

Ross M. Nakaji

CURRICULUM VITAE

- **Education:**
 - California Physical Therapy License #26627
 - M.S. in Physical Therapy, University of the Pacific, 1997
 - B.S. in Sports Medicine/Athletic Training, University of the Pacific, 1993
 - West Valley College transfer, 1988-1990
 - Leland High School graduate, 1988
- **Specialty Certifications:**
 - American Board of Physical Therapy Specialties
 - Board Certified Orthopedic Clinical Specialist (OCS #5475)
 - Board Certified Sports Clinical Specialist (SCS #10550)
 - National Athletic Trainers Association
 - Certified Athletic Trainer (ATC #069402637)
 - National Strength and Conditioning Association
 - Certified Strength and Conditioning Specialist (CSCS #943233)
 - American Red Cross/Cogent Steps
 - Emergency Medical Responder
 - Owens Recovery Science, Blood Flow Restriction
 - Certified: 9/14/19
- **Professional Memberships:**
 - American Physical Therapy Association
 - Sports, Orthopedics and Private Practice member
 - National Athletic Trainers Association
 - Active member
 - Professional Hockey Athletic Trainers Society
 - Associate NHL Member
 - National Strength and Conditioning Association
 - Active member
 - USA Football
 - Player Safety Coach Certification 2013-2016
- **Research/Publications:**

Journal Reviewer: *Sports Health Journal: A Multidisciplinary Approach*, 2008-current

Peer Reviewed Journal Articles:

 - Descriptive Strength and Range of Motion in Youth Baseball Players RMNakaji, TSEllenbecker, LMRoberts, KMcClenahan, CPerez. International Journal of Sports Physical Therapy February 2021
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7872440/>
 - Rehabilitation of Chronic Proximal Hamstring Avulsion Repair: Use of an Achilles' Tendon Allograft-A Case Report. RM Nakaji, S Rivet, JW Matheson, MF Dillingham, CJ Larson. (*Denied for publication-Sports Health Journal*)
 - Rehabilitation of Mid Belly Biceps Rupture-A Case Report. RM Nakaji, TR McAdams. 2010. (*Denied for publication-IJSPT*)

Book Publications:

 - Behati N, Jamati M. Clinical Evaluation and Treatment of Common Patellofemoral Problems: An Algorithmic-Evidence Based Approach. *Physical Therapy Treatment of Common Orthopedic Conditions*. Jaypee Publishing, 2015
 - <https://www.jaypeedigital.com/book/9789352501670/chapter/ch11>

- Henahan M, Carl R, Fulmer C, Ghuman M. Best Practices in Sports Medicine: AMSSM and AOASM Case Studies. Healthy Learning. 2020
 - <https://www.amazon.com/Best-Practices-Sports-Medicine-Studies/dp/1606794922>
- Henahan M, Carl R, Fulmer C, Ghuman M. Best Practices in Sports Medicine: AMSSM and AOASM Case Studies. 2nd Edition. Healthy Learning. 2022
 - https://www.amazon.com/Best-Practices-Sports-Medicine-Studies-dp-1606795600/dp/1606795600/ref=dp_ob_title_bk

Scientific and Professional Presentations:

- Functional Outcomes in ACL Reconstruction Rehabilitation. Jason Locke, Ross Nakaji, Steven Toy, 1997 Masters' Thesis, University of the Pacific
- A Retrospective ACL Rehabilitation Outcomes Analysis. JR Modica, RM Nakaji, MW Thompson, 2006.
- Descriptive Strength and Range of Motion in Youth Baseball Players RM Nakaji, TSEllenbecker, LMRoberts, KMcClenahan, CPerez. Poster Presentation CSM 2020
 - <https://www.jospt.org/doi/10.2519/jospt.2020.50.1.CSM30>

Non-Peer Reviewed Article/Publications:

- AlterG® Releases Stride Smart Technology for M/F320 Anti-Gravity Treadmills, Outside Business Journals, February 2017
 - <https://www.outsidebusinessjournal.com/press-releases/alterg-releases-stride-smart-technology-for-mf320-anti-gravity-treadmills/>
- Is Baseball Battling a Tommy John Epidemic? *San Jose Mercury News*, March 2015
 - <https://www.mercurynews.com/2015/03/30/is-baseball-battling-a-tommy-john-epidemic/>
- Fielding a Sports Physical Therapy Practice. *PT In Motion*. March 2014.
- Functional Recovery-Resistance Training Products and Techniques. *Physical Therapy Products Magazine*. November 2007.

• **Teaching Affiliations:**

- Los Gatos Orthopedic Sports Therapy Sports Residency, Los Gatos, CA
 - Director, Co-Founder
- O'Connor Hospital Family Practice Sports Medicine Fellowship program, San Jose, CA
 - Adjunct Clinical Faculty, 2003-present
 - Excellence in Teaching Award, 2006
- West Valley College Sports Medicine, Saratoga, CA
 - Invited Speaker
 - Consultant
- San Jose State University Sports Medicine, San Jose, CA
 - Invited Speaker
 - Consultant
- The Jackson Foundation, Addis Ababa University & Regis University tDPT Program, Addis Ababa, Ethiopia. July 2016
 - Mentor and Lab instructor
- Richard Jackson Seminars, Middleburg, VA
 - Lab Assistant Instructor, 2000-2005, 2011-present
- Sports Orthopaedic and Rehabilitation Associates (SOAR) Fellowship program, Redwood City, CA
 - Invited Speaker

• **Speaking Engagements:**

Richard Jackson Seminars

- Lab Assistant 2000-current
- Pelvic Girdle and Functional Relationships of the Lower Half

- Seattle, WA, 4/2001
- Anaheim, CA, 2/28-30/03
- San Francisco, CA 6/20-22/03
- Minneapolis, MN, 9/26-28/03
- Las Vegas, NV, 11/7-9/03
- Las Vegas, NV, 1/28-30/04
- Santa Barbara, CA, 1/21-23/11

West Valley College Sports Medicine Symposium, May 6, 2006

- Topic: Hamstring Avulsion Rehabilitation

Kona Sports Physical Therapy, August 21, 2007

- Topic: Biomechanical Orthopedic Evaluation

West Valley College Coaches Clinic, August 2007

- Topic: Sports Medicine-The Team Concept

California Children's Services-SV MTU, September 2007

- Topic: Identification of Essential Structures: Shoulder, Spine & Pelvis

San Jose State University Athletic Training, May 7, 2008

- Topic: Shoulder Rehabilitation: Evaluation and Treatment of Impingement and Instability Syndromes

SOAR Orthopedic Sports Fellowship, December 5, 2008

- Topic: Physical Therapy 101: Education, Training of PTs

O'Connor Hospital Sports Medicine Fellowship January 15, 2008

- Topic: Physical Therapy 101: Education, Training of PTs

SOAR Orthopedic Sports Fellowship, December, 7, 2008

- Topic: Intro to Physical Therapy: Education, Training of PTs and the

West Valley College Sports Medicine Throwing Symposium May 17, 2009

- Topic: GIRD-ERG: PT Evaluation & Treatment

O'Connor Hospital Sports Medicine Fellowship November 5, 2009

- Topic: Physical Therapy 101: Education, Training of PTs

O'Connor Hospital Sports Medicine Fellowship August 10, 2010

- Topic: Physical Therapy 101: Education, Training of PTs

SOAR Orthopedic Sports Fellowship, November 3, 2010

- Topic: Intro to Physical Therapy: Education, Training of PTs

LGOST Seminars, August 10, 2011

- Topic: Current Concepts in Patellofemoral Rehabilitation

O'Connor Hospital Sports Medicine Fellowship October 10, 2011

- Topic: Physical Therapy 101: Education, Training of PTs

American Physical Therapy Association/Private Practice Section

Annual Conference, Seattle, WA November 2-5, 2011

- Topic: Educating the Referral Source

American Physical Therapy Association/Sports Physical Therapy Section

TEAM Concept Conference, Las Vegas, NV, December 1-4, 2011

- Topic: Postoperative management of medial and lateral side knee ligament injuries

American Physical Therapy Association/Combined Sections Meeting, February 8-11, 2012

- Topic: The Future of Physical Therapy: Autonomy and Professionalism Through Evidence based Practice and Novel Business Models

O'Connor Hospital Sports Medicine Fellowship 20 year Reunion CME Conference, March 11, 2012

- Topics: Controversies in Sports Medicine: Low Level Laser Therapy & Graston Technique

San Jose Chapter APTA Business Meeting, March 13, 2012

- Topic: Step up your game: PT practice into the 21st Century

West Valley College Sports Medicine, April 4, 2012

- Topic: Intro to Sports Medicine: The Knee

California Coast Community College Athletic Trainers' Association

- Topic: Patello-femoral Evaluation and Treatment

American Physical Therapy Association/Combined Sections Meeting, January 23, 2013

- Topic: Developing a Sports Medicine PT Practice: The TEAM Approach

O'Connor Hospital Sports Medicine Fellowship September 7, 2013

- Topic: Physical Therapy 101: Education, Training of PTs

American Physical Therapy Association/Sports Physical Therapy Section TEAM Concept Conference, Las Vegas, NV, December 5-7, 2013

- Topic: Postoperative management of multiple knee ligament injuries

Blossom Valley Pony Baseball Board of Directors Meeting, January 22, 2014

- Topic: Youth Baseball Injuries

Almaden Valley Youth Athletic Association Coaches Safety meeting, July, 29, 2014

AVYAA/USA Football Heads Up Football Parent Safety meeting, August 1, 2014

- Topic: USA Football Player Safety:
 - Concussions, Equipment fitting, Heat/Hydration

O'Connor Hospital Sports Medicine Fellowship September 11, 2014

- Topic: Physical Therapy 101: Education, Training of PTs

American Physical Therapy Association/Combined Sections Meeting, February 4-7, 2014

- Topic: Many Faces of Sports Physical Therapy
- Topic: My Patient is out of visits: What do I do now?

Blossom Valley Pony Baseball Board of Directors Meeting, January 20, 2015

- Topic: Youth Baseball Injuries

Almaden Valley Youth Athletic Association Coaches Safety meeting, July, 29, 2015

AVYAA/USA Football Heads Up Football Parent Safety meeting, August 1, 2015

- Topic: USA Football Player Safety:
 - Concussions, Equipment fitting, Heat/Hydration

Blossom Valley Pony Baseball Board of Directors Meeting, January 28, 2016

- Topic: Youth Baseball Injuries

SOAR Orthopedic Sports Fellowship, January 19&26, 2016

- Topic: Patellofemoral pain
- Topic: Hamstring Avulsion

O'Connor Hospital Sports Medicine Fellowship August, 2015

- Topic: Physical Therapy 101: Education, Training of PTs

O'Connor Hospital Sports Medicine Fellowship August, 2016

- Topic: Physical Therapy 101: Education, Training of PTs

O'Connor Hospital Sports Medicine Fellowship August 17, 2017

- Topic: Physical Therapy 101: Education, Training of PTs

Los Gatos Orthopedic Sports Therapy Residency Lecture Series

- Topic: Clinical Evaluation and Treatment of Common Patellofemoral Problems: An Algorithmic-Evidence Based Approach
- American Physical Therapy Association/Sports Physical Therapy Section

O'Connor Hospital Sports Medicine Fellowship August 16, 2018

- Topic: Physical Therapy 101: Education, Training of PTs

TEAM Concept Conference, Las Vegas, NV, November 28-December 27, 2018

- Topic: Chronic Ankle Instability

American Physical Therapy Association/Combined Sections Meeting, January, 2019

- Topic: Many Faces of Sports Physical Therapy

San Jose State University Graduate Athletic Training Program April 9, 2019

- Topic: Physical Therapy Therapeutic Interventions and Modalities

O'Connor Hospital Sports Medicine Fellowship

- Topic: August 16, 2019: Physical Therapy 101: Education, Training of PTs
- Topic: October 17, 2019: Patellofemoral Pain Disorders

San Jose State University Graduate Athletic Training Program April 9, 2019

- Topic: ACL Return to Sports Criteria November 18, 2019

American Physical Therapy Association/Combined Sections Meeting, February, 2020

- Topic: Many Faces of Sports Physical Therapy

LGOST Think B4 You Drink Training sessions

- Shoulder Instability, April 14, 2020
- Clinical Reasoning, May 12, 2020

San Jose Chapter APTA Business Meeting, May 19, 2020

- Topic: Telehealth Case Report Covid 19

O'Connor Hospital Sports Medicine Fellowship

- Topic: August 20, 2021: Physical Therapy 101: Education, Training of PTs
- Topic: October 2021: Patellofemoral Pain Disorders

Annual Sports Medicine Conference post conference course: October 2021

Topic: The Many Faces of Sports Physical Therapy

American Physical Therapy Association/Combined Sections Meeting, February, 2021

- Topic: Many Faces of Sports Physical Therapy

American Physical Therapy Association/Combined Sections Meeting, February, 2022

- Topic: Many Faces of Sports Physical Therapy

O'Connor Hospital Sports Medicine Fellowship

- Topic: August 4, 2022: Physical Therapy 101: Education, Training of PTs

O'Connor Hospital Sports Medicine Fellowship

- Topic: October 20, 2022: Patellofemoral Pain Disorders

American Physical Therapy Association/Combined Sections Meeting, February, 2023

- Topic: Many Faces of Sports Physical Therapy

O'Connor Hospital Sports Medicine Fellowship

- Topic: October, 2023: Physical Therapy 101: Education, Training of PTs

Elite Hockey Conference, Colorado College, CO, June 2024

- Topic: Team dynamics in Professional hockey, Common Injuries in NHL

- **Consulting/Athletic Training, Sports Affiliations/Sponsorships:**

- Athletic Trainer, Chidobe Awuzie Fight the Good Fight Football Camp, July 5, 2022
- American Academy of Sports Physical Therapy, Corporate Partnership Committee, Chairman, 2022-current
- Consultant: San Jose Barracuda Hockey Club: 2017-present
- Consultant/Physical Therapist: San Jose Sharks Hockey Club, 2013-present
- Physical Therapist: Kellogg's Tour of Champions, San Jose, CA September 8, 2012
- Consultant: San Jose State University Sports Medicine/Athletic Department 2012-present
- Athletic Trainer, Willow Glen High School Football, 2008-2020
- Assistant Athletic Trainer, Leland High School, 2009-2021
- Consultant/Sponsor, San Jose State University Women's Gymnastics, 2006-2020
- Medical Coordinator, Pat's Run, Pat Tillman Foundation, 2007-2009
- Medical Coordinator, Applied Material Silicon Valley Turkey Trot, 2005-2010
- Race Sponsor/Board of Directors, Yu-Ai Kai Nihonmachi 5k Fun Run, 2004-2008
- Head Coach
 - Cal Youth Flag Football
 - Vikings Fall 2010
 - League sponsor
 - Play Flag Football
 - Almaden Chargers, Winter 2010
 - Almaden Bills, Fall 2009
- Assistant Coach, Almaden Valley Pop Warner Football Jr. Pee Wees, 2013, Pee Wees 2014
- Assistant Coach, Blossom Valley Pony Baseball, Fall 2009, Fall 2010, Spring 2011, Spring 2013, Spring 2014, 11U-A All Stars Summer 2014, BV Select: 2015
- Assistant Coach, Play Flag Football/Almaden Vikings, Fall 2008; Almaden Saints, Fall 2011, Almaden Giants Fall 2012
- Assistant Coach/Team Sponsor, Morgan Hill Pony Baseball, 2007-2008

- Assistant Coach/Offensive Assistant, Leland High School Frosh-Soph Football, 2002
- Assistant Coach/Offensive Coordinator, WR/DBs, Almaden Pop Warner Football, 1998-2001
- Athletic Trainer-West Squad, East-West Shrine Game, 1994, 1995, 2000
- Graduate Assistant Athletic Trainer, Stanford University Athletic Department, 1993-1995
 - Football, Men's Soccer, Women's Softball, Men's Golf

Continuing Education Coursework:

DATE	SEMINAR/COURSE TITLE	Contact Hours
<u>1993</u>	Red Cross-Standard First Aid and CPR Certification	2
<u>1994</u>		
2/5	National Strength and Conditioning Exam	Passed
6/6	National Athletic Trainers Association Exam	Passed
12/6	CATA District 8, Region 2 Meeting	1
<u>1995</u>		
1/13-15	9th Annual Kerlan-Jobe Baseball Team Medicine Conference	
	Baseball Injury Prevention and Techniques	15
3/6	CATA District 8, Region 2 Meeting	1
4/21-23	Far West Athletic Trainers Association Symposium	13
6/14-17	NATA Annual Conference	27
	Mini course: Accelerated ACL Rehabilitation	1
	Mini course: Treatment of Scapular Dysfunction	1
<u>1996</u>		
10/24-26	California Chapter APTA Annual Conference	24
11/19	BLS-Healthcare Provider CPR/First Aid Certification	8
<u>1997</u>		
7/23	Stanford Health Services De'Medici Training	2
9/24	Stanford Rehabilitation Services Competency Training	8
11/6-9	Institute of Physical Art—Functional Orthopedics I	30
11/22-23	Seivert Physical Therapy Seminars—Cervical Spine:	
	Evaluation and Treatment	19
12/5-7	Richard Jackson Seminars—The Pelvic Girdle	21
12/22	Columbia Good Samaritan Hospital De'Medici Training	2
<u>1998</u>		
2/6-8	Practical Programs for Applied Biomechanics—"When the Feet Hit the Ground...Everything Changes" I	22
2/20	UCSF-Stanford Health Care De'Medici Training and BLS-Healthcare Provider CPR/First Aid Certification	8
2/21-22	Clinical Orthopedic Seminars/Don Torrey, RPT—Current Concepts in Shoulder Rehabilitation	13
3/14-15	Health Care Professions Seminars—Balance Dysfunction: Implications for Geriatric and Neurological Rehab	11.5
9/12-13	Michael J. Moore Seminars—Training the Patient with Low Back Dysfunction	13
9/23-27	Univ. of St. Augustine—S1, Intro to Spinal Evaluation & Manipulation	40
10/22	Columbia Good Samaritan Hospital De'Medici Training	1
11/6-7	Clinical Orthopedic Seminars/Don Torrey, RPT—Current Concepts in Knee Rehabilitation	13
<u>1999</u>		
3/20-21	Richard Jackson Seminars-Orthopedic Examination	16
4/30-5/2	Richard Jackson Seminars-Functional Relationships of the Lower Half	21
11/5-7	University of St. Augustine-S2, Advanced Evaluation and Manipulation of the Pelvis, Lumbar and	

	Thoracic Spine	27
12/9-12	Institute of Physical Art-CTI:	
	Cervical Thoracic Integration	30
<u>2000</u>		
5/13	Stanford University Athletics-The Athlete's Shoulder Symposium	6
8/5-6	Peter I. Edgelow Seminars-When Work Gets On Your Nerves; Sponsored by SJ District APTA	14
8/7	BLS Healthcare Provider CPR certification	4
10/27-29	Institute for the Advancement of Orthopedic PT & Jim Meadows, P.T., Swodeam Consulting, Inc.: Post Motor Vehicle Accident: the First 6 Months	16.75
11/17-18	BACKtoGOLF-Basic Course	16
<u>2001</u>		
1/19-21	North American Institute of Orthopaedic Manual Therapy- Level I Differential Diagnosis Part A: Spine	24
3/3-4	Northeast Seminars-The Science of Stability: Segmental Stabilization for Low Back Pain with Paul Hodges, Ph.D., B. Pty.	13
3/9-11	North American Institute of Orthopaedic Manual Therapy- Level I Differential Diagnosis Part B: Extremities	24
8/16-19	University of St. Augustine-E1, Extremity Evaluation & Manipulation	incomplete
9/27-29	Gary W. Gray Seminars-Chain Reaction Explosion	21
<u>2002</u>		
1/18-20	Institute of Physical Art-Back Education and Training	20
3/13	Orthopedic Clinical Specialist exam-American Board of Physical Therapy Specialties	Passed
4/12-14	North American Institute of Orthopaedic Manual Therapy- Level II Upper Quadrant Part A: Spine	21
5/10-12	North American Institute of Orthopaedic Manual Therapy- Level II Upper Quadrant Part B: Extremities	21
8/12	BLS Healthcare Provider CPR certification	4
9/21	Kaiser Hayward PT Residency-Janice Loudin, Ph.D., P.T. Exercise Considerations for the Manual Therapist Emphasizing the Needs of Female Athletes and Adolescents	6.5
<u>2003</u>		
3/6-11	North American Institute of Orthopaedic Manual Therapy- Level II Lower Quadrant	42
4/26-27	Foot Biomechanics and Orthotic Therapy: Evaluation, Principles and Problem Solving Michael Wooden, P.T., O.C.S	14
10/6	Opened Los Gatos Orthopedic Sports Therapy, Inc.	
<u>2004</u>		
1/31	SOAR: The Physiatry Medical Group- Cervical and Lumbar Spine Disorders	4
2/20-22	Management of Headache, Jaw & Neck Symptoms- Steve Kraus, P.T., O.C.S., M.T.C.	21
8/21	Folsom Physical Therapy: Exercise Progressions for the Rehabilitation of Extremity Joints	7
10/16-17	Biomechanics and Rehabilitation of the Knee- Mark Albert, M.Ed., P.T., A.T.,C., S.C.S.	14
11/13	BLS Healthcare Provider CPR certification	5
<u>2005</u>		
2/24	Los Gatos Community Hospital-Sports Injuries and Children: Dr. Debra Popejoy	

3/9	Stanford Sports Medicine-Reaching Full Circle: Diagnosis and Treatment of Shoulder Injuries: Dr. Gary S. Fanton & Dr. Timothy McAdams	2
4/21-24	Far West Athletic Trainers Association Symposium ACL Return to Play Criteria	17
5/14-15	Clinical Muscle Training for Orthopedic and Sports Injury Recovery- Mark Albert, M.Ed., P.T., A.T.,C., S.C.S.	16
11/05 <u>2006</u>	MRI Radiology Basics: Dr. Mark Culton	1
1/14-15	Health Associates Inc; /University of Pittsburgh Medical Center Sports Physical Therapy Board Exam Prep Course:	12
3/10	Sports Clinical Specialist exam-American Board of Physical Therapy Specialties	Passed
4/9	Spring Training Shoulder Symposium: Diagnosis, Treatment & Rehabilitation of Athletic Injuries: Dr. William B. Workman & Dr. Geoff Riley	6
5/6	West Valley College Sports Medicine Symposium The Lower Extremity-A Multi-Disciplinary Approach Dr. John T. Kao	4
7/14-15	Rehabilitation of the Shoulder: Kevin Wilk, DPT Northeast Seminars	14
9/9	Patellofemoral Pain: Evaluation and Treatment Techniques Christopher Powers, PhD., PT California Education Connection	6.5
11/11 <u>2007</u>	BLS Healthcare Provider CPR certification	3
1/4-6	20th Annual Kerlan-Jobe Baseball Team Medicine Conference Baseball Injury Prevention and Techniques Breakout session A: Soft Tissue for the Shoulder Breakout session B: Kinesiotaping for Baseball	15
4/13	ACL Prevention Programs-Dr. Nathaniel Cohen ACL Rehabilitation Retrospective Outcomes at LGOST Jesse Modica, SPT, MS, Regis University	1.5
4/28	Northern California Sports Medicine Education Bridging the Gap: Rehab To Performance Sue Falsone, PT, SCS, ATC, L-AT, CSCS	8
5/4-5	Orthopedic and Sports Related Knee Injuries Robert Manske, PT, DPT, Med, SCS, ATC, CSCS North American Seminars, Inc.	14
7/14-15	Lower Extremity Injuries in the Young Athlete Jeff G. Konin, PhD, PT, ATC Valley HealthCare Health Systems	13
<u>2008</u>		
1/5	Perform Better Functional Training Series One Day: Learn By Doing Seminar with A.Cosgrove, Mike Boyle, Gray Cook & JC Santana	7
2/1	How to Become a More Effective Supervisor Fred Pryor Seminars-CareerTrack	7
2/23-24	A Master Clinician's Approach to Advanced Concepts in Examination and Treatment of the Shoulder Complex George Davies, DPT, MEd, SCS, ATC, LAT, CSCS	16
3/29-30	Clinical Orthopedic Seminars/Don Torrey, RPT—Current Concepts in Knee Rehabilitation	13
6/7-8	Biomechanics and Rehabilitation of the Shoulder- Mark Albert, M.Ed., P.T., A.T.,C., S.C.S.	14

8/1-3	Evaluation, Examination and Treatment of Selected Conditions of the Knee and Shoulder	21
	George Davies, DPT, MEd, SCS, ATC, LAT, CSCS	
	Rob Manske, PT, DPT, Med, SCS, ATC, CSCS	
	JW Matheson, PT, DPT, MS, SCS, OCS, CSCS	
	Midwest Orthopedic Sports Therapy Seminars	
10/22 <u>2009</u>	BLS Healthcare Provider CPR certification	3
2/9-12	American Physical Therapy Association/Combined Sections Meeting:	21.5
	Mini Courses:	
	Strength Training initiated in first 2 weeks after TKA	
	The Aging Athlete's Shoulder	
	Building E Thinking	
	PT as the Core of the Fitness/Wellness Industry: A Clinical and Business Model	
	You Don't Know What, You Don't Know How to Utilize Evidence Based, Patient Related Outcome Measures to Improve Care and Market Your Practice"	
	The Enigmatic Patella	
3/21-22	Training the Patient with Low Back Dysfunction:	
	Folsom Physical Therapy	15
5/7-9	Sports Medicine & The NFL: A Sideline Perspective	
	American Orthopaedic Society for Sports Medicine	18
11/11-14	Private Practice Section-APTA Annual Conference	14.25
	Courses:	
	Grow and Protect Your Business with an Actionable Plan & Key Metrics	4.5
	Taking your practice seriously and yourself lightly	1.0
	Residency: A win-win Partnership for Academics And Private Practice	1.5
	Partnership models and Equity plans for Private Practice	1.5
	Health Care Reform 2009	1.5
	Market Analysis 101: Predicting Success Before Spending Money	1.5
	Revenue Based Compensation Plans for PTs	2.0
12/3-5 <u>2010</u>	Sports Physical Therapy Section: TEAM Concept Conf.	18.5
1/7-9	23th Annual Kerlan-Jobe Baseball Team Medicine Conference	
	Baseball Injury Prevention and Techniques	20
2/17-20	American Physical Therapy Association/Combined Sections Meeting	21.5
	Pre Conference Course:	
	Residency and Fellowship Mentorship: Advancing the Resident and Developing Faculty	8
	Mini Courses:	
	Feasibility of the Nintendo Wii for Improving Aerobic Capacity	
	A Biomechanical Approach to Restoring Function in Knee Osteoarthritis	
	Bridging to Best Practice: Translating Evidence	
	Knee and Shoulder Injuries From Youth to Adulthood	
10/22	BLS Healthcare Provider CPR certification	3
12/4-6 <u>2011</u>	Sports Physical Therapy Section: TEAM Concept Conf.	18.5

1/15-16	Evaluation and Treatment of Selected Conditions of the Knee	13
	With Rob Manske, PT, DPT, Med, SCS, ATC	Lab Assistant
1/21-23	Richard Jackson Seminars: The Human Pelvis: Cross Roads to Function	20
		Lab Assistant
2/8-12	American Physical Therapy Association/Combined Sections Meeting	21.5
	Pre Conference Course: Pediatric Sports Medicine	8
	Mini Courses:	
	Emerging Trends in Private Insurance	
	Knee Changes from Sports Injury to TKA	
	The Power of Branding	
	Incentive and Compensation Models for Today's Practice	
3/21	Innovative Educational Seminars:	2
	Ethics & Jurisprudence - California Physical Therapy	
8/11	1st Responder Catastrophic Head-Neck Injury Management	
	Foothill College Sports Medicine	2.5
9/13	Shoulder Girdle Differential Examination	1
	Rob Naber, PT, OCS, ATC, Neeraj Baheti PT, MS, OCS, CSCS	
9/24-25	Current Concepts in Orthopedic Physical Therapy	
	Mark Albert, PT, SCS, ATC	13
10/3	Assessment and Treatment of Shoulder Disorders	6
	Robert McCabe, MS, PT, OCS	
11/2-5	American Physical Therapy Association/Private Practice Section	
	Annual Conference, Seattle, WA	
	Educating the Referral Source	Invited Speaker
	Forming Strategic Alliances	1.0
	Promoting Your Practice as a Key Component to an ACO	1.5
	Think Big: Growing your practice to Multiple Offices	1.5
	Improving the Environment	
	Within Your Organization	2.0
	Growth By Acquisition	2.0
<u>2012</u>		
1/14-15	Evaluation and Treatment of Selected Conditions of the Shoulder	
	With Rob Manske, PT, DPT, Med, SCS, ATC	13
2/8-11	American Physical Therapy Association/Combined Sections Meeting	21.5
	Current Concepts in ACL Rehabilitation	
	GIRD: The Throwers Demise	
	Emerging Trends in Private Insurance and Workers Compensation	
	Emerging Issues in Medicare	
	What you wear to work	
	The Future of Physical Therapy: Autonomy and Professionalism	
	Through Evidence based Practice and Novel Business Models	
5/22	Orthopedic Clinical Specialist exam-American Board of Physical Therapy Specialties	Recertified
5/22	Current Concepts in Cartilage Repair	
	Genzyme Biosurgery; Dr. Ken Akizuki	1
7/21-22	Current Concepts in Orthopedic Rehabilitation	
	Mark Albert, PT, Med, SCS, ATC	13
8/17	Functional Movement Screen Level I	8
10/22	BLS Healthcare Provider CPR certification	3
12/7	California Coast Athletic Trainers' Association Conference	3

2013

1/24-27	American Physical Therapy Association/Combined Sections Meeting, San Diego, CA	21.5	
5/9-11	American Orthopedic Society for Sports Medicine: Sports Medicine and the NFL A Sideline Perspective, Boston MA	18.5	
5/18	Innovative Educational Seminars: Ethics & Jurisprudence - California Physical Therapy	2	
10/17	Repetitive Stress Injuries in Youth Athletes	1.5	
12/5-7	Team Concept Conference-Sports Physical Therapy Section Post-Operative Management of Combined Knee Ligament Injuries	18.5	Invited Speaker

2014

1/22	Blossom Valley Pony Baseball Injury Prevention		Invited Speaker
6/7	USA Football Player Safety Coaches Certification Meeting USA Football Player Safety Coach & Level I Certification	8	Passed
6/14	UCSF Sports Medicine Conference	8	
7/9-12	American Orthopaedic Society for Sports Medicine Annual Conference	13.5	
7/29	Almaden Valley Youth Athletic Association Coaches Safety meeting		Invited
8/1	AVYAA/USA Football Heads Up Football Parent Safety meeting		Speaker
12/4-7	Team Concept Conference-Sports Physical Therapy Section	18.5	
12/13	Technica Gavilan Instrument Assisted Soft Tissue Mobilization	6.0	

2015

1/16-17	1 st Annual San Francisco Giants Sports Medicine Conference	14	
1/20	Blossom Valley Pony Baseball Injury Prevention		Invited Speaker
2/1-3	Emergency Medical Responder Course. Cogentsteps/American Red Cross/Sports Physical Therapy Section	24	
2/4-7	American Physical Therapy Association/Combined Sections Meeting	21.5	
4/28	Functional Assessment & Interventions for Runners LGOST Seminars: Blaise Williams, PhD, PT	6.5	
5/13	California Community College Athletic Trainers' Association Concussion update	3	
6/12-13	Training For Hockey Clinic 2015 National Strength and Conditioning Assoc. & USA Hockey	14	
7/18	USA Football Player Safety Coaches Certification Meeting USA Football Player Safety Coach	8	
7/28	USA Football Level I Tackle Certification		Passed
10/24-25	Advances in Examination & Treatment of Patients with Selected Musculoskeletal Conditions (SHOULDER, KNEE): Advances in Evidence-Based Practice- LGOST Seminars George Davies, DPT, MEd, SCS, ATC, LAT, CSCS	15.75	

2016

1/15	2 nd Annual San Francisco Giants Sports Medicine Conference	8	
1/16	UCSF Pediatric Sports Medicine Conference	8	
2/10	Lumbar Spine in Sports: Home Study Course	30	
2/17-20	American Physical Therapy Association/Combined Sections	21.5	
3/5-6	Advanced Management & Treatment of the Thoracic Spine	13.25	
6/25-28	Pro Hockey Athletic Trainers Society Annual Meeting (PHATS)	18	
10/17-22	American Physical Therapy Association/Private Practice Section Annual Conference, Las Vegas, NV		Invited speaker
12/1-3	Team Concept Conference-Sports Physical Therapy Section	18.5	

2017

1/20-21	3 rd Annual San Francisco Giants Sports Medicine Conference	13
2/14	Emergency Medical Responder Recertification Course. Cogentsteps/American Red Cross/Sports Physical Therapy Section	8
2/15-18	American Physical Therapy Association/Combined Sections	21.5
3/17	Innovative Educational Seminars: Ethics & Jurisprudence - California Physical Therapy	2
6/15-17	PHATS/SPHEM Annual Conference	12
	& SCAPH Annual Conference	6
6/28-29	ELDOA (Etirements Longitudinaux avec Decoaptition Osteo-Articulaire) Method at Sharks Ice with Ben Valazquez, CSCS	14
7/29-30	LGOST Residency Series: Orthopedic Examination: From Science to Practice Robert I. Naber, PT, OCS, SCS, ATC	14
9/16/17	LGOST Residency Series: Evaluation & Treatment of Patellofemoral Joint Ross M. Nakaji, PT, OCS, SCS, ATC, CSCS	(6) Invited Speaker
10/21-22	LGOST Residency Series: Evaluation and Treatment of Lumbar Spine Kris Porter, PT, DPT, OCS	16
11/3-4	LGOST Residency Series: Hip & Knee: Complex Understanding for Simple Solutions Erik Miera, DPT, SCS, CSCS	12
11/30-12/2	Team Concept Conference-Sports PT Section	18.5

2018

2/11	UCSF Pediatric Sports Medicine Update: Building Blocks of Running	7.25
2/22-24	American Physical Therapy Association/Combined Sections	21.5
4/15-16	LGOST Residency Series: Evaluation and Treatment of Foot/Ankle Kris Porter, PT, DPT, OCS	16
6/2	LGOST Residency Series: Running Readiness Blaise Williams, PhD, PT	8
6/21-23	PHATS/SPHEM Annual Conference	12
	& SCAPH Annual Conference	6
10/13-14	LGOST Residency Series: Evaluation and Treatment of Selective Knee Conditions George Davies, PT, DPT, SCS, ATC, LAT, CSCS, EMT	16
10/28	CITI Collaborative Institutional Training Initiative Program: ▪ Human Subjects-Social & Behavioral Research-Basic/Refresher ▪ Information Privacy and Security	15 6
11/27	Emergency Medical Responder Recertification Course Cogentsteps/American Red Cross/Sports Physical Therapy Section	8
11/30-12/1	Team Concept Conference-Sports PT Section: Topic Chronic Ankle Instability	18.5 Invited Speaker

2019

1/23-26	American Physical Therapy Association/Combined Sections Topic: The Many Faces of Sports PT	21.5 Invited Speaker
3/2	Stanford Children's Health-Children's Orthopedic and Sports Medicine Center: Pediatric Orthopedic and Sports Medicine Conference	5
6/1	LGOST Residency Series: Running Readiness Blaise Williams, PhD, PT	8
6/21-23	PHATS/SPHEM Annual Conference	12
	& SCAPH Annual Conference	6
9/8	Emergency Injury Care & Coast Conference/North Meeting	3
9/14	Owens Recovery Science, Blood Flow Restriction	8/Certified
9/28-29	LGOST Residency Series: Evaluation and Treatment of Selective Knee Conditions George Davies, PT, DPT, SCS, ATC, LAT, CSCS, EMT	16

12/5-7	Team Concept Conference-Sports PT Section:	18.5
12/17	Individual's Right to Access and Obtain Their Health Information under HIPAA	0.5

2020

2/13-15	American Physical Therapy Association/Combined Sections	21.5
	Topic: The Many Faces of Sports PT	Invited Speaker
	Topic: Descriptive Strength and Range of Motion in Youth Baseball Players	Presenter
5/15	Jefferson University Hospital/Rothman Sports Medicine Symposium	3.75
5/16	LGOST Foundation: Coaches, Parents and Athletes Symposium	2.5
5/19	San Jose Chapter APTA Business Meeting	Invited speaker
	▪ Topic: Telehealth Case Report Covid 19	1.0
5/20	PHATS/SCAPH Education: Adductor Related Injuries: Common Management, Dr. Srino Bahram	1.0
6/13	Pharmacology/Cannabis for the Physical Therapist	6.0
	Bradley Stockert, PT, PhD	
7/29	PHATS/SCAPH Education: Concussion Management in Professional Sports	1.0
8/18	AASPT Webinar: Load Management and Strategies for Returning Youth to Athletes Sport	1.0
9/9	Virtual Sports Medicine Conference Episode 9: Early Specialization in Youth Sports	2.0
10/7	OrthoAthletic Education: Evidence-Based Update: Foot & Ankle Rehabilitation	
	Dan Lorenz, DPT, ATC, CSCS	1.0
10/10	Wilk Advanced Shoulder & Knee: Grand Rounds: Solving the Dilemma of Anterior knee pain: Kevin Wilk, DPT, FAPTA, Adam Yanke MD	2.0
10/16	Virtual Sports Medicine Conference Episode 10: Spine Injuries in Sport	2.0
10/28-30	APTA-Private Practice Section Annual Conference	3.0
11/14-15	LGOST Residency Series: Examination and Treatment of Shoulder and Elbow Disorders	
	Rob Manske, PT, DPT, SCS, ATC, CSCS	14
12/2-4	Team Concept Conference-Sports PT Section:	18.5
12/19	Medbridge Education: Augmenting Bone Healing Using Blood Flow Restriction	1.0

2021

1/23	12 th Annual Jefferson University Hospital/Rothman Sports Medicine Conference	4.25
2/10-18	American Physical Therapy Association/Combined Sections	1.8
	Topics: The Many Faces of Sports PT	Invited Speaker
	• LAMP Management Faculty Further Along the Road Less Traveled: The Lessons We Learned	
	• What Didn't You Tear? Managing the Multi-Ligament Knee Injury From Start to Finish	
	• Science Meets Practice Session 5: ACL Surgical and Rehabilitation Treatment Strategies in 2021 and Beyond	
3/13	American Heart Association: CPR	2.0
5/12	PFATS Foundation Cares To Make A Difference Webinar 2021: Manual Therapy	1.0
5/12	Stanford Medicine: Pediatric Sports: Safe Return to Play: Lower Extremity Stress Injuries	1.0
5/15-22	Richard Jackson Seminars/The Jackson Clinics Orthopedic Residency: The Human Pelvis: Cross Roads to Function	12/lab asst
5/19	PFATS Foundation Cares To Make A Difference Webinar 2021: Post Op Rehabilitation	1.0

5/26	PFATS Foundation Cares To Make A Difference Webinar 2021: Alternative Tools for Rehabilitation	1.0
6/4-5	The Jackson Clinics: Pelvic Girdle: The Crossroads to Human Function	
6/25-26	Pelvic Girdle: The Crossroads to Human Function	21+lab instructor
8/15	MedBridge Education: Shared Decision Making for Young Adults with LBP Integrative Clinical Reasoning Part 1: Decision making building blocks	1.0 1.0
12/19	MedBridge Education: ACL Reconstruction Updates Total Shoulder Arthroplasty Rehabilitation	1.0 1.0
<u>2022</u>		
2/3-5	American Physical Therapy Association/Combined Sections Topics: The Many Faces of Sports PT <ul style="list-style-type: none"> Shoulder pain and mobility deficits Lower Extremity RTP LAMP Management Faculty Finance for PTs, getting what you want LAMP: Shared lessons on leadership development 7 steps to a 7 figure practice 	1.8 Invited Speaker
2/11	ISAKOS: What's New in Meniscus Repair?	1.0
2/19	Stanford Medicine Children's Hospital: Muscle injury: Contusions, Cramps & Strains	1.0
2/26	LGOST Seminars: Scapular Rehabilitation: Science & Skills Mark Albert, Med, PT, ATC, LAT	8.0
3/5-6	Paul Gough PT Business Mastermind Event, Orlando, FL	16.0
3/16	Wilk Grand Rounds: Baseball Injuries	1.0
3/19	LGOST Seminars: PNF Patterns and Techniques for Orthopedic Rehabilitation Matt Miller, PT, DPT, SCS, CSCS	7.0
4/16	Wilk Grand Rounds: Scapular Dyskinesia w/Dr. Ben Kibler	1.0
6/4	Performance Enhancement for the Physical Therapist Dan Lorenz, PT, DPT, ATC	8.0
6/17	Econologics Private Practice Bootcamp	2.0
7/9-10	Paul Gough PT Business Mastermind event, Clearwater, FL	16.0
7/14-17	Tony Robbins-Unleash the Power Within	42.0
8/4	Emergency Injury Care & Coast Conference/North Meeting	3
8/7	MedBridge Education: Emergency Management of Cardiovascular Conditions	1.5
9/29	MACI PT University Training	2
9/30	Medbridge Education Environmental Considerations for the Athlete Emergency Management of Athletes With Spine and Visceral Injuries Emergency Management of Soft-Tissue Injuries Emergency Management of Skeletal Injuries Protective Sports Equipment and Proper Fitting	2.75 2.0 1.75 1.75 1.5
10/6-9	Paul Gough Private Practice Marketer Live 2022	21
10/15	Orthopedic Clinical Specialist exam-American Board of Physical Therapy Specialties	Recertified
10/19	Medbridge Education: Effective Intervention Strategies for the Management of Patellofemoral Pain	1.5
10/23	Medbridge Education: Evidence-Based Treatment of the Hip: An Update	1.25

2023

1/02	Medbridge Education: Achilles Tendinosis and Graston Technique®: Evidence-Based Treatment Rehabilitation & Prevention of Adductor Strains	1.5 1.25
1/11-15	Tony Robbins-Business Mastery I	60
1/25	Alexander Sah, MD: Anterior Hip Replacement	1
1/26	Medbridge Education: Shoulder Fractures, Little League Shoulder and Sprengel Deformity	1
1/28	Medbridge Education: Shoulder Instability: Anterior, Posterior, and Multidirectional	1.5
2/24-25	American Physical Therapy Association/Combined Sections Topics: The Many Faces of Sports PT	Invited Speaker
3/18	Wilk Grand Rounds: Upper Extremity RTP w/George Davies	1.0
4/26	Medbridge Education: Ethics for Physical and Occupational Therapy Professionals	2
6/17	Richard Jackson Seminars/The Jackson Clinics Orthopedic Residency: The Human Pelvis: Cross Roads to Function	7.5/lab asst
6/20-25	PHATS/SPHEM Annual Conference & SCAPH Annual Conference	12 6
7/8	ACL Day-What the Tech? HHD & Force plates with VALD	6
7/24	American Heart Association: CPR	2.0
10/12-14	Paul Gough Private Practice Marketer Live 2023	21
11/4-5	LGOST Seminars: Exercise for the Treatment of Low Back Dysfunction– Acute to Chronic, Don Torrey, PT	14.25
2024		
1/1	Medbridge Education: The Athletes Hip: An Update on Groin Pain Hamstring Strains in Athletes CPG and Proximal Hamstring Tendinopathy	3.0 1.5
1/20	Stanford University School of Medicine: Pediatric Orthopedics and Sports Medicine Lecture Series: Concussions	1.0
2/10	Stanford University School of Medicine: Pediatric Orthopedics and Sports Medicine Lecture Series: Elbow injuries	1.0
2/15-17	American Physical Therapy Association/Combined Sections	1.8
3/9-10	Paul Gough Mastermind Even: Courageous Leader, Effective manager	
4/20	Stanford University School of Medicine: Sport Psychology for All	1.0
4/25-29	Tony Robbins Life Mastery	Registered
6/6-9	Tony Robbins Wealth Mastery	Registered
6/20-25	PHATS/SPHEM Annual Conference & SCAPH Annual Conference	Registered
6/29-30	Elite Hockey Rehabilitation Conference	Registered
<ul style="list-style-type: none"> Personal: <ul style="list-style-type: none"> Wife, Kristine Nakaji, PT, LGOST co-founder. Two children, Garrison and Kimiko Son of physical therapist, Bob Nakaji, PT, Good Samaritan Hospital Rehabilitation Services Director, 1969-1998 and LGOST co-founder. Co-Founder, Los Gatos Orthopedic Sports Therapy, Inc. March 2003. Co-Founder, Kids Perspective Pediatric Therapy Inc. January 2008 with wife Kris Nakaji, PT Co-Founder, LGOST Foundation, July 2017. 		

- Hobbies:
 - Los Gatos Parks & Rec League Softball, golf, fishing, weight training, running, attending 49er games, playing drums