

CURRICULUM VITAE

Christine Richards, PT, DPT, OCS, CMPT

San Juan Therapeutics
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University Education

University of Vermont – Burlington, VT

- Doctorate in Physical Therapy, May 2017

Webster University – St. Louis, MO

- Baccalaureate of Fine Arts, May 2005

Licenses, Credentials, and Certifications

Licensed Physical Therapist

- State of Colorado, Department of Regulatory Agencies, Division of Professions and Occupations
- Physical Therapist License #PTL.0014804, May 2017 – present

Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT)

- American Academy of Orthopedic Manual Physical Therapists, 2026
- Fellowship training through Aspire Institute of Orthopedic Manual Therapy, 2022-2026

Orthopaedic Clinical Specialist (OCS)

- American Board of Physical Therapy Specialties, June 2020

Spinal Manipulative Therapist (SMT)

- Aspire Institute of Orthopedic Manual Therapy, March 2025

Certified Manual Physical Therapist (CMPT)

- North American Institute of Orthopaedic Manual Therapy, June 2021

Basic Life Support for Healthcare Providers

- American Heart Association
- March 2014 – present

Massage Therapy Certificate

- Hired Hands School of Massage (720 hours), June 2006
- National Certification Board of Therapeutic Massage & Bodywork
 - Certification #520921-06, board certified from October 2006 – October 2014

Yoga Instructor Certificate

- Training: It's Yoga! Thailand (200 hours), November 2011

Employment

San Juan Therapeutics – Durango, CO

- Owner and Physical Therapist
- Outpatient orthopedic clinic, focus on manual therapy, complex cases, chronic pain
- Providing mentoring and online education
- September 2025 – present

Tomsic Physical Therapy – Durango, CO

- Physical Therapist
- Outpatient orthopedic clinic, focus on manual therapy, complex cases, chronic pain
- Weekly mentoring from FAAOMPT-trained PTs
- Clinical instructor to student physical therapists
- July 2020 – August 2025

Peak Performance Therapy – Telluride, CO

- Physical Therapist
- Outpatient orthopaedic clinic, focus on manual therapy and sports injuries
- May 2017 – July 2020

Physical therapy internships

- 26 weeks experience in outpatient orthopaedic clinics, half to full caseload
- 10 weeks experience in inpatient rehabilitation, with a full caseload of neurologic (primarily spinal cord injury), cardiac, and orthopedic patients
- Four rotations from 2015 – 2017

Massage therapy employment

- Four years self-employed, owner of a successful summer practice in Healy, Alaska
- Six summers contracting with Denali Physical Therapy and Massage in Denali National Park, AK: delivered therapeutic treatment, served as on-site manager, worked closely with the physical therapist
- Experience in therapeutic and sports massage, working primarily with skiers and snowboarders (recreational and professional) in the winters in Mammoth Lakes, CA, and Jackson, WY
- June 2006 – October 2016

Research & Publications

Clinical Practice Guideline Development Group for Work Rehabilitation

- American Physical Therapy Association, Academy of Orthopaedic Physical Therapy, Occupational Health Special Interest Group
- October 2015 - July 2021
- Literature review; data extraction & synthesis; development of recommendations; small role in writing the text; major role in editing the text for formatting, grammar, AMA style, etc.

Publications

- Daley D, Payne LP... **Richards C**, et al. Clinical Guidance to Optimize Work Participation After Injury or Illness: The Role of Physical Therapists: *Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Academy of Orthopaedic Physical Therapy of the American Physical Therapy Association*. *J Orthop Sports Phys Ther*. 2021;51(8):CPG1-CPG102. doi:[10.2519/jospt.2021.0303](https://doi.org/10.2519/jospt.2021.0303)
- Escorpizo R, MacKenzie N, **Richards C**. Understanding Functioning and Work Disability Is Essential to Disability Evaluation. In: Johansen T, H. Dittrich W, eds. *Occupational Health and Rehabilitation: New Approaches for Maintaining Work Ability in the Workplace*. Springer Fachmedien; 2021:7-16. doi:[10.1007/978-3-658-33484-0_2](https://doi.org/10.1007/978-3-658-33484-0_2)
- Escorpizo R, Burghardt E, **Richards C**. Type of job, personal factors, and disease status are important contextual factors when measuring worker productivity in people with arthritis: a Delphi study. *Disabil Rehabil*. 2020;42(24):3496-3503. doi:[10.1080/09638288.2019.1597181](https://doi.org/10.1080/09638288.2019.1597181)
- **Richards C**, MacKenzie N, Roberts S, Escorpizo R. People with Spinal Cord Injury in the United States. *Am J Phys Med Rehabil*. 2017;96(2 Suppl 1):S124-S126. doi:[10.1097/PHM.0000000000000620](https://doi.org/10.1097/PHM.0000000000000620)

Research assistant to Dr. Reuben Escorpizo, University of Vermont, 2015 - 2017

- Assisted in coordination/implementation of various projects, including meetings, IRB submissions, literature searches, subject recruitment, focus groups, data collection, data extraction, etc.

- Assisted in peer reviewing/editing articles for the *Journal of Rehabilitation Medicine* and *Journal of Occupational Rehabilitation*

Teaching Experience

San Juan Therapeutics, LLC

- Owner and Instructor

Continuing Education courses for massage therapists with San Juan Therapeutics

- Therapeutic Techniques for the Shoulder Complex – 6 CEUs, December 7, 2019, in Telluride, CO
- Other courses are in development and have been postponed due to COVID-19

Yoga Workshops

- Yoga After a Knee Injury – 2 hours, March 23, 2019, Telluride, CO

Clinical Instruction and Mentoring

- Mentorship of PTs, PTAs, and LMTs through San Juan Therapeutics since 2026
- Mentorship of PTs & PTAs at Tomsic Physical Therapy, including Dr. Daven Valdez, Dr. Adam Rogers, Dr. Tiana Tinari, and Amber Ott, PTA
- Clinical instructor (CI) for Doctor of Physical Therapy students since 2020
 - Jennifery Lokey, University of Colorado, 8 weeks, summer 2025 (part-time CI)
 - Emily Raymer, University of Vermont, 12 weeks, fall 2024 (full-time CI)
 - Sam Natvig, Tufts University, 8 weeks, summer 2023 (part-time CI)
 - Holly Pfau, South College, 12 weeks, summer 2022 (part-time CI)
 - Margaret Jones, Tufts University, 8 weeks, spring 2022 (full-time CI)
 - Annika Taylor, Regis University, 8 weeks, summer 2021 (full-time CI)
 - Taylor Billings, University of Kansas, 9 weeks, fall 2020 (full-time CI)
- Mentorship high school and college students interested in pursuing PT as a profession, 2019 – present
- Instructed fellow physical therapy students in soft tissue techniques in 2015
- Mentored a perspective massage therapist in Alaska in 2012

Yoga Instructor

- Ashtanga, Vinyasa, Hatha, and Yin styles
- Weekly classes taught intermittently from 2011 – 2014

Continuing Education

Fellowship Training through Aspire Institute of Orthopedic Manual Therapy – Graduated March 2026

- Spinal Manipulative Therapist Certification
 - SMT-1 Integrated Evaluation and Management of the Thorax – 21 CEUs, August 2023, Tacoma, WA
 - SMT-2 Integrated Evaluation and Management of the Lower Quadrant – 42 CEUs, April 2024, Berrien Springs, MI
 - SMT-3 Integrated Evaluation and Management of the Upper Quadrant – 42 CEUs, December 2022, Tacoma, WA
 - SMT-4 Spinal Segmental Manipulation – 42 CEUs, January 2023, Huntsville, AL
 - SMT-5 Integrated Advanced Clinical Reasoning – 21 CEUs, January 2025, Seattle, WA
- Evidence-based Research in OMT – 30 CEUs
- Leadership and Mentorship in OMT – 45 CEUs
- Pain Science and Functional Medicine in OMT – 30 CEUs
- Professional Communication and Consulting in OMT – 30 CEUs
- Applications of OMT Clinical Research – 30 CEUs
- Neuromuscular Reeducation and Therapeutic Exercise for OMT – 30 CEUs
- One-on-one mentorship with FAAOMPT-credentialed physical therapists – over 150 hours
- Research project

Stecco Fascial Manipulation

- FM-1 – 39 CEUs, May 2026, Crystal Lake, IL

Synergy Therapy Solutions

- Synergistic Dry Needling, Level 1 – 27 CEUs, May 2021, Durango, CO
- Synergistic Dry Needling, Level 2 – 27 CEUs, August 2022, Durango, CO

North American Institute of Orthopaedic Manual Therapy (NAIOMT)

- Certified Manual Physical Therapist (CMPT) – passed oral practical exam and certified in June 2021
- C-621 Lower Extremity – 21 CEUs, December 2020, New York, NY
- C-611 Lumbopelvic Spine II – 21 CEUs, September 2020, Salt Lake City, UT
- C-613 Thoracic Spine – 21 CEUs, November 2019, Denver, CO
- C-626 Upper Extremity – 21 CEUs, May 2019, San Diego, CA
- C-616 Cervical Spine II – 21 CEUs, May 2019, San Diego, CA
- C-516 Cervical Spine I – 21 CEUs, February 2019, Denver, CO
- S-901 Manip Like a Girl: Work Smarter Not Harder – 10 CEUs, November 2018, Denver, CO
- C-511 Lumbopelvic Spine I – 21 CEUs, November 2017, Denver, CO

NeuPT Technologies

- NEUBIE Certification: Level 2 – 6 CEUs, August 2020, online
- NEUBIE Certification: Level 1 – 6 CEUs, July 2020, online

APTA Self-Study Courses

- Current Concepts in Orthopaedic Physical Therapy Practice, 4th Ed. – 96 CEUs, September 2019 - March 2020
- Postoperative Management of Orthopaedic Surgeries – 30 CEUs, July 2017

Balanced Body Education

- Pilates Reformer I and Movement Principles Instructor Training – 16 CEUs, August 2017, Telluride, CO

APTA Combined Sections Meeting

- San Antonio, TX, 2017
- Anaheim, CA, 2016

Graston Technique

- Graston M1 Training – 12 CEUs, December 2016, Los Angeles, CA

International Center for Reiki Training

- First and Second Degree Reiki – February 2012, Mammoth Lakes, CA

Upledger Institute International

- CranioSacral Therapy I – 24 CEUs, May 2011, Anchorage, AK

Service

Music in the Mountains – Durango, CO

- Varied volunteer hours, summers, 2023 – present

Community free workshops at Tomsic Physical Therapy – Durango, CO

- Quarterly, 2024 – 2025

Member at Large, Enchanted Forest Estates Homeowners Association – Bayfield, CO

- February 2022 – August 2023, March 2025 - present

Prescription deliveries for Sunshine Pharmacy during COVID-19 – Telluride, CO

- Twice weekly, March-May 2020

Angel Baskets food bank – Telluride, CO

- University Shopping for food and assisting with loading/unloading as needed

- March-May 2020

PD PushBack!

- University of Vermont Medical Center Outpatient Neurologic Physical Therapy Clinic
- Weekly exercise class for people with Parkinson's disease
- "Coaching" included teaching exercises, monitoring individuals' response to exercise, modifying the program as needed for each individual, and providing encouragement and motivation to the "players"
- August 2015 – May 2016

Professional Memberships

American Academy of Orthopedic Manual Physical Therapists

- Member 2022 – present

American Physical Therapy Association

- Member 2014 – present
- Academy of Orthopaedic Physical Therapy (Orthopaedic Section) Member 2017 – present
- Colorado Chapter Member 2017 – present

Associated Bodywork and Massage Professionals

- Member 2006 – 2016

Honors

- "Best of Durango" Physical Therapy Clinic, Tomsic Physical Therapy, 2020
- Sangwook Ahn Award - awarded to a second year DPT student who exemplifies social responsibility, professional leadership, and leadership within the university

Interests & Hobbies

- Hiking, cross-country skiing, yoga, meditation, singing (classical, cabaret, choral), theater, reading, writing, vegetarian cuisine, travel, family time, dogs