

Presenters:



Carl DeRosa PT, PhD, DPT, FAPTA is Professor of Physical Therapy at Northern Arizona University, co-owner of DeRosa Physical Therapy and co-owner of Summit Health and Fitness in Flagstaff, Arizona. Dr. DeRosa completed his physical therapy education at the Mayo Clinic, and earned his masters and doctoral degrees in Human Anatomy. Because of his extensive academic experiences and business background, he has served as a consultant to numerous physical therapy educational programs and has held adjunct faculty positions at the University of Indianapolis and Rocky Mountain University. His scholarly interests over the past 20 years have been focused on the anatomy and mechanics of the human spine and

shoulder girdle with particular emphasis on their relationship to orthopedics, sport, and rehabilitation sciences. He has co-authored, with his friend and colleague Jim Porterfield, several textbooks with his including the popular Perspectives in Functional Anatomy series which includes *Mechanical Low Back Pain*, *Mechanical Neck Pain*, and *Mechanical Shoulder Pain*, in addition to several textbook chapters, journal articles, and two home study series. In addition to research and invited presentations throughout the United States, Dr. DeRosa has presented his work at numerous national and international conferences including the International Federation of Manual Therapists, World Congress on Low Back and Pelvic Pain. He has also been an invited speaker at the American Sports Medicine National Baseball Meetings and the International Society of Weight Training Injury Specialists. Dr. DeRosa has served the professional association through numerous roles. He has been a Delegate and Chief Delegate to the American Physical Therapy Association House of Delegate, served on the Taskforce on Normative Model of Physical Therapy Education, served as Chair of the Advisory Panel on Physical Therapy Education, American Physical Therapy Association, participated as a member of the: Coalition for Consensus on Post Professional Physical Therapy Education, participated as a member of the Coalition for Consensus: A Consensus Conference on Professionalism, and was a member of the Steering Committee for the Physical Therapy in Society Summit. He is one of the founding directors of the Physical Therapy Business alliance

In recognition of his contributions to the profession of physical therapy, Dr. DeRosa was awarded the Lucy Clair Service Award and in addition, was selected by the American Physical Therapy Board of Directors as a Maley Lecturer, and by the Board of Directors of the Private Practice Section to deliver the Private Practice Section Keynote Address (2003). In 2007 he was selected as a Catherine Worthingham Fellow of the American Physical Therapy Association (FAPTA).

CURRICULUM VITAE
Carl DeRosa PT,PhD,DPT,FAPTA

Address

Physical Therapy Program, Box 15105 Northern Arizona University
Flagstaff, Arizona 86011
928.523.7441

Education:

Ohio University Athens, Ohio
1969 - 1973

Bachelor of Science, Zoology 1973

Mayo Clinic Rochester, Minnesota 1973 -
1975

Certificate, Physical Therapy 1975

University of California, Davis Davis, California
1977 - 1978

Master of Science, Human Anatomy 1978

Union Institute and University Cincinnati, Ohio
1990 -1993 - PhD Anatomy

Northern Arizona University Flagstaff, Arizona
2004 - DPT, Doctor of Physical Therapy

Licensure Information/Registration Number: Arizona 767 Employment and

Positions Held:

Physical Therapist DeRosa Physical Therapy
10/1982 - present

Professor with Tenure, Physical Therapy Northern Arizona University
Flagstaff, Arizona 8/1993 - Present

Chairman, Physical Therapy Program Northern Arizona
University Flagstaff, Arizona

8/1986 to 5/2004

Associate Professor with Tenure, Physical Therapy

Northern Arizona University Flagstaff, Arizona
6/1985 - 5/1993

Assistant Professor, Physical Therapy Northern
Arizona University Flagstaff, Arizona
1/1981to 5/1985

Instructor, Physical Therapy Northern Arizona
University Flagstaff, Arizona 8/1979 to 12/1980

Adjunct Faculty Positions:

Program in Physical Therapy, University of Indianapolis, 1986 - present
Rocky Mountain University, Professor Physical Therapy, Provo Utah, 1999 - present University of Colorado, Clinical
Professor Physical Therapy, Denver Colorado 2004-present University of South Florida tDPT Program, 2012 - present
University of Montana tDPT Program, 2012-present

Co-Owner - DeRosa Physical Therapy, Flagstaff Arizona 1983 - present

- Summit Center (Orthopaedic Center)

- Mountain Heart (Cardiac Conditioning and Wellness Center) Co-Owner - Summit Health

and Fitness, Flagstaff Arizona 2006 - present

Peer Reviewed Publications:

In progress: DeRosa C, Ellenbecker T, Decarlo M: Anatomical Basis of Strength Training, Lippincott. A three Volume series

DeRosa C: Use of Manipulation in Clinical Practice. in Case Files in Physical Therapy, Brummit E Ed, McGraw Hill, 2012

Kigin, C, Wolf, S, DeRosa C, et al. Physical Therapy and Society Summit. Physical Therapy. Physical Therapy, 90:1555-1567,
2010

Mintken P, DeRosa C, Little T, Smith B: Moving past sleight of hand. J Ortho and Sports Phys Ther, 40:253 - 255, 2010

DeRosa C: A Healthy Environment. Impact, May 13-15, 2010

Ellenbecker T, DeRosa C, Decarlo M: Functional Progressions in Sport. Human Kinetics Publishers, 2009

DeRosa C: Core Stabilization Concepts. Ed: Kibler Ben, MD. Orthopaedic Knowledge Update: Sports Medicine 4. American Academy of
Orthopaedic Surgeons, 2009

Mintken P, DeRosa C, Little T, Smith B: A Model for Standardizing Manipulation Terminology in Physical Therapy Practice. J of Man and
Manipulative Therapy, 16:50-56, 2008.

Mintken P, DeRosa C, Little T, Smith B: A Model for Standardizing Manipulation Terminology in Physical Therapy Practice. (For the
Academy of Orthopaedic Manual Therapists}. J of Orthop and Sports Phys Ther 38(3): A1-A6, 2008

DeRosa C, Porterfield J: Anatomical Linkages and Muscle Slings of the Lumbopelvic Region Churchill Livingstone. In Movement, Stability and Lumbopelvic Pain ed.. Stoeckart R, Vleeming A, Mooney V; 2007

Porterfield J, DeRosa C: Asymmetrical Overload Syndrome. In Movement, Stability and Lumbopelvic Pain, ed Stoeckart R, Vleeming A, Mooney V. Churchill Livingstone 2007

DeRosa C, Thompsen K: Post Operative Management of Orthopaedic Surgeries: The Lumbar Spine. Orthopaedic Section of American Physical Therapy Association 2005

Porterfield JA, DeRosa C: Mechanical Shoulder Pain: Perspectives in Functional Anatomy. W.B. Saunders Co, Philadelphia 2004.

DeRosa C: Functional Anatomy of the Lumbar Spine and Sacroiliac Joint. Proceedings of the 4th International Congress on Low Back and Pelvic Pain, Montreal 2001.

DeRosa C, Porterfield JA: Asymmetrical Overload Syndrome. Biomechanics, VII:14 - 30, Dec 2000 Porterfield JA, DeRosa C:

Clinical Anatomy of the Shoulder. WB Saunders Home Educational Series 1999.

Porterfield JA, DeRosa C: Mechanical Low Back Pain: Perspectives in Functional Anatomy, 2nd edition. W.B. Saunders Co, 1998

DeRosa C, Porterfield JA: The Spine. In Orthopedic and Sports Physical Therapy, ed Malone T. McPoil T, Mosby, 1996.

Porterfield J, DeRosa C: Mechanical Neck Pain: Perspectives in Functional Anatomy. W.B. Saunders, Philadelphia, 1995.

Porterfield JA, DeRosa C: Spine Care Series I: The Back. Educational Videotapes Home Educational Study Series, 1995

Porterfield JA, DeRosa C: Spine Care Series II: The Neck. Educational Videotapes Home Educational Study Series, 1995.

DeRosa C, Porterfield JA: The Objectives of Treatment for Mechanical Low Back Pain. In The Comprehensive Guide to Work Injury Management, ed Iserhagen, SJ, Gaithersburg, Aspen Publications, 1994.

DeRosa C, Porterfield JA: Lumbopelvic Anatomy and Mechanics: Relationship to Low Back Pain. In: The Lumbar Spine, ed. Timm K, Orthopaedic Section of American Physical Therapy Association, 1994.

DeRosa C: Physical Therapy in the Management of Mechanical Spinal Disorders. J of Musculoskeletal Medicine, 60-69, July 1994.

DeRosa C, Porterfield J: Treatment of Low Back Disorders. In Clinical Orthopaedics, ed Iglarsh A, Richardson J, W.B. Saunders, 1993.

DeRosa C, Porterfield J: A physical therapy model for the treatment of lowback pain. Physical Therapy 72:261- 272, 1992.

Porterfield J, DeRosa C: The Sacroiliac Joint, Forum Medicum, Virginia 1990.

Porterfield J, DeRosa C: Mechanical Low Back Pain: Perspectives in Functional Anatomy W.B. Saunders, Philadelphia, 1991.

DeRosa C, Porterfield JP: A Practitioner's Guide to Dissection of the Cervicothoracic Spine. Executive Communications, Pittsburgh, PA, 1991.

Porterfield J, DeRosa C: The Sacroiliac Joint, in Textbook of Orthopedic and Sports Physical Therapy, second edition, ed by Gould J, C.V. Mosby, St. Louis, 1990.

DeRosa C, Porterfield JP: A Practitioner's Guide to Dissection of the Shoulder. Executive Communications, Pittsburgh PA, 1990.

Porterfield J, DeRosa C: The Sacroiliac Joint, in Textbook of Orthopedic and Sports Physical Therapy, ed by Gould J, C.V. Mosby, St. Louis, 1989.

DeRosa C, Porterfield, JP: Exercise and Strengthening. American Rehabilitation Inc Pittsburgh, PA, 1989.

DeRosa C, Porterfield JP: A Practitioner's Guide to Dissection of the Hips and Pelvis. Executive Communications. 1989

DeRosa C, Porterfield JP: Evaluation of Lumbopelvic Disorders. American Rehabilitation Inc, Pittsburgh, PA, 1987

Hannon PR, Rasmussen SA and DeRosa CP: Electromyographic patterns during level and inclined treadmill running and their relationship to knee flexor-extensor strength ratios, International Journal of Sports Medicine, 5:163, 1984.

Hannon PR, Rasmussen SA, DeRosa CP: Electromyographic patterns during level and inclined treadmill running and their relationship to step cycle measures, The Research Quarterly for Exercise and Sport, 56:334-338, 1985.

Peer Reviewed Scientific and Professional Presentations:

DeRosa C: Integration of Wellness into Low Back Pain Management. Western Region Spine Symposium. University of S California Medical School. Los Angeles, CA 2012

DeRosa C: Integration of Orthopaedics and Cardiopulmonary Practice into a Sustainable Model of Wellness Practice. APTA National Conference, National Harbor MA, 2011

Sustainable Business Models for Wellness in Physical Therapy Practice, APTA PPS National Meeting, Las Vegas 2012

DeRosa C: Exercise Intensity in Medically Compromised Patients. American Physical Therapy Association National Conference. Boston 2010

DeRosa C, Mahon K: Resistance Exercise Across the Orthopaedic Spectrum: Anatomical and Physiological Considerations in Prescribing and Implementing Strength Training. Combined Sections Meeting, Las Vegas, NV 2009, American Physical Therapy Association.

DeRosa C, Gamboa J: Physical Therapy At the Center of the Fitness and Wellness Industry. Private Practice Section Meeting of American Physical Therapy Association, Colorado Springs 2009.

DeRosa, C, Mahon K, Tuitele J: Physical Therapy as the Core of the Fitness/Wellness Industry: A Clinical and Business Model. Accepted for Professional Presentation for CSM 2009, American Physical Therapy Association.

DeRosa C: Resistance Exercise Across the Spectrum of Age and Pathology. American Physical Therapy Association National Conference. Orlando, 2007

Low Back Injuries in Baseball. National Baseball Meeting of American Sports Medicine Institute, 2005

Anatomical Basis of Resistance Exercises: Implications for Injury Identification and Rehabilitation PT 2005, American Physical Therapy Association National Conference, Boston Mass, 2005

Clinical Anatomy of the Trunk. PT 2005 American Physical Therapy Association National Conference, Boston Mass 2005

Clinical Anatomy of the Shoulder. 5th Annual International Weightlifting Conference, Toronto 2004

Anatomical Basis of Weight Lifting Injuries. American Physical Therapy Association National Conference, Chicago 2004

Clinical Anatomy of Training Injuries. Fourth International Weight Training Injury Symposium. Toronto, Canada, 2002.

Muscle and Fascial Contributions to Spinal Stability. Fourth World Congress on Lowback and Pelvic Pain, Montreal, 2001

The Morphology of the Abdominal Muscles: Implications of Function from Structure. Seattle, Washington. Combined Sections Meeting, February 1999.

Clinical Anatomy of the Neck and Shoulder Girdle. Washington DC. American Physical Therapy Association National Conference, June 1999.

Clinical Anatomy of the Lumbar Spine and Pelvis. Orlando Florida, 1998 American Physical Therapy Association National Conference.

Muscle - Fascia Relationships of the Trunk. World Congress on Low Back and Pelvic Pain, Vienna, Austria 1998.

Non-Peer Reviewed Presentations/Workshops Conducted

Cultivating Leadership in Physical Therapy: New Leadership Paradigms, APTA National Graham Sessions, Memphis 2013

Application of Organizational Theory to Practice: the Chamber of Commerce Model for Physical Therapy Organization and Leadership, Combined Sections Meeting 2013

Advances in Management of Hip Disorders. Washington Physical Therapy Association. Seattle 2012 Health And Wellness in

PT Practice. Arizona Physical Therapy Association Clinical Update. Phoenix 2012

The DPT and Vision 2020. University of Colorado and Regis University, co-presentation with Randy Roesch, Vice President of American Physical Therapy Association. 2008

Advances in Spinal Manipulation, Oklahoma University and American Academy of Orthopedic Manual Physical Therapists, Tulsa Oklahoma 2007

Contemporary Practice Models, Invited Presentation for Private Practice Section, American Physical Therapy Association, 2006 Miami

Low Back Injuries in Sport. Arizona Athletic Trainers Association State Conference. Flagstaff, 2004 Neck and Shoulder Injury Management. Kentucky Physical Therapy Association, 2004

The Relationship of the DPT to Clinical Practice. Federations of State Boards, Baltimore, September 2001

The Doctoral Degree in Physical Therapy and its Potential Influence on Clinical Practice. San Antonio, Texas, Combined Sections Meeting, February 2001

Influence of the Trunk on Spinal Disorders, Oregon Physical Therapy Association Spring State Meeting ,April 2001

Mechanical Neck and Back Pain. Singapore. Invited presentation by Singapore Physical Therapy Association, May 2000

Muscle - Fascia Relationships of the Trunk. World Congress on Low Back and Pelvic Pain, Vienna, Austria 1998.

New Zealand College of Physiotherapy National Conference: Invited Keynote Presentation: Muscle - Fascia Systems of the Spine, Auckland, New Zealand October 1997.

Exercise in Manual Therapy. Invited Keynote Speaker for International Federation of Manual Therapy Meeting, Lillehammer, Norway, April 1996

Evaluation and Treatment of Cervical Spine Disorders, Melbourne Australia 1995 Advances in Spine Care:

Auckland New Zealand 1995

Three dimensional relationships of the spinal extensor muscles. Invited presentation; International Electromyography Congress, Mannheim Germany, 1994

Great Lakes Athletic Trainers Association conference: Invited to deliver Newell lectures, March 1994 Mechanical Spinal Disorders.

Multidisciplinary program of invited speakers, Sydney, Australia 1993.

In addition, to above, 25 presentations have been made in the past 10 years to different Chapters of the American Physical Therapy Association with invited presentations primarily focused on future implications of DPT or Anatomy and Biomechanics of Spine Pain. Complete Listing available upon request.

Funded/In Review Grant Activity :

Determining Motor Patterns in Lifting: An EMG analysis of lifting patterns, Organized Research - Northern Arizona University, DeRosa, Hannon, Gibson, 1986.

Hannon, Goslow, Saczalski, DeRosa, Rasmussen, and Gibson, \$35,000 from National Science Foundation, Determining Motor Patterns in Lifting, 1986.

Other Scholarly Products:

Book Reviews Published:

Review of the Musculoskeletal System: Embryology, Biochemistry and Physiology, J Ortho and Spor Phys Ther, 6:207, 1984.

Ankle Arthroscopy: Pathology and Surgical Techniques, Guhl JF, Thorofare, NJ: Slack Inc, J Ortho and Spar Phys Ther, 1989

Imaging of the Pelvis, Fisher MR, Kricun ME: Aspen Publications, J Ortho and Spar Phys Ther, 1989.

Orthopaedic Infection: Diagnosis and Treatment, Gustilo, RB: W.B. Saunders, J of Ortho and Sports Phys Ther 1989.

AO Principles of Fracture Management, J Ortho and Sports Phys Ther 31:610, 2001. McGill S: Low Back Disorders.

Human Kinetics, J Ortho Sports Phys Ther 2003.

Hannon P, Knapp K: Forensic Biomechanics, Lawyers and Judges Publishing Co, Tucson, 2008. Contributing subject matter expert (original anatomical dissections of spine)

Membership In Scientific/Professional Organizations:

Member Flagstaff 40 . Organization for business leaders of Flagstaff who help influence legislative, cultural, and economic changes in the community

President, Physical Therapy Business Alliance, 2012-present Member American

Physical Therapy Association 1978 -present Member Sports Physical Therapy Section

APTA, 1985 - 1988. Member Orthopedic Section APTA, 1985 - Present.

Member Private Practice Section APTA, 1988-1994, 2005 - present Member Section for

Education APTA, 1989- present

Member, American Academy of Orthopaedic Manual Physical Therapists; 2005-present Delegate from Arizona,

APTA House of Delegates, 1988, 1989, 2001

Elected Chairman, Northern District - Arizona Physical Therapy Association, 1989-1990 Nominating Committee,

Arizona Chapter 1996-1999

Presidential Task Force for Effective Teaching, Northern Arizona University - 1990 Chief Delegate,

Arizona Physical Therapy Association, 1990-1992

Model Practice Act Task Force: Arizona Physical Therapy Association, 1996

Invited Member: Taskforce on Normative Model of Physical Therapy Education, American Physical Therapy Association, 1997

Chair, Advisory Panel on Physical Therapy Education, American Physical Therapy Association, 1997-1999

Invited Member: Coalition for Consensus on Post Professional Physical Therapy Education, American Physical Therapy Association, 1998.

Delegate to American Physical Therapy Association House of Delegates, 2001 - 2003

Invited Member: Coalition for Consensus: A Consensus Conference on Professionalism, Washington DC, 2002

Manipulation Task Force. American Academy of Orthopaedic Manual Therapists and the American Physical Therapy Association, 2007

Member: Steering Committee for Physical Therapy and Society Summit. American Physical Therapy Association 2007 - 2009

Co-Founder, Member of Board of Directors, Physical Therapy Business Alliance. 2010 -

Member: President's Advisory Committee on Long Term Strategic Planning for Northern Arizona University. 2011 -2012

Consultative and Advisory Positions Held:

W.L.Gore and Associates -- Consultant for Industria Injury, 1980-1984 Flagstaff School

District - Consultant for scoliosis screening - 1980-present Flagstaff Ski Team - Consultant

and Advisor - 1980-present

Fronsk Health Center Advisory Committee - 1989 - 1992

Flagstaff Soccer Team - Consultant and Advisor - 1990 - 1992

Network Spine Board - 1992 - 1996

Member Advisory Board of the Health Care Institute: Arizona Hospital and Healthcare Association -1997 - 2000 Educational Consultation - Doctoral Degree Programs

Eastern Washington University, 2001 Idaho State

University, 2001 University of Colorado 2003

University of Wisconsin, Lacrosse 2004

Member Advisory Board, Center for High Altitude Training, Northern Arizona University, Flagstaff Arizona, 2005- present

Manuscript Reviewer for Journal of Orthopaedic and Sports Physical Therapy, 1998-2011 Member, Private Practice

Section Publications Review Task Force, 2009 - 2010

Member: **Flagstaff 40.** Political and legislative leadership group consisting of 40 recognized business and community leaders in Flagstaff, Arizona

Community Service:

Flagstaff School District - Consultant for scoliosis screening - 1980-present

Organization of community based weight management/wellness program 2006-present Honors and Awards:

Northern Arizona University President's Award for Distinguished Faculty, 1982. Physical Therapist of the Year, Arizona Physical Therapy Association, 1990.

Nominated for Sussman Award - Outstanding Doctoral Thesis, Union Institute, 1993

Recipient of Dale Schaeffer Outstanding Alumnus Award, Mayo Clinic, Rochester Minnesota, 1994. Maley Lectureship, American Physical Therapy Association, Washington DC, 1999.

Lucy Blair Service Award, American Physical Therapy Association, Cincinnati Ohio, 2002 DeRosa Legacy Endowment Fund established at Northern Arizona University, 2004 Teacher of the Year, College of Health Professions, Northern Arizona University 2005

Teacher of the Year, Consortium of Professional Schools, Northern Arizona University 2005. Fellow of American Physical Therapy Association, 2007