

**Anne B. Howard, MPT**  
CA PT License PT18981 ~ Medicare Provider

**Graduate Education**

**University of Southern California**, Los Angeles, CA

1992 MPT (Master of Physical Therapy) Department of Biokinesiology and Physical Therapy

**Research Project:** *Practice conditions for motor learning – the role of relative frequency of knowledge of results and verbal estimation. Advisor: Carolee Winstein, Ph.D., PT*

**Undergraduate Education**

**Smith College**, Northampton, MA

1989 BA in Biology with minor in Exercise and Sports Studies; *graduate classes taken in Sports Psychology, Sports Medicine, Biomechanics of Sport, Coaching Theory and Zoology*

**University of California**, Santa Cruz, CA

1990 - Intensive Summer lecture and lab program in Physics

**Cabrillo College**, Aptos, CA

1989 – 1990 Courses in Abnormal Psychology, Human Anatomy/Lab, Human Physiology/Lab

**Clinical Continuing Education**

**1993**

- Australian Approach to evaluation & treatment of the Cervical Spine. (W. Clark & K. Clark) Redwood Physical Therapy / Kaiser Hayward PT Course
- Australian Approach to evaluation & treatment of the Lumbar Spine. (M. Koury & K. Clark) Redwood Physical Therapy / Kaiser Hayward PT Course

**1994**

- Evaluation & Treatment of Adverse Neural Tissue Tension. (Joe Farell) Redwood Physical Therapy / Kaiser Hayward PT Course
- Differentiation in the Lower Quarter. (Mike Koury & Caroline Drye) Redwood Physical Therapy / Kaiser Hayward PT Course

**1995**

- The Upper Quarter Symposium (5 day course, Lake Tahoe) Physiotherapy Associates

**1997**

- Integrative manual therapy for low back, pelvis, sacrum: An advanced muscle energy course. Dialogues in Contemporary Rehabilitation, San Francisco, CA; Kris Albrecht

**1998**

- Myofascial release/connective tissue study. Dialogues in Contemporary Rehabilitation, Boulder, CO, Adam Dube, PT

- Myofascial Mapping™. Dialogues in Contemporary Rehabilitation, Boulder, CO; Adam Dube, PT
- [Independent study of video tape & book series for Strain Counterstrain, Advanced Strain Counterstrain and Muscle Energy Technique]

### **1999**

- Integrative Diagnostics focus on lower back. Dialogues in Contemporary Rehabilitation, Lake Tahoe; Sharon Weiselfish-Giammatteo, & Tom Giammatteo, DC, PT
- Visceral Manipulation 1A. Upledger Institute, Anaheim; Gail Wetzler, PT
- Visceral Mobilization: Men's & Women's Health Issues. Dialogues in Contemporary Rehabilitation, Raleigh/Durham; Jay Kain, PT, IMP, C
- Cranial Therapy 1: Osseous, Suture, Joint And Membrane. Dialogues in Contemporary Rehabilitation, St. Helena, CA; Kris Albrecht

### **2000**

- Visceral Manipulation 1B. Upledger Institute, San Francisco; Frank Lowen, MT
- Assessment, Integrative Diagnostics™, and Integrative Manual Therapy™ for the Lymphatic System, Level One: Congestion Therapy. Dialogues in Contemporary Rehabilitation, San Francisco; Sharon Weiselfish-Giammatteo, PhD, PT, IMP,C
- Cranial Therapy 2: Membrane, Fluid, Facial Vault and Gear-Complex; Cranial Diaphragm Compression Syndromes. Dialogues in Contemporary Rehabilitation, Calistoga, CA; Kris Albrecht, PT, IMP, C
- Integrative Diagnostics™ with Applied Psychosynthesis. Dialogues in Contemporary Rehabilitation, Calistoga, CA; Lissa Wheeler
- Advanced Sacral Biomechanics (revised). Dialogues in Contemporary Rehabilitation, Pullman, WA; Kim Burnham
- Visceral Mobilization with Muscle Energy and 'Beyond' Technique: The GI Tract. Dialogues in Contemporary Rehabilitation, Sacramento; John Alegi, PT, IMP,C
- Visceral Mobilization with Muscle Energy and 'Beyond' Technique The Respiratory System. Dialogues in Contemporary Rehabilitation, Santa Cruz, CA; John Alegi, PT, IMP,C
- Cranial Therapy 3: Pain and Disability; CSF Production, Distribution and Absorption; Spinal Cord and Brain Fibrosis; Immunology. Dialogues in Contemporary Rehabilitation, Calistoga; Kris Albrecht, PT, IMP,C
- Lower Extremity Compression Syndromes. Dialogues in Contemporary Rehabilitation, St. Helena, CA; Jay Kain, PT
- The Beast Within: Understanding the Psychoneurobiology of Human Behavior. Sacramento, CA; Robert Sapolsky, PhD (11/11/2000)

- Cranial Therapy 4: Cranial Therapy: Recovery and Rehabilitation. Protocols. Dialogues in Contemporary Rehabilitation, Calistoga; Kris Albrecht, PT, IMP,C

## 2001

- Biologic Analogs of Neural Mobilization (The Brain). Albuquerque, NM; Rosemary Hegarty
- Visceral Mobilization: Cardiac Habilitation. Dialogues in Contemporary Rehabilitation, San Diego; Sharon Weiselfish-Giammatteo, PhD, PT, IMP,C
- Integrative Diagnostics 1: Myofascial Mapping. Dialogues in Contemporary Rehabilitation, Calistoga, CA; Jay Kain, PT, IMP,C
- Diaphragm Compression Syndromes. Dialogues in Contemporary Rehabilitation, Albuquerque; Carol Gordon, PT
- Integrative Diagnostics 2: Neurofascial Process. Dialogues in Contemporary Rehabilitation, Calistoga; Kim Burnham
- Integrative Manual Therapy for Equine, Canine & Feline. Dialogues in Contemporary Rehabilitation, Santa Fe, NM; Sharon Weiselfish-Giammatteo, PhD, PT, IMP,C Donna Starita, DVM, Gail Wetzler, PT
- Lymph Level Two: Immune Preference. Dialogues in Contemporary Rehabilitation, Sacramento; Lissa Wheeler
- Biologic Analogs: Circulation Mobilization. Therapeutic Horizons, Albuquerque, NM; Kris Albrecht
- Pelvis, Spine, and Sacrum (MET). Dialogues in Contemporary Rehabilitation, Santa Cruz, CA; MaryEllen Ogreaan
- Visceral Mobilization: Focus on Liver. Dialogues in Contemporary Rehabilitation, Hyannis, MA; Sharon Weiselfish
- The Way to Treat Joint Dysfunction. Dialogues in Contemporary Rehabilitation, Portland, OR; Sharon Weiselfish
- Integrative Diagnostics 3: Neurofascial Release, Motilities, Rx Plans. Dialogues in Contemporary Rehabilitation, St. Helena, CA; Sharon Weiselfish-Giammatteo
- Advanced Nerve Tissue Tension. Dialogues in Contemporary Rehabilitation, Calistoga; Kris Godikson, PT
- Biologic Analogs of NeuroReflexive Associations. Therapeutic Horizons, Bloomfield, CT; Sharon Weiselfish-Giammatteo and Frank Lowen
- Integrative Diagnostic Series A1: Heart and Kidney, Systems Breakdown, Mechanical Model Pressure Scan. Dialogues in Contemporary Rehabilitation, St. Helena, CA; Kris Godikson
- Manual Perceptions 1. Biovalent Systems Seminars, Albuquerque, NM; Frank Lowen

**2002**

- Lymph 3, Lymph-related Disease, Disorders, and Disability. Dialogues in Contemporary Rehabilitation, Sacramento, CA; Kris Albrecht
- VetPT: 2<sup>nd</sup> International Conference for Animal Rehabilitation, Knoxville, TN. (4 days of presentations, labs and roundtable discussions)
- Biomechanical Regulators: Foundations. Biovalent Systems Seminars, Albuquerque, NM; Frank Lowen
- Biologic Analogs of Bone: Motion Palpation, Dysfunction, and Tendencies. Therapeutic Horizons, Albuquerque, NM; Frank Lowen and Jay Kain
- Integrative Diagnostics™ with Applied Psychosynthesis.(Retake) San Rafael, CA; Kris Roy

**2003**

- Equine Physiotherapy: Evaluation and Treatment Strategies (6 day intensive course). Temecula, February 2003. Narelle Stubbs, Australian PT, international lecturer and Team therapist for Australian Equestrian teams at multiple Olympics and World Games
- Intensive at San Francisco Center IMT; February 4, 2003
- Fascial Regulators 1 & 2. Biovalent Systems Seminars, Seattle, WA; Frank Lowen and Marianne McGreevey
- Biologic Solution for Brain Function. Dialogues in Contemporary Rehabilitation, Albuquerque, NM; Sharon Weiselfish-Giammatteo, PT, PhD, IMP, C
- Adjustment Therapy: Treatment of Joint Dysfunction and Ball Biomechanics; Focus on Sacral Plexus Scraping; Dialogues in Contemporary Rehabilitation, San Francisco, CA; Tom Giammatteo, PT, DC, IMP, C.
- Biomechanical Regulators: Lower Extremities. Biovalent Systems, Albuquerque, NM; Frank Lowen, MT

**2004**

- Cardiovascular Rehabilitation Level 2: Prevention and Treatment; Visceral Mobilization with MET. A Manual Therapy Solution. Dialogues in Contemporary Rehabilitation, San Francisco, CA; Nancy Ortolani, PT, IMT,C
- Integrative Manual Therapy for the Autonomic Nervous System: Treatment for Multi-Systems Breakdown. Dialogues in Contemporary Rehabilitation, San Francisco, CA; Kimberly Burnham, MT, IMT,C, PhD

**2005**

- The Subcortical Process & Structures. Dialogues in Contemporary Rehabilitation, San Francisco, CA Ayelet G. Weiselfish
- Lung Management: Pulmonary Insufficiency and Oxidative Stress. A Manual Therapy Solution. Dialogues in Contemporary Rehabilitation, Burbank, CA; Lisa Klein.

**2006**

- Biologic Analogues: The Spine: From low back pain and cervical syndrome through spinal cord injury. Critical thinking, clinical reasoning, clinical skills, case based

medicine, evidence based medicine. An Advanced Course. Dialogues in Contemporary Rehabilitation, San Francisco, CA; Sharon W. Giammatteo, PT

- Advanced Women's & Men's Health with Integrative Manual Therapy: Treatment for Urogenital Pain and Dysfunction. Dialogues in Contemporary Rehabilitation, Los Angeles, CA. Carol Smith, PT

## **2007**

- Cranial Therapy, Advanced Level 2: Cranial Blood Flow Techniques. Dialogues in Contemporary Rehabilitation – Winter School, Pasadena, CA; Kim Burnham.
- The Middle Cerebral Artery; Dialogues in Contemporary Rehabilitation - Winter School, Pasadena, CA; Sharon & Tom Giammatteo.
- Strategies for Optimal Aging: An Evidence Based Practice Perspective. California PT Association Sponsored Class, Los Angeles, CA;
- CPTA Annual Conference, Los Angeles, CA

## **2008**

- Integrative Manual Therapy for Allergies and Related Dysfunction. Dialogues in Contemporary Rehabilitation, Citrus Heights, CA; Kimberly Burnham, MT, IMT, C, PhD
- Movement System Impairment Syndromes of the Hip Joint. CPTA Annual Conference, Oakland, CA. Shirley Sahrman, PT, PhD, FAPTA.
- Animal Rehabilitation: Level 1 (Integrative Manual Therapy for Horse, Dogs and Cats). Dialogues in Contemporary Rehabilitation, Watsonville, CA; Sharon & Tom Giammatteo. (Re-take while hosting class)

## **2009**

- Animal Rehabilitation: Level 2. Dialogues in Contemporary Rehabilitation, Watsonville, CA; Sharon & Tom Giammatteo.
- IMT for Small Intestines. Dialogues in Contemporary Rehabilitation, Alhambra, CA. Lisa Klein.
- K-Laser certification course. Online study.
- Low Level Laser Therapy course with Donald Chu. San Jose, CA.

## **2010**

- APTA Combined Sections Meeting (4 days of CE conferences), San Diego, CA
- Cranial CTS A4 "The Eye" Winter School CIMT, Pasadena, CA
- Advanced Seminar on Vision, Winter School CIMT, Pasadena, CA

## **2011**

- EQUINOLOGY - EQ950 Equine Spine and Pelvis Dissection Course, Functional exercise and taping techniques. Narelle Stubbs & Nicole Rombach, presenters.

## **Presentations**

Invited Speaker, Animal Rehabilitation SIG (Topics in Equine Rehabilitation), 2010 APTA Combined Sections Meeting, San Diego, CA

Guest Instructor, *Myofascial Mapping*, 2009, Dialogues in Contemporary Rehabilitation, Watsonville, CA.

### **Related Work Experience**

- 1985-1989 Athletic Trainer, Smith College. Game coverage for soccer, basketball, diving, softball, lacrosse, gymnastics and track and field, treatment, and training room duties including taping, stretching and rehabilitation.
- 1989-90 Aide in multi-setting clinic with hands-on experience in OP Orthopedic, TCU, IP Acute/ICU, Convalescent, Skilled Nursing Facility settings. Experience assisting or delivering primary care with therapeutic exercise, burn treatments, wound care, gait training, and many modalities. Stephenson-Holtz Physical Therapy, Watsonville, CA
- 1990-92 PT Clinical Affiliations
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| Kaiser IP/OP                           | Panorama City, CA |
| Rancho Los Amigos – Cardiac Rehab      | Downey, CA        |
| Advanced Physical Therapy OP           | Watsonville, CA   |
| Glendale Adventist Hospital IP         | Glendale, CA      |
| Stanford University Hospital CIRU      | Palo Alto, CA     |
| Salinas Valley Memorial Hospital IP/OP | Salinas, CA       |
- 1992-1994 Staff PT progressing to Director with patient type approximately 50% industrial back injuries, 25% geriatric, 25% general OP orthopedics. Clinical instructor. Experience in aquatic therapy, Back School, Australian Approach, PNF, and Butler/Elvey Neural Tension. Advanced Physical Therapy, Watsonville, CA
- 1994- 2005 Co-Owner and President of Valley Physical Therapy, active therapist with OP case load approximately 40% general orthopedics, 30% chronic pain/disability, 20% sports performance training, 10% health and wellness private pay clients. Extensive training in manual therapy techniques, specializing in Integrative Manual Therapy. Clinical instructor. Management and clinical duties in an OP practice with 2 office locations.
- 2000- Bodies In Balance, Founder and therapist for equestrian and equine athletes focusing on enhancing sports performance. Manual therapy and animal rehabilitation with instruction in training techniques as needed. Collaborate with several veterinarians in animal rehabilitation. Patients include USET horses and riders, canine conformation and performance champions, and National Search and Rescue Dog Foundation. Private outpatient practice based in Watsonville, California.
- 2004- Owner, Anne Howard Physical Therapy. Outpatient and mobile PT services, based in Soquel, California.