

David T. Schilling PT, DPT

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EDUCATION and CERTIFICATION

Doctor of Physical Therapy

**Utica College
2003-2007**

B.S., Physical Therapy

**Utica College of
Syracuse University
1995-1999**

ACADEMIC HONORS

Dean's List

Fall 1995, Spring 1996,
Spring 1997, Fall 1997,
Spring 1998, Fall 1998,
Spring 1999, Fall 1999

Licensed RPT

**State of New York
License #021130-1
Obtained 2000**

MEMBERSHIP

**American Physical
Therapy Association**

EMPLOYMENT AND CLINICAL EXPERIENCE

Helen Sarandrea, P.T. Physical Therapy and Sports Care

- August 2002 to present
- Outpatient Orthopedics and Sports Medicine Clinic, Clinton, New York
- Assess patients' rehabilitative needs, jointly develop patient plan of care and treatment goals and conduct physician-prescribed PT programs for medically complex patients (children through geriatric). Train and supervise two PTAs in all physical-rehabilitation-therapy treatments.
- Performed in-service on the Non Operative Management of the Shoulder to local clinicians, October 2002

Utica College of Syracuse University

- **September 2002 to present**
 - Adjunct faculty for Clinical Laboratory PHT 543 an introduction to basic techniques for musculoskeletal examination and intervention through case studies of individuals with simple diagnosis across practice settings.
 - Adjunct faculty for Clinical Laboratory PHT 643 a course that incorporates patient/client management principles for individuals with primary cardiopulmonary and musculoskeletal spinal diagnosis.
- **Fall 2004**
 - Adjunct faculty for PHT 511 Case Based Discussion I a discussion group designed to integrate foundational and clinical sciences using case studies. Fall 2004

Therafit Inc., Robin Raposa Physical Therapy

- February 2001 to August 2002
- Outpatient Sports Medicine Clinic, White Plains, New York
- Patient focused clinic, treating 12-14 patients daily
- Performed orthotic evaluations and castings
- Evaluated and treated a wide variety of musculoskeletal disorders and post surgical conditions
- Attended in-services for orthotic and foot biomechanical evaluations and prescription

Kingston Hospital Sports and Physical Medicine

- January 2000 to February 2001
- Outpatient Department, Kingston, New York
- Fast paced, team-oriented clinic, treating from 13-16 patients daily
- Conducted aquatic therapy sessions with a wide variety of patients including SCI, TBI, post-surgical, and chronic pain

- Attended hospital conference for Evaluation and Manual Treatment of the spine

CONTINUING EDUCATION

McConnell Patellofemoral Treatment Plan

- McConnell Institute, 704 228th Ave, Sammanish, WA 98074
- Fall 2001, Edison, New Jersey
- Instructor: Jenny McConnell
- 14.5 Contact Hours

Functional Orthopedics I

- The Institute of Physical Art, 43449 Elk Run, Steamboat Springs, CO 80487
- Fall 2001, Bay Shore Long Island, New York
- Instructors: Gregory S. Johnson PT, FFCFMT, and Karen Johnson PT, CFMT
- 30 Contact Hours

Nonoperative Orthopedic Medicine and Manual Therapy of the Shoulder

- The International Academy of Orthopedic Medicine- U.S.
- Fall 2002, Lubbock, Texas
- 24 Contact Hours

Treating Patients with Chronic Pain and Fibromialgia

- September 27, 2002
- SUNY Upstate Health Science Center, Syracuse, New York
- Instructor: Janet Hulme
- 24 Contact Hours

Overuse Syndrome of the Lower Extremity

- November 16, 2002
- Sitrin Rehabilitation Center, New Hartford, New York
- Instructor: Dave McCume

Mulligan: Introduction to the Mulligan Concept

- Mobilizations with Movement, "NAGS", "SNAGS"
- November 1, 2003
- Instructor: David Mikos D.C., PT MCTA
- 13 Contact Hours

McKenzie Part A: Mechanical Diagnosis and Treatment of the Lumbar Spine

- An introduction to the concepts and applications of the McKenzie Method® to Mechanical Diagnosis and Therapy®

focusing on the lumbar spine. Principle format is lecture, discussion and live patient demonstrations

- Instructor: Shella McBride
- July 19, 2004
- Ellis Hospital, Schenectady, New York
- 2.8 CEU

McKenzie Part B: Mechanical Diagnosis and Treatment of the Cervical and Thoracic Spine

- Following Part A, how McKenzie principles applied to the cervical and thoracic spines. Principle format is lecture, discussion and live patient demonstrations
- Instructor: Dana Greene
- June 5, 2004
- Ellis Hospital, Schenectady, New York
- 2.3 CEU

PRESENTATIONS

- Presented the findings of the study entitled “Balance Screening of Community Dwelling Elderly Adults” at the Upstate New York APTA Chapter Research Forum December 1999.
- Presented “Chronic Pain: Understanding, Coping, Conquering” at the Chiari Foundation of Central New York January 2006
- Presented “Management of Soft Tissue Conditions Through Physical Therapy” at the Lupus Foundation of Mid and Northern New York, March 2007