

CURRICULUM VITAE

Jeffrey J. Zimmerman PT, MS, MPT, OCS, ATC, CSCS

ACADEMIC TRAINING

- 1993 - 1996 **Master of Physical Therapy**
Major: Physical Therapy
Institution: St. Ambrose University, Davenport, Iowa
- 1991 - 1994 **Master of Science**
Major: Exercise Science/Athletic Training
Institution: University of Iowa, Iowa City, Iowa
- 1986 - 1990 **Bachelor of Science**
Major: Exercise Science/Athletic Training
Institution: University of Iowa, Iowa City, Iowa

CERTIFICATIONS & LICENSES

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| Nebraska Physical Therapy License | #1507 | 1996 - Present |
| Iowa Physical Therapy License | #2451 | 1996 – 2003 |
| Board Certified Orthopedic Specialist | | |
| American Board of Physical Therapy Specialist | | 2003 - 2013 |
| Certified Athletic Trainer, National Athletic Trainers Association | | |
| Certification | #29162023 | 1991 – Present |
| Certified Strength and Conditioning Specialist, National Strength and Conditioning Association | | |
| Certification | #200116087 | 2001 - Present |

PROFESSIONAL EXPERIENCE

- 8/2005 – Present **President-Primary Instructor**
Heartland Seminars Inc.
President and primary instructor for Heartland Seminars Inc. a continuing education company. We are currently offering courses on evaluation and treatment of the lumbar spine with courses on the shoulder, knee in the near future. I am responsible for the creation of all educational materials to date. We will be hiring additional therapist in the future to present courses on hand therapy, aquatic therapy and athletic performance.
- 2/2003 – Present **Lead Physical Therapist**
Nebraska Orthopaedic Hospital
I am responsible for coordination of inpatient and outpatient schedules, as well as, the day-to-day operations. Help supervise a staff of 10 PTs, 3 OTs, 1 PTA. I am responsible for the creation and implementation of the shoulder program, as well as, baseball rehabilitation and sports performance programs at the Strike Zone Clinic.

04/2000 to 2/2003	<p>Clinic Director / Senior Physical Therapist Rehab Partners Healthwest – Methodist Hospital Director of 8 PT's and 1 OT CHT. Outpatient Orthopedics, Sports Medicine and Manual Therapy. Helped created the Methodist spine program for conservative care with Dr. Jude Cook. Spine Mentor for Methodist Hospital system Omaha, NE</p>
06/98 to 4/2000	<p>Clinic Director Excel Physical Therapy and Golf Performance (Old Mill) Responsible for running a small physical therapy clinic with two physical therapist and support staff. Responsible for marketing and day to day operations. Outpatient Orthopedics, Sports Medicine, Manual Therapy Omaha, NE</p>
12/97 to 06/98	<p>Staff Physical Therapist Excel Physical Therapy (Old Mill) Director of Excel Body Balance for Performance Outpatient Orthopedics, Sports Medicine, Manual Therapy Omaha, NE</p>
5/96 to 12/96	<p>Staff Physical Therapist Excel Physical Therapy (Midlands Hospital) 80% Outpatient Orthopedic, 20% Inpatient Papillion, NE</p>
1994 to 1996	<p>Athletic Trainer St. Ambrose University Davenport, IA NAIA Sports – Primarily Soccer, Baseball, Basketball</p>
1991 to 1993	<p>Athletic Trainer West High School Iowa City, Iowa All Sports</p>
1993	<p>Athletic Trainer Prime Time Summer Basketball League Iowa City, Iowa NBA, Div I, II, III Athletes</p>
1992	<p>Athletic Trainer/ Physical Therapy Aide Iowa Medical Clinic Cedar Rapids, Iowa</p>
1988-91	<p>Student Athletic Trainer University of Iowa Football Iowa City, Iowa Including the 1991 Rose Bowl</p>

PROFESSIONAL PRESENTATIONS

11/5-6/05	An Eclectic Approach to the Evaluation and Treatment of the Lumbar Spine Grand Island, NE
10/14-15/05	An Eclectic Approach to the Evaluation and Treatment of the Lumbar Spine North Platte, NE
9/24/05	An Eclectic Approach to the Evaluation and Treatment of the Lumbar Spine Omaha, NE
5/15/02	Methodist Rehab Partners- Evaluation and Classification of the Lumber Spine
4/25/02	Methodist Orthopedic Study Group-Evaluation and Treatment of the Cervical Spine-I
3/21/02	Methodist Orthopedic Study Group-Evaluation and Treatment of the Cervical Spine-II
10/18/99	Excel Orthopedic Study Group – McKenzie Approach to the Cervical Spine
09/22/99	Excel Orthopedic Study Group – McKenzie Approach to the Lumbar Spine
10/20/99	UNMC Internal Medicine Grand Rounds – Making the Most of Physical Therapy
03/10/98	Omaha Orthopedic Study Group Thermal Assisted Capsular Shift and Implications for Rehabilitation

TEACHING EXPERIENCE

Heartland Seminars Inc.

I am the president and primary instructor for my continuing education company. We are currently offering courses on evaluation and treatment of the lumbar spine with courses on the shoulder, knee in the near future. I am responsible for the creation of all educational materials to date. We will be hiring additional therapist in the future to present courses on hand therapy, aquatic therapy and athletic performance.

Nebraska Methodist Hospital

Spine Mentor for hospital system. Provide one on one consultation and feedback to clinicians in clinic environment regarding treatment of the spine. Present journal article and techniques. Teaching active clinicians.

		Number of Students
Clinical Instructor:	University of Nebraska Medical Center	10
	St. Ambrose University	6
	Creighton University	3
	Clarkson College PTA Program	2
	Des Moines Osteopathic University	1

St. Ambrose University-Davenport

Course Number and Title	# Students	Credit	Role
PED 338 Therapeutic Modalities In Sports Medicine	10	1	Instructor
MPT 620 Musculoskeletal Therapeutics	30	4	Lab/Teaching Assistant
MPT 570 Physical Agents	30	4	Lab/Teaching Assistant
PED 348 Injury Recognition & Evaluation	14	2	Co instructor

University of Iowa-Iowa City (1991-1993)

Course Title and Title	# Students	Credit	Role
27:185 Practicum in EMT-A	14	6	Guest Lectures
27:182 Clinical Sciences in Athletic Training I	14	3	Lab/Teaching Assistant

PROFESSIONAL AFFILIATIONS

1993-Present	American Physical Therapy Association
	1993-Present Orthopedic Section
	2003-Present Sports Section
1996-2004	American Academy of Orthopedic Manual Physical Therapists
1993-1996	Iowa Chapter, American Physical Therapy Association
1996-Present	Nebraska Chapter, American Physical Therapy Association
1989-Present	National Athletic Trainers Association
1997-Present	National Strength and Conditioning Association
1991-1997	Iowa Athletic Trainers Society

COMMITTEE OR LEADERSHIP POSITIONS

2000-2003	Spine Team - Nebraska Methodist Hospital
2000-2003	Shoulder Team – Nebraska Methodist Hospital
1999	Excel Orthopedic Study Group Coordinator
1997-1998	NEAPTA Task Force on Athletic Training Licensure
1997	NEAPTA Legislative Committee-Testimony on LB 762
1993-1996	Senator, Graduate Student Senate, St. Ambrose University
1994-1995	President, St. Ambrose University Student Physical Therapy Association.
1990-1991	Senior Liaison, Class President, Athletic Training Class, University of Iowa
1990-1991	Admissions Committee, Athletic Training Program, University of Iowa
1989-1990	Executive Committee, Delta Tau Delta Fraternity

HONORS & AWARDS

1990	Nancy J. Moses Award & Scholarship University of Iowa
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CONTINUING EDUCATION / PROFESSIONAL ASSOCIATION MEETINGS

11/7/05	Total Knee Replacements: Implications for Rehabilitation. Randal Neumann, MD. Omaha, NE
5/19-21/05	Chain Reaction Transformation. Gary Gray Kansas City, MO
5/14-15/05	Segmental Stabilization of the Lumbar Spine. Midwest Spine Therapists. Omaha, NE
1/29-31/04	22 nd Annual Injuries in Baseball Course. American Sports Medicine Institute. Orlando, FL
12/5-6/03	19 th Annual Hawkeye Sports Medicine Symposium. University of Iowa College of Medicine. Iowa City, IA
11/7-8/203	Essentials in Spinal Care 2003:New and Improved Surgical Techniques for the Thoracic and Lumbar Spine. Nebraska Spine Surgeons. Omaha, NE
5/25-28/03	18 th Annual Meeting: Advances on the Knee and Shoulder Course. Cincinnati Sports Medicine Research and Education Foundation. Hilton head Island, South Carolina
3/12-14-03	Mid America Athletic Trainers Association District 5 Spring Symposium. Omaha, NE

6/13/02 Treatment of the Lumbar Spine (Extension/Flexion and Lateral Shift) Lisa Dubik, PT. Doug Page PT, Rehab Partners HealthWest, Omaha, NE

1/9/02 Constraint-Induced Movement Therapy (CIMT). Heath DeGroot, SPT. Rehab Partners Healthwest, Omaha, NE

7-11/1/2001 Current Concepts of Orthopaedic Physical Therapy. Orthopaedic Section APTA. Home Study Course

1/3/02 Pilates Method, Mary Danielson, SPT. Rehab Parthners. Omaha, NE

11/1-6/01 Level II-North American Institute of Orthopedic Manual Therapy – Upper Quarter. Gail Malloy, PT, OCS, COMT. Denver, CO

5/1/01 Examination of the Shoulder Joint. Scott Strausburger, MD. ENAPTA Meeting

5/30/01 TMJ Evaluation and Treatment. Kristie Stienike, PT, OT. Healthwest Rehab Partners. Omaha, NE

4/6-8/01 Functional Relationships Of the Lower Half. Richard Jackson, PT, OCS NEAPTA Spring Meeting. North Platte, NE.

3/12/01 Domestic Violence: Increasing Awareness. Pat Lengahan, RN, MSN. Nebraska Methodist College. Omaha, NE

12/14/00 Influence of the Pelvic-Femoral Complex on Anterior Knee Pain. James Anderson, PT University of Nebraska Medical Center. Omaha, NE

9/14-18/00 Level I-North American Institute of Orthopedic Manual Therapy – Differential Diagnosis. Kathleen Stupansky, PT, OCS, COMT. Denver, CO

08/19/00 APTA Physical Therapy Clinical Instructor Credentialing Methodist Hospital, Omaha, NE

7/27/00 Pelvic Floor Dysfunction. Kathy Bloemker, PT Methodist Healthwest. Omaha, NE

6/24/00 Clinical Biomechanics of the Spine as a Basis for Manual Therapy. Gib Willet, PT, OCS. Nebraska Methodist Hospital. Omaha, NE

5/25/00 Clinical Anatomy of the Spine as a Basis for Manual Therapy. Gib Willet, PT, OCS Nebraska Methodist Hospital. Omaha, NE

03/25-26/00 Evaluation and Treatment of the Lumbar Spine. Duane Saunders, PT NEAPTA Spring Meeting. Grand Island, NE.

03/17-19/00 Mid America Athletic Trainers Association District 5 Spring Symposium. Omaha, NE

02/08/00 Thermal Applications for Shoulder Instability. Brian Cole, MD Omaha, NE

01/06/00 Shoulder Girdle Rehabilitation. Stephen Brown, MD Omaha, NE

11/8/99 Joint Replacement, Hip and Knee. Implications for Physical Therapy Mark Goebel MD. Omaha, NE

10/29-30/99 Essentials of Spinal Care 1999. Nebraska Foundation for Spinal Research. Omaha, NE

10/23-24/99 Building the Bottom Block. Foot Orthotics William Glaser, DPM NEAPTA Fall Meeting. Kearny, NE

10/05/99 NEAPTA Eastern District Meeting. Expert Physical Therapy Practice. Gail Jensen, PT, Ph.D. Omaha, NE

2/21-22/99 Mobilization With Movement. SNAGS NAGS and More. Brian Mulligan PT FNZSP (Hon), Dip MT. Colorado Springs, CO

01/27/98 Spinal Surgery and Rehabilitation. Douglas Long, MD. Omaha, NE

1/13/99 Surgical ACL Repair Using the Semitendinosus Tendon and Implications for Rehabilitation. Kevin O'Malley, MD, Jason Palidino, MPT ATC CSCS Omaha, NE

10/10-11/98 New Concepts in Clinical Management of Individuals with CNS Disorders. Beth Fisher, PT, MS, NCS. NEAPTA Fall Conference. Norfolk, NE.

4/17-20/98 McKenzie Part B: Mechanical Diagnosis and Treatment of the Cervical and Thoracic Spine. Madison, WI

04/07/98 Diagnostic Studies. Connie Lorenzo, MD Excel Physical Therapy
Omaha, NE

3/22-23/98 Mid America Athletic Trainers Association District 5 Spring Symposium.
Omaha, NE

1/17-19/98 Diagnosis and Treatment of Musculoskeletal Imbalances and Syndromes
Shirley Sahrman, PhD, PT. Washington University. St. Louis, MO.

11/17-22/97 Body Balance for Performance Internship. Level Two.
Paul Callaway, PT. Oak Brook, IL

08/1-3/97 Body Balance for Performance, Level One. Paul Callaway, PT.
Olympia, Washington

10/11-12/97 Current Topics & Issues in PT: Osteoporosis and Physical Therapy.
NEAPTA Fall Conference. Omaha, NE

04/17-20/97 McKenzie Part A: Mechanical Diagnosis and Treatment of the Lumbar
Spine. Ron Bybee, PT, Dip. MDT. Sioux Falls, SD

4/10/97 Arthroscopic Shoulder Stabilization. Michael Gross, MD
Omaha, NE

04/5-6/97 Clinical Examination and Rehabilitation of the Forearm, Wrist, and
Hand. Carolyn Wadsworth MS, PT, OCS, CHT. NEAPTA Spring Conference.
Kearny, NE

03/22-23/97 Mid America Athletic Trainers Association District 5 Spring Symposium.
Overland Park, KS

02/11/97 NEAPTA Eastern District Meeting
Omaha, NE

01/25-26/97 Geriatric Exercise: Developing Effective Programs and Documenting
Outcomes. Frailty, Falls, Hip Fractures, Osteoporosis, and Strokes.
Tampa, FL

10/19-20/96 Evaluation and Treatment of Lesions in the Lower Kinetic Chain
NEAPTA Fall State Meeting. Grand Island, NE

9/9/1996 Critical Pathways for Upper Extremity Rehabilitation
Excel Physical Therapy. Omaha, NE

5/3/1996 Early Brain Injury Intervention: Redefining Coma Stimulation
Genesis Medical Center, Davenport, IA

4/16/96 Update in Functional Management of Prosthetics
Davenport, IA

8/18-21/1995 Dimensional Management Training I
Davenport, IA

5/20/1995 Geriatric Rehabilitation Made Functional. Dale Avers MS, PT
Creighton University, Omaha, NE

3/30-4/1 1995 Isokinetic Testing of the Upper Extremity. George Davies, PT, OCS, SCS, ATC
IPTA State Meeting. Des Moines, IA

2/17/1995 Documentation of Functional Outcomes in PT
St. Ambrose University, Davenport, IA

11/15/1995 IPTA SE District Meeting
Mount Pleasant, IA

9/22/1994 IPTA SE District Meeting
Davenport, IA

9/14/1993 IPTA SE District Meeting
Bettendorf, IA

3/19-21/1993 Mid America Athletic Trainers Association District 5 Spring Symposium.
Kansas City, MO

6/10-15/1992 National Athletic Trainers Association's Annual Conference.
Denver, CO

4/16-17/1992 Hawkeye Sports Medicine Symposium
University of Iowa, Iowa City, IA

6/5-10/1990 National Athletic Trainers Association's Annual Conference.
Indianapolis, IN

5/10-11/1990 Hawkeye Sports Medicine Symposium
University of Iowa, Iowa City, IA