

Dexter Vu

CURRICULUM VITAE

- **Education:**
 - California Physical Therapy License #295803
 - Doctorate of Physical Therapy, Chapman University, 2018
 - B.S. in Neurobiology, Physiology, and Behavior, University of California, Davis, 2015
 - Newark Memorial High School Graduate, 2010
- **Certifications**
 - Certified Strength and Conditioning Specialist, 2019
 - Board Certified Clinical Specialist in Orthopaedic Physical Therapy, 2023

Continuing Education Coursework:

DATE	SEMINAR/COURSE TITLE	Contact Hours
<u>2017</u>	American Heart Association - BLS CPR/AED	-
<u>2019</u>		
1/6	Advanced Rehab for the Baseball Pitcher to Improve ROM & Strength	2
3/10	Clinical Concepts in Shoulder Rehabilitation	13
3/31	Foundations of Evaluation and Intervention for the Ankle Foot Complex	16
4/2	Sports & the Pediatric Knee Part 1: Injuries & Surgical Interventions	2
4/19	Certified Strength and Conditioning Specialist Exam - Passed	
6/1	Return to Running After Injury - Interventions for Running Readiness and Gait Training	7.5
8/3	ACL Study Day	6
8/16-18	Bay Area Orthopedic PT Seminar Series Module 1: Low Back, Pelvic Girdle and Hip	21
9/7	Personalized Blood Flow Restriction	8.5
<u>2020</u>		
7/11	LEAP: Plyometrics and Return to Sport Considerations	9
10/24	Red Cross - BLS CPR/AED	4
10/24	Ethics for Physical and Occupational Therapy Professionals	2
11/14-15	Orthopedic and Sports Related Shoulder and Elbow Injuries: An Evidence-Based Course Focusing on Examination and Treatment	14.5
12/30	Strength and Conditioning in Sports	3
12/30	Nutrition in Sports	2.75
<u>2021</u>		
1/5	ICF Clinical Practice Guideline Update: Lateral Ankle Sprains	1.5
1/5	ICF Best Practice Recommendations: Lateral Ankle Sprain Interventions	1.5
8/2	Pre-Participation Evaluation: Medical and Musculoskeletal	2.25
11/6-7	Clinical Concepts in Knee Rehabilitation	12.5
<u>2022</u>		
2/26	Scapular Rehab: Science and Skills: An Evidence-based Approach	8
3/13	NAIOMT C-511 Lumbopelvic Spine 1	21
3/19	PNF: Patterns and Techniques for Orthopedic Rehabilitation	7
5/15	NAIOMT C-516 Cervical Spine 1	21
6/4	Performance Enhancement in Sports Rehabilitation	8
9/16-17	HSS Rehabilitation Hip Preservation Certification	16
10/23	HSS Rehabilitation Hip Preservation	16.5
10/29	AHA-BLS	
11/5	Introduction to Osteoarthritis	1.5

11/5	Upper Extremity Osteoarthritis	1.5
11/6	Hip Osteoarthritis	1.5
12/6	Clinically Relevant Meniscus Pathology: Evaluation and Treatment	2
12/16	Differential Diagnosis and Conservative Management of Lateral Knee Pain	2
12/21	Stability of the Knee: Management of Common Ligamentous Pathology	2
12/26	Assessment of Muscle Impairments Related to Knee Disorders	1.25
12/26	Differential Diagnosis and Management of Anterior Knee Pain	2
<u>2023</u>		
1/9	Pain in the Knee: Integrating Evidence into Patient Cases	1.5
1/9	Conservative Management of the ACL Deficient Knee	1.5
1/14	ICF Best Practice Recommendations: Heel Pain & Plantar Fasciitis	1
1/19	Post Surgical Management Part 1: Basic Principles and Spinal Surgery	2.5
1/19	Foot and Ankle Mechanics	2
1/21	Post Surgical Management Part 2: Upper Extremity Surgical Interventions	2.5
1/23	Lumbar Guidelines: A Synthesized Outlook and Contextual Factors For Success	0.75
1/23	Post Surgical Management Part 3: Lower Extremity Surgical Interventions	2.5
1/27	Advanced Spinal Pathology for Physical Therapists	2
3/23	HIPAA: Clinical Training for the Healthcare Setting	
7/13	What The Tech?! Handheld Dynamometry And Force Plates Made Easy For Sports Rehab	8
11/7	The Athlete Movement System: Lower Quarter (Recorded Webinar)	3.25
11/8	Musculoskeletal Self-Screen: Getting and Keeping the Ideal Patient	1.25
11/9	The Athlete Movement System: Speed, Power, and Agility	1.25
11/9	The Swimmer's Shoulders: Swimmers Aren't Pitchers	1
11/10	The Swim Stroke Analysis	1
11/13	Current Guidelines for Prenatal Fitness	1.25
11/14	Postpartum Fitness Program Design	1.25
<u>2024</u>		
3/18	Learn.Physio: Low Back Pain Masterclass	3

- Hobbies:
 - San Francisco Giants/49ers games/fan, Stanford Football games/fan, Badminton, Weight Training, San Antonio Spurs fan, Hiking, Board Games