

## **Barbara Stevens, PT, GDMT, MBA, FAAOMPT**

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### **EDUCATION**

Bachelor of Arts Degree, Zoology	University of California, Berkeley	1971
Bachelor of Science Degree, Physical Therapy	University of California, San Francisco	1974
Graduate Diploma in Advanced Manipulative Therapy	South Australian Institute of Technology	1979
MBA (Health Care Administration)	University of Phoenix	2009

### **PRESENT EMPLOYMENT**

**CLINICAL COORDINATOR, SUTTER MEDICAL FOUNDATION** January 2010 to present  
Develops evidence based, best practice clinical guidelines, protocols, procedures and work flow processes in collaboration with physical therapy peers and applicable physicians. Provide education and training to physical therapists. Supports the Regional Manager and Regional Director in targeted program development, marketing and quality assurance. Functions as the EPIC (EHR) applications specialist to assure optimization within physical therapy. Provides direct patient care, consultation services and clinical mentoring.

**INSTRUCTOR, ORTHOPEDIC MANUAL THERAPY:**  
Phoenix Manual Therapy March, 1986 to present

**DIRECTOR OF FELLOW VIRTUAL ROUNDS** November 2010 to present  
Evidence in Motion

### **PREVIOUS EMPLOYMENT**

**REHABILITATION MANAGER, SUTTER MEDICAL FOUNDATION** January 2006 to December 2009  
Supervise operations for the 6 SMF physical and hand therapy clinics in Sacramento and Yolo County. Supervise 65 direct reports with responsibility for operations, budgeting and financial performance, staff recruitment and retention, program development, and marketing. Key contributor in development and implementation of the EPIC EHR. Developed in house staff education program for physical therapists, active participant in management and leadership training programs.

**SUPERVISOR: Orthopaedic Physical Therapy, Sutter Roseville Medical Center,** October 2002 to December, 2005  
Supervise a staff of 6-10 physical therapists, 2 physical therapy assistants and 4 physical therapy aides in a high volume outpatient orthopedic setting. Responsible for the daily management of the department, quality control, staff supervision and development in the areas of clinical skills, productivity and career development. Work directly with the Manager of Rehabilitation Services for the development of clinical competencies, policies and procedures, preparation for JACHO and implementation of an electronic documentation system. Act as CCCE for our student education program. Maintain a clinical practice which varies from 30 to 100%, depending on the clinic volume and staffing needs.

Accomplishments include improving physician relationships and physician satisfaction with key referral sources in the Orthopaedic Department and Sutter Health at Work, increasing fee for service referrals from 20% to 45%, increasing patient satisfaction scores from 94% to 99% and reducing hours/UOS from .49 to .38.

**SENIOR PHYSICAL THERAPIST:** McCarthy Physical Therapy, Roseville CA July 1996 to October 2002  
Provide patient care for spine, orthopedic and sports related disorders in a practice setting which specializes in patient education, manual therapy and therapeutic exercise, including spine stabilization. Assisted with practice development and growth by maintaining a high standard of care and positive working relationships with referral sources. Maintain documentation and provide written reports for physicians and third party payors.

**PHYSICAL THERAPIST:** Folsom Physical Therapy, Folsom CA, December 1995 to July 1996  
On call work treating a variety of orthopedic and spine disorders and conducting back classes. Lecturer with the Folsom Physical Therapy Long Term Course in Manual Therapy.

**CLINICAL INSTRUCTOR IN PHYSICAL THERAPY:** California State University, Sacramento Spring 1996  
Developed and taught Therapeutic Exercise Course. Held the primary faculty responsibility for development of course syllabus, course content and coordination of instructors.

**DIRECTOR OF SPINE AND INDUSTRIAL REHABILITATION** July 1994 to July 1995  
Southwestern Medical Center, Lawton, Oklahoma  
Developed new programs for spine rehabilitation and industrial rehabilitation. Developed programs for patient treatment, work hardening and functional capacity evaluation. Supervised a staff of 6 and held responsibility for departmental budgets, equipment purchases and recruitment of therapists.

**COORDINATOR OF REHABILITATIVE SERVICES** May 1992 to July 1994  
Spine Center, St. Anthony Hospital, Oklahoma City, Oklahoma  
Supervised a staff of 7 to 10 therapists, 5 physical therapy technicians and 4 clerical personnel in the multidisciplinary Spine Center. Managerial duties included budgeting, staff recruitment, supervision and development, writing policies and procedures, and working with physicians to develop treatment protocols. Maintained a half time practice to provide evaluative services, manipulative therapy, and rehabilitation for complex spinal disorders referred by the team's neurosurgeons, orthopedic surgeon, neurologist, anesthesiologist, internist, psychiatrist and physiatrists. Developed a long term continuing education program for the Spine Center which was supported by fees paid by outside therapists, providing extensive continuing education programs for our staff at no cost to the hospital. Assisted in the development and writing of a research grant on spinal manipulation. Increased department participation in the physical therapy programs at the University of Oklahoma and Langston University. Developed patient education materials, presented back education and safety seminars for industry and worked closely with the marketing director to develop programs for a community education program, "Back Week", including "Exercises for a Healthy Back", "Osteoporosis", and "Self Help for Employers: Injury Prevention, Ergonomics, and Management After Injury." Designed and implemented programs for work conditioning and functional capacity evaluation.

**INSTRUCTOR IN PHYSICAL THERAPY** January 1991 to May 1992  
Langston University, Langston, Oklahoma.  
Developed course content and teaching materials for courses on Orthopedic Evaluation and Sports Physical Therapy. Lectured and examined students. Participated in curriculum design and development.

**PRIVATE PRACTICE** December 1985 to October 1990  
Institute of Orthopedic Physical Therapy, Mill Valley, California  
As owner and sole proprietor, opened a private practice specializing in the management of spinal dysfunction and within two years expanded practice to three full time therapists. Joined in practice by Margaret Anderson, PT, GDAMT and Dennis Morgan, PT, DC. The Institute provided manipulative therapy, spine stabilization, and rehabilitation of athletes. The Institute sponsored three year long courses in Orthopedic Manual Therapy and provided consulting services for physical therapists and physicians, including the Saint Mary's Spine Center.

**SENIOR FACULTY MEMBER,** Kaiser Residency Program in Advanced Orthopedic Manual Therapy  
Kaiser Permanente Medical Center, Hayward, California January 1980 to December 1986  
Assisted with the foundation and development of the program, and taught as a founding faculty member for 6 years. The program was the first full time residency program in manual therapy in the United States. Responsible for

curriculum development, lecture, instruction in manual therapy, clinical supervision of residents and examination of residents. During this time worked as a primary author of the Competency Statement for the Orthopedic Specialist Examination of the APTA.

**ORTHOPEDIC SPECIALIST** January 1985 to December 1985  
St. Mary's Spine Center, San Francisco, California  
Worked closely with Dr. Arthur White to develop the team management concept and conservative care programs utilizing manipulative therapy, stabilization training and McKenzie concepts. Maintained a full patient load, and provided continuing education in manual therapy for the physical therapy staff.

**PRIVATE PRACTICE** March 1981 to December 1984  
Stevens and Hynes Physical Therapy, San Francisco, California  
Recruited by Dr. Arthur White prior to the Development of St. Mary's Spine Center to provide manipulative therapy and expertise with the McKenzie concepts for complex spine patients.

**CLINICAL SPECIALIST** August 1980 to March 1981  
Kaiser Permanente Medical Center, Fremont California  
Provided physical therapy and manipulative therapy for orthopedic and spine patients in a managed care/HMO environment. Worked concurrently as a senior faculty member on the Residency Program in Advanced Orthopedic Manual Therapy.

**STAFF PHYSICAL THERAPIST** September 1976 to December 1978  
Kaiser Permanente Medical Center, Hayward, California  
Provided physical therapy in an outpatient setting, including burn and wound care, scoliosis screening, orthopedic and spine rehabilitation. Successfully maintained a high patient volume of three patients per hour, including 20 minute evaluations.

**STAFF PHYSICAL THERAPIST** September 1974 to September 1976  
Garden Sullivan Rehabilitation Center, San Francisco, California  
Provided patient care on a variety of inpatient services including orthopedics, cardiac rehabilitation, pulmonary intensive care and neurology. Rotated through the outpatient center and the rehabilitation center.

### **LECTURER/SPEAKER**

Arizona Physical Therapy Association 2007  
Folsom Physical Therapy Long Term Course in Manual Therapy  
Phoenix Manual Therapy Study  
Group Health Seattle, Washington 2007  
Evaluation and Treatment of the Spine, Roseville California Year Long Course in Orthopedic Manual Therapy  
Rock Valley Physical Therapy Clinic: Year long course in Orthopedic Manual Therapy  
Burlington , Iowa; Great Western Hospital  
St. Mary's Spine Center: Clinical Consultant.  
UCLA Department of Physical Therapy  
UCSF Department of Physical Therapy  
USC Curriculum in Physical Therapy  
Stanford University Curriculum in Physical Therapy  
Veteran's Administration Hospitals, San Francisco and Denver  
Golden Gate District APTA  
San Jose District APTA  
Abbey Rents Conference, 1981  
APTA National Conference, 1982  
Back in Focus, 1984  
CAMP International Symposium: Management of Low Back Pain, 1984  
Challenge of the Lumbar Spine, 1985  
Oklahoma Physical Therapy Association, State Conference, 1991

Back Week Seminars, Oklahoma Neurosurgical Institute, 1993, 1994  
University of Oklahoma, Program of Physical Therapy , 1994  
Self Help for Employers: Injury Prevention, Ergonomics, Management After Injury, Great Plains VoTech, 1994  
Evaluation and Treatment of the Cervical Spine, Ames Iowa, 2000  
Evaluation and Treatment of the Shoulder, St. Louis, Mo, 2002

### **PUBLICATONS**

"Mechanical diagnosis and self treatment of the cervical spine." In Clinics in Physical Therapy, Ruth Grant, Ed., 1988  
"Cervical Spine" in Saunders Manual of Physical Therapy Practice, Rose Sgarlat Meyers, Ed., 1995

### **CONFERENCE POSTER PRESENTATIONS**

2/2010 Barakatt E, Stevens B, Parise C, Campisano M, Cuevas M, Fisher K, Koza J, Tortosa A, Valderamma E.  
Making Clinical Information Available for Quality Assurance Programs in Electronic Physical  
Therapy Records. Combined Section Meeting of the American Physical Therapy Association. San  
Diego, CA  
10/2009 Barakatt E, Stevens B, Parise C, Campisano M, Cuevas M, Fisher K, Koza J, Tortosa A, Valderamma E.  
Making Clinical Information Available for Quality Assurance Programs in Electronic Physical  
Therapy Records. California Physical Therapy Association Annual Conference. Pasadena, CA

### **RESEARCH GRANT**

2009 Sutter Institute for Medical Research to conduct the study *Evaluating Patient Outcomes Following  
Physical Therapy Care for Low Back Pain*. Barakatt E, Stevens B, Parise C

### **OFFICES HELD**

Chairperson, Standards Committee, Orthopedic Specialty Council, APTA 1983-86. Charged with developing the  
clinical specialist guidelines for the Orthopedic Clinical Specialist (OCS)

Chairperson, Examination Committee, AAOMPT (American Academy of Orthopaedic Manual Physical Therapy) 1998-  
2000. Charged with development of challenge guidelines and clinical examinations for AAOMPT

### **AWARDS**

Clinician of the Year, 1981 by the Program in Physical Therapy, University of Southern California

John McM. Menell Service Award, 2000, by the American Academy of Orthopedic Manual Therapy for contributions  
to the advancement of manual therapy.

Honorary Fellow American Academy of Orthopaedic Manual Therapy 2009

### **CONTINUING EDUCATION IN MANUAL THERAPY**

Geoffrey Maitland, MBE

- Three month full time course: Manipulation of the Spine sponsored by the Australian Physiotherapy Association, September to December, 1977.
- Clinical observation: 1977, 1979 Adelaide, South Australia

Dennis Morgan, PT, DC

- 1985, 2003 Training the Patient with Low Back Dysfunction

- 1988, 2003 Soft Tissue Mobilization
- 1989 Muscle Stretching
- Shared clinical practice: 1988 to 1990.

Robin McKenzie

- 1978 Mechanical Diagnosis and Treatment, Lumbar Spine
- 1986 Mechanical Diagnosis and Treatment, Cervical Spine, Thoracic Spine
- Clinical observation: 1980 to 1985, Kaiser Residency Program
- Clinical Observation: Two weeks full time, Wellington New Zealand, January 1979

Olav Evjenth

- 1985: Muscle Stretching: The Extremities

Britt Smith and Timothy Fearon: Manipulation of the Lumbar Spine 2008

Kaiser Permanente: Train the trainers GPMV 2008

Lance Twomey, Lumbar Instability, 1996

Kieth Blankenship, Functional Capacity Evaluation, 1994

Don Torrey PT, ATC: Evaluation and Treatment of the Knee, 1988

Michigan State School of Osteopathy: Phillip Greenman et al., 1980

John Mennell, Evaluation and Treatment of the Extremities, 1978

Freddie Kaltenborn: Cervical Spine: 1977

Stanley Paris: S1, 1976