

About the Authors



Mark D Mottice
MS, PT

Mark graduated from the University of Akron in Akron, Ohio with a Bachelor's Degree in Biology. He then attended the University of Alabama at Birmingham and received a Master's Degree in Physical Therapy in 1982. He has instructed courses on Soft Tissue Mobilization both at Cleveland State University in Cleveland, Ohio and the University of Indianapolis, Indiana. Mark is currently the co-owner of Concorde Therapy Group in Canton, Ohio. A large outpatient practice with eight offices throughout Stark County. He has been in private practice since 1985 and works extensively with athletes of all levels, from recreational to the All-American. He developed an innovative program for runners, screening for injury prevention and assessment. Mark screens well over 500 runners annually from middle school age to collegiate, for both track and cross country. His expertise in running injuries and lower extremity biomechanics is well known throughout Northeast Ohio.

Edie Knowlton Benner
PT, PhD, OCS

Edie received her Physical Therapy degree from The University of Miami, Florida. Her master's degree in Exercise Physiology and her doctorate in Health Education and Promotion are from Kent State University. She is board certified by the American Board of Physical Therapy Specialties as an Orthopaedic Clinical Specialist. Edie is an adjunct faculty member in the Cleveland State University Doctorate Program in Physical Therapy. Lecture topics locally and nationally have included Soft Tissue Mobilization, Occupational Health, and other orthopaedic topics. She is very involved in the Ohio Physical Therapy Association having served on the Board of Director's, as Chief Delegate to the American Physical Therapy Association House of Delegates and in various other positions. Her research interests include functional outcomes and physical activity among members of the physical therapy profession. Edie is co-owner and president of a private physical therapy practice; Advanced Rehabilitation & Health Specialists in Mantua, Ohio.

James J Spoerl
MEd, PT, ATC, Cert. MDT

Jim is a graduate of The Ohio State University in Physical Therapy. He is a certified athletic trainer with sports injury experiences in both the high school and at the collegiate level. Jim completed his Masters degree at Temple University while completing his thesis on Shoulder Joint Proprioception. Other accomplishments include; coauthor of a physical therapy manual and DVD entitled "Soft Tissue Mobilization Techniques", Physical Therapist/Athletic Trainer to the United States Decathlon Team, and therapist to the LPGA. Jim has lectured on numerous topics such as the orthopaedic shoulder, sports injury prevention, and ankle/foot rehabilitation. Jim has completed the coursework for credentialing in Mechanical Diagnosis and Treatment through the McKenzie Institute. Additional experiences include co-owner of a private physical therapy practice and administrative/management positions for outpatient therapy, ambulatory surgery, and diagnostic centers.