

## Shane Nissen, DPT, OCS, CSCS, COMT

Shane Nissen is a graduate of The University of Iowa where he received his Doctoral degree in Physical Therapy (DPT).

As a Doctor of Physical Therapy, Shane 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. Prior to receiving his DPT, he earned a Bachelor's degree in Biology with a minor in Psychology from Wartburg College.

Shane's current practice of physical therapy is primarily within the field of orthopedics and sports medicine. He is a Board Certified Orthopedic Clinical Specialist (OCS) through the APTA Board of Specialties and Certified Strength and Conditioning Specialist (CSCS) through the National Strength & Conditioning Association (NSCA). He also is a Certified Orthopedic Manual Therapist (COMT) through Maitland-Australian Physiotherapy Seminars.

In his free time, Shane enjoys hiking, playing sports, lifting weights, reading, and listening to music. A recent transplant from Iowa, he is excited to explore all Eugene has to offer.

## RECENT PROFESSIONAL ACTIVITIES

Item Writer, Orthopedic Clinical Specialist Certification Exam, American Board of Physical Therapy Specialties	2020
Lecturer, "Fundamental Movement Patterns," Mills-Peninsula Medical Center	12/2017
Lecturer, "Management of the Sacroiliac Joint and Pelvic Girdle," Therapeutic Destinations	9/2015
Lecturer, "Evaluation and Treatment of the Foot and Ankle Complex," Therapeutic Destinations	9/2015
Lecturer, "A Comprehensive Treatment Approach to Management of Lower Leg Overuse, University of Iowa	12/2011
Lecturer, "Rehabilitation of Lateral Ankle Sprains & Syndesmosis Injuries," Institute of Orthopedics & Sports Medicine	7/2011

## EDUCATION

B.A in Biology, minor in Psychology, **Wartburg College**, Waverly, Iowa, (2009)  
DPT (Doctor of Physical Therapy), **The University of Iowa** (2011)

## POST GRADUATE EDUCATION

### NATIONAL STRENGTH & CONDITIONING ASSOCIATION (NSCA)

Advanced Core Training, Dean Somerset, CSCS	11/2020
Complete Shoulder and Hip Blueprint, Dean Somerset, CSCS and Tony Gentilcore, CSCS	11/2020
L2 Fitness Summit Dean Somerset, CSCS and Mike Israetel, PhD	11/2020
Life Chiropractic College West: Human Anatomy Lab for Health and Fitness Professionals	11/2017

### EXOS (formerly named Athlete's Performance)

Tactical Training Systems, Various Instructors	10/2020
Whole Body Vibration Training, Various Instructors	10/2020
Performance Specialist Certification (XPS), Various Instructors	11/2017

### GRAY INSTITUTE

Chain Reaction Seminar, Gary Gray, PT, FAFS	11/2016
3D Movement Analysis & Performance System, Gary Gray, PT, FAFS	9/2016
Certification in Applied Functional Science (CAFS), Gary Gray, PT, FAFS	8/2016

### MAITLAND AUSTRALIAN PHYSIOTHERAPY SEMINARS

MT-O Evidence-based Orthopedic Diagnostic Evaluation, Colette Seymann, PT, DPT, M. Appl Sci, FAAOMPT	11/2016
MT-ST Stabilization Training & Functional Rehabilitation, Tricia Fong, MSPT, COMT	4/2016
MT-4 Differential Assessment, Reading, PA, Keith Wobeser, PT, OCS, COMT	11/2015
MT-3 Intermediate Spinal, Washington, DC, David Sahley, DPT, OCS, COMT	11/2015
MT-1 Essential Peripheral, Greenwood, SC, Jody Music, DPT, OCS, COMT, FAAOMPT	8/2015
MT-2 Essential Spinal, Hendersonville, NC, Stephen Houghton, PT, OCS, COMT, FAAOMPT	4/2015

### SPINE/PELVIS

Diane Lee & Associates: Thorax and Pelvic Girdle, Diane Lee, PT, FCAMT, CGIMS	12/2020
North American Seminars: The SI Joint and Pelvic Girdle, Washington, DC, Michael P. Reiman, PT, DPT OCS, SCS, ATC, FAAOMPT, CSCS	5/2015
UNC DPT Program: Evidence-Informed Approach to Spinal Manipulation, Chapel Hill, NC, Michael McMorris, PT, DPT, OCS and William Merritt, PT, OCS, FAAOMPT	2/2015
Indiana, APTA: Clinical and Practice in Coupling Joint Mobilization and PNF, South Bend, IN,	1/2014

## SPORTS MEDICINE

Evidence Based Fitness Academy: Barefoot Training Specialist Level 1 Certification (BTS), Emily Splichal, DPM, MS	9/2020
Advanced CEU: Recent Advances in the Evidence Based Evaluation and Treatment of the Knee, Mike Reinold, PT, DPT, SCS, ATC, CSCS, C-PS and Lenny Macrina, MS, PT, SCS, CSCS	5/2020
Perform Better: 1-day Learn by Doing, Various Instructors	1/2018
Perform Better: Functional Training Summit, Various Instructors	8/2017
UCSF Benioff Children's Hospital: Pediatric Sports Medicine Conference, Various Instructors	2/2017
Advanced Continuing Education Institute: Instrument Assisted Soft Tissue Mobilization Technique, Mike Reinold, PT, DPT, SCS, ATC, CSCS, C-PS and Erson Religioso, DPT, MS, MTC, Cert. MDT, CSCS, FAAOMPT	4/2015
Foot Centric: The Foot and Ankle: From Athletic to Decrepit, Cary, NC, Patricia Pande, MClscPT, CSCS, CPED	3/2015
Therapy Network Seminars: The Shoulder Complex, Raleigh, NC	4/2014
ORA Orthopedics Sports Medicine Center: Quad Cities Youth Sports Symposium, Moline, IL, Various Instructors	7/2013

## ONLINE Education / OTHER

MedBridge: Vestibular Rehabilitation: Rehabilitative Treatment Design & Advanced Concepts, Office Examination of the Vestibular System, Identification and Management of BPPV, Vestibular Disorders Jeff Walter, PT, DPT, NCS	5/2019
MedBridge: Concussion: Physical Therapy & Medical Management, Anne Mucha, DPT, MS, NCS & Concussion in Sport, Todd Arnold, MD	5/2019
MedBridge: Professional Ethics for Physical Therapists & Rehabilitation Professionals, Ron Scott, PT, JD, EdD	5/2019
APTA Learning Center: Specialist Certification Examination Item Writing: An Overview	5/2019
CE Solutions: Child and Dependent Adult Abuse for Mandatory Reporters	5/2017
OnCourse Learning: Law and Ethics for the Physical Therapist	5/2017
UCSF Department of Physical Therapy & Rehabilitation Science: Medical Screening for Physical Therapists: The Sherlock Holmes Approach, William Boissonnault, PT, DPT, DHSc, FAAOMPT, FAPTA	2/2017
Evidence in Motion: Orthopedic Clinical Specialist Prep Course, David Browder, PT, DPT, OCS	3/2016
PhysicalTherapy.com: Trigger Finger: An Evidence Based Approach Assessment and Conservative Treatment, Dianna Lunsford, OTD, M.Ed, OTR/L, CHT, Diagnosis & Treatment of Athletic Hip Joint Injuries, Keelan R. Enseki, MS, PT, OCS, SCS, ATC, CSCS, Arthrokinematics of the Craniomandibular Complex, Dennis Langton, PT, CCTT, Evidence-Based Rehabilitation of the Knee, Kyle Botten, PT, DPT, SCS, CSCS, The Ankle: Functional Anatomy, Pathophysiology & What to Do About it, Teresa Schuemann, PT, DPT, SCS, ATC, CSCS, The Spine in Sport: Considerations for the Athlete, Bard Hoogenboom, PT, EdD, SCS, ATC	12/2015
PhysicalTherapy.com: Management of Lower Extremity Tendinopathy, The Eclectic Approach to Clinical Neurodynamics, Erson Religioso, DPT, MS, MTC, Cert. MDT, CSCS, FAAOMPT	11/2015
PhysicalTherapy.com: Straight to the Point: Physical Therapists & Current Needle Modalities Michael C. Lescallete, PT, DPT, ECS, R.NCS.T	10/2015
PhysicalTherapy.com: Updates on Mechanical Low Back Pain, Guillermo Cutrone, PT, DSc, OCS, Cert. MDT, FAAOMPT	1/2015
PhysicalTherapy.com: Forearm Rotation Limitations Following Distal Radius Fracture, Ann Porretto-Loehrke, PT, DPT, CHT, COMT	1/2014
SRT Prosthetics & Orthotics: The Amputee Walking School, Muncie, IN	10/2013
PhysicalTherapy.com: Biomechanical Approach for the Management of Plantar Fasciitis, Lori Bolgla, PT, PhD, MAcc, ATC	8/2013
Gawenda Seminars & Consulting: Medical Record Review, Kingman, AZ, Rick Gawenda, PT	8/2012
Dynamic Learning Online: Upper Extremity Anatomy with Emphasis on Intrinsic, Evaluation & Treatment of the Shoulder, Evaluation of the Upper Extremity, Evaluation and Treatment of the Elbow, Physical Agent Modalities for Upper Extremity Problems, Evaluation & Treatment of the Wrist, Dupuytren's Contractures, Adrea Lenson, OT, MSPT	8/2012

## PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association (APTA) <http://www.apta.org/>
- Iowa Physical Therapy Association (IPTA) <https://www.iowaapta.org/>
- National Strength & Conditioning Association (NSCA) <http://www.nasca.com/>
- Orthopaedic Specialty Council Member, ABPTS Specialization Academy of Content Experts