

## CHRISTINA KARCHER, PT, OCS, Cert. MDT, CSFA

Christina Karcher has twenty years clinical experience in the profession of Physical Therapy. She has practiced in Lane County since 1986 in hospital and outpatient orthopedic clinics. Her career has included founding Emerald Valley Physical Therapy (1990) which served Creswell, Cottage Grove, Drain and Veneta. She started Cottage Grove Physical Therapy Services, Inc. (2000) and still practices there as well at Eugene Physical Therapy.

Christina has expertise in orthopedics, and is a Board Certified Orthopedic Clinical Specialist (OCS) through the American Physical Therapy Association Board of Specialties. She is certified through the McKenzie Institute USA in Mechanical Diagnosis and Therapy (Cert. MDT). In addition, she is a Certified Specialist in Functional Assessment (CSFA) and is on the Director's List through the State of Oregon to complete functional capacity examinations.

## RECENT PROFESSIONAL ACTIVITIES

Sports Medicine Speaker, Northwinds School of Gymnastics, Cottage Grove, OR 6/2009

## EDUCATION

B.S. in Physical Therapy, **Pacific University**, Forest Grove, Oregon  
B.S. in Science, **Southern Oregon State University**, Ashland, Oregon

## CERTIFICATIONS

Certified Specialist in Functional Assessment (CSFA)	2006
Certified McKenzie Diagnostic Therapist (Cert. MDT)	2005
Certified Orthopedic Clinical Specialist (OCS)	2004
Certified Spin Cycling Instructor	2000

## POST GRADUATE EDUCATION

Physical therapy training, Certificate of Physical Therapy, Pacific University, Forest Grove, Oregon

## GRASTON TECHNIQUE

<i>Graston Technique Module I</i>	Thomas Hyde, DC, DACBSP Michael Ploski, MS, Med, PT, ATC, OCS	4/1-4/2/2005
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## McKENZIE INSTITUTE U.S.A.

<i>McKenzie Mechanical Dx &amp; Therapy: Part E: The Human Extremities</i>	J. Mark Miller, PT, Dip MDT	12/2-12/03/2006
<i>McKenzie Mechanical Dx &amp; Therapy: Clinical Skills Update</i>	J. Mark Miller, PT, Dip MDT	10/14-10/15/2006
<i>McKenzie Mechanical Dx &amp; Therapy: Part D: Review</i>	J. Mark Miller, PT, Dip MDT	10/2005
<i>McKenzie Mechanical Dx &amp; Therapy: Part D: Advanced Problem Solving</i>	Scott Herbowy, PT, Dip MDT	9/09 - 9/11/2004
<i>McKenzie Mechanical Dx &amp; Therapy: Part C: Problem Solving</i>	J. Mark Miller, PT, Dip MDT	5/13 - 5/16/2004
<i>McKenzie Mechanical Dx &amp; Therapy: Part B Cervical/Thoracic</i>	J. Anspach Rickey, PT, Dip MDT	1/30 - 2/1/2004
<i>McKenzie Mechanical Dx &amp; Therapy: Part A Lumbar</i>	Audrey Long, PT, Dip MDT	11/20 11/23/2003

## MEDICAL SCREENING

<i>Medical Screening Refresher for the P.T.</i>	Richard Gicking, MD, FACP; Jill Pruett, MD	9/18/2004
<i>Medical Screening Refresher for the P.T.</i>	David J. Musnick, MD	9/22 - 9/23/2001
<i>Medical Screening Refresher for the P.T.</i>	David J. Musnick, MD	9/25 - 9/26/1998
<i>Medical Screening for the Physical Therapist</i>	William Boissonnault, MS, PT Michael B. Koopermeiners, MD	10/1994

## NORTH AMERICAN INSTITUTE OF ORTHOPAEDIC MANUAL THERAPY (NAIOMT)

<i>NAIOMT: Shoulder Girdle</i>	Cliff Fowler, PT, MCSP, MCPA, FCAMT	12/6 -12/7/2003
<i>NAIOMT: Acute and Subacute MVA Injury to the Neck</i>	James Meadows, BSc, PT, FCAMT	5/16-18/2003
<i>NAIOMT Level III: Lower Quadrant Part B: Spine</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	4/11-13/2003
<i>NAIOMT Level III: Upper Quadrant Part A: TMJ/Spine</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	2/ 7-9/2003
<i>NAIOMT Level III: Lower Quadrant Part B: Spine</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	10/25-27/2002
<i>NAIOMT Level III: Lower Quadrant Part A: Extremities</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	9/20-22/2002
<i>NAIOMT Level III: Lower Quadrant Part B: Spine</i>	Bill Temes MS, PT,OCS, COMT, FAAOMPT	10/26-28/2001
<i>NAIOMT Level II: Lower Quadrant Part A: Extremities</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	9/28-30/2001
<i>NAIOMT Level II: Upper Quadrant Part B: Spine</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	2/9-11/2001
<i>NAIOMT Level II: Upper Quadrant Part A: Extremities</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	1/5-7/2001
<i>NAIOMT Level I: Differential Diagnosis on Orthopedic Manual Therapy Part B</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT Bill Temes MS, PT,OCS, COMT, FAAOMPT	11/3-5/2000
<i>NAIOMT: Level I: Spinal Differential Diagnosis &amp; Orthopedic Manual Therapy Part A</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT Bill Temes MS, PT,OCS, COMT, FAAOMPT	9/22-24/2000
<i>NAIOMT: Evaluation and Treatment of the Thoracic Spine</i>	Bill Temes MS, PT,OCS, COMT, FAAOMPT Kent Keyser, MS, PT, ATC, OCS, COMT, FAAOMPT	12/1997

## SLOCUM ORTHOPEDICS (formerly Orthopedics HealthCare NW)

<i>The Painful Post-Op Shoulder</i>	Slocum Orthopedics	04/18/2009
<i>Musculoskeletal Pain Management Conference</i>	Slocum Orthopedics	11/22/2008
<i>Orthopedic &amp; Sports Injuries for the PCP</i>	Slocum Orthopedics	12/8/2007
<i>Orthopedic &amp; Sports Injuries for the PCP</i>	Orthopedic HealthCare NW	12/4/2004
<i>Orthopedics for the PCP</i>	Orthopedic HealthCare NW	12/7/2002
<i>Orthopedics for the PCP</i>	Orthopedic HealthCare NW	12/8/2001
<i>Orthopedic &amp; Sports Injuries for the PCP</i>	Orthopedic HealthCare NW	12/5/2000
<i>Orthopedics &amp; Sports Injuries for the PCP</i>	Orthopedic HealthCare NW	12/1999
<i>Orthopedic &amp; Sports Injuries for the PCP</i>	Orthopedic HealthCare NW	12/1997

## OTHER

<i>The Advanced Running Course: Biomechanics, Analysis, Training &amp; Rehabilitation</i>	Matthew Walsh, PT, SPG Level III (Australia)	3/21/09
<i>The Emerging Role of the PT w/ the Female Athlete</i>	OPTA	3/16/08
<i>Pain Management &amp; Treatment for the 21<sup>st</sup> Century PT</i>	OPTA: Thomas Watson, DPT, DAAPM	3/16/08
<i>The Running Course</i>	Matthew Walsh, PT, SPG Level III (Australia)	1/26 – 27/2008
<i>Introduction to the Mulligan Concept – Manual Therapy Techniques</i>	Donald Reordan, MS, PT, OCS, MCTA	3/9-10/2002
<i>Sacroiliac Joint &amp; the S3 Subluxation: A Method and Rationale for the Rapid and Effective Relief of Low Back Pain</i>	Richard DonTigny, PT	10/13/2001
<i>Intervention Strategies for the Challenging Foot: Orthotic &amp; Non Orthotic Approaches</i>	OPTA	3/2001
<i>Precision Cycling – Instructor Certification</i>	Star Trac	8/2000
<i>Ergonomics Training</i>	E. Oakes, OTR – HealthSouth RTN course	1/2000
<i>The Orthopedic Shoulder</i>	Kevin Wilk, PT – HealthSouth RTN course	1/1999
<i>Functional Stabilization Training</i>	Beverly Biondi, PT	9/1998
<i>Golf Skills Enhancement – Level 1</i>	HealthSouth	9/1997
<i>Current Concepts of the Athlete's Shoulder</i>	Oregon Institute of Sports Medicine	2/1997

## STUDY COURSES

<i>Dance Medicine: Strategies for Prevention and Care of Injuries</i>	APTA: Orthopedic Section	12/2008
<i>Diagnostic Imaging in PT</i>	<b>Orthopedic Section, APTA</b>	8/2007
<i>Reimbursement Strategies for PT's</i>	<b>Orthopedic Section, APTA</b>	3/07 – 5/2007
<i>Private Practice study course</i>	<b>Private Practice Section, APTA</b>	2007
<b>Fundamentals of Functional Assessment</b>	Ergo Rehab, Inc.	2006 – 2007
<i>Certified Specialist in Functional Assessment (CSFA)</i>		
<i>H105 Fundamentals of Functional Assessment</i>		
<i>H106 Functional Capacity Evaluation</i>		
<i>H107 Return to Work Programs &amp; Services</i>		
<i>Independent Medical Examination Training</i>	Health Cost Management	2006
<i>Current Concepts of Orthopedic Physical Therapy # 11.2</i>	<b>Orthopedic Section, APTA</b>	8/2001 – 12/2001
<b>Foot Management Course</b>	<b>Orthopedic Section, APTA</b>	6/2000 - 12/2000
<i>Normal Anatomy &amp; Pathophysiology of the Foot and Ankle</i>	R. Donatelli, PT, PhD, OCS	
<i>Contemporary Footwear Considerations</i>	T McPoil, PT, PhD, ATC	
<i>Foot and Ankle Orthosis</i>	M. Cornwall, PT, PhD, CPed	
<i>Injuries of the Leg, Foot and Ankle</i>	Joseph Tomaro, PT, MS, ATC	
<i>Diabetic Foot Problems</i>	Nancy Balash, PT	
<i>Inflammatory Arthritis: Management of Foot and Ankle Problems</i>	L Gerber, MD Jshradler, PT, Cped; K Lohmann Siegel, PT, MA;	
<i>Current Topics in Rehabilitation of the Shoulder</i>	<b>Sports Physical Therapy Section, APTA</b>	1/1996 - 6/1996

## PROFESSIONAL AFFILIATIONS

• American Physical Therapy Association	<a href="http://www.apta.org">http://www.apta.org</a>
• Orthopedic/Sports Section, APTA	
• McKenzie Institute USA	<a href="http://www.mckenziemdt.org">http://www.mckenziemdt.org</a>
• Oregon Physical Therapy Association (OPTA)	<a href="http://www.opta.org">http://www.opta.org</a>
• Oregon Physical Therapists In Independent Practice (OPTIP)	<a href="http://www.optip.org">http://www.optip.org</a>