

Thomas R. Denninger, PT, DPT, OCS, FAAOMPT, CSCS

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Education:

- 2011 Fellowship in Manual Physical Therapy, Evidence In Motion Institute of Health Professionals, Lexington, KY
- 2009 Orthopedic Physical Therapy Residency, Sacred Heart University, Fairfield, CT
- 2008 Doctor of Physical Therapy, Sacred Heart University, Fairfield, CT
- 2005 Bachelor of Science in Exercise Science, Sacred Heart University, Fairfield, CT

Clinical Appointments:

- 2009- present
 - Clinic Director, Proaxis Therapy, Greenville, SC
 - Day to day operations of clinics (Spine Center and Cross Creek locations)
 - Budgeting and personnel management
 - Oversight of Dry Needling, Occupational Medicine
 - Clinical Coordinator of Back and Neck Program
 - Greenville Hospital System and Blue Cross Blue Shield of SC
 - PT Outcomes Clinical Coordinator, Greenville Memorial Free Clinic
- 2008- 2009 Orthopedic Resident, Sacred Heart University, Fairfield, CT

Academic Appointments:

- 2013-present Co- Editor, Evidence In Motion Learning Academy
 - Pain Science Working Group
- 2012-present Primary Faculty, Proaxis Therapy Orthopedic Residency, Greenville, SC
 - Medical Screening
 - Diagnostic Imaging
 - Lumbopelvic Management
 - Cervicothoracic Management
 - Craniomandibular Management
 - Orthopedic Resident Mentor
- 2010-present Affiliate Faculty, Proaxis Therapy Sports Residency, Greenville, SC
 - Medical Screening
 - Diagnostic Imaging
- 2010-present Affiliate Faculty, Orthopedic Manual Physical Therapy Fellowship, Evidence in Motion Institute of Health Professionals, Lexington, KY
 - How To Write A Case Report
 - How Manual Therapy Works
 - Pain Science
 - Fellowship Academic Mentor
- 2009-present Affiliate Faculty, Orthopedic Residency, Evidence in Motion Institute of Health Professionals, Lexington, KY
 - Lower Extremity Management
 - Upper Extremity Management
 - Cervicothoracic Management
 - Lumbopelvic Management
 - Diagnostic Imaging
 - Medical Screening and Pharmacology
- 2008-2009 Affiliate Faculty, Orthopedic Residency, Sacred Heart University, Fairfield, CT

Professional Appointments:

- 2011-2013 Lumbopelvic Clinical Guideline Team, Orthopedic Section, APTA
- 2011-present Manuscript Reviewer, *The Journal of Orthopedic and Sports Physical Therapy*
- 2010-present Professional Development Committee, American Academy of Orthopaedic Manual Physical Therapists

Certifications:

- 2012 Sound Assisted Soft Tissue Mobilization
- 2012 Certified in the Selective Functional Movement Screen
- 2011 Certified in Trigger Point Dry Needling, Kinetacore (Level I/II)
- 2011 Fellow of the American Academy of Orthopedic Manual Physical Therapists
- 2011 Board Certified in Orthopedic Physical Therapy, American Physical Therapy Association
- 2005 Certified Strength and Conditioning Specialist, National Strength and Conditioning Association

License:

- 2009- present State of South Carolina as a Physical Therapist
- 2010-2012 State of Colorado as a Physical Therapist
- 2008-2010 State of Connecticut as a Physical Therapist

Publications:

- **Denninger TR**, Lingerfelt WP. Knee manual therapy for aging and older adults. *Journal of Geriatric Physical Therapy*. In Press.
- Rodeghero JR, **Denninger TR**, Ross MD. Abdominal pain in physical therapy practice: 3 patient cases. *J Orthop Sport Phys Ther*. 2013; 42(3): 44-53.
- Delitto A, George SZ, Van Dillen LR, Whitman JM, Sowa G, Shekelle P, **Denninger TR**, Godges JJ. Low back pain. *J Orthop Sport Phys Ther*. 2012; 42(4): A1-57.

Abstracts:

- **Denninger TR**, Cook C, Reimer RC, Bruder JJ, McHenry TP, Thigpen C. Clinical outcomes and physical therapy utilization for a novel back and neck accountable care organization program. *J Ortho Sport Phys Ther*. 2014; 44(1): A127.
- **Denninger TR**, Cook C, Reimer RC, Bruder JJ, McHenry TP, Thigpen C. Financial comparisons of patients in and out of an accountable care organization back and neck program. *J Ortho Sport Phys Ther*. 2014; 44(1): A31.
- Bruder JJ, **Denninger TR**, Cook C, Reimer RC, McHenry TP, Thigpen C. Are there differences in patient self-reported outcomes in patients with low back dysfunction who were referred by a physician versus self-referred (Direct Access)? *J Ortho Sport Phys Ther*. 2014; 44(1): A41.
- Reimer RC, **Denninger TR**, Thigpen C, Bruder JJ, McHenry TP, Cook C. Are there differences in patient self-report outcomes in patients with neck dysfunction who were referred by a physician versus self-referred (direct access)? *J Ortho Sport Phys Ther*. 2014; 44(1): A45.
- **Denninger TD**, Whitman JM. Examination of clinician perceptions following continuing education on treatment-based classification for cervical pain. *Journal of Manual and Manipulative Therapy*. 2010; 18(4): 214.

Presentations at Scientific Meetings:

- Becker's Healthcare Spine, Ortho, & Pain Conference. Chicago, IL, 2015.
- Therapeutic Neuroscience Education in Physical Therapy Practice. South Carolina Physical Therapy Association Annual Conference. Greenville, SC, 2015.
- Integrating Physical Therapy in Emerging Healthcare Models. Combined Sections Meeting of the APTA. Indianapolis, IN, 2015.

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- Trigger Point Dry Needling in Physical Therapy Practice. South Carolina Physical Therapy Association Annual Conference. Charleston, SC, 2014.
- Comprehensive Multidisciplinary Examination and Management for Nerve Entrapments in the Elbow, Wrist, and Hand. South Carolina Physical Therapy Association Annual Conference. Charleston, SC, 2014.
- Clinical Outcomes and Physical Therapy Utilization for a Novel Back and Neck Accountable Care Organization Program. Combined Sections Meeting of the APTA. Las Vegas, NV, 2014
- Financial Comparisons of Patients In and Out of an Accountable Care Organization Back and Neck Program. Combined Sections Meeting of the APTA. Las Vegas, NV, 2014
- Low Back Pain. ICF Clinical Practice Guidelines. Combined Sections Meeting of the APTA, San Diego, CA, 2013.
- Multi-modal Manual Physical Therapy Including Trigger Point Dry Needling for Management of Spasmodic Torticollis: A Case Series. South Carolina Physical Therapy Association Annual Conference. Greenville, SC, 2012.
- Examination of Clinician Perceptions Following Continuing Education on Treatment-based Classification for Cervical Pain. American Academy of Orthopaedic Manual Physical Therapist Conference, San Antonio, TX, 2010.
- Utilization of a Treatment Based Classification System for Patients with Cervicothoracic Disorders: An Evidence Based Approach. New York Physical Therapy Association Spring Conference, White Plains, NY, 2010.
- Enhancing Orthopedic Physical Therapy Management of Neck and Back Pain Utilizing a Behavioral Approach. Connecticut Physical Therapy Association Fall Conference, Waterbury, CT, 2009

Invited Lectures:

- How Manual Therapy Works and Why Does It Matter? Steadman Hawkins Sports Symposium, Greenville, SC, 2015.
- How to Get Your Name on a Script. Greenville, SC, 2014.
- Examination and Treatment of Sacroiliac Disorders. Steadman Hawkins Sports Symposium, Greenville, SC, 2014.
- Use of Therapeutic Neuroscience Education in Physical Therapy Practice, Greenville, SC, 2014
- Instrument Assisted Soft Tissue Mobilization. Proaxis Therapy, Greenville, SC, December, 2012.
- Evidence Based Examination and Management for patients with Cervicogenic Headache. PhysicalTherapy.com, October, 2012.
- Integration of Trigger Point Dry Needling into Orthopedic Physical Therapy Practice. PhysicalTherapy.com, August, 2012.
- Evidence Based Examination and Management for Patient with Hip Osteoarthritis. PhysicalTherapy.com, July, 2012.
- Integration of Trigger Point Dry Needling into Orthopedic Physical Therapy Practice. Sacred Heart University, Fairfield, Connecticut, May 2012
- Models of Excellence in Distance Online Learning in Physical Therapy Post-Professional Education. Sacred Heart University, Fairfield, Connecticut, May 2012
- Utilization of a treatment based classification system for patients with cervicothoracic disorders: An evidence based approach, Proaxis Therapy, November, 2010.
- Evidence-Based Management of Shoulder Disorders, Sacred Heart University, Fairfield, Connecticut, September, 2009.
- Evidence-Based Management of Cervicothoracic Disorders, Sacred Heart University, Fairfield, Connecticut, September, 2009.
- Evidence-Based Management of Lumbopelvic Disorders, Sacred Heart University, Fairfield, Connecticut, September, 2008.
- Evidence-Based Management of Hip and Knee Disorders, Sacred Heart University, Fairfield, Connecticut, September, 2008.

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- Evidence-Based Management of Foot and Ankle Disorders, Sacred Heart University, Fairfield, Connecticut, September, 2008.

Current Projects:

- Predictors of outcomes with patients who receive decompression for lumbar spinal stenosis: a systematic literature review. Co-Author.
- Using the Oswestry Disability Questionnaire to predict baseline and future walking ability in persons with lumbar spinal stenosis. Co-Author.
- Epidural Steroid Injection versus Epidural Steroid Injection and Manual Physical Therapy and Exercise in the Management of Lumbar Spinal Stenosis: a Randomized Controlled Trial. Co-Investigator
- Investigation of Clinical Outcomes Associated with Primary Care Physical Therapy in Adults with Neck and Back Pain. Lead Investigator.

Honors and Awards

- 2015 Butch Buchanan Clinical Excellence Award, South Carolina Physical Therapy Association
- 2013 John Atkins Clinical Excellence Award, Proaxis Therapy
- 2012 College of Health Professions Alumni Leadership Award, Sacred Heart University
- 2008 Silver Medal of Excellence, Sacred Heart University Physical Therapy Department
- 2008 Dean's Leadership Award, Sacred Heart University College of Health Professionals
- 2008 Graduated DPT, Honors, Sacred Heart University
- 2005 Gold Medal of Excellence, Sacred Heart University Exercise Science Program
- 2005 Graduated BS in Exercise Science, Cum Laude, Sacred Heart University

Professional Memberships

- 2006-present American Academy of Orthopedic Manual Physical Therapists
- 2005-present American Physical Therapy Association
- 2005-present National Strength and Conditioning Association

Continuing Education

- 2015 APTA Combined Sections Meeting, Indianapolis, IN.
- 2014 APTA Combined Sections Meeting, Las Vegas, NV.
- 2014 Steadman Hawkins Clinic of the Carolina Sports Symposium, Greenville, SC
- 2013 Therapeutic Neuroscience Education, Elon, NC
- 2013 Evidence Based Screening and Examination, Greenville, SC
- 2012 Intramuscular Manual Therapy/Trigger Point Dry Needling Level II , Atlanta, GA
- 2012 Selective Functional Movement Screen Level I, Raleigh, NC
- 2012 APTA Combined Sections Meeting, Chicago, IL
- 2012 Update on Patient Functional Outcome Measures, Greenville, SC
- 2011 Intramuscular Manual Therapy/Trigger Point Dry Needling Level I, Baltimore, CO
- 2011 Manipalooza, Denver, CO
- 2010 American Academy of Orthopedic Manual Physical Therapist Conference, San Antonio, WA
- 2010 Advances in Evaluation and Treatment of the Athletic Hip. Greenville, SC
- 2009 American Academy of Orthopedic Manual Physical Therapist Conference, Washington DC.
- 2009 APTA Combined Sections Meeting, Las Vegas, NV
- 2008 APTA Combined Sections Meeting, Nashville, TN
- 2008 Management of Lumbopelvic Disorders, Fairfield, CT
- 2007 APTA Annual Conference, Denver, CO
- 2007 Management of Cervicothoracic Disorders, Fairfield, CT
- 2007 APTA Combined Sections Meeting, Boston, MA