

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: Lecturer/Author/Consultant  
Physical Therapy Science Communication Group/The Science PT  
Portland, OR • (2015-Present)

Adjunct Lecturer  
George Fox University PT School • (2014-Present)

Consultant Physical Therapist for Pilots Athletics  
University of Portland • Portland, OR • (2013-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  
North Lake Physical Therapy at Black Diamond  
Portland, OR • (2019-2020)

Clinic Director/Owner  
Black Diamond Physical Therapy (Formerly Elite Physical Therapy & Sports  
Medicine) • Portland, OR • (2003-2019)

Adjunct Lecturer  
Pacific University PT School • (2012-2014)

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)

Elected  
Positions:

Representative at Large - Executive Committee  
American Academy of Sports Physical Therapy • (2019-Present)

Professional  
Appointments:

APTA Representative • NCAA Summit on Gender Identity and  
Student-Athlete Participation • (2020)

DEI Task Force Chair  
American Academy of Sports Physical Therapy • (2019-2020)

Editorial Board Member  
Sports Health Journal • (2019-Present)

APTA Combined Sections Meeting Program Chair  
American Academy of Sports Physical Therapy • (2013-2019)

APTA Combined Sections Meeting Program Vice-Chair  
American Academy of Sports Physical Therapy • (2011-2013)

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

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

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

Member, Membership Committee  
American Academy of Sports Physical Therapy • (2005-2009)

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

Professional  
Membership:

International Society for Hip Arthroscopy (ISHA) • (2015-Present)  
American Orthopaedic Society for Sports Medicine (AOSSM) • (2010-Present)  
American Physical Therapy Association (APTA) • (2002-Present)  
American Academy of Sports Physical Therapy (AASPT) • (2002-Present)  
Oregon Physical Therapy Association (OPTA) • (2002-Present)  
National Strength and Conditioning Association (NSCA) • (2000-Present)

Specialization: Board Certified Specialist in Sports Physical Therapy  
American Board of Physical Therapy Specialists • (2006-Present)

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

Certifications: Emergency Response for the Athlete Certified • (2019-Present)  
American Red Cross CPR • (1994-Present)  
American Red Cross Certified First Responder • (2003-2019)

Special Interest Groups (SIG) of the AASPT: Sports Performance Enhancement SIG • (2011-Present)  
Hip SIG (Founder) • (2008-Present)  
Collegiate and Professional Athlete SIG • (2008-Present)  
Shoulder SIG • (2007-Present)  
Knee SIG • (2006-Present)

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

Consultant: 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 Bolgia 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)

Applying Science to Practice • The Science PT • Multiple locations/universities throughout United States, Europe, Australia • (2017-Present)

Simplifying the Knee and Shoulder • The Science PT • Multiple locations throughout United States, Europe • (2018-Present)

Combined Sections Meeting • American Physical Therapy Association • American Academy of Sports Physical Therapy Program Chair • Washington, DC • (2019)

Understanding Movement as a Dynamical System • Sanford Sports Medicine Conference • Sioux Falls, SD • (2019)

Biomechanics Matter Even When They Don't • Sanford Sports Medicine Conference • Sioux Falls, SD • (2019)

Evaluation of the Hip • Let's Talk About It Conference • Nijmegen, The Netherlands • (2018)

Reforming Our Relationship with Exercise • The Big Rs Conference • Manchester, UK • (2018)

Understanding Movement as a Dynamical System • Medical College of Wisconsin Sports Medicine Conference • Milwaukee, WI • (2018)

Biomechanics Matter Even When They Don't • Medical College of Wisconsin Sports Medicine Conference • Milwaukee, WI • (2018)

Combined Sections Meeting • American Physical Therapy Association • American Academy of Sports Physical Therapy Program Chair • New Orleans, LA • (2018)  
Applied Strength & Conditioning for Rehab Professionals • The Science PT • Hudson, WI • (2018)

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 Pedogogy: 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)