

# Mary Ann Towne

## Curriculum Vitae

### Name

Mary Ann Towne, DPT

### Education

Doctor of Physical Therapy, Rocky Mountain University of Health Professions, Provo, Utah, April 2008.

Master of Science, Human Resource Management, Nova Southeastern University, Fort Lauderdale, Florida, November 1982.

Bachelor of Science, Physical Therapy, University of Florida, Gainesville, Florida, August 1975, Summa Cum Laude.

### Honors

Phi Kappa Phi, National Honor Society, University of Florida, 1975.

Alpha Eta, National Honor Society for Health Related Professions, University of Florida, 1975.

### Professional Experience

July 2014 – Present

Towne Physical Therapy Centre, 5975 N Federal Highway, Fort Lauderdale, Florida 33308. Private outpatient Center with Administration and Patient Care Responsibilities.

July 2001 – March 2014

Towne Physical Therapy Centre, 3112 East Commercial Blvd., Fort Lauderdale, Florida 33308. Private outpatient centre with Administrative, Supervisory and Patient Care Responsibilities.

April 1980, to July 2001

Director of Rehabilitation and Wellness Services, Cleveland Clinic Hospital, Cleveland Clinic Bayview and Cleveland Clinic Naples; Administrative, Supervisory, Patient Care. Services include: Physical Therapy, Speech Therapy, Occupational Therapy, Ortho Tech Services, Wellness, Sports Medicine (NHL Florida Panthers, AFL Florida Bobcats, MLS Miami Fusion, International Swimming Hall of Fame), Cardiac and Pulmonary Rehabilitation, Clinical and Academic Teaching and Consulting.

September 1975 to March 1980

Chief Physical Therapist (Rotational) and Staff Physical Therapist; Gulf Coast Home Health, Inc., St Petersburg, Florida.

## Professional Presentations

Florida Consortium of Clinical Educators (FCCE), “Clinical Instruction for the University of Central Florida”, Fort Lauderdale, Florida, October 31, 2011 – January 20, 2012.

Retired Physicians of Holy Cross, “Balance and the Musculoskeletal System”, Holy Cross Hospital – Sister Innocent Conference Center, Fort Lauderdale, Florida, February 9, 2005.

Cleveland Clinic Florida Sports Medicine Rehabilitation – “Youth Coaches Clinic”, National Car Rental Arena, Sunrise, Florida November 16, 2000

What Every Woman Should Know, “Exercising and Eating for Health and Good Looks”, Ft. Lauderdale, Florida, July 8, 2000.

Cleveland Clinic Florida Sports Medicine Rehabilitation – “Coaches Clinic”, Pro Player Stadium, Florida, June 6, 2000

Fifth Annual Sports Health Rehabilitation Symposium – Rehabilitation and Management of Knee and Shoulder Problems, “Rehabilitating the Reconstructed Knee”, Ft. Lauderdale, Florida, April 1, 2000.

Spine Care 2000 – The Common Sense Approach, “Lumbar Disc Herniation – Non-Operative Management”, Ft. Lauderdale, Florida, March 31, 2000.

Spine Care 2000 - The Common Sense Approach, “The McKenzie and Stabilization Approaches of Physical Therapy”, Ft. Lauderdale, Florida, March 30, 2000.

Florida Atlantic University, Adjunct Professor, “Gross Anatomy – Cadaver Dissection”, Davie, Florida, January 14 – April 29, 1999.

Florida Panthers Coaches Clinic, “Conditioning and Injury Prevention”, Ft. Lauderdale, Florida, November 3, 1998.

Broward County Caducean Society, “Non-operative Treatment Approach to Rotator Cuff Injury”, November 18, 1997.

Workers’ Comp Update 1997, “The Threat to Employers From Escalating Cumulative Trauma Injuries”, March 1997.

Cardiopulmonary Rehabilitation Symposium: Status’96, “Musculoskeletal Considerations for Exercise Training”, February 1996.

Workers’ Comp Update 1996, “Flexible Return to Work Options Bridge the Gap Between Injury and Full Duty”, January 1996.

Cleveland Clinic Florida Sports Medicine Symposium “Current Concepts in Rehabilitation of the Running Athlete”, October 1995.

National Hockey League, Florida Panthers, “Core Strengthening”, August 1995.

Cleveland Clinic Florida Symposium, “The Pain Truth – Physical Therapy – The Process Towards Rehabilitation”, November 1993.

Bayview Elementary School, “Morning Stretch with Mary Ann”, 1992, 1993, 1994.

Public Lecture Series, “Workout for Women”, September 1991.

Public Lecture Series, “How to Prevent a Back Attack”, February 1986.

Public Lecture Series, “Exercising to Health”, April 1986.

Broward Community College Physical Therapy Assistant Program, Bobath and Brunnstrom Neurological Rehabilitation Techniques, November 1981, 1982, 1983, 1984; April 1986 and 1989; February 1987 and 1988.

### **Professional Seminars**

Seminar, “37<sup>th</sup> Annual Advances on the Knee, Shoulder and Sports Medicine Conference”, Hilton Head, South Carolina, May 27-30, 2023.

Seminar, “Pediatric Orthopedic Dysfunction: Lower Extremity Rehabilitation for Children”, Online Course, October 10, 2021.

Seminar, “Shoulder Disorders: Assessment for Successful Treatment and Rehabilitation”, Online Course, September 25, 2021.

Seminar, “ Evidence-Based Management of Knee Osteoarthritis”, Online Course, September 19, 2021.

Seminar, “Shoulder Examination and Treatment”, Online, July 19, 2021.

Seminar, “Human Trafficking in Florida: Modern-Day Slavery”, Online Course, December, 9, 2020.

Seminar, “34<sup>th</sup> Annual Advances on the Knee, Shoulder and Sports Medicine Conference”, Hilton Head, South Carolina, May 25-28, 2019.

Seminar, “Instrument Assisted Soft Tissue Mobilization: Soft Tissue Manual Tool Level 1 Certification (STMT – 1)”, Fort Lauderdale, Florida, November 18 – 19, 2017.

Course, “Fractures and Surgical Fixation”, Course no. 20 – 589612, August 6, 2017.

Course, “Common Injuries and Therapy Management for Runners”,  
Course no. 20-589598, August 6, 2017.

Seminar, “Preventing Medical Errors: Patient Safety in Physical Therapy”,  
Course no. 20-589620, August 3, 2017.

Seminar, “Therapeutic Management of Patients with Cardiovascular  
Disease”, Fort Lauderdale, Florida, August 29-30, 2015.

Seminar, “Health Coaching Certification for Health Care Practitioners”,  
Fort Lauderdale, Florida, April 18, 2015.

Webinar, “ICD-10 Coding for Musculoskeletal Conditions”, Fort  
Lauderdale, Florida, October 15, 2013.

Webinar, “2013 Medicare G Codes—Mandated Reporting of Patient  
Functional Status”, Fort Lauderdale, Florida, April 24, 2013.

Seminar, “Developing Post Surgical Rehab Programs for the Cervical and  
Lumbar Spine”, North American Seminars, Inc., Fort Lauderdale, Florida,  
November 2012.

Webinar, “Manual Medical Review of Therapy Services (A/B)”, Fort  
Lauderdale, Florida, September 2012.

Florida Consortium of Clinical Educators, University of Florida, Clinical  
Instruction, 160 hours, Fort Lauderdale, Florida, October 31, 2011-  
January 2012.

Seminar, “Applied Musculoskeletal Imaging for Physical Therapists”,  
University of St. Augustine, St. Augustine, Florida, August 2010.  
Independent Study Course, “Diagnostic Imaging in Physical Therapy”, Ft.  
Lauderdale, Florida, November 2009.

Seminar, “Meditation for Chronic and Acute Pain”, Meditation for  
Wellbeing, Highland Beach, Florida, February 2009.

Seminar, “Payment Issues in Outpatient Physical Therapy”, Nova  
Southeastern University PT Program, Ft. Lauderdale, Florida, October  
2008.

Seminar, “Introduction to Spinal Manipulation for OGI DPT Students”, Ola  
Grimsby Institute, San Diego, California, September 2005.

Seminar, “Modern Manual Therapy – Three Day S.T.E.P. Spine”, Ola  
Grimsby Institute, Seattle, Washington, July 2005.

Seminar, "Modern Manual Therapy – Two Day S.T.E.P. Extremities", Ola Grimsby Institute, San Diego, California, June 2005.

Seminar, "Modern Manual Therapy of the Spine", Ola Grimsby Institute, San Diego, California, May 2005.

Seminar, "Modern Manual Therapy of the Extremities", Ola Grimsby Institute, St. Louis, Missouri, April 2005.

Seminar, "Basic Cranio-Facial – Mariano Rocabado", University of St. Augustine, Post Graduate Online Training, October 15, 2004.

Seminar, "Introduction to Aquatic Therapy and Rehabilitation", Aquatic Therapy Symposium, Orlando, Florida, August 21, 2002.

Seminar, "An Introduction to Pilates for Physical Therapists, Physical Therapist Assistants", International Weightlifting Association, Miami, Florida, June 30, 2002.

Seminar, "Mulligan Concept-Mobilizations with Movement, NAGS, SNAGS and more for the Upper Quadrant", Boca Raton, Florida, December 1-2, 2001.

Fifth Annual Sports Health Rehabilitation Symposium –Rehabilitation and Management of Knee and Shoulder Problems, "Rehabilitating the Reconstructed Knee", Ft. Lauderdale, Florida, April 1, 2000.

Seminar, "Strength Training Program Design", International Weightlifting Association, Miami, Florida, October 17, 1999.

Seminar, "S3-Advanced Evaluation and Manipulation of Craniofacial, Cervical and Upper Thoracic Spine", University of St. Augustine, St. Augustine, Florida, October 7,8,9,10, 1999.

Seminar, "E1-Extremity Evaluation and Manipulation", University of St. Augustine, Pompano Beach, Florida, February 1998.

Seminar, "MF1-Myofascial Manipulation", University of St. Augustine, St. Augustine, Florida, April 1997.

Seminar, "Advanced Patellofemoral Dysfunction", Fort Lauderdale, Florida, March 1997.

Seminar, "S2-Advanced Evaluation and Manipulation of Pelvic, Lumbar and Thoracic Spine", University of St. Augustine, St. Augustine, Florida, August 1996.

Seminar, "SI-Introduction to Spinal Evaluation and Manipulation", University of St. Augustine, Ft. Lauderdale, Florida, October 1995.

Seminar, "Research for the Guilty Clinician", Camden, Maine, July 1994.

Seminar, "The Complete Athlete", Orlando, Florida, July 1993.

Seminar, "Kin-Com Basic Training", Chattanooga, Tennessee, March 1991.

Seminar, "Carving Your Niche in Orthopaedics", Orlando, Florida, December, 1989.

Seminar, "Myofascial Release II", John F. Barnes' Myofascial Release Approach, San Antonio, Texas, September 1988.

Seminar, "Myofascial Release I", John Barnes' Myofascial Release Approach, Chicago, Illinois, March 1987.

Seminar, "When the Feet Hit the Ground Everything Changes" Biomechanics of Human Gait, Orlando, Florida, May 1986.

Seminar, "Cybex Isokinetics Seminar Series Orthopaedic and Sports Medicine", Orlando, Florida, November 1983.

Workshop, "Acupuncture and Transcutaneous Nerve Stimulation for Pain Management", Orlando, Florida, September 1982.

Short Course, "Neuromuscular Electrical Stimulation", Miami, Florida, January and February 1981.

Seminar, "Cyriax Approach to Soft Tissue Evaluation and Treatment", Sarasota, Florida, April 1978.

### **Professional Boards**

Florida Atlantic University, Allied Health Advisory Board, Boca Raton, Florida 1997 - 2000.

Faculty Advisory Board, Broward Community College Physical Therapy Assistant Program, Fort Lauderdale, Florida, November 1981-1989.

Upjohn Home Health, Inc. Utilization Review Board, Fort Lauderdale, Florida; Quarterly 1982-1986.

Broward Area Director's Forum, Fort Lauderdale, Florida September 1983-1993.

### Professional Consulting

Athletic Testing Program for NHL Florida Panthers, Divers/Swimmers International Swimming Hall of Fame, and Area High Schools, 1993-2001.

Therapy Management Innovations, Inc., regarding Development of Rehabilitation Services in the Long Term Care setting, Southern one-half of Florida, July – September 1990.

Upjohn Home Health, Inc., regarding Physical Therapy Documentation, Fort Lauderdale, Florida, monthly 1983-1984.

Standardization of HCA Physical Therapy Procedure codes, Fort Lauderdale, Florida, 1982.

Medicare Part A, Blue Cross/Blue Shield, regarding Physical Therapy in the Home Health Setting for Utilization Review Staff, Jacksonville, Florida, November 1978.

### Publications

Mary Ann Towne, *"Shoulder Impingement Syndrome"*, The Landings and Bay Colony, May/June 2016.

Mary Ann Towne, *"Poor Posture-Neck Spasm and Shoulder Impingement"*, The Landings and Bay Colony, February 2015.

Mary Ann Towne, *"The Diagonal is the Core"*, The Landings and Bay Colony, October 2014.

Mary Ann Towne, *"Sprains and Rehabilitation"*, Florida Panther's Season Ticket Holders Magazine, November, 1999.

Mary Ann Towne, *"Turning the Tide in Sports Medicine"*, Business in Broward, November/December 1993.

Mary Ann Towne, *"Protecting your Back at Work"*, Between Editions, Sun Sentinel, 1992.

Mary Ann Towne, *"Happy Hour is Now Healthy Hour"*, Business in Broward, May 1992.

Mary Ann Towne, *"Wellness Efforts Pay Off For Both Employers and The Employees"*, Business in Broward, November 1991.

Mary Ann Towne, *"Rehabilitating Your Workman's Compensation Dollars"*, Business in Broward, February 1991.

### Commentary

ESPN2Nite, *"ACL Rehabilitation-Pavel Bure"*, November 1999.

Opening Night Florida Panthers Hockey Program, "ACL Rehabilitation-Pavel Bure" , October 1999.

Sun Sentinel, Palm Beach Post, Miami Herald, "ACL Rehabilitation-Pavel Bure", June and August 1999.

Business in Broward, "Cleveland Clinic Bayview All New",  
July 1998.

The Miami Herald, "Senior Scene – A Guide to Health and Fitness in South Florida", April 20, 1997,

The Male Body: An Owners Manual, "Elbow", Emmaus, Pennsylvania:  
Rodale Press, Inc., 1996

The Daily Business Review; Health Care Special Report, Fort Lauderdale, Miami, West Palm Beach. "Sports Medicine: Not Just For Athletes Anymore", June 26, 1995.

The Miami Herald, "Back Attack", October 2, 1994.

Pelvic Health Section- Florida Chapter, American Physical Therapy Association, 2021- present.

Aquatic Section - Florida Chapter, American Physical Therapy Association, 2002 – 2014.

Private Practice Section – Florida Chapter, American Physical Therapy Association, 2001 – 2014.

Hand Therapy Section - Florida Chapter, American Physical Therapy Association 1997 – 2001.

Sports Physical Therapy Section – Florida Chapter, American Physical Therapy Association, 1996- present.

Cardiopulmonary Section – Florida Chapter, American Physical Therapy Association, 1991 – 2001.

Orthopaedic Section – Florida Chapter, American Physical Therapy Association, 1991- present.

Florida Chapter, American Physical Therapy Association, 1975 – present.



American Physical Therapy Association, 1975 – present.

**Service/Historical Associations**

General Society of Mayflower Descendants, 2020 to present.

Associated Daughters of Early American Witches (Salem lineage),  
2020 to present

Daughters of the American Revolution, 2020 to present.