

Mitchell McKinley, DPT

Mitchell McKinley is a graduate of George Fox University where he received his Doctorate of Physical Therapy (DPT). As a Doctor of Physical Therapy, Mitchell has received specific education in differential diagnosis, pharmacology, primary care, geriatrics, chronic pain, manual therapy, radiology and imaging, health care management, prevention and wellness, health promotion, biomechanics, human anatomy, physiology and pathology.

Mitchell's clinical interests include orthopedics, fall prevention, spine pain, sports injuries and return to sport or leisure activities. His emphasis is to work with the patient to set patient-oriented goals and tailors' rehabilitation and sessions to match their own specific goals and needs. He views his role as a guide to help patients find what they want and need from physical therapy through listening, exploring movement and exercise. He utilizes progressive overload and patient education and the bio-psycho-social model to aid the patient in rehabilitation and return to activity.

His therapeutic style incorporates patient education with active forms of treatment such as gradual exposure to activity to facilitate patient self-efficacy and confidence. If appropriate, he uses passive treatments like classical manual therapy when needed.

In his free time, Mitchell enjoys strength training, playing pick-up basketball, watching college football and fishing on the coast.

RECENT PROFESSIONAL ACTIVITIES

Research Aide, Post Graduate, George Fox University (2024). Research Abstract *"Integrating Technology into Clinical Practice Achilles Tendon Repair with Speedbridge: A Case Report."* Currently awaiting approval for upcoming APTA Combined Sections Meeting 2025 (Houston, TX)

Tess Treinen Swake, DPT

Mitchell Archer McKinley, DPT

Tyler Guerra-Powers, SPT

EDUCATION

B.S. in Exercise Physiology, minor in Health & Wellness & Adaptive Physical Activity, California State University, Chico
D.P.T (Doctor of Physical Therapy), George Fox University, Oregon.

POST GRADUATE EDUCATION

Primary Care Summit/ Good Samaritan Hospital (Lebanon, OR)

Various speakers

5/2023

GRADUATE RESEARCH

- ❖ McKinley M, Swaney M, Carter, M, Nelson J, Dorociak R, Cuddeford, T. In Vivo Behavior of the Soleus Muscle Various Activities in Persons Post-stroke" (2024). *Student-Faculty Research - College of Physical Therapy*. 69. https://digitalcommons.georgefox.edu/pt_student/69

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association, APTA

<http://www.apta.org/>