

## CURRICULUM VITAE

**Tamara Grunitzky, PT, DPT, OCS, FAAOMPT**

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### Education

University of Maryland School of Medicine Department of Physical Therapy and Rehabilitation Science

Baltimore, MD  
Doctor of Physical Therapy, May, 16, 2009

Stevenson University

Stevenson, MD  
Bachelor of Science in Chemistry, Cum Laude, May 2006

### Licensure and Board Certification

Licensed Physical Therapist

State of Maryland, Department of Health and Mental Hygiene  
Physical Therapy License #22932, June 2009 – present

Orthopaedic Certified Specialist (OCS)

Board Certified Specialist in Orthopaedic Physical Therapy, American Board of Physical Therapy Specialties, Certification Number 41620, May 2012 – June 2022

Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT)

October 2018 - Present

### Employment

Prime Physical Therapy

Staff Physical Therapist: April 2020 - present

- Direct Patient Care: Comprehensive evaluations and development of specific plans of care for various orthopaedic and neurological diagnoses including operative and non-operative cases, hand therapy, aquatic therapy.
- Indirect Patient Care: management of physical therapy technician staffing

Kassimir Physical Therapy

Clinical Supervisor and Lead Physical Therapist: July 2011 – April 2020

- Direct Patient Care: Comprehensive evaluations and development of specific plans of care for various orthopaedic and neurological diagnoses

including operative and non-operative cases, hand therapy, aquatic therapy.

- Indirect Patient Care: Clinical Coordinator for Clinical Education and Clinical Instructor (2010 -present)
  - Management of Clinical Staff
  - Educational Inservices for Clinical and Support Staff
  - Presentation (Oct 2013): Intramuscular Stimulation and Trigger Point Dry Needling: Applications for Pain Management and Sports Injuries

Staff Physical Therapist: July 2009-2011

- Comprehensive evaluations and development of specific plans of care for various orthopaedic and neurological diagnoses including operative and non-operative cases, hand therapy, aquatic therapy.

Aquatic Director: July 2009 -2015

- Treatment of patients of various orthopaedic and neurologic diagnoses in an aquatic environment
- Managed scheduling of aquatic patients and main liaison between aquatic facility and Kassimir Physical Therapy

## **Professional Development**

American Academy Orthopedic Manual Physical Therapy Conference 2019 - Orlando, Florida

Manual Therapy Institute Fellowship Program (Oct 2014 - May 2018)

Total hours upon program completion: 1006

Assessment, Screening and Treatment of the Vestibular System (October 18, 2014)

Presenter: Laura Long, PT, DPT, ATC, CSCS

8 CEU

Functional Dry Needling: Level II of III : Applications for Management of Movement Impairment, Pain and Sports Injuries (2013)

Presenter: Tamer Issa, DPT

27 CEU

Functional Dry Needling: Level I of III: Applications for Management of Movement Impairment, Pain and Sports Injuries (December 14-16, 2012)

Presenter: Tamer Issa, DPT

Baltimore, MD

27 CEU

North American Institute of Orthopaedic Manual Therapy: Level II Intermediate Lower Quadrant Parts A & B (November 11-13 and Dec 16-18, 2011)

Presenter: Kathy Berglund, PT, MA, ATC, OCS, FAAOMPT

Virginia Therapy and Fitness Center, Reston, VA

42 CEUS

North American Institute of Orthopaedic Manual Therapy: Level II Intermediate Upper Quadrant Parts A & B (April 8-10 and May 20-22, 2011)

Presenter: Kent Keyser, MS, PT, OCS, COMT, ATC, FFCFMT, FAAOMPT, CKTP

Virginia Therapy and Fitness Center, Reston, VA

42 CEUS

Advances in Clinical Evaluation and Treatment of Cervical and Upper Thoracic Spine Disorders: An Integrated Manual Therapy and Exercise Approach (November 2009)

Presenter: Chris Durall, PT, DPT, SCS, LAT, CSCS

### **Clinical Instruction**

Assist with development of SPT's and SPTA's clinical reasoning and clinical motor skills. For SPT's, assist with developing evaluation and diagnostic skills, along with analysis and critical thinking abilities.

Clinical Coordinator for Clinical Education and Clinical Instructor: 2010 - Present

11 Physical Therapy Students - 10 week internships

2 Physical Therapy Assistant Students - 6 week internships

### **Community Service**

Upper Quarter Mobility Seminar presented to functional fitness athletes at Revamped Fitness, Fall 2020

Guest Presenter for Physical Therapy Profession at Park School, Fall 2011

### **Professional Membership**

American Academy of Orthopedic Manual Physical Therapists

Member: Sept 2018 - Present

Fellow Status

American Physical Therapy Association

Member: 2007 - Present

Orthopedics Section Member: 2008 - 2020

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