

Carlo A. Wood

Education

Ph.D. in Anatomy – Loma Linda University School of Medicine Pathology Dept., Division of Human Anatomy (2014)

Masters of Musculoskeletal and Sports Physiotherapy- University of South Australia (2011)
Instructed at Geoff Maitland's school by Mark Jones, David Butler, Lorimer Moseley and Mary Magarey as well as the sports physio's and team doctors for the Adelaide Crows and Port Adelaide Power professional Australian Rules Football Teams. I was also the sports physio for the Gaza Eagles Australian Rules Football Club.

Bachelors and Masters of Physical Therapy - Fresno State University (1997/1999)

Fellowship

The American Academy of Orthopaedic Manual Physical Therapy

Kaiser Permanente Southern California Movement Science Fellowship, L.A., (2008)

Mentored by Shirley Sahrman, Mary Kate McDonnell, Marcie Harris-Hayes, Clare Frank, Chris Powers & Kathy Kumagai-Shimamura.

Residency

Kaiser Permanente Southern California Orthopedic Physical Therapy Residency, Orange, (2007).

Mentored by Joe Godges and Michael Miller

Clinical Experience

Sports & Orthopaedic Physiotherapy (Owner), San Diego, 2016 to present.

Neuro Tour, 2016 to 2018. Neuro Tour is a unique team of elite practitioners specializing in the art of providing physical therapy services to national and international theatrical productions, concert tours and film productions.

McGuire Orthopedic Physical Therapy Clinic, Fresno (2000-2001), Healthsouth Orthopedic and Sports Medicine Physical Therapy Clinic, Sacramento (2001-2002), Physiotherapy Associates, Loma Linda (2003-2004), Performance Physical Therapy Clinic, Loma Linda (2004-2005), Outback Physiotherapy, Redlands (2005-2007), St. Helena Hospital Outpatient Physical Therapy Clinic (2012- 2016), Stanford Lucile Packard Orthopedic and Sports Medicine Center (2016).

Responsibilities included evaluation and treatment of various neuromusculoskeletal injuries with a strong emphasis on using Australian, Norwegian, Osteopathic manual therapy and movement science techniques within a biopsychosocial clinical reasoning framework.

Manual Therapy Internship – Kaiser Orthopedic Physical Therapy Dept., Fresno, (1999). Eighteen week extended internship in Norwegian and Australian manual therapy. Included one-hour lab instruction per day to learn and practice assessment and treatment techniques of the Norwegian curriculum taught at Folsom long term manual therapy course and Australian curriculum taught at Kaiser Hayward long term manual therapy course. Responsibilities also included teaching lumbar training classes at three levels of intensity.

Teaching Experience

Instructor for Neurodynamic Solutions. (2012 to present). We are an international group of clinicians, researchers and teachers founded by Michael Shacklock, who are dedicated to offering practical solutions for therapists with an interest in neuromusculoskeletal problems with an emphasis in clinical neurodynamics.

Center Coordinator of Clinical Education - St. Helena Hospital, St. Helena, (2012-2016).
Provide 3-6 month internships. These were structured like mini residency/fellowships where I provided one-hour labs per day to teach clinical reasoning, manual therapy, neurodynamics, movement science, pain science and sports performance.

Anatomy Lab Assistant for Anatomy and Pain Science class. Physiotherapy Dept.
University of South Australia (2011). Course instructor: David Butler.

Assistant Professor Physical Therapy Dept. – Pacific University (2008-2010).
Responsibilities included teaching Anatomy/Biomechanics, Manual Therapy, and Movement Science lecture and lab.

Part Time Faculty- Anatomy Lab Physical Therapy Dept., Fresno State (1999-2000). Instructed graduate physical therapy students in gross anatomy dissection of the neuromusculoskeletal system, CNS, cardiopulmonary and cardiovascular systems. Emphasis was placed on arthrokinematics, gait, mechanism of injury and clinical relevance. Teaching strategies included lectures, guidance in dissection techniques of cadaver specimens and study of prosected materials.

Part Time Faculty – Biomechanics Lab Exercise Science Dept., Fresno State, (2000). Instructed undergraduate sports medicine and exercise science students in structural and mechanical properties of the neuromusculoskeletal system, relationships between tissue biomechanics and associated function, and physics applied to human movement.

Part Time Faculty – Anatomy Lab Biology Dept., Fresno State, (1999). Instructed undergraduate physiology/biology students in human anatomy. Course content included histology and gross anatomy of all systems.

Graduate Teaching Assistant – Anatomy Lab Physical Therapy Dept. Fresno State, (1997-1999) **and Anatomy Lab Exercise Science Dept.** University of Iowa, (2002-2003). Instructed undergraduate and graduate physical therapy, exercise science and sports medicine students in advanced human anatomy dissection of the neuromusculoskeletal system. Emphasis was placed on structure and function of the spine, and extremities.

Continuing Education

Dynamic Neuromuscular Stabilization 2017 Exercise Course for Sport & Fitness 1,2, & 3.

Dynamic Neuromuscular Stabilization 2016. course A, B & C.

Medical Screening for Physical Therapists. 2013. William Boissonnault , PT, DPT, DHSc, FAAOMPT, FAPTA

The UCSF Running Course Level 2: See It Now Treat It 2013. UCSF Faculty.

The UCSF Running Course: Clinically Applied Biomechanics 2013. UCSF Faculty.

Lower Quarter Biomechanics: Implications for the Evaluation and Treatment of Musculoskeletal Disorders, 2007. Christopher Powers

Advanced orthopedic procedures year long course. Joe Godges 2005-06
Course content includes an integrated approach to manual therapy which consists of Osteopathic, Australian, and Norwegian techniques.

Folsom Physical Therapy, Folsom

2006 Shoulder with Don Torre, trained under Freddie Kaltenborn and Olaf Evjenth

2005 Lumbar Spine with Olaf Evjenth

2005 Cervical Spine with Michael Moore, trained under Freddie Kaltenborn and Olaf Evjenth

2004 Cervical Spine with Olaf Evjenth
2004 Lumbar Spine with Michael Moore
2003 Thoracic Spine with Michael Moore
2001 Training the patient with low back dysfunction, with Dennis Morgan, also trained under Freddie Kaltenborn and Olaf Evjenth, as well as Michael Moore and Tim McGonigle

Maitland based approach by Chris Kime, trained under Bob Elvey at Curtin University
2005 Lumbar Spine, SIJ and Hip Joint
2004 Shoulder
2004 Cervical Spine

Department of Orthopedic Surgery: weekly Grand Rounds, Loma Linda University Medical Center, 2003 to 2006.

Research Experience

Physio Network Author, 2017 to present. This organization was created to help practitioners keep up to date with the latest research and its clinical implications by having industry experts review the most relevant and recent studies in physiotherapy. It was designed from the creators of Trust me I'm a Physiotherapist and Rethinking Physiotherapy.

The Journal of Orthopaedic and Sports Physical Therapy, 2016-present. Manuscript reviewer.

Effects of Adrenergic Therapies on the Plasticity of Sympathetic Nerves in Affected Joints in Adjuvant-induced Arthritis, a Model for Rheumatoid Arthritis, 2014.

Developed histological and CT imaging techniques to investigate changes in articular cartilage, bone, synovium and nerve tissue in arthritic ankle joints treated with SH1293. Connective Tissue lab at the Musculoskeletal Disease Center, VA Hospital, Neuroimmunology lab in the Pathology Dept., and Radiobiology Imaging Center at Loma Linda University.

Observations of the Lower Cervical Spine using Magnetic Resonance Imaging. Fresno State, 1999.

Honors

Certified by the Prague School of Rehabilitation as a Exercise Trainer in Sport & Fitness (2017)
Australian Physiotherapy Association Tier 2 Titled Sports Physiotherapist (2017)
Australian Physiotherapy Association Tier 2 Titled Musculoskeletal Physiotherapist (2017)
International BIT Think Tank Honorary Membership (2016).
Orthopedic Clinical Specialist (2008, 2018)
Grant Funding from the Loma Linda University School of Medicine for arthritis study, \$17,000.00 (2005)
National Deans List – Top half of 1% of all college students in the nation
Golden Key and Phi Kappa Phi Honor Societies
Cum Laude- B.S.P.T, Magna Cum Laude – M.P.T

Invited Guest Speaking

Movement: Brain, Body and Cognition conference (2018). Boston, Massachusetts, Harvard University's School of Medicine.

National Athletic Trainers Association, Houston, Texas (2017). Invited to teach Clinical Neurodynamics at the 68th National Symposia and AT Expo.

World Congress of Orthopedics, Seoul, South Korea (2016). Invited to be the Assistant Chair of the Sports Medicine and Arthroscopy section and to speak on Best Practice in Sports Medicine.

Stanford University Sports Medicine Department. Palo Alto (2015). Invited to teach Upper Quarter Neurodynamics Course for athletic trainers and sports physical therapists.

World Congress of Orthopedics. Xi'an, China (2014). Invited to speak on Best Practice in Sports Medicine.

American Academy of Orthopedic Manual Physical Therapists Annual Conference. San Antonio (2014). Assisted Michael Shacklock in Clinical Neurodynamics pre-conference course.

Other Guest Speaking Invitations

Global Foot and Ankle Congress. Chongqing, China. 2017.

World Congress of Orthopedics: Best Practice in Sports Medicine. Xi'an, China, 2015.

Consultant

Azusa Pacific University Physical Therapy Department. (2014). Assisted the PT Department with their Anatomy curriculum for CAPTE accreditation.

Volunteer Experience

United States Olympic Committee. (2015-present) Currently part of the Sports Medicine Program as a sports physical therapist.

- Colorado Springs: Olympic Training Center, Colorado Springs, (2016 and 2018). Provided coverage of practices, examination and treatments for mostly the US Men's Gymnastics Team and Wrestling Teams, but worked with a wide variety of athletes.
- Kellogg's Tour of Gymnastics Champions, San Jose, (2016). Provided examination and treatment for the Women's Gold Medal Winning Gymnastics Team, Men's Gymnastics Team and Rhythmic Gymnastics Team upon their return from the 2016 Rio Olympic Games.