

MICHAEL YOUNG, DPT, OCS, CSCS, VCS

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 is a Herdman trained Vestibular Therapist, and additionally a Certified Vestibular Concussion Specialist (VCS) through the American Academy of Manipulative Therapy (AAMT) specializing in balance/vertigo/dizziness. 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

ASPIRE ORTHOPEDIC MANUAL THERAPY INSTITUTE

COMT-2: *Cervical Gateway to Musculoskeletal Therapy*

Stacey Soapmann, PT, DSc, FAAOMPT

10/4 – 10/5/2025

COMT-1: *Lumbopelvic Gateway to Musculoskeletal Therapy*

Erl Pettman, DScPT, FCAMPT

4/12 – 4/13/2025

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

Mike Baum, PT, CFMT, Ann Kaminski, MPT, CFMT 4/12 – 4/14/2013

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

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

Scott Herbowy, PT, Dip MDT

10/22 – 10/23/2011

McKenzie Mechanical Dx & Therapy: Part D: Adv Problem Solving

Mark Miller, PT, Dip MDT

9/30 – 10/3/2010

McKenzie Mechanical Dx & Therapy: Part C: Problem Solving

Mark Miller, PT, Dip MDT

2/9/07-2/11/07

McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic

Yvonne Body, PT, DipMDT

10/28 – 10/30/2005

McKenzie Mechanical Dx & Therapy: Part A Lumbar

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:

Karl Kolbeck, PT, OCS, COMT, FAAOMPT

9/12 – 9/13/2009

Biomechanics, Analysis, Training & Rehabilitation

Matt Walsh, PT

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

Clinical Anatomy for Physical Therapy Practitioners

Kathryn Lent, DPT, PhD, Christina Inman, DPT, ATC

4/25/2026

Select Functional Movement Assessment (SFMA): Level I

Holly Gullickson, DPT, OCS, Erin Fitzgerald, PT, NCS

9/25 - 9/26/2015

Tab Blackburn Med, PT, ATC

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

APTA Clinical Instructor Credentialing Program
Update on Knee & Hip Arthroplasty
Gait Solutions: Biomechanical Assessment & Management of the
Neurologically Impaired Client

Scott Herbowy, PT, Dip MDT;
Ann Porter Hoke, DPT, OCS, FCAMT, FAAOMPT,
Steve Ryan, DPT, CSCS, FAAOMPT
Mary Dockter, PT, PhD
Brian Jewitt, MD
Li-Shan Chou, PhD, Victor Lin, MD
Bill Pierce, PT, Don Douglas, MS, PT
Michele Gladieux, MS, PT

1/23 – 1/24/10
5/17/2006
10/08/2005

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/>