

## 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 Golf Fitness Instructor (Titleist Performance Institute)	2010
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

## GOLF – TITLEIST PERFORMANCE INSTITUTE

<i>Certified Golf Fitness Instructor Course Level I</i>	Greg Rose, DC; Dave Phillips: PGA Professional Class A	2/16 – 2/17/2010
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## 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</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	11/3-5/2000

Manual Therapy Part B  
 NAIOMT: Level I: Spinal Differential Diagnosis & Orthopedic  
 Manual Therapy Part A  
 NAIOMT: Evaluation and Treatment of the Thoracic Spine

Bill Temes MS, PT,OCS, COMT, FAAOMPT  
 Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT 9/22-24/2000  
 Bill Temes MS, PT,OCS, COMT, FAAOMPT  
 Bill Temes MS, PT,OCS, COMT, FAAOMPT 12/1997  
 Kent Keyser, MS, PT, ATC, OCS, COMT, FAAOMPT

### SLOCUM ORTHOPEDICS (formerly Orthopedics HealthCare NW)

Orthopedic & Sports Medicine Update	Slocum Orthopedics	12/05/2009
Total Joint Clinical Update	Slocum Orthopedics	11/04/2009
The Painful Post-Op Shoulder	Slocum Orthopedics	04/18/2009
Musculoskeletal Pain Management Conference	Slocum Orthopedics	11/22/2008
Orthopedic & Sports Injuries for the PCP	Slocum Orthopedics	12/8/2007
Orthopedic & Sports Injuries for the PCP	Orthopedic HealthCare NW	12/4/2004
Orthopedics for the PCP	Orthopedic HealthCare NW	12/7/2002
Orthopedics for the PCP	Orthopedic HealthCare NW	12/8/2001
Orthopedic & Sports Injuries for the PCP	Orthopedic HealthCare NW	12/5/2000
Orthopedics & Sports Injuries for the PCP	Orthopedic HealthCare NW	12/1999
Orthopedic & Sports Injuries for the PCP	Orthopedic HealthCare NW	12/1997

### OTHER

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

### STUDY COURSES

Orthopedic Issues and Treatment Strategies for the Pediatric Patient	<b>Orthopedic Section, APTA</b>	2/2010
Dance Medicine: Strategies for Prevention and Care of Injuries	<b>Orthopedic Section, APTA</b>	12/2008
Diagnostic Imaging in PT	<b>Orthopedic Section, APTA</b>	8/2007
Reimbursement Strategies for PT's	<b>Orthopedic Section, APTA</b>	3/07 – 5/2007
Private Practice study course	<b>Private Practice Section, APTA</b>	2007
<b>Fundamentals of Functional Assessment</b>	Ergo Rehab, Inc.	2006 – 2007
Certified Specialist in Functional Assessment (CSFA)		
H105 Fundamentals of Functional Assessment		
H106 Functional Capacity Evaluation		
H107 Return to Work Programs & Services		
Independent Medical Examination Training	Health Cost Management	2006
Current Concepts of Orthopedic Physical Therapy # 11.2	<b>Orthopedic Section, APTA</b>	8/2001 – 12/2001
<b>Foot Management Course</b>	<b>Orthopedic Section, APTA</b>	6/2000 - 12/2000
Normal Anatomy & Pathophysiology of the Foot and Ankle	R. Donatelli, PT, PhD, OCS	
Contemporary Footwear Considerations	T McPoil, PT, PhD, ATC	
Foot and Ankle Orthosis	M. Cornwall, PT, PhD, CPed	
Injuries of the Leg, Foot and Ankle	Joseph Tomaro, PT, MS, ATC	
Diabetic Foot Problems	Nancy Balash, PT	
Inflammatory Arthritis: Management of Foot and Ankle Problems	L Gerber, MD Jshradler, PT, Cped; K Lohmann Siegel, PT, MA;	
Current Topics in Rehabilitation of the Shoulder	<b>Sports Physical Therapy Section, APTA</b>	1/1996 - 6/1996

### PROFESSIONAL AFFILIATIONS

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