

Curriculum Vitae

John C. Seivert, MS, PT, GDMT, FAAOMPT, CSCS
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 Birth Date: December, 9, 1960

EDUCATION:

Certified Strength and Conditioning Specialist (CSCS) (2003)

Certification through the National Strength and Conditioning Association (NSCA)

Master of Science School of Physiotherapy (1996)

Curtin University of Technology, Perth, Western Australia

Title of Research: The Effects of Anterior Interbody Fusion on Pain, Cervical Range of Motion and Brachial Plexus Extensibility.

Fellow American Academy of Orthopaedic Manual Physical Therapy (FAAOMPT) 1995

Postgraduate Diploma in Manipulative Therapy (GDMT) (1990)

Curtin University of Technology, Perth, Western Australia

This is a one year advanced orthopedic manipulative concept therapy program for the examination and treatment of musculoskeletal disorders. The program included full time academic course work, fifteen hours per week treating patients under direct supervision from expert Manipulative Physiotherapists. A clinical research project was also a requirement of the curriculum.

Bachelor of Science Degree in Physical Therapy (1984)

Northern Arizona University, Flagstaff, AZ

Undergraduate Studies and intercollegiate athletics (1979-1981)

Phoenix College (PC) & Glendale Community College (GCC).

PROFESSIONAL EXPERIENCE:

Seivert Physical Therapy, P.C.

1020-D McCourtney Road Grass Valley, CA 95949

Owner, CEO, Primary clinician, Out-Patient Orthopedics

June 2001 - Present

Sierra Nevada Memorial Hospital, Grass Valley

155 Glasson Way Grass Valley, CA 95945

Out-Patient coordinator, Out-Patient Orthopedics

April 2000 - June 2001

Kaiser-Permanente Medical Center, Gilroy

7520 Arroyo Circle

Gilroy, California 95020

Clinical Specialist, Out-Patient Orthopedics

June 1997 - Present

Kaiser-Permanente Medical Center, Union City

3555 Whipple Road

Union City, California 94587

Clinical Specialist, Out-Patient Orthopedics

July 1995 - June 1997

Kaiser-Permanente Medical Center, Union City

3555 Whipple Rd. Union City, California 94587

Faculty Member- Kaiser Permanente Hayward

July 1995 - Present

Physical Therapy Fellowship in Advanced Orthopedic manual Therapy

Kaiser-Permanente Medical Center, South Sacramento
6600 Bruceville Road
Sacramento, California 95823
Clinical Specialist, Out-Patient Orthopedics

August 1988 - January 1995

Kaiser-Permanente Medical Center, Sacramento
2025 Morse Avenue
Sacramento, California 95825
Senior Physical Therapist

September 1985 - Aug. '88

Affiliated Physical Therapist, Ltd.
2000 Southern Avenue
Tempe, Arizona
Staff physical Therapist, Out-Patient Orthopedics

October 1984 - August 1985

PROFESSIONAL LICENSES:

State of California, Number 13037, Physical Therapist.

PROFESSIONAL ORGANIZATIONS:

Fellow American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT)

Member of the American Physical Therapy Association (APTA) and the Section in Orthopedics.

Member-National Strength and Conditioning Association (NSCA)

CONTINUING EDUCATION:

Long Term Courses _ (in chronological order)

Norwegian Orthopedic Manual Therapy Course, One Year program. by Michael Moore, PT et al
January 1986 to December 1986. 144 hours.

Australian Orthopedic Manual Therapy: Evaluation and Treatment of the Cervical Spine, by
Barbara Stevens, PT 64 hours, January 1987 to June 1987.

**Long Term Continuing Education Program, The Australian Approach to Manual Therapy, one
year program.** Joe Farrell M.S., PT, March 1988 to April 1989. 130 hours.

Short Term Courses (in chronological order)

Davies, George (1983). The Knee: Anatomy, Examination and Rehabilitation. 14 hours.

Lehmann, Justus. (1984). Thermal Modalities, Effects and Uses. 8 hours.

Sahrman, Shirley. (1985). Correction of muscle Imbalances. 15 hours.

Moore, Michael. (1985). Orthopedic Manual Therapy: Thoracic Spine & Ribs. 17 hours.

Saunders, Duane. (1985). Herniated Disc. 5 hours.

- Kaltenborn, Freddy. (1985). Manual Therapy of the Extremity Joints. 14 hours.
- Paris, Stanley. (1985). S1: Spinal Evaluation and Manipulation. 72 hours.
- Kendall, Florence. (1985). Evaluation of Faulty and Painful Postural Conditions. 14 hours.
- Bollinger, Lynn. (1986). PNF for the Upper Extremity. 14 hours.
- Bollinger, Lynn. (1986). PNF for the Lower Extremity. 14 hours.
- Evjenth, Olaf & Hamberg, Jern. (1986). Muscle Stretching in Manual Therapy: the Spine. 32 hours.
- Rocabado, Mariano. (1987). Advanced Upper Cervical and Temporomandibular Joint. 24 hours.
- Evjenth, Olaf & Hamberg, Jern. (1987). Muscle Stretching in Manual Therapy: the Extremities. 32 hours.
- Yamada-Soto, Janet & Scarpelli, Elizabeth. (1987). Australian Approach to Evaluation and Treatment of the Cervical Spine. 7 hours.
- Adler, Sue & Bollinger, Lynn. (1988). Advanced PNF for the Orthopedic Patient. 28 hours.
- Twomey, Lance. (1989). Anatomy of the Lumbar Spine. 16 hours.
- Sahrman, Shirley. (1992). Diagnosis and Treatment of Muscle Imbalances and Musculoskeletal Pain Syndromes (level III). 15 hours.
- Lamb, D., Maitland, G., et. al. (1992). I.F.O.M.T. Conference, Vail, CO. Various experts on Orthopedic Manipulative Therapy presenting papers and instructional courses, 5 days.
- Maitland, Geoffrey & Jones, Mark. (1992). Evaluation and Treatment by Passive Movement: The Maitland Concept. 32 hours.
- Butler, David. (1992). Mobilisation of the Nervous System: An Update. 8 hours.
- Blankenship, Keith. (1993). Functional Capacity Evaluation. 16 hours.
- Butler, David. (1993). Mobilisation of the Nervous System. 16 hours.
- Hartman, Laurie. (1993). Level I Osteopathic Manipulative Therapy (Advanced Manipulative Therapy course) 32 hours.
- Gifford, Louis. (1994). The Clinical Biology of Aches and Pains. 14 hours.
- Vicenzino, Bill. (1994). Manual Physical Therapy in the Management of Upper Quadrant Dysfunction: Integrating Approaches. 16 hours.
- McConnell instructors. (1994). The McConnell Approach to the Problem Shoulder. 16 hours.
- Sahrman, Shirley. (1994). Diagnosis and Treatment of Muscle Imbalances Associated With Regional Pain Syndromes (Level II). 15 hours.
- Hauswirth, Brian. (1994). The Foam Roller Approach: Clinical Applications for Orthopedic and Neurologic Populations. 8 hours.
- Lee, Diane. (1994). The Pelvic Girdle. 18 hours.

Hartman, Laurie. (1995). Level II Osteopathic Manipulative Therapy (Advanced Manipulative Therapy course) 24 hours.

Twomey, Lance & O'Sullivan, Pete. (1996). Spinal pain, instability and physical treatment. 30 hours.

Hilliard, Jason & Westberg, Jane. (1997). 2nd Annual Kaiser Permanente Interregional Faculty Development Workshop Making the Most of Instructional Presentations, 16 hours.

Fowler, Cliff (1998). The Shoulder Girdle, 20 hours.

Major league baseball medicine conference (January 2002). 16 hours.

AAOMPT Annual Conference (October 2003) 16 hours.

Upper Quarter / Shoulder Rehabilitation / Plyometrics by Donald Chu (April 2005). 16 hours.

AAOMPT Annual Conference (October 2005) 16 hours.

Oliver, Mark, & Folk, Brian. (2006). A New Approach to Evaluation and Treatment of SIJ Dysfunction. 15 Hours.

AAOMPT Annual Conference. Pre-conference course by Shirley Sahrman (October 2006). Movement Impairment Syndromes of the Lumbar spine, Hip, and Knee: Best Available Evidence of the Interaction of these Segments. 16 hours.

AAOMPT Annual Conference, Charlotte, NC (October 2006) 17.25 hours.

AAOMPT Annual Conference, Saint Louise, MO. (October 2007) 17.25 hours.

AAOMPT Annual Conference. Pre-conference course by David Butler. Explain Pain, 16 hours.

AAOMPT Annual Conference, Seattle, WA. (October, 2008) 17.25 hours.

TEACHING EXPERIENCE: (in chronological order)

Assistant Instructor for the Orthopedic Manual Therapy Overview Course, South Sacramento Kaiser-Permanente sponsored, 3 month Program. Spring 1988. 42 Hours.

Assistant Instructor for Orthopedic Manual Therapy Seminars, teaching weekend courses on various topics in Orthopedic Manual Physical Therapy. Fall 1988 to January 1990.

Clinical Instructor (CI) for undergraduate PT students at South Sacramento Kaiser, Fall 1988 to Spring 1993.

Primary Instructor for weekend courses in the Australian Approach to Examination and Treatment of various regions of the body, Courses taught in California, Arizona and New Mexico since February 1991 to present.

Sole Instructor for the year long course titled **Advanced Australian Orthopedic Manual Therapy Course. Sacramento, California, 1991-1992.**

Guest Lecturer for University of the Pacific PT program senior class in orthopedics, 1992 to present.

Primary Instructor for the year long course titled **Australian Orthopedic Manual Therapy Program 1992`93 and `94. South Sacramento Kaiser Medical Center.** Approximately 140 hours of instruction per year.

Regular In services for staff on various aspects of Manual Therapy (Examination and Treatment) from February 1991 to January 1995 (Kaiser South Sacramento).

Physician In services on various aspects of Manual Therapy Examinations for the **South Sacramento Kaiser Occupational Medicine Clinic** from October 1992 to January 1995.

Physicians Inservice on **Examination and Treatment of Adverse Neural Tissue Tension with Patients Experiencing Neck and Arm Pain**, July 21, 1992.

Invited speaker at the **4th Kaiser Permanente National Conference On Primary Care and Sports Medicine**, Maui, Hawaii, February 13-20 1993. (3 lectures and 5 workshops for physicians).

Invited speaker at the **10th Annual High Altitude Challenge** for NAU Physical Therapy alumni. Flagstaff, Arizona, August 1993.

Invited speaker at the **American College of Sports Medicine (ACSM) Board Review Course** San Francisco, August 10 - 15, 1993.

Invited speaker at the **5th Kaiser Permanente National Conference On Primary Care and Sports Medicine**, Kauai, Hawaii, February 5-12 1994. (10 lectures and workshops for physicians)

One day workshops for Kaiser Physicians on **Evaluation and Management of Patients with Neck, Low Back, Knee and Shoulder Pain**. Each of these four workshops took place at the South Sacramento Kaiser Facility, Oct. 1994 to Jan. 1995.

Orthopedic Clinical Specialist providing consultations to the staff for the more difficult patients on a regular basis (Kaiser Union City, July 1995 to present).

One day workshop for senior PT students (College of Osteopathic Medicine of the Pacific) **Subjective examination for patients with shoulder dysfunction**. September 1995 & 96.

Lab assistant to Brian Mulligan's weekend conference **SNAG'S, NAG'S and PRP'S**. San Francisco, California, March, 1996.

Invited speaker at the **6th Kaiser Permanente Interregional Conference On Primary Care and Musculoskeletal Medicine**, Kauai, Hawaii, April 6-13 1996. (6 workshops given for Physicians)

Invited speaker to **The first Annual Interregional Conference On Primary Care, Occupational Health Physical Therapy & Musculoskeletal Medicine**, Oakland, California October 7, 1996. Teaching an all day lecture and lab course on examination and treatment of spinal disorders for physical therapists.

Invited speaker to the State Compensation Insurance Fund (SCIF) & Kaiser Permanente conferences on **Carpal tunnel & related Hand and wrist syndromes** . Five different cities over eight month period of time, Fall 1996 to Spring 1997.

Invited speaker at the **Ironman Sports Medicine Conference**, Big Island of Hawaii, October 1996. (4 lectures to a primarily physician audience on rehabilitation of the athlete with spinal and extremity dysfunctions).

Invited speaker at the **7th Kaiser Permanente Interregional Conference, Improving Clinical Outcomes & Professional Satisfaction in Primary Care Practice**, Kauai, Hawaii, March 29 - April 5 1997. (5 workshops given for Physicians).

Workshop leader for Kaiser Physicians at the, **Occupational Health Spine Specialist & Disability Management Training Workshop**, May - June 1997.

Invited speaker to the State Compensation Insurance Fund (SCIF) & Kaiser Permanente conferences on **Management of the worker with chronic low back pain**. Five Northern California cities, November 1997 to Spring 1998.

Invited speaker at the **Institute for Healthcare Improvement (IHI) collaborative on low back pain guidelines**, October 1997. Topic: Overview of Orthopedic Manual Therapy (OMT).

Invited speaker to the **Applications in Sports Medicine** June 1998. Topic: Lumbar Spinal Instability.

Invited speaker to the State Compensation Insurance Fund (SCIF) & Kaiser Permanente conferences on **Management CTS & RSI of the Upper Extremity**. Five Northern California cities, November 1998 to Spring 1999.

Invited Instructor to Sao Paulo, Brazil for eight (8) days of teaching. Cervical and Lumbar spine courses to Brazilian PT's, August 1998.

Invited speaker to Kaiser Permanente Oakland Pediatrics Department Grand Rounds, September 30, 1998. Topic: Evaluation of the pediatric neck and shoulder.

Invited Instructor to Londrina, Brazil for eight (8) days of teaching, Cervical and Lumbar spine courses to Brazilian PT's Orthopedic manual therapy seminars (Lumbar and cervical spine) Brazilian Physical Therapy Association, eight days of instruction, March 1999.

Seivert Physical Therapy Seminars presented in 1998-99 a year long continuing education course in Orthopedic Manual Therapy for Physical Therapists, Santa Cruz, CA. Includes 132 hours of didactic and practical hands on education.

Guest Lecturer for University of the Pacific PT program senior class in orthopedics, October, 1999.

Invited Instructor to the AAOMPT's "Bringing manual physical therapy into the next millennium" teaching "**The examination and treatment of the adolescent with lumbosacral instability**", October 1999.

Seivert Physical Therapy Seminars presents in 1999-2000 a year long continuing education course in Orthopedic Manual Therapy for Physical Therapists, Santa Cruz, CA. Includes 132 hours of didactic and practical hands on education.

Guest Lecturer for University of the Pacific PT program senior class in orthopedics, October, 2000.

Guest Lecturer to National Semiconductor Inc. for a five series preventative medicine workshop to all 2,000 (+) employees.

Invited Instructor to Londrina, Brazil for eight (8) days of teaching, Cervical and Lumbar spine courses to Brazilian PT's Orthopedic manual therapy seminars (Lumbar and cervical spine) Brazilian Physical Therapy Association, eight days of instruction, April 2000.

Guest lecturer & Adjunct Faculty member, Kaiser Permanente Hayward Physical Therapy Fellowship in Advanced Orthopedic Manual Therapy. One day course: Introduction to Mulligan's Intervention Approach: NAGS, SNAGS, MWM and PRPs, September, 2000 – present.

Seivert Physical Therapy Seminars presents in 2000 - 01 a year long continuing education course in Orthopedic Manual Therapy for Physical Therapists, Grass Valley, CA. Included 144 hours of didactic and practical hands on education.

* This course has been repeated for the 2001-02 year , 2002 -03 year, 2004 -05 year, 2007-08 year and currently teaching the 2008-09 year.

RESEARCH:

The Effects of Anterior Interbody Fusion on Pain, Cervical Range of Motion and Brachial Plexus Extensibility. For the degree, Master of Science in Physiotherapy, Curtin University of Technology Perth, Western Australia. (1996).

AWARDS:

Awarded outstanding alumni from Northern Arizona University's college of health professionals. The universities **Centennial Alumni Awards From The College Of Health Professionals 1996** selected Five individuals out of 4800 alumni.

Awarded Most Versatile Cyclist for the Sierra Express Racing Team in 2006 for competing in over 20 races including road, criterium, mountain, time trials, triathlons and cyclo-cross.

OUTSIDE INTERESTS:

Raising our children through co-parenting, Alec (13 yrs.) and Jessica (10 yrs.), the greatest gifts in the world.

Competitive age group bike racer (road, mountain, cyclo-cross).

Triathlons and endurance events (Highlights):

Competed in Ironman Triathlon World Championship, Kona, Hawaii, **1986** and **'89**. with a personal best of **9 hrs. 54 min. 58 sec.**

Competed in Worlds Toughest Triathlon, Lake Tahoe, CA 1987 and '89.

Competed in Ironman Canada, Penticton, British Columbia, 1988.

Competed in RAAM Open-West, 500 Mile Bike Race. Arizona, 1988.

Competed in approximately 130 Triathlons since 1985 to present.

Competed in 7 Marathons since 1985 with a personal best of **2 hrs. 57 min. 52 sec.**

Competed in more than 10 ultra distance running races (50 milers and 50 K's) since 1991. A personal best of **7 hrs. 59 min. 48 sec.** at the American River 50 in 1992.

Western States Endurance Run (100 mile run through the Sierra Nevada mountain range) June, 1996. **29 hrs. 15 in. and 37 sec.**

Finished 3rd overall in 45+ Masters Expert division of Sacramento cyclo-cross series, 2008.

Photography (Outdoor nature)

Winner of an amateur photography contest and now have a print in a photography calendar

Reading, Movies, Traveling, Camping, and Scuba diving.

REFERENCES:

Available upon request