

# **ERIK P. MEIRA, PT, DPT**

## **CURRICULUM VITAE**

4224 NE Halsey Street, Suite 340  
Portland, OR 97213

tel: (503) 288-4643 / fax: (503) 208-7016  
[emeira@blackdiamondpt.com](mailto:emeira@blackdiamondpt.com)

### 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](http://ptpodcast.com) • (2011-Present)**

**Producer**  
**NAF Physio/Pain Science and Sensibility Podcast • [ptpodcast.com](http://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, American Academy of Sports Physical Therapy • (2013-Present)**

**APTA Combined Sections Meeting Program Vice-Chair, Sports Physical Therapy Section • (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)**

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

**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)**  
**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)**  
**American Academy of Sports Physical Therapy (AASPT) • (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 AASPT:

**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)

***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 •*** 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 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)

***Restoring Load Capacity in the Injured Runner • Richard Willy*** •  
Portland, OR • (2018)

***Combined Sections Meeting • American Physical Therapy Association*** •  
New Orleans, LA • (2018)

***The Shoulder: Complex Doesn't Have to be Complicated • Adam Meakins*** •  
Portland, OR • (2017)

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

***Lower Limb Tendinopathy Masterclass • 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)

Continuing  
Education:

**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)