

Douglas G. Adams PT, DPT, SCS, OCS, CSCS

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Education

University of Delaware 2006-2009

Newark, Delaware

- ❖ Doctorate in Physical Therapy, Class of 2008 President

University of Delaware 2008-present

Newark, Delaware

- ❖ Masters in Business Administration (expected graduation 2013)

Auburn University 2002-2006

Auburn, Alabama

- ❖ Bachelor's of Science Magna Cum Laude - Major in Exercise Sciences

Peer Reviewed Publications and Abstracts

Current Concepts for Anterior Cruciate Ligament Rehabilitation: A Criterion-Based Rehabilitation Progression

- ❖ Douglas Adams PT, DPT, SCS, David Logerstedt, PT, PhD, MPT, SCS, Airelle Hunter-Giordano PT, DPT, SCS, OCS, Michael J. Axe, M.D. and Lynn Snyder-Mackler ScD, PT, ATC, SCS; July 2012
Journal of Orthopedic and Sports Physical therapy

The Use of Trigger Point Electrical Stimulation for a Patient with Significant Thoracic Dysfunction: A Case Study (2009)

- ❖ Adams D, Hunter-Giordano A, Manal T. "The Use of Trigger Point Electrical Stimulation for a Patient with Significant Thoracic Dysfunction: A Case Study." Platform Presentation, Electrotherapy Section, APTA Combined Sections Meeting 2009.

The Management of an In-season Complex Case of Swimmer's Shoulder: A Case Study (2011)

- ❖ Adams D, Hunter-Giordano A, Platform Presentation, Sports Section, APTA Combined Sections Meeting 2011

Complicated Gait Impairments in a Triathlete with Lumbopelvic Dysfunction (2013)

- ❖ Adams, D. Platform Presentation, Sports Section, APTA Combined Sections Meeting 2013

Who's Ready to Play? A Pre-Participation Screen & Return to Play Lab Course (2014)

- ❖ Adams, D, Gengenbacher, K, Hoogenboom, B, Kaplan, A, Plisky, P. Pre-Conference Course APTA Combined Sections Meeting 2014

I've done a Running Analysis. Now What? (Feb 2015)

- ❖ Adams, D, Willy, R, Greenberg, E. APTA Combined Sections Meeting 2015 Educational Session

Invited Presentations and Continuing Education Provision

Keynote Speaker at Delaware Physical Therapy Association

- ❖ *ACL Update* Fall Meeting 2009
- ❖ *Evidence Based Pre-Participation Screens* Fall Meeting 2013

Delaware Sports Medicine Symposium 2010

- ❖ Adams D and Hunter-Girodano, A. "What not to Forget in the Treatment of Patellofemoral Pain" Platform Presentation

ATI National Sports Medicine Summit 2012 - 2014

- ❖ 2012: Swimmer's Shoulder: Specific diagnosis, Manual Therapy, and Advanced Rehabilitation
- ❖ 2013: Who's Ready to Play? Utilization of Evidence Based Pre-Participation Screens
- ❖ 2014: The Future of Return to Play

Who's Ready to Play: Evidence Based Pre-Participation Screens

- ❖ Adams, D, Kaplan, A, Mohoric, J. 4.5hr State of Delaware approved continuing education course.
- ❖ Offered 5 times in DE, MD, PA, and MI

Work Experience

PRO/ATI Physical Therapy March 2010 – Feb 2011 & July 2012 - present

- ❖ Staff physical therapist position in a Sports and Orthopedic clinic including providing treatment to a largely sports and orthopedic patient population, oversight of PTA and ATC clinical staff, and business development activities.
 - Career Development Program: Developing and implementing a company wide mentoring program for all new hires and acquisitions. Goals of the program include increasing employee engagement, retention, and productivity
 - Advisory Board Sports Medicine Liaison: Member of the company's national board for the continuing education committees. Responsibilities include communications with committee chairs, designation of valid research articles, and compilation for company rehabilitation guidelines.
 - Evidence in Motion Mentor: Time spent mentoring residents one on one during clinical treatment hours, chart reviews, and practicing advanced tests and measures.
 - Athletic Training Liaison: Time spent weekly at Athletic Training outreach sites mentoring athletic trainers, collaborative athlete assessment, assisting with sideline athlete management, and providing pre-season team screens for injury prevention.
 - Research: Ongoing Study on the validity and reliability of Running Dynamics using a commercial watch and FMS in Baseball Players

Integrity MultiSport, LLC

2012-Present

- ❖ President and Co-Founder of a triathlon training company. Services include individual coaching, gait analysis, strength training, and consultation.

Premier Physical Therapy and Sports Performance

Feb 2011- July 2012

- ❖ Full time physical therapist, Director of Sports Performance, and Appoquinimink High School Medical Liaison in a Sports and Orthopedic clinic involving developing and implanting plans of care for patients ranging from high school athletes to recreational athletes and active individuals. Sports Performance roles include assessment and implementation of sport and individual specific training programs aimed at improving athletic performance and decreasing the risk of injury for a variety of sports and athletic populations. Medical Liaison roles include oversight of Athletic Training services, weekly rounds for injured high school athletes, sideline assessment of injuries, and coordination of medical referrals for injured athletes.

University of Delaware Physical Therapist

Feb – May 2010

- ❖ Part-time staff physical therapist in a Sports and Orthopedic clinic including providing treatment, CI of graduate physical therapy students, and mentorship of post-graduate residents.

Post-Professional Residency

University of Delaware

Jan 2009- Feb 2010

Newark, Delaware

APTA Credentialed Sports Residency Program

Sports Resident

Roles and Responsibilities

- ❖ UD Physical Therapy Sports and Orthopedic Clinic Therapist
- ❖ Serve as a Clinical Instructor for current UD Physical Therapy students during integrated and full time clinical experiences
- ❖ Assist in the evaluation and treatment of sports-specific injuries sustained by UD varsity athletes participating in Football and Lacrosse during competitions and practices
- ❖ Teaching assistant in the UD Physical Therapy curriculum PHYT608-Musculoskeletal Evaluation
 - Lab Instructor, guest Lecture and presenter of Grand Case Rounds
- ❖ On-Site First Responder for Athletic Events
- ❖ Shadow orthopedic specialists during clinic and surgical hours; rotations included: sports medicine knee and shoulder specialist, hand and upper extremity specialist, non-operative spine specialist, podiatrist, orthopedic foot specialist, and primary care sports medicine specialist
- ❖ Organize a monthly journal club attended by various professionals involved in the management of athletes
- ❖ Assist in the evaluation of running mechanics and related injuries under the guidance of Dr. Irene Davis PhD, PT, an expert in the field of running biomechanics

Contacts: Lynn Snyder-Mackler, PT, ATC, ScD, SCS, FAPTA; 302.831.3613

Airelle Hunter-Giordano, PT, DPT, OSC, SCS, CSCS; 302.831.8893

Professional Development/Continuing Education

- ❖ Selective Functional Movement Assessment Advanced Level 2 May 2014
- ❖ Functional Movement Screens Level 1 August 2013
- ❖ Selective Functional Movement Assessment Feb 2013
- ❖ “Take the Next Step” Advanced biomechanics and treatment of the foot and ankle Nov 2011
- ❖ Team Concept Conference APTA Sports Section Dec 2010
- ❖ Manual Therapy techniques for the cervical and Thoracic Spine with Joshua Cleland
- ❖ APTA Combined Sections Meeting (attendance 2006-2011, 2013-14)
- ❖ APTA Clinical Instructor Credentialing (2009)
- ❖ Monthly Sports and Orthopedic Journal Club-University of Delaware (June 2008-present)
- ❖ Monthly Case Rounds –University of Delaware (Jan 2009-present)
- ❖ Monthly Specialty Clinic – University of Delaware (Jan 2009-March 2010)

Additional Work Experience

Certified First Responder at Athletic Venues

Jan 2009 – Present

- ❖ On field first responder for a variety of athletic events including collegiate rugby including 2012 Collegiate Rugby Championships, High School and Club Rugby, High School Lacrosse, High School wrestling, and High School Football

Personal Aide for a Patient with ALS

May 2006-Jan 2009

Newark, Delaware

Head Graduate Assistant to Dr Scott Mackler

- ❖ Personal aide participating in transferring, dressing, nutrition, airway management, and transportation of a fully dependent patient with a 10 year history of ALS

Research Assistant

Newark, DE

Aug 2006-Jun 2007

Graduate Assistant

- ❖ Data processing and assistance with data collection on total knee arthroplasty and anterior cruciate ligament research studies

Professional Licensure /Certifications/ Memberships/Awards

- ❖ Current Physical Therapist Licensure
Delaware License #J1-0002424
- ❖ Sports Certified Specialist ABPTS
- ❖ Orthopedic Certified Specialist ABPTS
- ❖ American Physical Therapy Association
Member since 2006
Member # 427356
Sports Section Member including
Sports Performance and Residency SIGs
- ❖ APTA-Certified Clinical Instructor
- ❖ Certified First Responder
- ❖ American Red Cross

CPR and First Aid Certifications

- ❖ Certified Strength and Conditioning Specialist
- ❖ NSCA Member
- ❖ Eagle Scout
- ❖ New York City Marathon 2010 and Multiple Half marathon races
- ❖ 13 years of triathlon experience, USA Triathlon Member, Mid Atlantic Regional Champion 2001
- ❖ Founding Member Bikeline Triathlon Club since 2013