

Curriculum Vitae

Date: 14-March-14

Name: Katie Schnepf Andrews, DPT, MS PT, CSCS, CCI

MAJOR ACHIEVEMENTS:

Certified in trigger point dry needling
Strong manual therapy advanced by extensive continuing education classes
Certified strength and conditioning specialist
Expert in ergonomic assessments

EDUCATION:

Doctorate of Physical Therapy
Regis University 2001-2003

Masters of Science in Physical Therapy
Regis University 1999-2000
Research Project: Motor control theory- Bilateral transfer of learning,

Bachelors of art in Kinesiology
University of Colorado 1994-1998
Dale Award for excellence in major

PROFESSIONAL LICENSES AND CERTIFICATIONS:

Colorado: 2000 to present (#7444)

American Physical Therapy Association 2002
Credentialed Clinical Instructor

National Strength Conditioning Association 1999 to present
Certified Strength & Conditioning Specialist (#9911100)

EMPLOYMENT:

Pace & West Physical Therapy, 2010 to present Boulder, CO

Staff Physical Therapist
Outpatient Orthopedics
Focus on Spine and Manual skills
Sport Specific Strength and Agility Training for athletes

Physiotherapy Associates, 2008 to 2010 Boulder, CO
Staff Physical Therapist
Outpatient Orthopedics
Focus on Spine and Manual skills
Sport Specific Strength and Agility Training for athletes

Coreance Rehabilitation and Training Center, 2003-2008 Boulder, CO
Staff Physical Therapist
Outpatient Orthopedics
Focus on Spine and Extremity Manual skills
Sport Specific Strength and Agility Training
Muscular Re-Education following MVAs

Alpine Physical Therapy, 2001-2003 Longmont, CO
Staff Physical Therapist
Outpatient Orthopedics set in an athletic club
Focus on Spine and Extremity Manual skills
Strength and Agility Training

PUBLICATIONS:

Weeks, D.L., Bellavia, R., Bogner, S., Golda, D., Montoya, J., Reiling, M., Schnepf, K., & Wallace, S.A. (2001). The Effectiveness of Training with a Prosthetic Simulator on Bilateral Transfer of Learning. *Journal of Sport and Exercise Psychology*, 23 (Suppl.), S92.

CONTINUING EDUCATION:

Evaluation & Treatment of the Shoulder Girdle, Manual Therapy Seminars of Colorado, 2000

Muscle Energy Techniques of the Lumbar-Pelvis-Sacrum, Manual Therapy Seminars of Colorado, 2001

Chronic Whiplash, North American Academy of Manual Therapy, 2001

Muscle Energy Techniques of the Cervical Spine and Thoracic Outlet Syndrome, Manual Therapy Seminars of Colorado, 2001

Differential Diagnosis and Manual Therapy of the Thoracic Spine and Ribs, IAOM, 2001

Strain And Counterstrain I, the Jones Institute, 2001

Strain and Counterstrain II, the Jones Institute, 2002

When the Foot Hits the Ground Everything Changes, Advanced Biomechanics/ Clinical Concepts, 2003

Muscle Energy Techniques of the Thoracic Spine and Ribs, Manual Therapy Seminars of Colorado, 2003

When the Feet Hit the Ground... "Taking the Next Step" Advanced Biomechanics/ Clinical Concepts, Denver, Co, 2004

Secondary Disorders of the Lumbar Spine, IAOM, 2004

Comprehensive Cervical, Thoracic, and Lumbar Re-stabilization, IAOM, 2004

MRI Findings and Low Back Pain, APTA, 2005

Diagnosis for Physical Therapists: Screening for Medical Referral, Boissonault, 2005

LPI: Lumbo-Pelvic Integration, Integrative Manual Therapy Solutions, 2006

Trigger Point Dry Needling / Intramuscular Stimulation Level 1, Therapy Concepts, Edo Zylstra, 2006

Trigger Point Dry Needling / Intramuscular Stimulation Level 2, Therapy Concepts, Edo Zylstra, 2008

Concept of Craniovertebral and Craniomandibular Functional Unit, Rocabado, 2009

Evidence-based Examination and Selected Interventions for Patients with Upper Extremity Disorders, Boyles, 2010

The Selective Functional Movement Assessment Level 1, Cook and Kiesel, 2010

Therapeutic Taping for the Rehab Professional, Therapy Concepts, Dyanna and Scott Rezac, 2012

SMT-1: High Velocity Low Amplitude Thrust Manipulation of Cervical, Thoracic, Lumbar and SI joint, Spinal Manipulation Institute, James Dunning, 2012