

## MICHAEL YOUNG, DPT, OCS, CSCS

Michael Young has practiced physical therapy for more 15 years. He is a member of the first class of University of North Dakota to receive a Doctoral degree of Physical Therapy (DPT).

As a Doctor of Physical Therapy, Michael has received specific training in differential diagnosis, musculoskeletal and neuromuscular screening, gait and balance assessment, functional movement pattern assessment, joint and soft tissue mobilization, motor control treatment, therapeutic exercise progression, vestibular assessment and treatment. He additionally holds Bachelor of Science degree in Exercise and Movement Science from the University of Oregon.

Michael's clinical interests within the field of physical therapy include sport and fitness related injuries, post-operative rehabilitation, spine disorders, shoulder and knee injuries, vestibular rehabilitation, temporomandibular disorders (TMJ/TMD) and complex pain disorders.

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 has completed training through the McKenzie Institute USA and is a Credentialed Clinical Instructor through the APTA (CCI-APTA).

His treatment philosophy includes spending the time to listen to the individual concerns of each patient, evaluating and treating every condition thoroughly with evidence-influenced techniques, identifying and correcting motor control deficits present, applying appropriate manual therapy techniques to restore mobility and reduce pain, assessing and treating surrounding areas around the injury that may be contributing to the pain or movement dysfunction experience, and developing a treatment plan to advance patient directed, functional goals into action.

In his free time, Michael enjoys spending time with his family, working out, hiking, playing soccer and basketball, and exploring the uniqueness of Eugene.

## RECENT PROFESSIONAL ACTIVITIES

Lecturer: Vestibular dysfunction and relationship with hearing loss, Lane County Chapter of Hearing Loss Association of America. (4/13/2023).

Lecturer: Prevention of LBP in the Workplace. City of Eugene Parks Dept. (3/2013)

Sports Medicine Provider, **OLYMPIC TRIALS TRACK & FIELD**, Eugene, OR. (2012)

Sports Medicine Provider, **OLYMPIC TRIALS TRACK & FIELD**, Eugene, OR. (2008)

PT Ask-The-Expert: **BODY WORLDS 3**; Oregon Museum of Science Industry (OMSI)/OHSU. Portland, OR. (2007)

Sports Medicine Provider, **EUGENE CHALLENGE MILE**, Eugene, OR. (2007)

## EDUCATION

B.S. in Exercise and Movement Science, **University of Oregon**, Eugene, Oregon

D.P.T (Doctor of Physical Therapy), **University of North Dakota**, Grand Forks, North Dakota

## POST GRADUATE EDUCATION

### DIAGNOSTIC IMAGING

*Advanced Clinical Imaging of the Spine/Pelvis & Extremities for the PT*

Edsen Donato, PT, DPTSc, BSRT, OCS, CHT, CSCS 6/13/2010  
Miven Donato, DPT, DC, MOMT

### INSTITUTE OF PHYSICAL ART

*PNF I*

*CFS/BET: CoreFirst™ Strategies for Back Education & Training*

Mike Baum, PT,CFMT, Ann Kaminski, MPT, CFMT 4/12 – 4/14/2013  
Vicky Saliba Johnson, PT, FFCFMT 11/16 -11/18/2012  
Vicki Noelle Freer, MPT, CFMT

### JONES INSTITUTE

*Strain & Counterstrain I*

Randall S. Kusunose, PT, OCS 4/20 - 4/22/2007

### McKENZIE INSTITUTE U.S.A.

*McKenzie Mechanical Dx & Therapy: Part E: Extremities*  
*McKenzie Mechanical Dx & Therapy: Part D: Adv Problem Solving*  
*McKenzie Mechanical Dx & Therapy: Part C: Problem Solving*  
*McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic*  
*McKenzie Mechanical Dx & Therapy: Part A Lumbar*

Scott Herbowy, PT, Dip MDT 10/22 – 10/23/2011  
Mark Miller, PT, Dip MDT 9/30 – 10/3/2010  
Mark Miller, PT, Dip MDT 2/9/07-2/11/07  
Yvonne Body, PT, DipMDT 10/28 – 10/30/2005  
Audrey Long, PT, DipMDT 8/25 - 8/28/2005

## NATIONAL STRENGTH & CONDITIONING ASSOCIATION (NSCA)

Oregon State Clinic (Virtual) Nick Hagan, DPT, SCS, CSCS, CFMT 10/10/2020  
Mark Kovacs, PhD, CSCS, Peter Rumford, DPT, CSCS  
Charles Burdick, CSCS, Neville Chu, DPT, USAW-II

## NEURO MOBILIZATION (INT'L MANUAL THERAPY SEMINARS)

*The Upper Quarter Pain Puzzle: Differential Diagnosis/Treatment of the Orthopedic Patient with Upper Quarter Neurogenic Syndromes* Jack Stagge, PT, OCS, FAAOMPT 11/05 – 11/06/11

## NEURO ORTHOPAEDIC INSTITUTE (NOI)

*Explain Pain* Steve Schmidt, PT, M.Phys, OCS, FAAOMPT 10/24 -10/25/09

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

NAIOMT C-626 Upper Extremity Ann Porter-Hoke, DPT, OCS, FCAMPT, FAAOMPT 12/7 - 12/8/19  
NAIOMT Level II: C-616 Cervical Spine II Chris Hoekstra, DPT, OCS, COMT, FAAOMPT 5/20 - 5/21/17  
NAIOMT Level II: C-611 Lumbopelvic Spine II Chris Hoekstra, DPT, OCS, COMT, FAAOMPT 5/6- 5/6/17  
NAIOMT: Level I: C516 Cervical Spine I Bill Temes, PT, MS, OCS, COMT, FAAOMPT 4/29 - 4/30/17  
NAIOMT: Level I: C511 Lumbopelvic Spine I Chris Hoekstra, DPT, OCS, COMT, FAAOMPT 1/21 - 1/22/17  
NAIOMT Level II: Upper Quadrant Part B: Spine William Temes, PT, OCS, COMT, FAAOMPT 10/12 – 10/14/2007  
NAIOMT Level II: Upper Quadrant Part A: Extremities William Temes, PT, OCS, COMT, FAAOMPT 9/14 – 9/16/2007  
Post MVA: Cervical Dysfunction James Meadows, BSc, PT, MCPA, FCAMT 3/17 – 3/19/2006  
NAIOMT Level II: Lower Quadrant Part B: Spine Erl Pettman, PT, MCSP, MCPA, FCAMT 2/17 - 2/19/2006  
NAIOMT Level II: Lower Quadrant Part A: Extremities Erl Pettman, PT, MCSP, MCPA, FCAMT 1/20 - 1/22/2006

## SLOCUM ORTHOPEDICS

*26th Annual Orthopedic & Sports Medicine Update* Slocum Orthopedics 12/01/2018

## SPORTS MEDICINE

*Advanced Clinical Reasoning and Evidence Enhanced Management of the Shoulder Girdle* Cliff Fowler, PT, MCSP, MCPA, FCAMT 4/10 – 4/11/2010  
*The Running Course – Level I: Biomechanics, Analysis, Training & Rehabilitation* Karl Kolbeck, PT, OCS, COMT, FAAOMPT  
Matt Walsh, PT 9/12 – 9/13/2009

## VESTIBULAR REHABILITATION

*Vestibular Rehabilitation: A Competency-Based Course* Susan J. Herdman, PT, PhD, FAPTA, 4/16 – 4/21/2012  
Richard Clendaniel, PT, PhD, Ronald Tusa, MD, PhD, et al.

## ONLINE STUDY COURSES

*Changing the Conversation about Pain* OHA Pain Management Program 2/23/2022  
*Recognizing and Overcoming Unconscious Bias* Quality Interactions/Amedco 9/16/2021  
*IASTM Technique 2.0* IASTM 10/20/2020  
*Orthopaedic Care in Auto Injury* Orthopedic Section, APTA 12/28/2016  
*Biomechanics of Gait* Orthopedic Section, APTA 12/28/2016  
*Golf Injuries: Prevention & Management* Orthopedic Section, APTA 12/28/2016  
*Current Concepts of Orthopaedic Physical Therapy* Orthopedic Section, APTA 12/28/2016  
*Function Movement Systems 1 w/ Certification* FMS 12/27/2016  
*CF-1 Basic Cranio-Facial (TMD)* University of St. Augustine 12/31/2015  
*Cervical and Thoracic Pain: Evidence for Effectiveness* Orthopedic Section, APTA 12/2013

## OTHER

*Select Functional Movement Assessment (SFMA): Level I* Tab Blackburn MEd, PT, ATC 9/25 - 9/26/2015  
Ashley Campbell PT, DPT, SCS, CSCS, CGFI-2  
Joshua Satterlee, DC  
*OPTA Conference: An Introduction to Evidence-Based Practice* Ken Bush, PT, PhD; Erin Jobst, PT, PhD 3/12 – 3/14/2010  
*Online APTA Clinical Performance Instrument (CPI) Training* APTA 2/2011  
*OPTA Conference: Grand Rounds: MDT, NAIOMT, and Kaiser/Maitland (Australian) – Comparing Experts in LBP* Scott Herbowy, PT, Dip MDT;  
Ann Porter Hoke, DPT, OCS, FCAMT, FAAOMPT,  
Steve Ryan, DPT, CSCS, FAAOMPT  
*APTA Clinical Instructor Credentialing Program* Mary Dockter, PT, PhD 1/23 – 1/24/10  
*Update on Knee & Hip Arthroplasty* Brian Jewitt, MD 5/17/2006  
*Gait Solutions: Biomechanical Assessment & Management of the Neurologically Impaired Client* Li-Shan Chou, PhD, Victor Lin, MD 10/08/2005  
Bill Pierce, PT, Don Douglas, MS, PT  
Michele Gladieux, MS, PT

## GRADUATE RESEARCH

- Donald L, Kjellgren K, Young J, Young M. *Electromyographic (EMG) analysis of trunk muscles at the point of puck contact during slap and wrist shots of female ice hockey athletes.* Department of Physical Therapy, School of Medicine, University of North Dakota. 2005

## PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association  
Orthopedic Section, APTA <http://www.apta.org/>  
<http://www.orthopt.org/>
- Oregon Physical Therapy Association <http://www.opta.org/>
- Vestibular Disorders Association (VEDA) <http://www.vestibular.org>

© 2023 EUGENE PHYSICAL THERAPY, LLC, [www.EugenePT.com](http://www.EugenePT.com)