

KARL J SHEAFFER

EDUCATION

Graduation 2004 Chatham College
Doctor of Physical Therapy

Graduation 1987 University of Pittsburgh
Bachelor of Science in Physical Therapy

PROFESSIONAL EXPERIENCE

August 2004 – Present OPTS, Inc. Allentown, PA
Physical Therapist/Owner

- Own and operate an outpatient orthopedic physical therapy practice.

July 1996 – August 2004 Karl J Sheaffer PT DPT PC Lehigh Valley, PA
Contract Physical Therapist

- Provide physical therapy services for outpatient orthopedic facilities and on site industrial medicine settings. Possess extensive orthopedic experience and advanced manual skills.

September 1993 – June 1996 Aquatic and Physical Therapy Center Easton, PA
Director of Physical Therapy

- Supervised clinical and office staff, as well as billing department in an outpatient orthopedic clinic. Maintained a full caseload in a state of the art facility.

December 1989 – September 1993 Coordinated Health Systems Bethlehem, PA
Senior Physical Therapist

- Provided treatment for patients involved in work-related accidents, motor vehicle accidents and sports related injuries within an orthopedic clinic. Worked closely with a team of physicians, nurses, physical therapist assistants and athletic trainers.

December 1988 – November 1989 DRMC/YMCA DuBois, PA
Clinical Supervisor

- Evaluated and treated an orthopedic patient population within a YMCA. Supervised clinical staff.

April 1987 – November 1988 TEAM Somerset, PA
Staff Physical Therapist

- Provided physical therapy services for an orthopedic outpatient population within a fitness center.

MILITARY

February 1979 – February 1983 United States Marine Corps
Sergeant

- Heavy Equipment Operator/Mechanic

CONTINUING EDUCATION

Fracture, Ankle

December 2016 - Granado, Matlick

Burner/Stinger Syndrome

December 2016 - Dressendorfer, Granado

Plica Syndrome

December 2016 - Granado

Popliteal Cysts in Adults

December 2016 - Dressendorfer, Granado

Plantar Fasciosis

December 2016 - Dressendorfer, Granado

Sciatica

December 2016 - Dressendorfer, Redavid

Traction, Mechanical (Cervical)

December 2016 - Palmer

Pes Cavus

December 2016 - Granado

Meniscal Injuries (Nonsurgical Management)

December 2016 - Dressendorfer, Granado

Hamstring Strain

December 2016 - Granado, Dressendorfer

Biceps Tendinopathy

December 2016 - Dressendorfer, Granado

Ankle Sprain

December 2016 - Granado, Matlick

Patellofemoral Pain Syndrome (PFPS)

December 2016 - Dressendorfer, Granado

Adhesive Capsulitis

December 2016 - Granado

Achilles Tendinopathy

December 2016 - Dressendorfer, Palmer

Shoulder Rehab 114

December 2016 - McCabe

Abuse - Child for PA Mandatory Reporters

December 2016 - Saporito

Ethics - Pennsylvania Physical Therapy

November 2016 - Niss

"Medical Screening for the Rehab Professional"

October 2016 - Gulick

Ethics - Pennsylvania Physical Therapy

October 2014 - Niss

"Medical Screening for the Rehab Professional"

September 2014 - Gulick

Medicare Documentation Requirements

October 2013 - Valdes

Clinical Analysis of Various Foot Types: "How Foot Type Affects Function & Influences Musculoskeletal Pathologies"

October 2012 - Nole

"Medical Screening for the Physical Therapist"

September 2012 - Gulick

"Clinical Biomechanics"

October 2010 - DuVall

"Advanced Pain Assessment, Medical Screening & Biomechanical Differential Diagnosis for Physical Therapist"

October 2010 - DuVall

"Direct Access in Action: Keys to Autonomous Practice and Diversified Reimbursement Opportunities"

November 2008 - DuVall

High - Velocity Low - Amplitude Thrust Manipulation of the Spine, Pelvis & Thorax

September 2008 - Dunning

"Differential Diagnosis and Medical Screening for Physical Therapists"

March 2007 - DuVall

Clinical Insights into Foot Biomechanics and Orthotic Therapy

January 2007 - Wooden

Advanced Principles of Foot Mechanics and Gait Correction

May 2002 - Hearon

Advanced Principles of Lower Extremity Adjusting

April 2002 - Hearon

Advanced Principles of Upper Extremity Adjusting

February 2002 - Hearon

Contracting and Capitation for Physical Therapy

April 1996 - Rehnwall

Business Network, Inc.

Part B - The Cervical and Thoracic Spine

March 1996 - Greene

The McKenzie Institute, U.S.A.

Part A - The Lumbar Spine

February 1996 - Greene

The McKenzie Institute, U.S.A.

“When The Feet Hit The Ground Everything Changes”

January 1996 - Christian, Lawson, Hoke

R5 Advanced Pathophysiology Of The Lumbar Spine And Pelvic Girdle

November 1995 - MacConkey

International Rocabado School Of Higher Learning

Managing Negativity In The Workplace

May 1994 - Skillpath, Inc.

Optimal Clinical Rehabilitation: Integration Of Closed Kinetic Chain, Open Kinetic Chain, Isokinetics, Concentrics, Eccentrics, CKC Isokinetics and Plyometrics

March 1993 - Davies

Worker's Compensation Cost Control Strategies Seminar

October 1991 - Hartman

McKenzie - Maitland Integrated Cervical Workshop

June 1991 - Sprague

New York Chiropractic College: Low Back Pain and The Disc

May 1991 - Bishop, Cox, Cramer, Fogel, Mierau, Rath, Triano

Lumbosacral Joint Complex: Joint Dysfunction and Muscle Imbalances

November 1990 - Shaw

Lumbar Spine: Challenges and Choices

March 1988 - Saunders, Burkart, Woodman

PRESENTATIONS

“Advanced Manual Mobilization Techniques for Rehabilitation of the Ankle”

November 2005 - Sheaffer