

## Justin Banks, DPT, OCS, CSCS

Justin Banks has clinical experience dating back to 2005 in the profession of physical therapy. He is a graduate of Duke University where he received his Doctoral degree in Physical Therapy (DPT).

As a Doctor of Physical Therapy, Justin has received specific training in differential diagnosis, primary care screening, pharmacology, radiology and imaging, manual therapy, therapeutic interventions, health care management, prevention and wellness, health promotion, histology, and pathology.

Justin's current practice of physical therapy is primarily within the field of orthopedics and TMJ. He is a Board Certified Orthopedic Clinical Specialist (OCS) through the APTA Board of Specialties and a Certified Strength and Conditioning Specialist (CSCS) through the National Strength & Conditioning Association. His clinical experience also includes evaluation and treatment within the fields of Vestibular Rehabilitation, Neurological Rehabilitation and Scoliosis.

His professional interests extend to his personal ultra running for more than 21 years, holding a 2:29 marathon personal best. He is also a USA Track and Field Level I Certified Coach.

### RECENT RUNNING EVENTS

<b>03/12/2016</b>	<b>1st place, Run for the Shamrock 10K</b>	<b>33:40</b>
<b>10/25/2015</b>	<b>1st place, Monster Mash 5K</b>	<b>17:19</b>
<b>05/09/2015</b>	<b>8th place, Eugene Marathon 5K</b>	<b>16.57</b>
<b>11/23/2014</b>	<b>3rd place, EWEB Run to Stay Warm 1/2 Marathon</b>	<b>1:13:50</b>

### RECENT PROFESSIONAL ACTIVITIES

Sports Medicine Provider, IAAF World Indoor Championships (Track & Field) Portland, OR (2016)  
Guest Speaker: Injury Prevention When Starting an Exercise Program, FitnessWorks Gym, (2010-12, 2014)  
Guest Speaker: Osteoporosis Prevention and Fall Prevention, Morro Bay Women's Club (2010-11)  
Guest Speaker: Prevention and Management of Running Injuries, Team in Training (Biannually 2005-2008)  
PT provider for the Ohio Valley Professional Wrestling League (2005-2006)

### EDUCATION

B.S. **University of Louisville**, Exercise Science & Sports Medicine emphasis Health & Human Performance 2002  
D.P.T (Doctor of Physical Therapy), **Duke University** (Doctor of Physical Therapy) 2005

### POST GRADUATE EDUCATION

#### AMERICAN ACADEMY OF ORTHOPAEDIC MANUAL THERAPY (AAOMPT)

<i>19th Annual AAOMPT Conference: Integrated Manual Therapy &amp; Exercise for the Cervicothoracic Spine and Shoulder: A Regional Interdependence Approach</i>	Robert Boyles, PT, Dsc, OCS, FAAOMPT Joshua Cleland, PT, PhD, OCS, FAAOMPT Paul Mintken, PT, DPT, OCS, FAAOMPT	10/16 - 10/20/13
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#### AMERICAN PHYSICAL THERAPY ASSOCIATION (APTA)

<i>Combined Sections Meeting: San Diego, CA</i>	Irene Davis, PT, PhD; Marc Safran, MD Adriaan Louw, PT, M.App.Sc (Physio), GCRM, CSMT Gregory Hicks, PT, PhD	2/17-2/20/10
<i>Combined Sections Meeting: New Orleans, LA</i>	Christopher Powers, PT, PhD Timothy W. Flynn, PT, PhD, OCS, FAAOMPT Joseph Godges, PT, DPT, MA, OCS, FAAOMPT	2/23-2/27/05

## **EVIDENCE IN MOTION (EIM)**

<i>OCS Prep Course</i>		8/2010 - 2/2011
<i>Evidence-Based Practice: An Online Tutorial</i>	Multiple Authors	10/07
<i>Evidence-based Examination &amp; Selected Manipulation Interventions for Patients with Cervical Spine Disorders</i>	Joshua Cleland, PT, PhD, OCS	7/29 - 7/30/06
<i>Evidence-based Examination and Selected Manipulation Interventions for Patients with Lumbopelvic Spine &amp; Hip Disorders</i>	Joshua Cleland, PT, PhD, OCS	4/1 - 4/2/06
<i>Evidence-based Examination and Selected Manipulative Interventions for Patients with Extremity Disorders</i>	Robert S. Wainner, PT, PhD, OCS, ECS, FAAOMPT John Childs, PT, PhD, MBA, OCS, FAAOMPT	6/25 - 6/26/05

## **INSTITUTE OF PHYSICAL ART**

<i>PNF I</i>	Mike Baum, PT, CFMT	4/13 - 4/15/2018
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## **KINESIOTAPING**

<i>Kinesiotaping I &amp; II: Fundamentals &amp; Corrective Techniques</i>	Mary Morrison, PT, MHS, CKTI	10/1 - 10/2/05
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## **JONES INSTITUTE**

<i>Strain &amp; Counterstrain I</i>	Larry Ham, MS, PT, ATC	3/04 - 3/06/2016
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## **McKENZIE INSTITUTE U.S.A.**

<i>McKenzie Mechanical Dx &amp; Therapy: Part D: Advanced Problem Solving</i>	Scott Herbowy, PT, Dip MDT	10/13 - 10/16/2016
<i>McKenzie Mechanical Dx &amp; Therapy: Part C: Problem Solving</i>	David Oliver, PT, Dip. MDT	9/24 - 9/27/2015
<i>McKenzie Mechanical Dx &amp; Therapy: Part B Cervical/Thoracic</i>	Scott Herbowy, PT, Dip MDT	6/12 - 6/15/2015
<i>McKenzie Mechanical Dx &amp; Therapy: Part A Lumbar</i>	Yvonne Body, PT, DipMDT	10/10 - 10/12/2014

## **NEURO ORTHOPAEDIC INSTITUTE (NOI)**

<i>Explain Pain</i>	Robert Johnson PT, MS, OCS	11/5 - 11/6/2015
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## **NORTH AMERICAN INSTITUTE OF ORTHOPAEDIC MANUAL THERAPY**

<i>C-626 Upper Extremity</i>	Ann Porter-Hoke, PT, OCS, FAAOMPT, FCAMT	11/12 - 11/13/2016
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## **OREGON HEALTH SCIENCES UNIVERSITY (OHSU)**

<i>1st Annual Physical Therapy Symposium</i>	Ryan Petering, MD; Dennis Crawford, MD, PhD, Christy Allweign, PT, Rachel Bengtzen, MD, Sean Robinson MD, Charles Webb, DO, James Chesnutt, MD, Jeff Schlimgen, PT, NCS, Jemny Wilhelm, DPT, NCS, David McHenry, DPT, COMT Andrea Herzka, MD, Nels Carlson MD	4/11/2015
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## **OSTEOPATHIC / MANIPULATIVE THERAPY (also see NAIOMT)**

<i>Essentials of Spinal Manipulation: Univ. of Oklahoma</i>	Peter Gibbons, DO, MB, BS, DM-SMed, MHSc Phillip Tehan, DO, PT, DipPhysio, MHsc	3/2 - 3/4/2017
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## **POSTURAL RESTORATION INSTITUTE**

<i>Postural Respiration: An Integrated Approach to Treatment of Patterned Thoraco-Abdominal Pathomechanics</i>	Ron Hruska, MPT, PT	5/12 - 5/13/04
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## **PERFORMANCE DYNAMICS**

<i>The ASTYM System to the Upper Extremity and Shoulder Girdle</i>	John Zanas, PT, CSCS, PES Amy Goddard, PT, CSCS David Rubsam, PT, OCS	8/3 - 8/4/07
<i>The ASTYM System to the Lower Extremity, Pelvis &amp; Lumbar Spine</i>	John Zanas, PT, CSCS, PES; Amy Goddard, PT, CSCS David Rubsam, PT, OCS	8/5/07

## **USA TRACK & FIELD**

<i>Coaching Education – Level I</i>		3/05
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## **GRADUATE RESEARCH**

- Gwyer J, Keyser K, Laniak J, Banks J. *Comparing the use of a Swiss Ball and a Wand for active assistive range of motion exercise in post-operative shoulder rehabilitation.* Department of Physical Therapy, School of Medicine, Duke University. 2005

## PROFESSIONAL AFFILIATIONS

- American Academy of Orthopedic Manual Physical Therapy (AAOMPT) <http://www.aaompt.org/>
- American Physical Therapy Association (APTA)  
Orthopedic Section, APTA <http://www.apta.org/>  
Sports Section, APTA <http://www.orthopt.org/>  
<http://www.spts.org/>
- Oregon Physical Therapy Association (OPTA) <http://www.opta.org/>
- National Strength & Conditioning Association (NSCA) <http://www.nasca.com/>

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