

---

## **CURRICULUM VITAE**

Seth Peterson, PT, DPT, OCS, FAAOMPT  
812 W Calle Casquilla  
Tucson, AZ  
(952) 456-1986  
[srpeterson01@atsu.edu](mailto:srpeterson01@atsu.edu)

### **EDUCATION**

Fellowship, Orthopedic manual physical therapy, August 2017  
Evidence in Motion, Knoxville, TN

Residency, Orthopedic physical therapy, October 2014  
Arizona School of Health Sciences, A.T. Still University, Mesa, AZ

Doctor of Physical Therapy, August 2013  
Arizona School of Health Sciences, A.T. Still University, Mesa, AZ

Bachelor of Arts, Biology, July 2009  
Luther College, Decorah, IA

### **PROFESSIONAL EXPERIENCE**

Founder, Co-owner, Faculty  
The Movement Brainery, 2020-Present

- Continuing education company with various content arms (online, in-person, podcast, Facebook group) aimed at improving clinical reasoning in orthopedic physical therapy
- Sole creator, host, and editor of the podcast “Masters in Motion”
- Create and solicit continuing education courses, submit approvals
- Instruct and co-instruct various in-person courses mostly focusing on musculoskeletal conditions and differential diagnosis

Founder, Owner  
The Motive, Oro Valley, AZ, 2018-Present

- 1-on-1 physical therapy clinic with an emphasis on orthopedic physical therapy and spine rehabilitation
- Recognized as one of the best physical therapy practices in Tucson through Expertise, ‘Best in the Northwest,’ and the Tucson Daily Star.
- Finalist for ‘Best Place to Work’ in Tucson Metro Chamber Copper Cactus Awards.
- Business start-up, financing, hiring.
- Conducted all business public relations, marketing, and branding.

Physical Therapist  
ProActive Physical Therapy, Tucson, AZ, 2013-2018

- Provided physical therapy services in a private practice specializing in outpatient

---

orthopedics

- Developed clinic's overhead athlete screen and golf program designed to develop an injury risk profile and track over time
- Implemented and tracked numerous quality improvement projects
- Developed company's first journal club

### **ACADEMIC APPOINTMENTS**

Adjunct Associate Professor, Clinical. Arizona School of Health Sciences, A.T. Still University, Mesa, AZ, 2015-present

- Instructor, Residency in Orthopedic Physical Therapy (2016-present)
- Instructor, Musculoskeletal Coursework (2015- present)
- Instructor, Virtual Grand Rounds (2015-2017)

### **MENTORSHIP**

Residency Clinical Mentor, Orthopedic Physical Therapy. A.T. Still University  
6-Month Clinical and Career Mentorship Program, The Movement Brainery.

### **PROFESSIONAL ENGAGEMENT/ AWARDS**

- Emerging Leader Award. American Physical Therapy Association (APTA), 2020
- Delegate, Arizona Chapter of the American Physical Therapy Association. 2017-present
- Chair, Continuing Education Committee, Arizona Chapter of the American Physical Therapy Association, 2019-present
- Telehealth Advisor, Private Practice Section, APTA, 2020-2021.
- Committee Member, Continuing Education Committee, Arizona Chapter of the American Physical Therapy Association, 2019-present
- Committee Member, Diversity, Equity and Inclusion Committee, Arizona Chapter of the American Physical Therapy Association, 2020-present.
- Member
  - American Physical Therapy Association, 2010-present
  - Academy of Orthopaedic Physical Therapy, 2010-present
  - American Academy of Orthopaedic Physical Therapists (AAOMPT), 2011-present
  - Federal Physical Therapy, Primary Care SIG 2022-present.

### **LICENSURE AND CERTIFICATIONS**

- Arizona Board of Physical Therapy, License #10502
- Fellow, American Academy of Orthopedic Manual Physical Therapists (FAAOMPT)
- Board-Certified Orthopedic Clinical Specialist (OCS), ABPTS. 2015-present

- 
- Certified Strength and Conditioning Specialist (CSCS), NSCA. 2012- 2020
  - Credentialed Clinical Instructor, APTA. 2013-present.
  - Mindfulness-Based Stress Reduction. 2022.

### **MANUSCRIPT REVIEWER**

- Physical Therapy & Rehabilitation Journal (PTJ)
- Journal of Orthopaedic & Sports Physical Therapy (JOSPT)
- Spine
- Physical Medicine and Rehabilitation (PM&R)
- Physiotherapy Theory and Practice
- Journal of Medical Internet Research

### **PEER-REVIEWED PUBLICATIONS**

1. **Peterson S.** Cauda equina syndrome symptoms in an older adult with severe lumbar spinal stenosis: a case report. *In review.*
2. **Peterson S,** Erb M, Davenport T. From idea cults to clinical chameleons: moving our professional identity beyond interventions. *Journal of Orthopaedic & Sports Physical Therapy. In press.*
3. **Peterson S,** Weible K, Rainey N. Who writes this stuff? Information and authorship of popular health websites: a descriptive review. *In review.*
4. **Peterson S.** Clinical decision-making program reduced risk of adverse events following total knee arthroplasty over 3 years. *In review.*
5. **Peterson S,** Weible K, Halpert B, Rhon D. Physical therapy continuing education courses often are not backed by the evidence: a systematic review of available intervention courses. *Physical Therapy & Rehabilitation Journal. In press.*
6. **Peterson S,** Mesa A, Halpert B, Bordenave L (2021). How people with lumbar spinal stenosis make decisions about treatment: a qualitative study using the health belief model. *Musculoskeletal Science & Practice.* Volume 54, doi: 10.1016/j.msksp.2021.102383
7. **Peterson S.** Digital physical therapy practice and payment during the COVID-19 pandemic: A case series. *Physiother Theory Pract.* 2022 Jan 3:1-10. doi: 10.1080/09593985.2021.2021572. Epub ahead of print. PMID: 34979866.
8. **Peterson S,** Young J, King V, Meadows J. Patient Expectations for Synchronous Telerehabilitation Visits: A Survey Study of Telerehabilitation-Naive Patients [published online ahead of print, 2021 Jun 29]. *Telemed J E*

9. **Peterson S**, Laslett M. Alternating lumbar lateral shift: a case report. *J Man Manip Ther*. Published online July 2, 2020;1-8. doi:10.1080/10669817.2020.1787747
10. **Peterson S** (2020) Physical therapy management of a patient with persistent groin pain after total hip arthroplasty and iliopsoas tenotomy: a case report, *Physiotherapy Theory and Practice*, DOI: [10.1080/09593985.2020.1768458](https://doi.org/10.1080/09593985.2020.1768458)
11. Julie M. Whitman, Mark Shepherd, Brett Neilson, T. J. Janicky, William J. Garcia, **Seth Peterson** & Barbara J. Stevens (2020): An orthopedic manual physical therapy fellowship training's impact on professional development, involvement, personal lives, and income – A survey study, *Journal of Manual & Manipulative Therapy*, DOI: [10.1080/10669817.2020.1748333](https://doi.org/10.1080/10669817.2020.1748333)
12. Meadows J, Denninger T, **Peterson S**, Milligan L, Zapanta J. Short-term Response to Treatment Targeting the Thoracolumbar Junction in Patients With Hip Pain: A Case Series. *J Orthop Sports Phys Ther*. 2019;49(8):611-619. doi:[10.2519/jospt.2019.8309](https://doi.org/10.2519/jospt.2019.8309).
13. **Peterson S**, Kutz C, Roush J. Use of a modified treatment-based classification for subgrouping patients with low back pain: Agreement between telerehabilitation and face- to-face assessments. *Physiotherapy Theory and Practice*. 2018;3:1-9. Doi: [10.1080/09593985.2018](https://doi.org/10.1080/09593985.2018)
14. **Peterson S**, Denninger T. Physical Therapy Management of Patients With Chronic Low Back Pain and Hip Abductor Weakness. *J Geriatr Phys Ther*. September 2017. doi: [10.1519/JPT.000000000000148](https://doi.org/10.1519/JPT.000000000000148).
15. **Peterson S**. Telerehabilitation booster sessions and remote patient monitoring in the management of chronic low back pain: A case series. *Physiotherapy Theory and Practice*. 2017;0(0):1-10. doi:10.1080/09593985.2017.1401190.
16. **Peterson S**, Denninger T, Porter S. Physical Therapist Clinical Reasoning and Action for Individuals With Undiagnosed Lower Extremity Tumors: A Report of 3 Cases. *Journal of Orthopaedic & Sports Physical Therapy*. 2017;47(5):359-366. doi:10.2519/jospt.2017.7037.
17. **Peterson S**. Hodges, C. Lumbar lateral shift in a patient with interspinous device implantation: a case report. *J Man Manip Ther*. 2016 Feb.
18. **Peterson S**. Differential diagnosis and treatment of bilateral facial pain after whiplash: a case report. *Phys Ther Pract*. 2015 Feb;11:1-8.

---

## **PEER-REVIEWED ABSTRACTS**

1. Peterson S. Clinical Decision-Making Program Reduced Risk of Adverse Events Following Total Knee Arthroplasty Over 3 Years. *J Man Manip Ther.* 2020 Nov.
2. Madden R, Gordon D, **Peterson, S.** Schlichtman N, Lynskey J. Home-based robot assisted ankle rehabilitation for chronic stroke survivors. Poster presented at: APTA Combined Sections Meeting; February, 2014. Las Vegas, NV.

## **NON PEER-REVIEWED PUBLICATIONS**

1. **Peterson S.** Competing Interests and a Cloudy Clinical Interpretation. *Journal of Orthopaedic and Sports Physical Therapy.* *J Orthop Sports Phys Ther* 2021;51(3):151–153. doi:10.2519/jospt.2021.0201
2. **Peterson S,** Hodges C, Woolf J. March 2017 Letters to the Editor-in-Chief. Regarding “Unraveling the Complexity of Low Back Pain”. *Journal of Orthopaedic & Sports Physical Therapy.* 2017;47(3):219-223. doi:10.2519/jospt.2017.0202.
3. **Peterson S.** Forget the Rose-Colored Glasses: Let’s Talk About Telehealth’s Adoption Problem. *Journal of Orthopaedic & Sports Physical Therapy Blog.* August 19, 2020. <https://doi.org/10.2519/jospt.blog.20200819>
4. Essays for Medium at: <https://medium.com/@srpeterson01>

## **BOOK CHAPTERS AND MONOGRAPHS**

1. Heick J, **Peterson S.** Interviewing as a Screening Tool. In: John Heick, 9<sup>th</sup> ed. *Differential Diagnosis for the Physical Therapist.*
2. Heick J, **Peterson S,** Jain T. Monograph. Principles of Differential Screening. In: *Screening for Orthopaedics.* Academy of Orthopaedic Physical Therapy; 2019.
3. Heick J, **Peterson S,** Jain T. Monograph. Screening for the Upper Extremity. In: *Screening for Orthopaedics.* Academy of Orthopaedic Physical Therapy; 2019.
4. Heick J, **Peterson S,** Jain T. Monograph. Screening for the Lower Extremity. *Screening for Orthopaedics.* Academy of Orthopaedic Physical Therapy; 2019.

---

## **PEER-REVIEWED PRESENTATIONS**

1. Invited Panelist, Orthopedic Summit. Las Vegas, 2021.
2. My Tricks for an Accurate Diagnosis of the Cervical Spine. Orthopedic Summit. Las Vegas, 2021.
3. An Update on Pain Science. Orthopedic Summit. Las Vegas, 2021.
4. What if There was an ER Anywhere? How Digital PT Triage Could Revolutionize Healthcare. Platform presentation, APTA Combined Sections Meeting. San Antonio, 2022.
5. Clinical Decision-Making Program Reduced Risk of Adverse Events Following Total Knee Arthroplasty Over 3 Years. Poster presentation, APTA Combined Sections Meeting, 2021.
6. Digital and Hybrid Physical Therapy Practice and Payment in the COVID-19 Pandemic: A Case Series. Poster presentation, APTA Combined Sections Meeting 2021.
7. Clinical Decision-Making Program Reduced Risk of Adverse Events Following Total Knee Arthroplasty Over 3 Years. 5x5 Presentation, AAOMPT Conference, November, 2020.
8. Telehealth in Orthopedic Physical Therapy: Opportunities and Challenges. Platform presentation, AAOMPT Conference, Reno, NV. November, 2018.

## **PROFESSIONAL PRESENTATIONS (NON PEER-REVIEWED)**

1. An Update on Serious Spinal Pathologies. Arizona Chapter of the American Physical Therapy Association- District 4 Meeting. July, 2021.
2. Whiplash: Clinical reasoning through complex patients. A.T. Still University. Mesa, AZ. Annual lecture and lab, 2015 – 2020.
3. The Thoracic Spine: Triaging, Treating, and Thinking for Yourself. Arizona Physical Therapy Directors, Phoenix AZ. September, 2019.
4. The Future of Residency and Fellowship Education. Invited speaker, Arizona Leadership Conference. Arizona Physical Therapy Association, Phoenix, AZ. February, 2017.

- 
5. Clinical Reasoning and Management of a Patient with Leg Pain. Invited speaker, Doctor of Physical Therapy Program. AT Still University, Mesa, AZ. Annually, 2015-2019.
  6. Telehealth and Low Back Pain. Arizona Telemedicine Program. University of Arizona, Tucson, AZ. January, 2015.
  7. Telehealth in Physical Therapy. Arizona Telemedicine Program. University of Arizona, Tucson, AZ. January, 2015.

### **CONTINUING EDUCATION COURSES DESIGNED AND INSTRUCTED**

Primary Care Physical Therapy. 8-week, 24-hour course. September-October 2021.(Repeated two times annually in 2022)

Mindful Management – Cervical Spine. 12-hour course. November 20, 2021.

Mindful Management—Cervical Spine. 18 hour course. November, 2022.

Mindful Management –Lumbar Spine. 18 hour course. August, 2022.

### **COMMUNITY VOLUNTEER ACTIVITIES**

Chapter Organizer and Walk Leader

Walk with a Doc, Oro Valley Chapter. 2018-2020

- Founded and organized Oro Valley’s first Walk with a Doc chapter
- Recruited physicians and others in the healthcare field to give talks prior to a walk in a community park, once monthly

Volunteer Physical Therapist

Rock-n-Roll Marathon, Phoenix, AZ, 2010, 2013

### **CONTINUING EDUCATION**

*Available upon request.*