

MARK PONSTEIN

PT, DPT, OCS, FAAOMPT

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EMPLOYMENT

Avera Therapy (Sioux Falls, SD)

Orthopaedic Physical Therapy Residency Coordinator
Staff Physical Therapist, Outpatient Orthopedics

AUG 2018-Current
MAR 2016 – Current

Augustana University, Doctor of Physical Therapy Program (Sioux Falls, SD)

Adjunct Faculty
Musculoskeletal Practice II: Lower Extremity Dysfunctions
Musculoskeletal Practice III: Cervicothoracic, TMJ, and Rib Dysfunctions

APR 2022 – Current

Evidence in Motion (San Antonio, TX)

Faculty Instructor
Cervicothoracic and Lumbopelvic Courses

FEB 2020- Current

Bellin College (Green Bay, WI)

Fellow-Mentor-Leader
Orthopaedic Manual Physical Therapy Fellowship Program

AUG 2019-Current

University of South Dakota: Department of Physical Therapy (Vermillion, SD)

Adjunct Graduate Faculty
Cervical, Thoracic, Lumbopelvic, TMD Lab Instructor

JUN 2016 - Current

Sanford Health (Fargo, ND)

Staff Physical Therapist, Outpatient Orthopedics

MAR 2015 – FEB 2016

Sanford Health (Sioux Falls, SD)

Staff Physical Therapist
Outpatient Orthopedics
Inpatient Hospital

MAY 2010 – FEB 2015
JUL 2009 - MAY 2010

EDUCATION

Orthopaedic Manual Physical Therapy Fellowship Program

Bellin College, Green Bay, WI

JAN 2017- APR 2019

Manual Therapy Certification

Evidence in Motion, San Antonio, TX

JAN 2012-JAN 2014

Doctor of Physical Therapy

Missouri State University, Springfield, MO

AUG 2006 – MAY 2009

Bachelor of Arts- Exercise Science Major

Augustana University, Sioux Falls, SD

SEP 2002-MAY 2006

CERTIFICATIONS

Fellow, American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT)	SEP 2019- Current
Board-Certified Orthopaedic Clinical Specialist (OCS) American Physical Therapy Association	JUL 2016- Current
Manual Therapy Certification (MTC) Evidence in Motion	JAN 2014

PROFESSIONAL ORGANIZATIONS

Advisory Committee Chair: South Dakota Board of Osteopathic and Medical Examiners	DEC 2017- Current
American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)	
American Physical Therapy Association (APTA)	
Academy of Orthopaedic Physical Therapy (AOPT)	
South Dakota Physical Therapy Association (SDPTA)	

TEACHING EXPERIENCE

Fellowship Clinical Mentor: Bellin College OMPT Fellowship Program	MAR 2022 – Current
Evidence in Motion: Faculty Instructor	FEB 2020 – Current
Mentor: Evidence in Motion Orthopaedic Physical Therapy Residency Program	AUG 2018 - Current
Clinical Instructor: Doctor of Physical Therapy Students (Various Programs)	JAN 2009 – Current
Adjunct Faculty: University of South Dakota Department of Physical Therapy Musculoskeletal Physical Therapy II (Cervical, Thoracic, Lumbar Spine Lab) Entry-Level Doctor of Physical Therapy Program	AUG 2019-Current JUL 2016- DEC 2016
Speaker: Progressive Load- The Main Ingredient for Tendinopathy Rehabilitation Avera Orthopedic and Sports Medicine Symposium	JUN 6-7, 2019
Speaker: Clinical Application of Neurodynamics Avera Sports Medicine Educational Update	APR 24, 2019
Adjunct Faculty: University of South Dakota Department of Physical Therapy Musculoskeletal Pathophysiology and Differential Diagnosis Transitional-Doctor of Physical Therapy Program Web-based interactive learning format	AUG 2018-DEC 2018 AUG 2016-DEC 2016
Speaker: Common Clinical Lumbar Syndromes & Biopsychosocial approach. 11 th Annual Avera Brain and Spine Institute Conference	MAR 9, 2018

Speaker: Low Back Pain in the Athlete Avera Sports Medicine Educational Update	JAN 24, 2018
Teaching Assistant: Lumbopelvic Management Institute of Clinical Excellence	FEB 25-26, 2017
Speaker: Treating Acute Low Back Pain: An Evidence-Based Approach The Pain Game Education Series Sanford Health- Sioux Falls, SD	NOV 2014
Speaker: Low Back Pain: Therapeutic Education and Treatment Sanford Health Physician Clinics- Sioux Falls, SD Center for Family Medicine	JUN & DEC 2014 JAN 2015

PROGRAM DEVELOPMENT

Orthopaedic Physical Therapy Residency Program- Avera Therapy Avera Therapy, Sioux Falls, SD Managed the implementation of Evidence in Motion's hosted residency model into Avera Therapy Designed and instructed onsite examination/technique labs and special interest topic lectures	AUG 2018-Current
Lead Developer- Acute Low Back Pain Management Program Sanford Health, Sioux Falls, SD Based on evidence for the Treatment Based Classification approach Program design and implementation Education of over 20 outpatient orthopedic physical therapists in the related research and treatment techniques Education of physicians on a referral process and related research	APR 2014-FEB 2015

CONTINUING EDUCATION

<i>Physical Therapy Management of Tendinopathies</i> Academy of Orthopaedic Physical Therapy	MAR 2022
<i>Persistent Pain Management</i> Institute of Clinical Excellence	NOV 2021
<i>Upper Quarter Peripheral Nerve Sensitization</i> Jack Stagge, PT, DPT, FAAOMPT	NOV 2021
<i>Evidence Based Examination and Treatment of the Cervical Spine: An Update</i> <i>Evidence Based Examination and Treatment of the Thoracic Spine: An Update</i> MedBridge Education	JAN 2021
<i>Crucial Factors Influencing Health and Recovery in Musculoskeletal Care</i> MedBridge Education	DEC 2020
<i>AAOMPT 2020 Annual Conference- Online</i>	NOV 2020

<i>Clinical Management of the Fitness Athlete</i> Institute of Clinical Excellence	NOV 2019
<i>Functional Dry Needling Level II</i> KinetaCore	SEP 2019
<i>Bellin College Orthopaedic Manual Physical Therapy Fellowship Program</i>	JUL 2017- APR 2019
<i>Mastering Lower Limb Tendinopathy</i> Tendinopathy Rehabilitation	MAR 2019
<i>Therapeutic Exercise and PNF for the Orthopaedic Patient</i> Phoenix Manual Therapy- Timothy Fearon, Timothy McGonigal, Michael Moore	FEB 2018
<i>Total Spine Thrust Manipulation</i> Institute of Clinical Excellence- Dr. Justin Dunaway	DEC 2018
<i>Functional Dry Needling Level I</i> KinetaCore	SEP 2018
<i>Evidence and Interview, Examination, and Treatment of the Patient with OA of the Knee</i> MedBridge Education	MAY 2018
<i>Spinal Thrust Manipulation Course</i> EIM Manual Therapy Fellowship Program- Jeff Moore, DPT, OCS, FAAOMPT	APR 2018
<i>Blood Flow Restriction Rehabilitation</i> Owens Recovery Science	MAR 2018
<i>Advanced Manual Therapy Techniques Upper Quarter</i> EIM Manual Therapy Fellowship Program, Mesa, AZ- Timothy Fearon, PT, FAAOMPT	JAN 2018
<i>Patient Management Framework & Advanced Clinical Decision Making</i> EIM Manual Therapy Fellowship Program	OCT 2017
<i>Therapeutic Neuroscience Education: Educating Patients About Pain</i> International Spine and Pain Institute- Jess Podolak, PT, DPT, TPS	SEPT 2017
<i>Advanced Manual Therapy Techniques Lower Quarter</i> EIM Manual Therapy Fellowship Program, Roseville, CA- Timothy Fearon, PT, FAAOMPT	AUG 2017
<i>Management of Lumbopelvic Disorders Weekend Intensive Course</i> EIM Manual Therapy Fellowship Program- Adam Yoder, PT, DPT, OCS, FAAOMPT	AUG 2017
<i>Pain Sciences and Psychosocial Implications in Musculoskeletal Care</i> EIM Manual Therapy Fellowship Program	JUN 2017
<i>Management of Upper Extremity Disorders Weekend Intensive Lab Course</i> Evidence in Motion- Mark Shepherd, PT, DPT, OCS, FAAOMPT	APR 2017
<i>Management of Upper Extremity Disorders Online Course</i> EIM Manual Therapy Fellowship Program - Bill Koch, PT, DPT, OCS, FAAOMPT	APR 2017
<i>Effortless Spinal Manipulation</i> Evidence in Motion- Jeff Moore, PT, DPT, OCS, FAAOMPT	FEB 2017
<i>Low Back Pain Management</i> Institute of Clinical Excellence- Jeff Moore, PT, DPT, OCS, FAAOMPT	FEB 2017
<i>Management of Cervical and Thoracic Disorders Weekend Intensive Lab Course</i> EIM Manual Therapy Fellowship Program - Jason Steere, PT, DPT, OCS, ATC, CSCS, FAAOMPT	FEB 2017

<i>Management of Cervical and Thoracic Disorders Online Course</i> EIM Manual Therapy Fellowship Program	MAR 2017
<i>Evidence Based Physical Therapy Practice: Part II Advanced Course</i> EIM Manual Therapy Fellowship Program	JUN 2017
<i>Introduction to OMPT and Professional Socialization</i> EIM Manual Therapy Fellowship Program	NOV 2016
<i>Mechanisms of Manual Therapy</i> EIM Manual Therapy Fellowship Program	NOV 2016
<i>Writing Case Reports and Case Series</i> EIM Manual Therapy Fellowship Program	OCT 2016
<i>Orthopedic Clinical Specialist Examination Preparation Course</i> Evidence in Motion	MAR 2016
<i>Rotator Cuff and Labral Pathology: Presentation and Post-Operative Rehabilitation</i> MedBridge Education	FEB 2016
<i>Glenohumeral Joint Biomechanics and Rehabilitation Implementation</i> MedBridge Education	FEB 2016
<i>Lumbar Spine: Athletic Low Back Pain</i> MedBridge Education	JAN 2016
<i>Management of the Cervical and Thoracic Spine in Sport</i> MedBridge Education	JAN 2016
<i>Differential Diagnosis and Manual Therapy of the Shoulder</i> International Academy of Orthopedic Medicine (IAOM-US)	NOV 2015
<i>Thrust Joint Manipulation for the Cervical Spine: New Thoughts on Risks and Benefits</i> MedBridge Education	JAN 2015
<i>Hip Osteoarthritis: An Evidence-Based Approach</i> MedBridge Education	DEC 2014
<i>The Eclectic Approach to Clinical Neurodynamics</i> MedBridge Education	NOV 2014
<i>Manipulation Thrust Techniques: Cervical, Thoracic, and Lumbar Spine</i> MedBridge Education	OCT 2014
<i>Teaching People about Pain</i> MedBridge Education	NOV 2014
<i>The Low Back is Having Brain Surgery</i> MedBridge Education	SEP 2014
<i>Orthopedic Excellence- The Spine</i> Orthopedic Exam, Diagnosis, and Treatment: Becoming and Expert Evidence-Based Exam of the Lumbar Spine Evidence-Based Treatment of the Lumbar Spine Evidence-Based Exam of the Thoracic Spine Evidence-Based Treatment of the Thoracic Spine Evidence-Based Exam of the Cervical Spine Evidence-Based Treatment of the Cervical Spine Medbridge Education	JUL 2014

<i>8th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2014
<i>Selective Functional Movement Assessment (SFMA) - Advanced Course</i> Functional Movement Systems	APR 2014
<i>Management of Cervico Thoracic Disorders</i> Evidence in Motion Institute of Physical Therapy	AUG 2013
<i>Management of Chronic Spine Pain</i> Evidence in Motion Institute of Physical Therapy	JUN 2013
<i>7th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2013
<i>Selective Functional Movement Assessment (SFMA) Certification Course</i> Functional Movement Systems- Kyle Kiesel, PT, PhD, ATC, CSCS	MAY 2013
<i>Management of Lumbopelvic Disorders</i> Evidence in Motion Institute of Physical Therapy	MAY 2013
<i>Management of Upper Extremity Disorders</i> Evidence in Motion Institute of Physical Therapy	SEP 2012
<i>6th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2012
<i>Patient Management Framework</i> Evidence in Motion Institute of Physical Therapy	MAY 2012
<i>Management of Lower Extremity Disorders</i> Evidence in Motion Institute of Physical Therapy	FEB 2012
<i>Evidence Based Practice</i> Evidence in Motion Institute of Physical Therapy	JAN 2012
<i>The Running Course: The Next Step</i> Bryan Heiderscheit, PhD, PT	OCT 2011
<i>5th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2011
<i>Lumbar Primary Disc Lesions and Sacroiliac Joint Disorders</i> International Academy of Orthopedic Medicine (IAOM-US)	JUN 2010
<i>Functional Biomechanics of the Lower Quarter</i> Christopher Powers, PhD, PT	MAY 2010
<i>4th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2010
<i>Postoperative Management of Orthopaedic Surgeries</i> Orthopaedic Section, American Physical Therapy Association	DEC 2009
<i>Current Concepts of Orthopedic Physical Therapy</i> Orthopaedic Section, American Physical Therapy Association	JUL 2009
<i>Differential Diagnosis and Manual Therapy of the Shoulder</i> International Academy of Orthopedic Medicine (IAOM-US)	AUG 2008