

Curriculum Vitae

Alisa Pravdo, PT, DPT, OCS, FAAOMPT
Assistant Professor, Department of Physical Therapy and Rehabilitation Science
University of Maryland, School of Medicine

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Contact Information

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Education

2004-2008	Bachelor of Arts Goucher College, Towson, MD	Major: Dance Minor: Psychology
2009-2012	Doctor of Physical Therapy University of Pittsburgh, Pittsburgh, PA	Physical Therapy
2012-2014	Residency Training, Orthopaedic Manual Physical Therapy The Manual Therapy Institute	OMPT
2014-2016	Fellowship Training, Orthopaedic Manual Physical Therapy The Manual Therapy Institute Training site: Concentra Medical Center, Newark, DE	OMPT

Professional Certifications

2016	Fellow, American Academy of Orthopedic Manual Physical Therapy	OMPT
2017	Certified Clinical Instructor	APTA
2019	Board-Certified Orthopaedic Clinical Specialist	ABPTS

Physical Therapy Licensure

2012-present	Maryland (active)
2014-2016	Pennsylvania (inactive)
2014-2016	Delaware (inactive)

Employment History

Academic Appointments

2017-present	Assistant Professor, non-tenure track in the Department of Physical Therapy & Rehabilitation Science, University of Maryland School of Medicine, with a subsequent secondary appointment in the Department of Orthopaedics
2013-present	Clinical Instructor, various universities, full time PT clinical rotations
2013	Virginia Commonwealth University 1 third year student, 8 weeks
2013-2015	D'Youville College

	1 second year student, 6 weeks
	1 third year student, 8 weeks
2013	University of Scranton
	1 first year student, 8 weeks
2013	Medical University of South Carolina
	1 first year student, 8 weeks
2013-2014	Duke University
	3 third year students, 12 weeks
2015-2016	University of the Sciences
	1 first year student, 8 weeks
2015-2019	University of Maryland-Baltimore
	6 third year students, 11 weeks
	1 third year student, 10 weeks
	1 third year student, 9 weeks
	3 second year students (part time), 8 weeks

Other Employment

2012-2013	Staff Therapist, Physical Therapy, Concentra Medical Center
2013-2017	Center Therapy Director, Physical Therapy, Concentra Medical Center

Professional Organization Memberships

2009-present	American Physical Therapy Association, member
	2017-present Orthopedics Section
2016-present	American Physical Therapy Association of Maryland, member
2016-present	American Academy of Orthopaedic Manual Physical Therapists, Fellow Member

Clinical Activities

Clinical Expertise

- Orthopedic Manual Physical Therapy
- Exercise prescription
- Occupational rehabilitation
- Neural mobilization

Scope of Clinical Practice

2012-2013	Concentra Medical Centers Baltimore Maryland (outpatient)
	~3,000 visits per year
	Leadership/administrative role 10% FTE
	Treating patients 90% FTE
2013-2017	Concentra Medical Centers Arbutus Maryland (outpatient)
	~3,500 visits per year
	Leadership/administrative role 10% FTE
	Treating patients 90% FTE
2017-present	University of Maryland Orthopaedics Camden Yards (outpatient)
	~2,600 visits per year
	Treating patients 75% FTE

Administrative Service

Institutional Service

2018	Student Mid-Summer Research Retreat, University of Maryland School of Medicine
2018-present	Member, University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science Fellowship task force
2018-present	UMOA SOM, Camden Yards Site Coordinator of Clinical Education
2019	Fall Fest Health Fair, University of Maryland School of Medicine

Teaching Service

2017-present	Lecturer and Lab Instructor 45 ~65 1 st and 2 nd year eDPT physical therapy students
	2018-2019 DPTE 511, 514, 522, 525, 526, 530 162.5 contact hours
	2017-2018 DPTE 511, 514, 522, 525, 530 78.5 contact hours
2014-2016	Lab Assistant physical therapy outpatient 25+ students, The Manual Therapy Institute, 8 hours / day 12 days

PUBLICATIONS:

Preferred Communications

Posters/Published Abstracts

1. Bowman P, Werth J, Tizabi R, Haffner J, Leimkuhler C, Kine K, Kovalick, J, **Pravdo, A. The effect of physical therapy intervention including manual therapy, strengthening and neuromuscular re-education on adults with shoulder pain: A pilot study.** Annual Research Day, University of Maryland, Baltimore, MD, 2019.
2. Rasinski S, **Pravdo A**, Film RJ. **Lumbar Extension-Rotation Syndrome: A Case Report on the Rehabilitation of a 24-year-old Female with Low Back Pain.** American Academy of Orthopaedic Manual Physical Therapists Annual Conference, Reno, NV, 2018.
3. Bowman P, Ontko D, **Pravdo A.** A multimodal treatment approach applying manual therapy and strengthening following Cerebrovascular Accident: a case report. American Academy of Orthopaedic Manual Physical Therapists Annual Conference, Reno, NV, 2018.
4. Fitzgerald L, **Pravdo A.** Development of a Clinical Education Site at a University Student Health Center, The Combined Sections Meeting, American Physical Therapy Association, San Diego, CA, 2013.

Continuing Education Seminars /Oral presentations

Film R, Bowman P, **Pravdo A**, Rice B. Advanced Manual Therapy Techniques for the Lower Extremity. (7 hours), University of Maryland Baltimore PTRS Annual Orthopedic Course, Baltimore, MD, 2018.

CONTINUING EDUCATION ATTENDED:

Caring for the Dancer's Foot (M. Rich), Goucher College, Baltimore, MD (4.0) Mar 2014
NEXT Conference and Exposition 2015, APTA, National Harbor, MD (20.0) Jun 2015
The Running Athlete: Part A – Biomechanics and Analysis, Medbridge, Online Course (5.0) Feb 2016
Rotator Cuff Disorders and Their Treatment, Medbridge, Online Course (3.0) Feb 2016
Introduction to Caring for the Pregnant Patient, Medbridge, Online Course (4.0) Feb 2016
Evidence-Based Examination of the Shoulder, Medbridge, Online Course (7.0) Feb 2016
Evidence-Based Examination of the Elbow, Wrist and Hand, Medbridge, Online Course (5.0) Feb 2016
Evidence-Based Treatment of the Thoracic Spine, Medbridge, Online Course (4.0) Feb 2016
Emergency Management: Environmental Considerations and Hydration, Medbridge, Online Course (1.0) Feb 2016
Emergency Management: Musculoskeletal Injuries, Medbridge, Online Course (1.0) Feb 2016
Teaching People About Pain, Medbridge, Online Course (4.0) Oct 2016
Movement Impairment Syndromes of the Low Back, Hip and Knee (S. Sahrman, N. Bloom), Washington University, St. Louis, MO (20.0) Jan 2017
APTA Credentialed Clinical Instructor Program (L. Johnson), University of Maryland Baltimore, Baltimore MD (16.0) Nov 2017
Chasing the Dragon: Preventing Pain from Becoming Chronic in the Age of Opioids (R. Film), APTA of Maryland Mini Combined Sections Meeting, Baltimore, MD (3.0) Mar 2018
Annual Orthopaedic Section Meeting 2018, APTA, Baltimore, MD (14.0) Apr 2018

Physical Therapy and Rehabilitation Science Research Day, University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science (4.0) May 2018

Advanced Manual Therapy Techniques for the Lower Extremity (R. Film, P. Bowman, A. Pravdo, B. Rice), University of Maryland Baltimore PTRS Annual Orthopedic Course, Baltimore, MD (7.0) Jun 2018

AAOMPT 2018, American Academy of Orthopaedic Manual Physical Therapists, Reno, NV (12.8) Oct 2018

APTA Combined Sections Meeting 2019, APTA, Washington, DC (12.0) Jan 2019

LGBTQ Patients in the Clinic and Beyond: Practical Applications & Discussion (G. Brightbill, C. Felter, R. Gergen, R. Skolky), APTA of Maryland Mini Combined Sections Meeting, Baltimore, MD (2.0) Mar 2019

Physical Therapy and Rehabilitation Science Research Day, University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science (4.0) May 2019