

## **JENNIFER MAHLER GAMBOA, DPT, OCS, MTC**

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### **EDUCATION**

Executive Program in Private Practice Management, Evidence in Motion/Private Practice Section, American Physical Therapy Association, Inc. Louisville, KY. December 2009

Shenandoah University, Division of Physical Therapy, Winchester, VA, Doctor of Physical Therapy (DPT), December 2005

University of St. Augustine, St. Augustine, FL. Manual Therapy Certified Specialist (MTC), November 2004.

American Board of Physical Therapy Specialties, Alexandria, VA. Board Certified Orthopaedic Clinical Specialist (OCS), June 2001, June 2010

Shenandoah University/Winchester Medical Center Program in Physical Therapy, Winchester, VA, Master of Physical Therapy (MPT) (with honors), May 1995.

Smith College, Northampton, MA, BA (Cum Laude), Major: Political Science, Area of Concentration: Dance and Kinesiology. May 1988.

### **PROFESSIONAL EXPERIENCE**

July 2016 to present: Co-founder, Sustainable Health Index, LLC. SHI is a proprietary outcome tool that serves as the basis for managing population health and engaging consumers in their own health advocacy. SHI risk stratifies health of individuals and then empowers and standardizes virtual engagement and education; facilitates an integrated referral network; and guides behavior of consumers and service providers alike. SHI is fully scalable from 1 to 100 to 10,000+.

June 2016 to present: Program Director, University of Montana\_Rehab Essentials post graduate certificate program for Population Health Management. Developed and monitor the content modules for each of five 2-credit on-line courses, and 1 weekend business development retreat for a certificate program aimed at training multi-disciplinary providers to establish and/or work within integrated lifestyle intervention teams. The goal of the program is to increase the availability of credible health promotion and primary prevention providers that can help create more health and less healthcare in a long-term sustainable way.

June 1996 to Present. CEO, Body Dynamics, Inc. Arlington, VA. a mid-sized private practice and wellness center specializing in outpatient orthopaedics, manual therapy, sports enhancement and fitness. Current activities include managing a staff of 25+, including ten physical therapists, four pilates/fitness trainers, two massage therapists, an acupuncturist, two counselors, a nutritional therapist, and administrative personnel; developing a model of practice that emphasizes sustainable health and focuses on primary and secondary prevention as well as rehabilitating orthopaedic and physical therapy clients; executing interdisciplinary clinical teams within the employer market (including the Washington Ballet and Pepco); developing training curriculum to create effective integrated care teams that seamlessly communicate with one another to develop and executive multi-modal plans of care; developing outcome tools and electronic records to support an integrated model of care focused on preventing impairments and disease; establishing residency training within each discipline to ensure highest level of intraprofessional skill. Previous activities included rehabilitating orthopaedic and physical therapy clients to peak pre-injury performance; providing individual coaching for pre-professional and professional dancers, figure skaters,

gymnasts and musicians to correct technique, improve alignment, strength, and flexibility, and to minimize the potential for injuries; providing Pilates-based group & private fitness classes; directing the physical therapy and wellness programs at The Universal Ballet Academy and the Washington Ballet Company; providing on-site physical therapy services to professional dance and Broadway touring companies performing at area theaters; conducting workshops for dancers, figure skaters, instructors, and coaches on proper training principles for elite young athletes, injury prevention, functional anatomy, and methods for correcting strength and flexibility imbalances and improving dynamic alignment; coordinating the in-house evidence-based practice initiative, mentoring program and continuing education program.

## **PROFESSIONAL MEMBERSHIPS**

Chair, Board of Directors, Arlington Free Clinic, January 2016 to December 2017.

Board of Directors, Arlington Free Clinic, 2012 to December 2017.

Board of Directors, Physical Therapy Business Alliance (PTBA), 2010 to 2015.

Member, American Physical Therapy Association (APTA).

Member, Orthopaedic Section, APTA (Past-Member, Finance Committee; Past-Chair and Member, Awards Committee; Past Member, Government Affairs Committee)

Member, Private Practice Section, APTA (past Chair of Awards Committee)

Member, APTA, Workgroup to Develop an Annual Physical Therapy Wellness Exam, 2012

Member, APTA, Taskforce on the Physical Therapist's Role in Prevention, Wellness, Fitness, and Disease Management, 2012-2013

President, Performing Arts Special Interest Group, Orthopaedic Section, APTA. 1999-2002

Treasurer, Performing Arts Special Interest Group, Orthopaedic Section, APTA. 1996-1999.

Member, Virginia Physical Therapy Association.

Member, International Association for Dance Medicine and Science.

Chair, Membership Committee, International Association for Dance Medicine and Science, 2002 -2004.

Member, Dance/USA Taskforce on Dancers' Health, 2006-2010

Member, APTA Taskforce on Health Promotion and Fitness, 2006

Member Chair, APTA Taskforce on Vision 2020, 2007-2009

## **HONORS AND AWARDS**

May 2015. 2015 Virginia School Boards Association Business Honor Roll. Nominated by the Falls Church City Public School Business in Education Partnership Council as the top honor awarded to select business and community partners for their strong support of the division's schools.

October 2014. Falls Church City Public Schools Honored Business Award. Falls Church, VA

June 2014. Arlington Free Clinic Certificate of Achievement for outstanding volunteer service directing and staffing the physical therapy department at the Arlington Free Clinic. Arlington, VA

October 2011. Division of Physical Therapy 2011 Outstanding Alumnus Award. Shenandoah University, Winchester, VA.

November 2008. Best Practice Award. Private Practice Section, American Physical Therapy Association.

October 2006. Arlington Chamber of Commerce. Best Service Business Award (ABBIE AWARD).

## **PRESENTATIONS AND LECTURES**

November 2018. Direct-to-Consumer PT: Re-engineering Practice to Meet Consumer-Based Values. Invited Speaker. Private Practice Section, American Physical Therapy Association

May 2016. Creating Actionable, Accountable, Integrated Care to Deliver More Health and Less Healthcare. Invited Speaker. Southeastern Region Medical Fitness Association.

April 2016. Conducting an Annual Physical Therapy Wellness Examination. California Physical Therapy Association (16 hr CE).

November 2015. A Physical Therapist's Role in Lifestyle Medicine. Pre-conference Course. Annual Conference. Private Practice Section, APTA.

August 2015. The Art and Science of Teaching Dance. Falls Church, VA. (14.5 CE/NDEO)

September 2013, February 2014, April 2016. Integrating Fitness Physicals and Exercise Prescription using FitTEST Solutions™ into Health Promotion Curriculum and Student Service Projects

September 2013, October 2013. June 2015. Conducting an Annual Physical Therapy Wellness Examination. Delaware Physical Therapy Association (10 hr CE), North Dakota Physical Therapy Association (16 hr CE), Virginia Physical Therapy Association (10 hr CE)

June 2013. Co-presenter/panelist. Updates on the Annual Physical Therapy Exam Workgroup AND Innovations in Practice (outpatient settings AND health promotion). Each session 1.5 to 2 hrs. Annual Conference, 2013. Salt Lake City, UT.

Spring 2012, 2013, 2014, 2015. Lead Faculty, Management Performing Arts Injuries for the Health Care Professional (Dancers). Shenandoah University, Winchester, VA. Division of Athletic Training, Post-graduate Certificate.

Fall 2011-Fall 2012. Co-presenter 1.2 credit CEU. Conducting an Annual Physical Therapy Wellness Exam. Maryland, Kansas, and Missouri State Chapter meetings, Annual Conference, APTA, June 2012; Annual Conference, PPS, November 2012; Virginia Commonwealth University, May 2012; Therapeutic Associates, June 2012; and Body Dynamics, Inc, April 2012.

February 2007. Faculty. Combined Sections Meeting. American Physical Therapy Association. Boston, MA. *Integrating Health Promotion, Fitness, and Wellness into Physical Therapy Practice.*

February 2007. Platform Presenter. Combined Sections Meeting. American Physical Therapy Association. Boston, MA. *Injury Patterns in Elite Adolescent Preprofessional Ballet Dancers and the Use of Screening Data to Describe and Predict Injuries.*

January 2007. Faculty. Principles of Dance Medicine: Clinical Management of the Dancer Patient. Harkness Center for Dance Injuries. New York, NY

October 2006. Invited Speaker. Private Practice Meeting. American Physical Therapy Association. Jacksonville, FL. *Integrating Health Promotion, Fitness, and Wellness into Physical Therapy Practice.*

October 2006. Platform Presenter. International Association of Dance Medicine and Science. West Palm Beach, FL. *Injury Patterns in Elite Adolescent Preprofessional Ballet Dancers and the Use of Screening Data to Describe and Predict Injuries, AND Early Season Screening, Perception of Health Status, and Injury Rates in Professional Ballet Dancers.*

July 2004, 2005, 2006 Guest Lecturer. University of Delaware. Newark, DE. *The Unique Challenges of Rehabilitating the Injured Dancer.*

October 2004. Platform Presenter. International Association of Dance Medicine and Science. San Francisco, CA. *Measuring Turn-out of the Gesture Leg.*

October 2004. Platform Presenter. International Association of Dance Medicine and Science. San Francisco, CA. *Developing a Description of Specialized Practice for Physical Therapy for Performing Artists.*

October 2004. Platform Presenter. International Association of Dance Medicine and Science. San Francisco, CA. *Sacroiliac Joint Dysfunction in Dancers.*

July 2004. Guest Lecturer. University of Delaware. Newark, DE. *The Unique Challenges of Rehabilitating the Injured Dancer.*

February 2004. Invited Speaker. Performing Arts Special Interest Group, Orthopaedic Section, APTA. Nashville, TN. *PreConference Course: An Introduction to Dance Medicine.*

October 2003. Platform Presenter (second author). International Association of Dance Medicine and Science. Madrid, Spain. *A Pilot Study to Investigate the Incidence and Degree of Hip Dysplasia in Adolescent Elite Preprofessional Dancers with a Diagnosis of Hip Pain.*

August 2003. Invited Speaker. College Pitching Coach Conference. Chantilly, VA. *Rehabilitating the Kinetic Chain.*

October 2002. Invited Speaker. VPTA. Annual Conference. Virginia Beach, VA. *The Dancer as Athlete: Using Musculoskeletal Ultrasound for Diagnosing and Treating Foot and Ankle Injuries in Dancers.*

October 2002. Invited Speaker. VPTA. Annual Conference. Virginia Beach, VA. *The Dancer as Athlete: The Unique Challenges of Rehabilitating the Injured Dancer.*

January 2002 to November 2002. Adjunct Faculty. American University. Washington, D.C. Anatomy and Kinesiology for MFA candidates in the Division of Dance.

February 2002. Platform Presenter. Combined Sections Meeting. American Physical Therapy Association. Boston, MA. *The Effect of Limited Posterior Iliac Translation of Hamstring Function.*

November 2001. Platform Presenter. International Association for Dance Medicine and Science. Madrid, Spain. *An unusual case of Posterior Tibialis Tendinitis in a Flamenco Dancer.*

March 2001. Guest panelist, Marymount University, Arlington, VA. Marketing and Administration class. Program in Physical Therapy.

March 2001. Guest lecturer, Shenandoah University, Winchester, VA. Marketing and Administration Class. Program in Physical Therapy.

February 2001. Principle Investigator, Performing Arts Special Interest Group, American Physical Therapy Program. An analysis of the practice dimensions of Performing Arts Physical Therapy (Description of Specialized Clinical Practice).

October 2000. Platform Presenter. International Association for Dance Medicine and Science, Miami, FL. *Using ultrasonography to diagnose & treat chronic foot & ankle injuries in dancers (specific case studies).*

Fall 2000. Guest lecturer, Shenandoah University, Winchester, VA. Marketing and Administration Class. Program in Physical Therapy.

Spring 2000. Guest panelist, Marymount University, Arlington, VA. Marketing and Administration class. Program in Physical Therapy.

June 1999. Platform Presenter. Performing Arts Medicine Association, Aspen, CO. *Using Ultrasonography to diagnose & treat chronic foot & ankle injuries on dancers (introduction).*

Spring 1998. Guest Lecturer, Division of Dance, American University, Washington, D.C. *Preventing Foot and Ankle Injuries in Dancers, Cross-training for Dancers, and Maximizing Turn-out, Minimizing Compensation.*

February 1998. Invited Speaker, Combined Sections Meeting, American Physical Therapy Association, Boston, MA. *Epidemiology and Etiology of Foot and Ankle Injuries in Dancers.*

February 1998. Invited Speaker, Combined Sections Meeting, American Physical Therapy Association, Boston, MA. *Getting Your Research Started.*

February 1996. Research Presentation, Combined Sections Meeting, American Physical Therapy Association, Atlanta, GA. *The Effect of Limited Joint Mobility and Decreased Sensation on Vertical Ground Reaction Forces During Level Walking*.

June 1995. Outstanding PT Student Award for 1995. American Physical Therapy Association, Student Assembly.

February 1995. Research Presentation, Combined Sections Meeting, American Physical Therapy Association, Reno, NV. *Minimizing Plantar Flexion Contractures of Traumatic Brain-Injured Patients by Acute Care Serial Casting Intervention*.

## **PUBLICATIONS**

Gamboa JM, Bronner S, Manal TJ. *Dance Medicine: Strategies for the Prevention and Care of Injured Dancers*. Independent Study Course 18.3.6 Developing Expert Physical Therapy Practice in Dance Medicine. Orthopaedic Section, APTA, Inc. 2008.

Gamboa JM, Roberts LA, Maring J, Fergus, A. *Injury Patterns in Elite Adolescent Preprofessional Ballet Dancers and the Utility of Screening Programs to Identify Risk Characteristics*. Accepted for publication. Journal of Orthopaedic and Sports Physical Therapy. August 2007.

Gamboa JM, Roberts LA. *Injury Patterns in Elite Adolescent Preprofessional Ballet Dancers and the Use of Screening Data to Describe and Predict Injury Characteristics*. Capstone Project. Shenandoah University, Winchester, VA. 2005

Gamboa JM, Hagins M, Manal TJ. *An Analysis to Define the Clinical Practice of Physical Therapy for Performing Artists*. Journal of Dance Medicine and Science. 9(2). 2005.

Gamboa JM. *Using Musculoskeletal Ultrasound for Diagnosing and Treating Foot and Ankle Injuries in Dancers*. Orthopaedic Physical Therapy Practice. 14(2), 2002.

Gamboa JM, Gallagher S. *Developing a Comprehensive Warm-up and Conditioning Program for Performing Artists*. Orthopaedic Physical Therapy Clinics of North America. December 1996. W.B. Saunders Company.

## **COMMUNITY PROJECTS**

2016: Move to Health Physical Activity Counseling Program, Arlington Free Clinic, Arlington, VA. Developed infrastructure and training program for volunteer physical activity counselors to partner with pre-diabetic patients of the Arlington Free Clinic to habituate to exercise and manage their health status.

2015: Sustainable Health Pilot Project, Arlington Free Clinic, Arlington VA. Pilot project using Sustainable Health Index tool to assess, conduct target primary/secondary prevention education and training, and re-assess four domains of health: movement quality, fitness, disease risk, and stress tolerance.

2004 to 2011: Bi-annual Community Lecture. Arlington, VA. *Living with Chronic Pain*.

September 2005-2011. The Washington Ballet. Washington, D.C. Preseason dance screenings for 30 dancers followed by fitness reports.

May 2005. The Washington Ballet. Washington, D.C. Lumbopelvic and hip alignment during turnout: anatomy and exercise.

July 2001. Arlington Center for Dance. Arlington, VA. Alignment, Conditioning, and Pilates. 2x/week x 4 weeks for Intensive Dance Workshop.

September 2000. The American Dance Institute. Rockville, MD. Dance screening for 35 dancers followed by fitness reports by age/experience level.

September 1999-2005. The Kirov Academy of Classical Dance. Washington, DC. Dance screening for 60 to 80 dancers followed by individual cross-training programs.

August 2000. The American Dance Institute. Rockville, MD. Stretch and Conditioning Certification Program for ADI Faculty.

April 2000. The Kirov Academy of Classical Dance. Washington DC. Stretching for Effect.

October 1999. Maryland Council for Dance - 27<sup>th</sup> Annual Dance Festival. Stretching for Effect & Rediscovering Your Turn-Out.

September 1999. The Kirov Academy of Classical Dance. Washington, DC. Dance screening for 60 dancers followed by individual cross-training programs.

July 1999. The Kirov Academy of Classical Dance. Stretching for Effect.

July 1998, 1999, 2000, and 2001. Arlington Center for Dance. Arlington, VA. Stretching for Effect: A Comparison of Active Isolated, PNF, and Static Stretching Techniques.

February 1998. Eastern District Association. American Alliance for Health, Physical Education, Recreation, and Dance. Stretching for Effect: How to Maximize Improvements in Flexibility.

October 1997. Arlington Center for Dance. Arlington, VA. Conditioning the Student. A continuing education class for instructors of classical ballet.

August 1997. Arlington Center for Dance. Arlington, VA. Correcting Problems in Classical Technique. A continuing education class for instructors of classical ballet.

July 1997. Royal Academy of Dance. Baltimore, MD. Workshop at annual conference for R.A.D. certified instructors on injury prevention, dynamic alignment, strength, and flexibility.

July 1997. Arlington Center for Dance. Arlington, VA. Placement Analysis and Flexibility for the Adult Dancer. Strength, flexibility and alignment screening for 50 dancers followed by Body Dynamics Muscle Balancing conditioning program.

April 1997. The Kirov Academy of Dance. Washington, D.C. Warm-up and stretching program for elite pre-professional dancers.

October, November 1996. Reston Ice Forum. Reston, VA. General training principles for elite young athletes, screening for strength and flexibility, and basic dryland warm-up program for figure skaters and hockey players.

July 1996. Arlington Center for Dance. Arlington, VA. Placement Analysis and Flexibility for the Adult Dancer. Strength, flexibility and alignment screening for 50 dancers followed by Body Dynamics Muscle Balancing conditioning program.

June 1996. Governor's School for the Arts. Louisville, KY. Strength, flexibility, and alignment screening for 32 dancers followed by Body Dynamics Muscle Balancing conditioning program.

February 1996. Peabody Preparatory Institute for Fine Arts. Instructed students and faculty in Body Dynamics Muscle Balancing in order to establish ongoing conditioning in the dance program.