

Curriculum Vitae

Michael J. Zarro, PT, DPT

Assistant Professor
 Board-Certified Sports Clinical Specialist
 Certified Strength and Conditioning Specialist
 University of Maryland School of Medicine
 Department of Physical Therapy and Rehabilitation Science
 Department of Orthopedics

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Contact Information

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Education

2009 University of Maryland, College Park
 Bachelor of Science, Kinesiology

2012 University of Maryland School of Medicine
 Doctor of Physical Therapy

Post Graduate Continuing Education and Training

2012 MedStar Sports Medicine Annual Conference
 Current Concepts in ACL Reconstruction
 Washington, DC

2012 Spaulding National Running Center
 Irene Davis: Management of the Injured Runner

2012 Great Lakes Seminars
 Vestibular Rehabilitation

2013 Functional Movement Systems
 Selective Functional Movement Assessment (Level 1)

2013 Chesapeake Area Consortium for Higher Education
 Physical Therapy Management of Concussions

2013 Journal of Sports and Orthopedic Physical Therapy
 Anterior Cruciate Ligament Strain and Tensile Forces of Weight Bearing and
 Non-Weight Bearing Exercises: A Guide to Exercise Selection

- 2013 Smarter Team Training
7th Annual Baltimore Strength and Conditioning/Athletic Development Conference
- 2013-2015 MedStar Sports Medicine (Developing) Physical Therapy Residency
Course list:
- Acute Injuries and Coordination of Care
 - Medical/Ethical Considerations in Sports
 - Female Athlete
 - Injury Prevention
 - Taping, Bracing, and Equipment
 - Environmental Concerns
 - Performance Enhancing Drugs in Sports
 - Rehabilitation of Running Injuries
 - Chronic Exertional Compartment Syndrome
 - Sports Biologics: Injection Therapies
 - Sports Nutrition
 - Sports Dermatology
 - Sports Concussion Management
 - Sports Cardiology
 - Sports Pediatrics
 - Sports Orthopedics and Rehab: Cervical Spine Injuries
 - Sports Orthopedics and Rehab: Rotator Cuff Injuries
 - Sports Orthopedics and Rehab: Shoulder Instability
 - Sports Orthopedics and Rehab: AC Joint Injuries
 - Sports Orthopedics and Rehab: Shoulder Injuries in Overhead Athletes
 - Sports Orthopedics and Rehab: Elbow, Wrist, and Hand Injuries
 - Sports Orthopedics and Rehab: Elbow Injuries in Overhead Athletes
 - Sports Orthopedics and Rehab: Athletic Back Pain
 - Sports Orthopedics and Rehab: Athletic Hip Injuries
 - Sports Orthopedics and Rehab: ACL Injuries
 - Sports Orthopedics and Rehab: Meniscus Root Injuries
 - Sports Orthopedics and Rehab: Multi-Ligament Knee Injuries
 - Sports Orthopedics and Rehab: Knee Chondral Injuries
 - Sports Orthopedics and Rehab: Patellofemoral Pain Syndrome
 - Sports Orthopedics and Rehab: Patellar Instability
 - Sports Orthopedics and Rehab: Foot and Ankle Injuries
- 2014 North American Seminars
The Female Athlete
- 2014 North American Seminars
Speed, Agility, and Quickness Training
- 2014 Cogent Steps
Emergency Medical Response Course
- 2014 MedStar Sports Medicine Annual Conference
The Athlete's Shoulder
Washington, DC
- 2014 Optimum Physical Therapy

2015	Phil Donley: The Throwing Athlete Rehabilitation Sports Physical Therapy Section Sports Certified Specialist Exam Preparatory Course
2015	Myopain Seminars Trigger Point Dry Needling (Courses 1-3)
2016	MedStar NRH Rehabilitation Network Applied Strength and Conditioning Principles for the Injured Athlete
2016	The Prague School of Rehabilitation Dynamic Neuromuscular Stabilization for Sport and Exercise (Level 1)
2016	Postural Restoration Institute Myokinematic Restoration
2016	American Academy of Manipulative Therapy Spinal Manipulation (Level 1)
2016	La Trobe Sport and Exercise Medicine Research Centre Jill Cook: Management of Tendinopathy
2016	Cogent Steps Emergency Medical Response Recertification Course
2016	MedStar Sports Medicine Annual Conference Beyond ACLs and Ankle Tape
2017	University of Pittsburg Medical Center Management of Post-Concussion Syndrome
2017	Owens Recovery Science Blood Flow Restriction Training
2017-2019	International Olympic Committee Diploma in Sports Physical Therapy
2018	Titleist Performance Institute Level 1
2018	Myopain Seminars Dry Needling Webinar Series (1-3)
2018	American Physical Therapy Association Combined Sections Meeting New Orleans, LA
2018	Cogent Steps Emergency Medical Response Recertification Course
2018	International Institute for Race Medicine Annual Sports Medicine Conference
2019	American Physical Therapy Association Combined Sections Meeting Washington, DC
2019	UMBC Sports Performance Seminar
2019	American Academy of Sports Physical Therapy Team Concept Conference Las Vegas, NV
2020	American Physical Therapy Association Combined Sections Meeting Denver, CO

Certifications

- 2009-present American Red Cross
BLS for Healthcare Providers (CPR & AED)
- 2011-present National Strength and Conditioning Association
Certified Strength and Conditioning Specialist
- 2013-present American Physical Therapy Association
Credentialed Clinical Instructor
- 2014-present American Red Cross/Cogent Steps
Emergency Medical Responder
- 2015-present American Board of Physical Therapy Specialties
Sports Clinical Specialist
- 2015-present Myopain Seminars
Certified Myofascial Trigger Point Therapist

Physical Therapy Licensures

Active Maryland

Employment History**Academic Appointments**

- 2016-2018 University of Maryland, School of Medicine
Department of Physical Therapy and Rehabilitation Sciences
Adjunct Professor
- 2018-present University of Maryland, School of Medicine
Department of Physical Therapy and Rehabilitation Sciences
Department of Orthopedics
Assistant Professor

Other Employment

- 2012-2013 MedStar National Rehabilitation Network
Olney, MD
Physical Therapist
- 2013-2014 MedStar National Rehabilitation Network
Olney, MD
Clinic Coordinator
- 2014-2018 MedStar National Rehabilitation Network
Baltimore, MD
Physical Therapist
- 2015-2018 Loyola University Maryland Greyhounds
Team Physical Therapist
- 2018-present University of Maryland Terrapins
Team Physical Therapist
- 2018-present University of Maryland Orthopedic Associates

Baltimore, MD
Physical Therapist

Professional Society Membership

2011-present American Physical Therapy Association
2011-present American Academy of Sports Physical Therapy
2012-present National Strength and Conditioning Association

Honors and Awards

2017 MedStar National Rehabilitation Network
Hero Award

Clinical Activities

Clinical Expertise

Board Certified Sports Clinical Specialist
Clinical practice focused sports and orthopedic rehabilitation of recreational, collegiate, and elite athletes. Serve as team physical therapist for University of Maryland Terrapins athletic department.
Teaching focused in anatomy, biomechanics and musculoskeletal rehabilitation content with specific focus on sports physical therapy for University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science.

Scope of Clinical Practice

2012-2014 MedStar National Rehabilitation Network, Olney
Orthopedics
Leadership and Clinical role
~45 patients per week

2014-2018 MedStar National Rehabilitation Network, Federal Hill
Orthopedics, Sports
Clinical role
~30 patients per week

2015-2018 Loyola University Maryland, Athletic Department
Sports
Leadership and Clinical role
~40 patients per week

2018-present University of Maryland, Athletic Department
Sports
Leadership and Clinical role
~45 patients per week

2018-present University of Maryland Orthopedics, Faculty Practice, Baltimore
Orthopedics, Sports
Clinical Role

~15 patients per week

Administrative Service

Institutional Service

- 2018-2019 Residency and Fellowship Committee
University of Maryland School of Medicine
Department of Physical Therapy and Rehabilitation Science
- 2018-present Sports Performance Committee
University of Maryland, College Park
Athletic Department
- January 2019 Search Committee
Associate Athletic Trainer for Football
University of Maryland, College Park
Athletic Department
- January 2019 Search Committee
Assistant Athletic Trainer for Football
University of Maryland, College Park
Athletic Department
- 2019-present Curricular Innovation and Design Committee
University of Maryland School of Medicine
Department of Physical Therapy and Rehabilitation Science

Local, National, and International Service

- 2012-2018 Sports Pod Member
MedStar National Rehabilitation Network
- 2014-present Maryland State Legislative Representative
American Academy of Sports Physical Therapy
- 2014-2018 Volunteer
Charm City Run
- 2014-2018 Volunteer
Baltimore Running Festival Medical Team
- 2014-present Volunteer
Merritt Athletic Club
- 2017 Volunteer
United States Olympic Committee
Sports Medicine
- 2017-present Book Reviewer
Physical Therapy in Sport
- 2019-present Article Reviewer
International Journal of Sports Physical Therapy
- 2019-present Collegiate Sports committee chair
American Academy of Sports Physical Therapy
Professional and Collegiate Sports Special Interest Group
- 2019-present Director for Practice

APTA of Maryland

Teaching Service**Physical Therapy Student Teaching**

- 2010-2011 Teaching Assistant
DPTE 511: Basic Sciences 1, ~45-65 students, 9 credit course
- 2014-present Clinical instructor to graduate students
Mayur Mistry, MGH DPT student, 2014, 10 weeks
Kaitlyn Keyser, UMB DPT student, 2019, 11 weeks
Samantha Moore, UMB DPT student, 2019, 11 weeks
Matteo Vertucci, UMB DPT student, 2010, 11 weeks
- 2015-2016 Volunteer Faculty
DPTE 522: Musculoskeletal 1, ~45-65 students, 7 credit course
DPTE 525: Musculoskeletal 2, ~45-65 students, 7 credit course
- 2016-2018 Adjunct Professor
DPTE 511: Basic Sciences 1, ~45-65 students, 9 credit course
DPTE 514: Basic Sciences 3, ~45-65 students, 12 credit course
DPTE 522: Musculoskeletal 1, ~45-65 students, 7 credit course
DPTE 525: Musculoskeletal 2, ~45-65 students, 7 credit course
- 2018-present Assistant Professor
DPTE 511: Basic Sciences 1, ~45-65 students, 9 credit course
DPTE 512: Professional Issues 1, ~45-65 students, 3 credit course
DPTE 513: Basic Sciences 2, ~45-65 students, 15 credit course
DPTE 514: Basic Sciences 3, ~45-65 students, 12 credit course
DPTE 515: Professional Issues 2, ~45-65 students, 2 credit course
DPTE 522: Musculoskeletal 1, ~45-65 students, 7 credit course
DPTE 524: Neuromuscular 1, ~45-65 students, 7 credit course
DPTE 525: Musculoskeletal 2, ~45-65 students, 7 credit course
DPTE 528: Professional Issues 3, ~45-65 students, 4 credit course
DPTE 530: Clinical Qualifying Measures, ~45-65 students, 1 credit course
- 2018-present Mentor to graduate students
Abriana Williams, UMB DPT student
Alexis Williams, UMB DPT student
Allison White, UMB DPT student
Courtney Wallace, UMB DPT student
Mary Williams, UMB DPT student
Matthew Woulfe, UMB DPT student

Post Graduate Teaching

- 2013 MedStar Sports Medicine (Developing) Physical Therapy Residency
Rehabilitation of Rotator Cuff Repairs
- 2014 MedStar Sports Medicine (Developing) Physical Therapy Residency
Rehabilitation of Sports Foot and Ankle Injuries
- 2015 MedStar Sports Medicine (Developing) Physical Therapy Residency

2014	Rehabilitation of Sports Foot and Ankle Injuries MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series
2015	Rehabilitation of Patellofemoral Pain Syndrome MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series
2016	Rehabilitation of Patellofemoral Pain Syndrome MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series
2017	Rehabilitation of Patellofemoral Pain Syndrome MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series
2017	Rehabilitation of Patellofemoral Pain Syndrome MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series
2017-2018	Allied Health Focus: Sports Physical Therapy Mentor to new graduate physical therapists Chadd Baldwin, outpatient orthopedics/sports Meghan Dawson, outpatient orthopedics/sports Drew Hofbauer, outpatient orthopedics/sports Jocelyn Winkler, outpatient orthopedics/sports Jim Moser, DPT, outpatient orthopedics/sports MacKenzie Bane, team physical therapist Loyola University Maryland
2018	MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series
2018	Rehabilitation of Patellofemoral Pain Syndrome MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series Rehabilitation of Patellofemoral Instability

Major Invited Speeches

1. Zarro, M. Dry Needling for Injured Runners. International Institute for Race Medicine. Annual Sports Medicine Conference. Washington, DC. 2018
2. Zarro, M. Injury Risk Reduction in Team Sports. American Physical Therapy Association. Combined Sections Meeting. Denver, CO. 2020

Proffered Communications

1. Zarro, M. Prevention of Ankle Sprains. The Sandy Spring School. 2014
2. Zarro, M. What is Physical Therapy? Montgomery Blair High School. 2014
3. Zarro, M. Introduction to Foam Rolling. Charm City Run. 2016
4. Zarro, M. Prevention of Throwing Injuries in Baseball Players. Chesapeake High School. 2016
5. Zarro, M. Return to Training After ACL Reconstruction. Merritt Athletic Club. 2017

6. Zarro, M. Return to Training After Achilles Tendon Repair. Merritt Athletic Club. 2017
7. Zarro, M. Introduction to Dry Needling. Merritt Athletic Club. 2017
8. Zarro, M. Introduction to Foam Rolling, Charm City Run. 2017
9. Zarro, M. Introduction to Blood Flow Restriction Training. Charm City Run. 2017
10. Zarro, M. Injury Prevention Methods. Strength Ops Injury Prevention Seminar. 2018
11. Zarro, M. Physical Therapy Management of Post-Concussion Syndrome. Merritt Athletic Club. 2019

Continuing Education Courses Taught

1. Conroy, V., Shipley, J., Zarro, M., Cardoso, J. Normal and Variant Anatomy of the Lower Extremity: Clinical Implications. 2018

Publications

Posters/Abstracts

1. Zarro M, Film RJ, Thomas C. Treatment of sciatic pain syndrome using neural mobilization: a case report. Annual Research Day, University of Maryland, Baltimore, MD. 2012
2. Zarro M, Lawrence, J, Greenway K. Running rehabilitation protocol for a female runner with iliotibial band syndrome. Annual Research Day, University of Maryland, Baltimore, MD. 2019
3. Zarro M, Habteyes, H. Altkruse, K. Application of therapeutic exercises for hip and knee combined with manual therapy in a 19 y/o F runner with Patellofemoral Pain Syndrome (PFPS). Annual Research Day, University of Maryland, Baltimore, MD. 2019
4. Zarro M. Goel R, Rowland R. Rehabilitation of a collegiate lacrosse player with bilateral ECU tendinopathy. AASPT Team Concept Conference, Las Vegas, NV. 2019
5. Lawrence, J, Zarro M, Greenway K. Running rehabilitation protocol for a female runner with iliotibial band syndrome. American Physical Therapy Association. Combined Sections Meeting. Denver, CO. 2020