cervicogenic Headaches <ul style="list-style-type: none"><li>• <a href="http://ptcoop.org/fellow-lectures-cervicogenic-headaches-an-evidence-update/">http://ptcoop.org/fellow-lectures-cervicogenic-headaches-an-evidence-update/</a></li></ul>
June 2012	APTA Annual Conference—Oxford Debate: Should Residencies be Mandatory?
February 2012	Ballet NOVA Dance Studio- Hip Symposium—What is Behind the “Snap, Crack, and Pop”
February 2012	Management of Lower Extremity Disorders, CE course- Hip Labral Injury <ul style="list-style-type: none"><li>• <a href="http://ptcoop.org/fellow-lectures-hip-labral-injuries/">http://ptcoop.org/fellow-lectures-hip-labral-injuries/</a></li></ul>
November 2010	American Physical Therapy Association Headquarters- How to Jump Start Your Career
October 2010	VPTA Student Conclave- New Professional Forum- How to Jump Start Your Career

## Poster Presentations

February 2016	<b>APTA Combined Sections Meeting:</b> <i>Did the MRI do more harm? Central sensitization in a marathon runner with femoroacetabular impingement and labral tear.</i>
June 2015	<b>APTA NEXT Conference:</b> <i>Manual Therapy and Exercise Coupled with Dry Needling for a Patient with Headache and Neck Pain: A Case Study</i>
October 2014	<b>The Johns Hopkins Hospital—Clinical Showcase:</b> <i>A Multi-Modal Impairment-Based Approach for the Treatment of Achilles Tendinopathy: A Case Study</i>

**The Johns Hopkins Hospital—Clinical Showcase:** *The Treatment of Acute Low Back Pain Through Direct Access Utilizing the Treatment Based Classification System for Optimal Outcomes*

**Professional Involvement/Development**

- **Member, Branding & Communications Task Force**, Orthopedic Section APTA 12/15- Present
- **Chair, Public Relations & Marketing Committee**, Orthopedic Section APTA 2/15- Present
- **Program Services Council** of the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE) 4/13- Present
- **Proposal Reviewer**, NEXT Conference 7/12- Present
- **Professional Development Program**, The Johns Hopkins Hospital 4/14- 8/16
- **EIM Fellow Mentor Leader** 1/12- Present
- **EIM Residency and Fellowship Clinical Mentor** 6/11- Present
- **Vice President**, APTA Student Assembly Board of Directors 10/09- 10/10
- **President**, CPTA Student Special Interest Group 12/08- 12/09
- **Secretary**, Sacred Heart Student Physical Therapy Association 1/08- 12/09

**Awards**

- The Johns Hopkins Hospital’s Physical Medicine and Rehabilitation Award for Excellence in Clinical Education 7/15
- Sacred Heart University’s Physical Therapy Deans Leadership Award 5/10

**Professional Blog Publications**

- Hi, I am Your PT and Surgery is OK. Evidence in Motion Blog 5/17
- Are You on an Information Lean Diet? Evidence in Motion Blog 2/17
- Low Back Pain is the ‘Common Cold’ of the Spine. Evidence in Motion Blog 11/16
- FAI and Labral Tears: The “Creepy Clown” of the Hip. Evidence in Motion Blog 10/16
- We Have to Break Up. Evidence in Motion Blog 9/16
- Three Things Mentorship Taught Me Beyond Manual Skills. Evidence in Motion Blog 9/16
- Cupping, Tape and the Olympics...Oh My! Evidence in Motion Blog 8/16
- An Expensive Placebo: How Sham Surgery Stirs Up the Healthcare Pot. 7/16
- Five Reasons the Student Assembly Changed my Early Career. Evidence in Motion Blog 6/16
- Game of Thrones for the Mind: Clinical Reasoning. Evidence in Motion Blog 5/16
- Is There Such Thing as Knowing Too Much? Evidence in Motion Blog 5/16
- Are We Truly Movement Experts? Evidence in Motion Blog 4/16
- I Have Failed. Evidence in Motion Blog 4/16
- Dave Grohl Embodies What is Right in PT. Evidence in Motion Blog 3/16
- Clinical Education 2K16: The Best Bidder Gets the Spot. Evidence in Motion Blog 2/16
- Are You Screening for This? Evidence in Motion Blog 2/16
- The Impairment You Might be Missing. Evidence in Motion Blog 1/16
- What is Clinical Reasoning? Evidence in Motion Blog 7/15
- The Physical Therapist Sherpa. PT Haven Blog 3/15
- My Top Five List of Unnecessary PT Behaviors. PT Haven Blog 5/14
- The Power of Language. PT Haven Blog 7/13
- Low Back Pain – What Are We Doing Wrong? PT Haven Blog 2/13

### Professional Membership

- **American Academy of Orthopedic Manual Physical Therapists (AAOMPT)** 11/09- Present
- **American Physical Therapy Association (APTA)** 12/07- Present
  - Orthopedic Section
  - Research Section
- **Virginia Chapter of the APTA (VPTA)** 6/10- 7/13
- **Connecticut Chapter of the APTA (CPTA)** 12/07-12/09