

ERIK P. MEIRA, PT, DPT

CURRICULUM VITAE

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Education:

Doctor of Physical Therapy
Massachusetts General Hospital Institute of Health Professions • Boston, MA • (2013)

Bachelors of Health Science in Physical Therapy
University of Florida • Gainesville, FL • (1994-1998)

Current License:

Physical Therapist (3962)
State of Oregon • (2000-Present)

Employment History:

Clinic Director/Owner
Black Diamond Physical Therapy (Formerly Elite Physical Therapy & Sports Medicine) • Portland, OR • (2003-Present)

Host/Producer
PT Podcast/PT Inquest • ptpodcast.com • (2011-Present)

Producer
NAF Physio/Pain Science and Sensibility Podcast • ptpodcast.com • (2015-Present)

Clinic Director/Lead Physical Therapist
HEALTHSOUTH Gresham • Gresham, OR • (2002-2003)

Owner/Strength Coach
Elite Sport and Fitness • Portland, OR • (2000-2003)

Resource Physical Therapist/Presenter
Providence Health System • Portland, OR • (2000-2002)

Joint Center Education Director
George Washington University Hospital • Washington, DC • (1999-2000)

Physical Therapist
The George Washington University Hospital • Washington, DC • (1998-2000)

Athletic Trainer (Intern) for Gator Football
University of Florida • Gainesville, FL • (1995-1996)

Professional Appointments:

APTA Combined Sections Meeting Program Chair, Sports Section
American Physical Therapy Association • (2013-Present)

APTA Combined Sections Meeting Program Vice-Chair, Sports Section
American Physical Therapy Association • (2011-2013)

Reviewer
Sports Health Journal • (2008-Present)

**Team Coordinator, Membership Committee of Sports Section
American Physical Therapy Association • (2009-2012)**

**Chair, Hip Special Interest Group of Sports Section
American Physical Therapy Association • (2008-2011)**

**Director of Continuing Education
The Northwest Society for Sports Medicine • (2005-2011)**

**Member, Membership Committee of Sports Section
American Physical Therapy Association • (2005-2009)**

**Reviewer
Physical Therapy in Sport • (2008)**

**Exploratory Team Chair, Hip Special Interest Group of Sports Section
American Physical Therapy Association • (2007-2008)**

Professional
Membership:

**International Society for Hip Arthroscopy • (2015-Present)
International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports
Medicine (ISAKOS) • (2011-Present)
American Orthopaedic Society for Sports Medicine (AOSSM) • (2010-Present)
American Physical Therapy Association (APTA) • (1999-Present)
Sports Physical Therapy Section (SPTS) • (1999-Present)
Oregon Physical Therapy Association (OPTA) • (2000-Present)
National Strength and Conditioning Association (NSCA) • (2000-Present)**

Specialization:

**Board Certified Specialist in Sports Physical Therapy
American Physical Therapy Association • (2006-Present)**

**Certified Strength and Conditioning Specialist
National Strength & Conditioning Association • (2000-Present)**

Certifications:

**American Red Cross Certified First Responder • (2003-Present)
American Red Cross CPR • (1994-Present)**

Special Interest
Groups (SIG)
of the SPTS:

**Sports Performance Enhancement SIG • (2011-Present)
Hip SIG (Founder) • (2008-Present)
Professional and Intercollegiate Athlete SIG • (2008-Present)
Shoulder SIG • (2007-Present)
Knee SIG • (2006-Present)**

Awards:

**Outstanding Service Award
Sports Physical Therapy Section (SPTS) • (2016)**

Consultant:

**Consultant/Clinical Advisor
University of Portland Athletic Department • Portland, OR • (2013-Present)**

Clinical Advisor

American Physical Therapy Association Sports Medicine Residency • White Salmon, WA • (2003-2007)

**Sports Medicine Consultant – Championship Tournament
American Junior Golf Association • (2002-2005)**

**Physical Therapy Advisor
George Washington University Medical School • Washington, DC • (1999-2000)**

Published Articles/
Textbook Chapters:

Willy R, **Meira EP**. Clinical Commentary Current Concepts in Biomechanical Interventions for Patellofemoral Pain. *Int J Sports Phys Ther*. 2016;11:877-890.

Meira EP, Zenni J. Sports Participation Following Total Hip Arthroplasty. *Int J Sports Phys Ther*. November 2014;9:839-850.

Meira EP, Wagner MB. Nonoperative Rehabilitation of Hip Stiffness and Hip Impingement (Cam/Pincer Lesions), in Reider and Davies (ed) *Orthopaedic Rehabilitation of the Athlete*, First Edition, Philadelphia, Elsevier, 2014.

Brumitt J, Matheson JW, **Meira EP**. Core stabilization exercise prescription, part 2: a systematic review of motor control and general (global) exercise rehabilitation approaches for patients with low back pain. *Sports Health Journal*. Published online 4 September 2013.

Brumitt J, Matheson JW, **Meira EP**. Core stabilization exercise prescription, part 1: current concepts in assessment and intervention. *Sports Health Journal*. Published online 28 August 2013.

Meira EP, Brumitt J. Influence of the hip on patients with patellofemoral pain syndrome: A systematic review. *Sports Health Journal*. 2011;3:455-465.

Meira EP, Brumitt J, Wagner MB. Hip Injuries, in Brotzman SB and Manske RC (ed) *Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach*, Third Edition, Philadelphia, Elsevier, 2011, 432-450.

Brumitt J, Gilpin HE, Brunette M, **Meira EP**. Incorporating kettlebells into a lower extremity sports rehabilitation program. *N Am J Sports Phys Ther*. 2010;5(4):257-265.

Meira EP, Brumitt J, Wagner MB. Extra-articular Hip Pathologies, in Bolgla L and Garrison JC (ed) *Rehabilitation of the Hip*. Sports Physical Therapy Section, 2010.

Meira EP. Composition and function of connective tissue, in Shankman GA and Manske RC (ed) *Fundamental Orthopedic Management for the Physical Therapist Assistant*, Third Edition, St. Louis, Elsevier, 2010, 109-120.

Meira EP. Cartilage Healing, in Shankman GA and Manske RC (ed) *Fundamental Orthopedic Management for the Physical Therapist Assistant*, Third Edition, St. Louis, Elsevier, 2010, 145-155.

Meira EP, Brumitt J. Minimizing Injuries and Enhancing Performance in Golf Through Training Programs. *Sports Health Journal*. 2010;2:337-344

Brumitt J, **Meira EP**, Nee B, Davidson G. Glenohumeral joint range of motion in elite male golfers: A pilot study. *N Am J Sports Phys Ther*. 2008;3(2):82-88.

Brumitt J, **Meira EP**. Scapula stabilization rehab exercise program. *Strength Conditioning Journal*. 2006;28(3):62-65.

Brumitt J, **Meira EP**. Rehab exercise prescription sequencing for shoulder external rotators. *Strength Conditioning Journal*. 2005;27(6):39-41.

Meira EP, Brumitt J. Plyometric training considerations to reduce knee injuries. *Strength Conditioning Journal*. 2005;27(2):78-80.

Brumitt J, **Meira EP**, Davidson G. In-season functional shoulder training for high school baseball pitchers. *Strength Conditioning Journal*. 2005;27(1):26-32.

Meira EP, Black A. In touch and on the move: mobility devices and tactile cues aid with balance control. *PT-OT-Speech*. 1998;6(42):7-8.

Presentations/
Faculty:

Hip & Knee: Complex Understanding for Simple Solutions • The Science PT •
Multiple locations throughout United States, Europe, Australia • (2017-Present)

**Combined Sections Meeting • American Physical Therapy Association • Sports
Section Program Chair • San Antonio, TX • (2017)**

**Advanced Evaluation and Treatment of Hip Pathologies • North American
Seminars • Multiple locations throughout United States • (2013-2016)**

Simplifying the Hip and Shoulder • The Science PT • Stanmore, UK • (2016)

**Understanding Femoroacetabular Impingement • Combined Sections Meeting •
American Physical Therapy Association • Anaheim, CA • (2016)**

**Combined Sections Meeting • American Physical Therapy Association • Sports
Section Program Chair • Anaheim, CA • (2016)**

**ACL Update: Injury Prevention, Postoperative Management, and Return to Play •
Slocum Orthopedics • Eugene, OR • (2016)**

**Assessing and Managing Hip Pain in the Young Adult • Slocum Orthopedics •
Eugene, OR • (2016)**

**Current Management of Hip Intra-articular Impairments – Surgical and
Conservative Interventions • NEXT Conference • American Physical Therapy
Association • National Harbor, MD • (2015)**

**The Role of the Hip in Lower Quarter Injuries • NEXT Conference • American
Physical Therapy Association • National Harbor, MD • (2015)**

**How to Find and Use Research • NEXT Conference • American Physical Therapy
Association • National Harbor, MD • (2015)**

**Linear vs Nonlinear Pedagogy: Understanding Application to Task Learning •
Annual Conference • Oregon Physical Therapy Association • Portland, OR • (2015)**

**Understanding Intra-articular Hip Pathology in the Young Adult • Pacific NW
Orthopedic and Sports Medicine Symposium • Portland, OR • (2014)**

**Combined Sections Meeting • American Physical Therapy Association • Sports
Section Program Chair • Indianapolis, IN • (2015)**

Examination and Treatment of the Hip • Team Concept Conference International • Sports Section of the American Physical Therapy Association • Las Vegas, NV • (2014)

Understanding Science, Pseudoscience, and Protoscience: Applications to Physical Therapy Practice • North Texas District Meeting • Texas Physical Therapy Association • (2014)

The Lower Extremity Shoulder Exam in the Throwing Athlete • Pacific NW Orthopedic and Sports Medicine Symposium • Portland, OR • (2014)

Combined Sections Meeting • American Physical Therapy Association • Sports Section Program Chair • Las Vegas, NV • (2014)

Combined Sections Meeting • American Physical Therapy Association • Sports Section Program Vice-Chair • San Diego, CA • (2013)

Postoperative Management of the Injured Hip • Team Concept Conference International • Sports Section of the American Physical Therapy Association • Las Vegas, NV • (2012)

Examination of the Athlete's Hip • Team Concept Conference International • Sports Section of the American Physical Therapy Association • Las Vegas, NV • (2012)

Understanding Intra-Articular Hip Pathology: Overview of Diagnosis, Surgical Correction, and Rehab Management • Oregon Physical Therapy Association • Portland, OR • (2012)

Understanding Science, Pseudoscience, and Protoscience: Applications to Physical Therapy Practice • Annual Conference • Oregon Physical Therapy Association • (2012)

Combined Sections Meeting • American Physical Therapy Association • Sports Section Program Vice-Chair • Chicago, IL • (2012)

The Future of Physical Therapy: Autonomy and Professionalism Through Evidence-based Practice and Novel Business Models • Combined Sections Meeting • American Physical Therapy Association • Chicago, IL • (2012)

The Many Faces of Sports Physical Therapy • Combined Sections Meeting • American Physical Therapy Association • New Orleans, LA • (2011)

Arthroscopic Hip Surgery – Post-Surgical Orthopedic Rehabilitation • PT 2010 Annual Conference • American Physical Therapy Association • Boston, MA • (2010)

The Role of the Hip in Lower Extremity Injuries in the Female Athlete • Combined Sections Meeting • American Physical Therapy Association • San Diego, CA • (2010)

The Many Faces of Sports Physical Therapy • Combined Sections Meeting • American Physical Therapy Association • San Diego, CA • (2010)

Current Concepts in Evaluation and Treatment of the Complex Hip • Pre-Conference Symposium • Combined Sections Meeting • American Physical Therapy Association • San Diego, CA • (2010)

Current Concepts in Evaluation and Treatment of the Complex Shoulder • Lab Assistant to Todd S. Ellenbecker, MS, DPT, SCS, OCS, CSCS • Portland, OR • (2010)

A Master Clinician's Approach to Advanced Concepts in Examination and Treatment of the Complex Shoulder • Lab Assistant to George J. Davies, PT, DPT, ATC, SCS, CSCS • Portland, OR • (2008)

Current Concepts in Evaluation and Treatment of the Complex Shoulder • Lab Assistant to Todd S. Ellenbecker, MS, DPT, SCS, OCS, CSCS • Seattle, WA • (2008)

The Complicated Patient: Atypical Snapping Hip in a 15-year-old Female Soccer Player • Combined Sections Meeting • American Physical Therapy Association • Nashville, TN • (2008)

Hip Arthroscopy: Surgical considerations and rehab protocols • Regional Conference • National Athletic Trainers' Association • Vancouver, WA • (2007)

Current Concepts in Evaluation and Treatment of the Complex Shoulder • Lab Assistant to Todd S. Ellenbecker, MS, DPT, SCS, OCS, CSCS • Spokane, WA • (2007)

Emergency Response Certification Course • American Physical Therapy Association/Sports Physical Therapy Section • Lab Assistant to Teresa Schuemann, MSPT, SCS, ATC, CSCS • Portland, OR • (2007)

Evaluation and Treatment of the Sports/Orthopedic Shoulder • Lab Assistant to Robert C. Manske, DPT, MEd, SCS, ATC, CSCS • Portland, OR • (2007)

Functional Rotator Cuff Training for Pitchers from Youth to College • Sport-Specific Annual Conference • National Strength & Conditioning Association • Dallas, TX • (2006)

Evaluation and Treatment of the Sports/Orthopedic Knee • Lab Assistant to Robert C. Manske, DPT, MEd, SCS, ATC, CSCS • Portland, OR • (2006)

The Aging Athlete • Lab Assistant to David Wallace, PT, PhD • Spokane, WA • (2006)

Current Concepts in Evaluation and Treatment of the Complex Shoulder • Lab Assistant to Todd S. Ellenbecker, MS, DPT, SCS, OCS, CSCS • Portland, OR • (2006)

Clinical Exercise Prescription for Rehab Professionals • Portland, OR • (2005)

Returning the Athlete to Sport: Running, Jumping Throwing • Spokane, WA • (2005)

Clinical Exercise Prescription for Rehab Professionals • Phoenix, AZ • (2005)

Returning the Athlete to Sport: Running, Jumping Throwing • Phoenix, AZ • (2005)

Evaluation & Program Design for Golf • Portland, OR • (2005)

Clinical Exercise Prescription for Rehab Professionals • Portland, OR • (2004)

Returning the Athlete to Sport: Running, Jumping Throwing • Portland, OR • (2004)

Functional Testing for the Lower Quarter • Regional Conference • National Athletic Trainers' Association • Seaside, OR • (2004)

Speed/Power Development and Understanding the Athlete for Physical Therapists • Portland, OR • (2002)

Plyometrics Progression • Portland, OR • (2001)

Understanding Personal Trainer Credentials for Physical Therapists • Portland, OR • (2001)

Exercise Prescription I-II for Physical Therapists • Portland, OR • (2000)

Sickle Cell Anemia and Physical Therapy • George Washington University Physical Therapy School • Washington, DC • (2000)

Current Research and Low Back Dysfunction • Washington, DC • (1999)

Current Research and Low Back Dysfunction • Boca Raton, FL • (1997)

Continuing
Education:

Combined Sections Meeting • American Physical Therapy Association • San Antonio, TX • (2017)

Lower Limb Tendinopathy Masterclass with Dr Peter Malliaras • Portland, OR • (2016)

Combined Sections Meeting • American Physical Therapy Association • Anaheim, CA • (2016)

Annual Meeting • American Orthopaedic Society for Sports Medicine • Orlando, FL • (2015)

NEXT Conference • American Physical Therapy Association • National Harbor, MD • (2015)

Combined Sections Meeting • American Physical Therapy Association • Indianapolis, IN • (2015)

Team Concept Conference International • Sports Section of the American Physical Therapy Association • Las Vegas, NV • (2014)

Annual Meeting • American Orthopaedic Society for Sports Medicine • Seattle, WA • (2014)

Combined Sections Meeting • American Physical Therapy Association • Las Vegas, NV • (2014)

Annual Meeting • American Orthopaedic Society for Sports Medicine • Chicago, IL • (2013)

Combined Sections Meeting • American Physical Therapy Association • San Diego, CA • (2013)

Team Concept Conference International • Sports Section of the American Physical Therapy Association • Las Vegas, NV • (2012)

Annual Meeting • American Orthopaedic Society for Sports Medicine • Baltimore, MD • (2012)

Combined Sections Meeting • American Physical Therapy Association • Chicago, IL • (2012)

Annual Meeting • American Orthopaedic Society for Sports Medicine • San Diego, CA • (2011)

Combined Sections Meeting • American Physical Therapy Association • New Orleans, LA • (2011)

PT2010 Annual Conference • American Physical Therapy Association • Boston, MA • (2010)

Combined Sections Meeting • American Physical Therapy Association • San Diego, CA • (2010)

Annual Meeting • American Orthopaedic Society for Sports Medicine • Keystone, CO • (2009)

Combined Sections Meeting • American Physical Therapy Association • Las Vegas, NV • (2009)

Annual Meeting • American Orthopaedic Society for Sports Medicine • Orlando, FL • (2008)

Combined Sections Meeting • American Physical Therapy Association • Nashville, TN • (2008)

Challenging the Myths in Rehabilitation • Portland, OR • (2007)

Evaluation, Treatment, and Training of the Cyclist • Spokane, WA • (2007)

Combined Sections Meeting • American Physical Therapy Association • Boston, MA • (2007)

Anatomic Double-Bundle ACL Reconstruction • Portland, OR • (2007)

The Running Course • Puyallup, WA • (2005)

Sports Nutrition for Rehab Professionals • Portland, OR • (2005)

Medical Screening Refresher Course • OPTA • Portland, OR • (2005)

Back Pain from a Neurosurgical Perspective • Oregon City, OR • (2005)

Emergency Response Certification Course • American Physical Therapy Association/Sports Physical Therapy Section • Hood River, OR • (2004)

Medicare Certification Course • Portland, OR • (2004)

Foot and Ankle Update • Seattle, WA • (2003)

Current Concepts in Examination & Treatment of the Knee • Seattle, WA • (2003)

***Biomechanical Evaluation of the Golf Swing* • American Physical Therapy Association • (2002)**

***Rotator Cuff Lesions and Rehabilitation* • American Physical Therapy Association • (2002)**

***Medical Screening for the Physical Therapist* • Oregon Physical Therapy Association • Portland, OR • (2002)**

***Sport-Specific Annual Conference* • National Strength and Conditioning Association • (2002)**

***Maximizing the Golfer's Game: A Physical Therapist's Approach* • Oregon Physical Therapy Association • Portland, OR • (2001)**

***Evaluation & Treatment of Balance Dysfunction* • San Francisco, CA • (2000)**

***National Annual Conference* • American Physical Therapy Association • Washington, DC • (1999)**