

Kathleen H. Schiestl, PT, DPT, SCS

CIRRICULUM VITAE

4224 NE Halsey St. #340
Portland, OR 97213

tel: 503.288.4643 / fax: 503.208.7016
kschiestl@blackdiamondpt.com

Education:

Northwestern University
Feinberg School of Medicine • Chicago, IL • (2004-2006)

University of Colorado at Boulder
Kinesiology and Applied Physiology • Boulder, CO • (1999-2003)

University of Wollongong
Study Abroad Program • Wollongong, NSW, Australia • (2001-2002)

Current License:

Physical Therapist (5335) • State of Oregon • (2006 to present)

Current
Professional:

Independent Contractor, Physical Therapist
Black Diamond Physical Therapy • Portland, OR • (2009-Present)

Consultant:

Colavita-Bolla Professional Cycling Team Philadelphia • Philadelphia, Pennsylvania • (2004)

New South Wales Institute of Sport (NSWIS) • Sydney, NSW, Australia • (2003-2004)

Lugarno Sports Injury & Physiotherapy Clinic • Peakhurst, NSW, Australia • (2003-2004)

NSW ENCORE project • Breast Cancer Exercise Rehab and Research • Sydney NSW, Australia • (2003-2004)

Past
Professional:

Staff Physical Therapist
***Therapeutic Associates Cedar Hills Physical Therapy* • Portland, OR • (2007-2009)**

Wishard Memorial Hospital • Inpatient Rehabilitation Internship • Indianapolis, Indiana • (2006)

Therapeutic Associates Beaverton Physical Therapy • Outpatient Orthopedic Internship • Portland, OR • (2006)

Central Washington Hospital • Inpatient Acute and Sub-acute Internship • Wenatchee, WA • (2006)

Healthsouth • Outpatient Orthopedic Internship • Glendale, AZ • (2005)

Healthlinks Clinic • Outpatient Post Breast Cancer Rehabilitation and Physical Therapy Internship • Boulder, CO • (2003)

Specialization: **Board Certified Specialist in Sports Physical Therapy (SCS)** • American Physical Therapy Association • (2011 to present)

ASTYM certified (2007-Present)

Certified Fitness Trainer (CFT)
International Sports Science Association • (2001-2013)

Certifications: **Emergency Response for the Physical Therapist** • (2011-2014)

American Heart Association CPR Certification • CPR for the Professional Rescuer • (2001-Present)

Presentations/
Faculty: **ASTYM Presentation and Demonstration** •
Northwest Occupational Medial Center • Portland, OR • (2008)

Bike Fit Presentation • Zach Jones, DPT and Staff at Beaverton TAI • Portland, OR • (2006)

The Effect of Understanding Pre-Season Training Methods on Injury Prevalence and Type During the Pre-Season Training Period among Division III Professional Cyclists • Northwestern University PT School and Faculty • Chicago, IL • (2006)

Cycling Injury Prevention Presentation • Northwestern University Cycling Team • Evanston, Illinois • (2006)

Published Articles: **Stretches for Hiking. Outdoors NW** • (2009)

Training Tips and Core Strengthening for Traithletes Competitors NW • (2009)

Stretching for Outdoor Activities Competitors NW • (2008)

Continuing Education: **Gait Analysis and Treatment of Running Injuries** • Portland, OR • (2015)

Ironman Sports Medicine Conference • Kona, HI • (2014)

Advanced Evaluation and Treatment for the Functional Rehabilitation of the Foot and Ankle • Tacoma, WA • (2014)

Mountaineering First Aid • Portland, OR • (2013)

CSM 2012 • Chicago, IL • (2012)

Emergency Response Course for the Physical Therapist • Chicago, IL • (2010)

CSM 2010 • San Diego, CA • (2010)

Evaluation and Treatment of the Complex Shoulder • Portland, OR • (2010)

Wii Love Wii-hab • Portland, OR • (2009)

Success in Clinical Practice • Portland,
OR • (2009)

Level I NAIOMT 500 – Differential Diagnosis in Orthopedic Manual Therapy •
Portland, OR • (2008)

Smart Bells Weight System • Portland, OR • (2008)

Reimbursement for Rehabilitation Services in the Outpatient Setting
• Portland, OR • (2008)

The ASTYM system to the Upper Extremity and Shoulder Girdle • Indianapolis, IN •
(2007)

The ASTYM system to the Lower Extremity, Pelvis, and Lumbar Spine• Indianapolis,
IN • (2007)

Spanish for the Medical Professional • Turrialba and Dominical, Costa Rica • (2007)

Cycling and Physical Therapy Rehab • By Erik Moen • Portland, OR • (2006)