

# Theresa A. Schmidt

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Orthopedic Certified Specialist Physical Therapist, Educator and Expert Witness with 30+ years clinical experience in physical therapy, massage therapy, continuing education, and consultation. Passionate and committed to provide the latest evidence-based assessment and interventions to support positive outcomes. Dedicated to concise, rapid, objective evaluation of medical records and documentation. Excellent communicator, engaging presenter, and expert orthopedic physical therapist with clinical, academic, and professional speaking experience.

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## Education and Credentials

**Doctorate in Physical Therapy**, University of New England – Portland, ME

**Master of Science in Physical Therapy**, Long Island University – Brooklyn, NY

**Bachelor of Science in Health Science**, Long Island University – Brooklyn, NY

**Massage Therapy Diploma**, New Center for Holistic Health Education & Research/New York College – Syosset, NY

*Licensed New York Physical Therapist #009087*

*Licensed New Hampshire Physical Therapist #4387*

*Licensed Florida Physical Therapist #PT40018*

*Licensed New York Massage Therapist #005220*

*Licensed New Hampshire Massage Therapist #7590*

## Certifications

Orthopedic Certified Specialist PT – American Board of Physical Therapy Specialties

CPR & AED Certification – American Red Cross

Approved CE Provider: New York State Board of Massage Therapy

Approved CE Provider: Educise – National Association for Therapeutic Massage & Bodywork, Inc./NCBTMB

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## Professional Experience

**President**, EDUCISE, P.C., Newbury NH (1/2019-Present) and Theresa A. Schmidt, MS, PT, PC, Long Island, NY (1/2000- 12/2019)

Principal practitioner and operator of a private practice. Board Certified Specialist in Orthopedic Physical Therapy. Expert Witness in medical rehabilitation, malpractice, and personal injury cases.

- Supervised and trained staff of up to 12 employees in a multidisciplinary physical therapy, massage therapy and personal fitness company.
- Reviewed medical records, personal injury, workers compensation and malpractice files associated with litigation and clinical matters.
- Designed and supervised a risk management and quality assurance program, including HIPAA, Medicare and insurance compliance updates for private practice.
- Provided expert examination and interventions for diverse population of patients presenting with orthopedic, neuromuscular and cardiopulmonary impairments in private practice.
- Developed and presented over 10 community wellness programs, including osteoporosis prevention, ergonomics, Tai Chi, Back Injury Prevention, fitness, and mindfulness meditation programs.

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- Organized and supervised student clinical affiliations with 3 local physical therapy colleges to provide clinical training for students.

**Clinical Specialist, Pain Management, Doctor of Physical Therapy, Orthopedic Certified Specialist, UNITED STATES DEPARTMENT OF VETERANS AFFAIRS, - Manchester, NH (10/2023-Present)**

Clinical Specialist PT serving veterans in direct patient care, providing clinical examination and therapeutic interventions across a full range of conditions. Serving as subject matter expert in the treatment of chronic pain conditions within the VA. Key team member implementing new complex pain management programs in Active Management of Pain with physicians and providers in the Integrative Pain Management Program with an emphasis on the biopsychosocial and pain neuroscience approaches to pain management in face to face and virtual engagements.

**President, HANDS ON NEW YORK PHYSICAL THERAPY, P.C. – Massapequa, NY**

Primary practitioner of a private practice providing orthopedic, neuromuscular and cardiopulmonary rehab and wellness.

**Physical Therapist / Independent Contractor, NASSAU COUNTY PUBLIC SCHOOLS – Nassau County, NY**

Designed and implemented Physical Therapy programs in over 12 schools for multi-handicapped children aged 5 to 18 years.

**Physical Therapist, Assistant Supervisor, NASSAU-SUFFOLK ORTHOPEDIC ASSOCIATES – Massapequa, NY**

Instrumental supervisor of PTs, students, PT assistants, athletic trainers, and aides. Administered exemplary orthopedic and sports physical therapy.

**Physical Therapist, EXERCISE PRESCRIPTIONS, INC. – New Hyde Park, NY**

Administered quality patient care services and treatment at a private practice that delivered therapies in orthopedic, rheumatologic, sports, cardiac, and neuromuscular rehabilitation specialties.

**Physical Therapist, VETERANS ADMINISTRATION MEDICAL CENTER – New York, NY**

Performed physical therapy rotations across diverse disciplines. Established essential PT foundations, including grand rounds and clinics with physicians from Bellevue, NYU and the VAMC.

**Physical Therapist / Hospital Generalist, PHYSICIANS HOSPITAL – Jackson Heights, NY**

Practiced as an Independent Contractor per diem, in a generalist role.

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## Teaching Experience

*Instructed in 25+ topics, averaging 7 courses per month for 15+ years. Sample topics: Clinical Practice Guidelines for Neck Pain/Low Back Pain, Muscle Energy Lumbar Spine SI Joint and Pelvis, Orthopedic Manual Therapy, Lumbar Spine, Myofascial Release Certification, Geriatric Massage, Cupping Therapy Certification, Geriatric Integrated Functional Therapy Examinations/Interventions, Functional Aging, Integrated Neuromuscular Re-Education, Positional Release, Flex-ability, and Proprioceptive Neuromuscular Facilitation, Chronic Pain.*

*\*Detailed list of topics available upon request.*

**President, EDUCISE PC- Newbury, NH (1/2019-Present) and EDUCISE RESOURCES, INC. – Northport, NY (1/1999 - 2021)**

Expert Consultant in medical rehabilitation, malpractice, and personal injury. Detailed case review and recommendations provided for prosecution and defense specializing in orthopedic rehabilitation and massage.

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Principal leader of professional continuing education (CE) seminars, webinars, and clinical coaching. Professional seminar presenter

- Conducted 1000+ seminars, presentations, webinars, and instruction to date.
- Designed over 35 specialty programs in health, rehabilitation, ergonomics and wellness, with over 1000 live and online presentations across the US and Canada.

**Seminar Faculty Member, Program Reviewer, PESI/VYNE/CROSS COUNTRY EDUCATION INC. – Eau Claire, WI (2003 – Present)**

Live and online seminar leader and program reviewer consultant for a national continuing education company.

- Created and presented over 30 orthopedic rehabilitation live seminars, webinars, and online courses, providing accredited continuing education credits to physical, occupational, and massage therapists, physicians, athletic trainers, chiropractors and nurses.

**Seminar Faculty Member, HOME CEU CONNECTION.COM – Plano, TX (8/2009 – Present)**

Founding member of seminar faculty for a national allied health continuing education company.

- Developed and taught 20 CEU courses to diverse audiences in live and online formats.

**Adjunct Faculty, RIVER VALLEY COMMUNITY COLLEGE – Claremont, NH (1/2021 – 1/2023)**

- Instructed students in new live clinical simulation clinic in the physical therapy department of the college, in preparation for on-site clinical affiliations.
- Taught hands-on clinical skills for physical therapy interventions, including but not limited to safe performance, professional behaviors and ethics, activities of daily living, transfers and ambulation skills, equipment and modality applications, manual therapy, patient status judgments, modifying plan of care, competent delivery of PT interventions, and medical documentation.
- Assessed PTA students' competency prior to clinical placement in hospitals, skilled nursing facilities, rehabilitation centers and private clinics.
- Adjunct Professor in the Massage Essentials course online as part of the Massage Therapy Program.

**Acting Chair, Physical Therapist Assistant Program / Assistant Professor, Physical Therapy Program, TOURO COLLEGE – New York, NY (9/1994 – 4/2003)**

Selected to lead the PTA Program and serve as an Evening Advisor to students. Instructed in PTA, PT, and OT courses. Ensured students retained information through engaging instruction and leadership.

- Taught over 9 courses and special seminars on diverse topics.
- Served on multiple committees including Accreditation, Admissions, Curriculum, Continuing Education, and Equipment.
- Lead faculty in achieving successful accreditation of the new evening PTA program.
- Developed student tutorial program for ethnically diverse ESL students as student advisor.

**Past positions have included: Adjunct Assistant Professor, CUNY-QUEENS COLLEGE – Flushing, NY (9/1999 – 5/2000),** Instructed Kinesiology and Biomechanics courses in the Family Nutrition and Exercise Science Program.

**Consultant, NEW YORK INSTITUTE OF TECHNOLOGY – Old Westbury, NY (5/1998)** Trusted advisor in curriculum development, including course syllabi and texts, for the new PT program.

- Established an innovative program curriculum in collaboration with cross-functional personnel.

**Adjunct Assistant Professor, NASSAU COMMUNITY COLLEGE – Garden City, NY (9/1996 – 5/1997)**

Lab Instructor for Physical Therapy I and Kinesiology courses in the Physical Therapist Assistant Program. Appointed role of Clinical Instructor to provide practical training to students at clinic sites.

- Instructed and mentored over 40 students in the program.

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## Sponsored Presentations

*Prepared and delivered engaging presentations to high-growth organizations, private hospitals, rehabilitation centers, and clinics. Some notable organizations include:*

1. International Fascia Research Congress III/IV
2. National Aeronautics and Space Administration NASA – Inomedic Health Applications, Inc.
3. Cleveland Clinic
4. Johns Hopkins Medical Center
5. Vanderbilt University Medical Center
6. American Physical Therapy Association
7. American Occupational Therapy Association
8. American Massage Therapy Association
9. New York State Society of Medical Massage Therapists

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## Select Publications & Scholarly Activities

*Over 15 publications (editing, books, articles, peer-reviewed articles) and scholarly activities (webinar presentations, seminar presentations, research presentations, audiovisual productions, and interviews).*

1. **Associate Editor**, *International Journal of Complementary and Alternative Medicine*  
Jan 2018 – 2020, Associate editor, peer-reviewed medical journal.
2. **Peer-reviewed publication**: Schmidt, Theresa A., Not Just Folk Medicine: Myofascial Cupping in the Tech Age! *Ortho & Rheum Open Access J* 8(4): OROAJ.MS.ID.555741 (2017) ISSN:2471-6804.
3. **Author**, contributor, My Journey to the Stage, Chapter submission, Women's Prosperity Network, Publisher, September 2016.
4. **Peer-reviewed publication**: Case Report: Effect of Strain/Counterstrain on Neck Pain and Disability. *MOJ Orthopedics & Rheumatology*, 2016,5(5):00193. DOI: 10.15406/mojor.2016.05.00193.
5. **Research Live Poster Presentation**: Case Report: Effect of Strain/Counterstrain on Neck Pain and Disability. Fascia Research Congress 2012, Vancouver, BC. March 29, 2012.

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## Community Leadership

**Public Speaker, Community Adult Education** at Colby Sawyer College and local public libraries on health and wellness and mindfulness.

**Founding Member**, U.S. Department of Homeland Security, multiple Incident Command Systems, (ICS) emergency management certifications, prior Crew Member.

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## Professional Associations

Member American Physical Therapy Association (APTA)  
Member, Academy of Orthopedic Physical Therapy, APTA  
Founding Member • Fascia Research Society  
Member • American Massage Therapy Association

Founding Member • United States Coast Guard Auxiliary, Department of Homeland Security

## **Awards**

Woman of the Year • National Association of Professional Women

Outstanding Service, Long Island District • American Physical Therapy Association

Highest Achievement • B.S.-M.S. Program in Physical Therapy, Long Island University