

Curriculum Vitae

Joseph Palmer, DPT

Active Life and Sports Physical Therapy, LLC

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Contact Information

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Education

2008 B.S., Biology, University of Maryland Baltimore County (Cum Laude)

2011 D.P.T., University of Maryland School of Medicine

Post Graduate Education and Training

2009 Certified Strength and Conditioning Specialist

2011-2012 Orthopedic Manual Physical Therapist

2014-2015 Certified Myofascial Trigger Point Therapist

Medical Licensures

Active Maryland and Maryland WCC

Employment History

Clinical Activities

2013-present Podcast Host- "Therapy Insiders"

Review relevant information for physical therapists on a weekly show

Scope of Clinical Practice

2011-2014 Johns Hopkins Hospital (Acute Rehabilitation)

Neurological and multi-trauma rehabilitation

PRN ~ 16 hours per month

2011-present Active Life and Sports Physical Therapy (Outpatient Private Practice)

Leadership/Administrative role (Vice-President)

95% FTE

Development of any Clinical Programs

2015-present Clinical training modules for evaluation and treatment of orthopedic disorders

Administrative Service

2014 Revised company policies and procedures

2015 Implemented performance based incentive/review system

Teaching Service

2009 Mentor, summer anatomy cadaver dissection.