

Curriculum Vitae

Michael J. Zarro, PT, DPT
 Board-Certified Sports Clinical Specialist
 Certified Strength and Conditioning Specialist

Assistant Professor
 University of Maryland School of Medicine
 Department of Physical Therapy and Rehabilitation Science
 Department of Orthopedics

Team Physical Therapist
 University of Maryland, College Park Terrapins
 University of Maryland, Baltimore County Retrievers

Date January 10, 2023

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

- 2013 Selective Functional Movement Assessment (Level 1)
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 Phil Donley: The Throwing Athlete Rehabilitation
2015	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: Hot Topics Las Vegas, NV
2019	University of Maryland School of Medicine Department of Physical Therapy and Rehabilitation Science Research Day
2020	American Physical Therapy Association Combined Sections Meeting Denver, CO
2020	MedBridge Education Emergency Medical Response Series
2020	Sports Surgery Clinic Return To Play in Elite Sport Conference Virtual
2020	American Academy of Sports Physical Therapy Team Concept Conference: The Female Athlete Virtual
2020	University of Maryland School of Medicine Department of Physical Therapy and Rehabilitation Science Research Day
2021	American Physical Therapy Association Combined Sections Meeting Virtual
2021	AO Peer Clinical Research Certificate Course Virtual
2021	APTA of MD Annual Meeting Virtual
2021	APTA of MD Spring Meeting Virtual
2021	American Academy of Sports Physical Therapy Annual Meeting and Scientific Conference Indianapolis, IN
2021	University of Maryland School of Medicine Department of Physical Therapy and Rehabilitation Science Research Day
2022	American Physical Therapy Association Combined Sections Meeting Virtual
2022	University of Maryland School of Medicine Department of Physical Therapy and Rehabilitation Science Research Day
2022	Carroll University Sports Performance Coaches Clinic

Virtual

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
Baltimore, MD
Team Physical Therapist

- 2018-present University of Maryland Terrapins
College Park, MD
Team Physical Therapist
- 2018-present University of Maryland Orthopedic Associates
Baltimore, MD
Physical Therapist
- 2021-present University of Maryland, Baltimore County Retrievers
Baltimore, MD
Team 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 and University of Maryland, Baltimore County Retrievers athletic departments.

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

- 2018-present Sports
Leadership and clinical role
~40 patients per week
University of Maryland, Athletic Department
- 2018-2021 Sports
Leadership and clinical role
~45 patients per week
University of Maryland Orthopedics, Faculty Practice, Baltimore
Orthopedics, Sports
Clinical Role
- 2021-present ~15 patients per week
University of Maryland, Baltimore County Athletic Department
Sports
Clinical role
~20 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
- 2019-present Faculty member
University of Maryland Orthopedic Physical Therapy Residency

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 <i>Physical Therapy in Sport</i>
2019-present	Article Reviewer <i>International Journal of Sports Physical Therapy</i>
2019-2021	Education chair American Academy of Sports Physical Therapy Professional and Collegiate Sports Special Interest Group
2019-present	Director for Practice APTA of Maryland
2020-present	Reviewer <i>Journal of Knee Surgery</i>
2020-present	Diversity, Equity, and Inclusion Committee APTA of Maryland
2021-present	Vice chair American Academy of Sports Physical Therapy Professional and Collegiate Sports Special Interest Group

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, 2020, 9 weeks Gabe Ukwuoma, UMB DPT student, 2020, 11 weeks Matthew Delapaz, UMB DPT student, 2021, 11 weeks Allison Funk, UMB DPT student, 2021, 11 weeks Jeremy Beyer, UMB DPT student, 2022, 11 weeks Kayla Patrick, UMB DPT student, 2022, 11 weeks Noah Schrago, UMB DPT student, 2022, 11 weeks Carson Scharf, UMB DPT student, 2023, 11 weeks
2015-2016	Volunteer Faculty DPTE 522: Musculoskeletal 1, ~45-65 students, 7 credit course

2016-2018	<p>DPTE 525: Musculoskeletal 2, ~45-65 students, 7 credit course</p> <p>Adjunct Professor</p> <p>DPTE 511: Basic Sciences 1, ~45-65 students, 9 credit course</p> <p>DPTE 514: Basic Sciences 3, ~45-65 students, 12 credit course</p> <p>DPTE 522: Musculoskeletal 1, ~45-65 students, 7 credit course</p> <p>DPTE 525: Musculoskeletal 2, ~45-65 students, 7 credit course</p>
2018-present	<p>Assistant Professor</p> <p>DPTE 511: Basic Sciences 1, ~45-65 students, 9 credit course</p> <p>DPTE 512: Professional Issues 1, ~45-65 students, 3 credit course</p> <p>DPTE 513: Basic Sciences 2, ~45-65 students, 15 credit course</p> <p>DPTE 514: Basic Sciences 3, ~45-65 students, 12 credit course</p> <p>DPTE 515: Professional Issues 2, ~45-65 students, 2 credit course</p> <p>DPTE 522: Musculoskeletal 1, ~45-65 students, 7 credit course</p> <p>DPTE 524: Neuromuscular 1, ~45-65 students, 7 credit course</p> <p>DPTE 525: Musculoskeletal 2, ~45-65 students, 7 credit course</p> <p>DPTE 528: Professional Issues 3, ~45-65 students, 4 credit course</p> <p>DPTE 530: Clinical Qualifying Measures, ~45-65 students, 1 credit course</p>
2018-present	<p>Mentor to graduate students</p> <p>Abriana Williams, UMB DPT student</p> <p>Alexis Williams, UMB DPT student</p> <p>Allison White, UMB DPT student</p> <p>Courtney Wallace, UMB DPT student</p> <p>Mary Williams, UMB DPT student</p> <p>Matthew Woulfe, UMB DPT student</p> <p>Peyton Strieder, UMB DPT student</p> <p>Miranda Thompson, UMB DPT student</p> <p>Erika Takahashi, UMB DPT student</p> <p>Jason Utz, UMB DPT student</p> <p>Gabriella Velleggia, UMB DPT student</p> <p>Melissa. Wallace, UMB DPT student</p>

Post Graduate Teaching

2013	<p>MedStar Sports Medicine (Developing) Physical Therapy Residency</p> <p>Rehabilitation of Rotator Cuff Repairs</p>
2014	<p>MedStar Sports Medicine (Developing) Physical Therapy Residency</p> <p>Rehabilitation of Sports Foot and Ankle Injuries</p>
2015	<p>MedStar Sports Medicine (Developing) Physical Therapy Residency</p> <p>Rehabilitation of Sports Foot and Ankle Injuries</p>
2014	<p>MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series</p> <p>Rehabilitation of Patellofemoral Pain Syndrome</p>
2015	<p>MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series</p> <p>Rehabilitation of Patellofemoral Pain Syndrome</p>
2016	<p>MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series</p>

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
2018	MacKenzie Bane, team physical therapist Loyola University Maryland MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series
2018	Rehabilitation of Patellofemoral Pain Syndrome MedStar Sports Medicine Orthopedic Surgery Fellowship Education Series
2021-presnet	Rehabilitation of Patellofemoral Instability University of Maryland Orthopedic Physical Therapy Residency

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
3. Zarro, M. Science Meets Practice Session 1: Comprehensive Division 1 Athletics Care. Combined Sections Meeting. Virtual. 2021
4. Zarro, M. University of Maryland School of Medicine. Department of Physical Therapy and Rehabilitation Science. Research Day. Rehabilitation after ACLR: From Clinic to Courtside

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.
2. Zarro, M, Rowland, R, Pravdo, A, Bowman, P. Blood Flow Restriction Training. APTA of Maryland. August 2020.
3. Barth, J & Zarro, M. Advances in Telehealth. APTA of Maryland. March 2021
4. Zarro, M, Larkins, D, Rowland, R, Bowman, P, Pravdo, A, Savin, D, Shipley, D, & Conroy, V. Time to Get Hip. PTRS Alumni Event. October 2021.

Publications

Peer Reviewed Manuscripts

1. Zarro M, Tamberrino K, Bane EM. Myositis Ossificans of the Adductor Longus in a Soccer Player. *J Orthop Sports Phys Ther.* 2020 Oct;50(10):586. doi: 10.2519/jospt.2020.9573. PMID: 32998613.
2. Wu J, Kator JL, Zarro M, Leong NL. Rehabilitation Principles to Consider for Anterior Cruciate Ligament Repair. *Sports Health.* August 2021. doi:10.1177/19417381211032949.
3. Zarro M, Lee J, Stitzlein M, Rowland R, Packer J, Meredith S, Taylor J, Gray V, Nelson C. Single-Leg Vertical Hop Test Detects Greater Limb Asymmetries Than Horizontal Hop Tests After Anterior Cruciate Ligament Reconstruction in NCAA Division 1 Collegiate Athletes. *Int J Sports Phys Ther.* 2021 Dec 2;16(6):1405-1414. doi: 10.26603/001c.29595. PMID: 34909247; PMCID: PMC8637251.
4. Ortega M, Marchese V, Zarro M, Shipper A, & Felter C. Digital and blended curriculum delivery in health professions education: an umbrella review with implications for Doctor of Physical Therapy education programs. *Physical Therapy Reviews.* 2021 DOI: 10.1080/10833196.2021.2000286.
5. Zarro M, Silverson O, Soenksen W, Thein-Nissenbaum J, Cataldo Cirone E, Rowland R, Staker J. Roles And Responsibilities Of The Physical Therapist In Collegiate Athletics: Results Of A National Survey. *Int J Sports Phys Ther.* 2022 Oct 1;17(6):1128-1135. doi: 10.26603/001c.38015. PMID: 36237651; PMCID: PMC9528688.
6. Zarro M, Goel R, Bickhart N, May CC, Abzug JM. Extensor Carpi Ulnaris Tendinopathy in Athletes: A Review of the Conservative and Rehabilitative Options. *Hand (N Y).* 2022 Oct 15:15589447221127331. doi: 10.1177/15589447221127331. Epub ahead of print. PMID: 36250572.

Manuscripts Under Review

1. Zarro M. Bone Stress Injury of the Patella in a Division 1 Athlete with Anterior Knee Pain. 2022. Submitted to JOSPT Cases.

Posters/Abstracts

1. Zarro M, Film R, & Thomas C. Treatment of sciatic pain syndrome using neural mobilization: a case report. University of Maryland, Department of Physical Therapy and Rehabilitation Science. Annual Research Day. Baltimore, MD. 2012
2. Zarro M, Lawrence, J, & Greenway K. Running rehabilitation protocol for a female runner with iliotibial band syndrome. University of Maryland, Department of Physical Therapy and Rehabilitation Science. Annual Research Day. 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). University of Maryland, Department of Physical Therapy and Rehabilitation Science. Annual Research Day. Baltimore, MD. 2019
4. Zarro M, Goel R, & Rowland R. Rehabilitation of a collegiate lacrosse player with bilateral ECU tendinopathy. American Academy of Sports Physical Therapy. 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
6. Lee J, Stitzlein M, Zarro M, Gray V, & Nelson C. Single-Leg Vertical Hop Test Detects Greater Limb Asymmetries Than Horizontal Hop Tests After Anterior Cruciate Ligament Reconstruction in NCAA Division One Athletes. University of Maryland, Department of Physical Therapy and Rehabilitation Science. Annual Research Day. Baltimore, MD. 2021
7. Larkins D, Rowland R, Zarro M, & Addison O. Architectural and Strength Adaptations of the Hip Adductor Complex Following 8 Week Eccentric Exercise Program. University of Maryland, Department of Physical Therapy and Rehabilitation Science. Annual Research Day. Baltimore, MD. 2021
8. Lee J, Stitzlein M, Zarro M, Gray V, & Nelson C. Single-Leg Vertical Hop Test Detects Greater Limb Asymmetries Than Horizontal Hop Tests After Anterior Cruciate Ligament Reconstruction in NCAA Division One Athletes. American Academy of Sports Physical Therapy Annual Meeting and Scientific Conference. Indianapolis, IN. 2021
9. Funk, A, Zarro, M. Return to Sport Testing with a D1 lacrosse player status-post meniscus repair: a case report. University of Maryland, Department of Physical Therapy and Rehabilitation Science. Annual Research Day. Baltimore, MD. 2022