

Anne B. Howard, MPT  
CA PT License PT18981 ~ Medicare Certified 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, Athletic Training, Coaching Theory and Zoology/Animal Behavior

**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 Farrell) 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;l 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. Albuquerque, NM; Frank Lowen and Jay Kain
- Integrative Diagnostics™ with Applied Psychosynthesis.(Retake/revised) San Rafael, CA; Kris Roy

### **2003**

- 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
- Planning PhD program and research
- Case study projects

### **Related Work Experience**

- 1986-9 Athletic Trainer, Smith College. Game coverage, 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, burns, 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            | 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 of Staff with patient diagnoses approximately 50% industrial back injuries, 20% geriatric care, 25% general OP orthopedics and 5% neurologic conditions. Clinical instructor. Experience in aquatic therapy, Back School, Australian Approach, PNF, and Butler/Elvey Neural Tension. Advanced Physical Therapy, Watsonville, CA
- 1994-on 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 approaches. Clinical instructor. Management and clinical duties in an OP practice with 2 locations.

2000- on Bodies In Balance, Founder and therapist for equestrian and equine athletes focusing on sports performance. Manual therapy and animal rehabilitation with instruction in training techniques as needed. Mobile practice in California and New Mexico.