

# ANDREW LISITSKY

## PT, OCS, CMPT

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### PROFESSIONAL SUMMARY

- Certified Manual Physical Therapist with expertise in orthopedics and rehabilitation of amateur and professional athletes

### EMPLOYMENT HISTORY

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#### ***Strength & Movement Recovery, PLLC***

Owner

Seattle and Buffalo Area

April, 2009 – Present

- Various independent orthopedic clinics with concentration of post surgical, sports and spinal rehab
- Individual, one to one care in patients home settings for a variety of orthopedic issues
- Contract mentoring of new and experienced PT's at various clinics

#### ***Pima Medical Institute***

Classroom Instructor

Seattle Campus

September, 2010 – 2014

- Organize and present various topics of clinical care to students in an accelerated Physical Therapy Assistant program

#### ***Olympic Physical Therapy: Staff Therapist***

Outpatient Orthopedic

Kirkland, WA

October, 2004 – 2009

- Spinal rehab with emphasis on student athlete spinal stress fractures
- Sports related rehab including collaboration with local gyms and dance companies
- Return to sport for professional and semi-professional athletes

#### ***Physiotherapy Associates: Staff Therapist***

Outpatient Orthopedic

Kirkland, WA

September, 2002 – October, 2004

- Regularly schedule marketing and informational conferences with referral sources
- Perform office space ergonomic assessments and functional capacity evaluations
- Clinical Education Coordinator for 14 Pacific Northwest Physiotherapy Associates Clinics

#### ***CareerStaff Unlimited/ Therapists Unlimited***

Itinerant Therapist

Outpatient Orthopedic

Seattle Area

July, 2002 – Present

- Evaluate and treat a variety of orthopedic and neuromuscular pathologies and post surgical rehabilitation

#### ***Optimal Therapy Associates Services***

School-based Pediatric Physical Therapy

Depew, NY

September, 2001 – June, 2002

- Evaluation and treatment with classroom integration, administering standardized tests of students with a range of neuromuscular, developmental and orthopedic pathologies

#### ***Pratt & Lambert United, Inc.***

Applied Research Chemical Engineer

Buffalo, NY

1993-1995

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### EDUCATION

8/1998-5/2001 **Daemen College**

Amherst, NY

- B.S., Physical Therapy; minor: Biology  
*Summa Cum Laude*

8/1989-5/1993 **State University of New York at Buffalo**

Buffalo, NY

- B.S., Chemical Engineering; minor: Chemistry

## Curriculum Vitae

Andrew Lisitsky, PT

1. May, 2001	Non-Operative Orthopedic Medicine and Manual Therapy of the Knee	IAOM-US	22 hours
2. October, 2001	Examination and Treatment of the Patient with Dizziness	Susan Bennett PT, EdD, NCS	10 hours
3. October, 2002	Intensive Training on Trigger Point, Myofascial, and Proprioceptive Therapy	Hands-On Seminars	24 hours
4. March, 2003	The Basics of Sacroiliac Mobilization	Great Lakes Seminars	18 hours
5. April, 2003	Pathophysiology and Mechanics of The Shoulder	Robert Donatelli PhD, PT, OCS	18 hours
6. October, 2003	Management of Headache, Jaw and Neck Symptoms	Steven Kraus PT, OCS, MTC	22 hours
7. February, 2004	E1-Extremity Evaluation and Manipulation	University of St. Augustine	36 hours
8. February and April, 2004	NAIOMT Level I	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	42 hours
9. March, 2004	Osteoporosis: Prevention and Treatment	North American Seminars	15 hours
10. June 2004	McConnell Institute "Science of Stability"	Paul Hodges, PHD	14 hours
11. August, 2004	MF1-Myofascial Manipulation	University of St. Augustine	24 hours
12. September, 2004	S1- Introduction to Spinal Evaluation and Manipulation	University of St. Augustine	40 hours
13. November, 2004	McConnell Institute "Missing Link"	Mark Looper, MSPT, 14 hours COMT, FAAOMPT	
14. May and September, 2005	NAIOMT Level II Upper Quadrant A&B	Kent Keyser MSPT, OCS, COMT, CFMT, ATC, FAAOMPT	42 hours
15. April and October, 2005	NAIOMT Level II Lower Quadrant A&B	Kent Keyser MSPT, OCS, COMT, CFMT ATC, FAAOMPT	42 hours
16. January and October, 2007	NAIOMT Level III Lower Quadrant A&B	Erl Petman MCSP, MCPA, FCAMT	42 hours
17. February 2007	The Mulligan Concept: Introduction	Dan Reordan, PT	16 hours
18. March 2007	NAIOMT Level II Test - Pass		
19. August 2007	Functional Orthopedics I	Kent Keyser MSPT, OCS, COMT, CFMT ATC, FAAOMPT	30 hours
20. September and October 2007	NAIOMT Level III Upper Quadrant A&B	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	21 hours
21. March and October, 2008	NAIOMT Level III Written and Oral Practical Tests – Pass/Good Pass		
22. February, 2009	Running Biomechanics/Training/Rehab	Matthew Walsh	12 hours

		PT, SPG Level III	
23. October, 2009	NAIOMT Clinical Reasoning	Jim Meadows BScPT, MCPA, FCAMT	21 hours
<b>24. May, 2010 NAIOMT Level III - Certified Manual Physical Therapist (CMPT)</b>			
25. September, 2010	The Shoulder Girdle: Medical Screening and Orthopaedic Fundamentals	Karl Kolbeck PT, OCS, COMT, FAAOMPT	21 hours
26. September 2010	NAIOMT Level IV High Velocity Manipulation	Erl Pettman MCSP, MCPA, COMP	48 hours
27. October 2011	APTA: CI Education and Credentialing	Marilyn Phillips, PT, MS, CAE	15 hours
28. April and May 2012	NAIOMT Level III Lower Quadrant A&B *Teaching Assistant	Erl Petman MCSP, MCPA, FCAMT	42 hours
29. October 2012	NAIOMT Master Class Pelvis/ Shoulder	Cliff Fowler, PT, MCSP, MCPA, FCAMT	14 hours
<b>30. March 2013</b>	<b>Orthopedic Certified Specialist (OCS)</b>	<b>American Board of Physical Therapy Specialties (ABPTS)</b>	
31. September 2013	Advanced Shoulder Integration with Cervical and Thoracic Spine	Karl Kolbeck, PT, OCS, COMT, FAAOMPT	15 hours
32. June 2014	McKenzie Part A MDT-Lumbar Spine	David Pleva, PT, Dip. MD	26 hours
32. April 2015	Myofascial Release 1	John Barnes, PT	20 hours
33. September 2016	Teaching People About Pain	Adriaan Louw, PT, PhD, CSMT	20 hours
34. September 2016	Core First Strategies Institute of Physical Art	Sara Huizenga, PT, CFMT, MDT	21 hours
35. May 2017	The Pharmacy In Your Kitchen Institute for Brain Potential	William Gordon, PhD	6 hours
36. June 2017	Strategies for Degenerative Joint Disease PESI Seminars	Terry Rzepkowski, DPT	6.25 hours
37. March 2018	NAIOMT Level I, C-511 Lumbopelvic Spine	Steve Allen, PT, OCS, COMT, FAAOMPT	21 hours
38. September 2018	NOI Group Explain Pain	Robert Johnson DPT, OCS	14 hours
39. March 2019	Kaiser Permanente Suicide Prevention	David McCulloch, MD	6 hours

## References

**Lora Clothier, DPT**

Owner

Biojunction Sports Therapy  
3727 California Avenue SW  
Suite 1A  
Seattle, Washington 98116  
(206) 938 0860

**Craig McCarn DPT**

Clinic Director

ATI Physical Therapy  
1188 106th Ave NE STE 100  
Bellevue, WA 98004  
(425) 455 2630

**Mitch Owens PT, COMT**

Union Physical Therapy  
Partner

The Good Shepherd Center  
4649 Sunnyside Avenue N.  
Suite 302  
Seattle, Washington 98103  
(206) 588 0855

**Renu Verma, PT**

Director of Rehabilitation Services

Highpointe on Michigan  
1031 Michigan Ave.  
Buffalo, NY 14203  
(716) 748 3100 x3120

**Nancy Mitrano, t-DPT, CMP**

Owner

Impact Physical Therapy  
4300 198<sup>th</sup> Street SW  
Lynnwood, Washington, 98036  
(425) 778 2325

**Kelvin Franke, DO**

Seattle Spine and Sports Medicine  
4300 198<sup>th</sup> Street SW  
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**Elisa Scherb DPT, CMPT**

Union Physical Therapy  
Partner

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