

Curriculum Vitae

Renée Ostertag

p: 303.578.0262

e: renee@greentreemind.com

www.greentreemind.com

• Academic Background

- ***Masters in Musculoskeletal and Sports Physiotherapy***, December 2007. University of South Australia, Adelaide, SA.
 - Courses included: Health Research Methods & Biostatistics, Evidence Based Research, Musculoskeletal Physiotherapy Theory & Examination, Practice, & Management, Rehabilitation of Movement, Principles & Practice of Sports & Orthopaedic Physiotherapy. Anatomy & Pain Science and Chronic Pain Management were taught by David Butler, PT, GDAMT, M.SPP.SC.
- ***Masters and Clinical Doctorate in Physical Therapy***, 2003. University of the Pacific, Stockton, CA, USA.
 - Courses included: Gross Human Anatomy; Histology & Immunology; Kinesiology I-III; Exercise Physiology; Research Theory & Application; Administration & Management of Physical Therapy Services; Therapeutic Exercise; Cardiopulmonary, Geriatric, and Pediatric Physical Therapy; Radiology; Medical Conditions & Screening; Neuroanatomy & Physiology; Pathophysiology; Manual Therapy; Prosthetics & Orthotics.
- ***Bachelors of Arts in Kinesiology***, with an emphasis in Fitness and Exercise, Minor in Biology, 2000. University of Northern Colorado, Greeley, CO, USA.
 - Honors include Dean's List, National Honor Society, Mortar Board.
 - Coursework included: Human Anatomy & Physiology, Biology, Chemistry, Physics, Nutrition, Exercise Prescription, Biomechanics, Anatomical Kinesiology, Fitness Management, Exercise Physiology, Motor Learning & Development, Prevention & Care of Sports Injuries, Cardiac Rehabilitation

• Professional Licenses/Certifications

- *Certified Clinical Trauma Professional*, 4/2018
- *Certified MDT Practitioner*, 11/2011
- *Certified Reiki Practitioner*, 2013
- *Certified Orthopedic Manual Therapist*, 10/2006 – 6/2016
- *California Licensed Physical Therapist*: License No. 28497, 8/03- 4/2015
- *Colorado Licensed Physical Therapist*: License No. 10354, 4/09-present

• Work History and Related Experience

- Management/Ownership
 - Green Tree Mind, LLC. Denver, CO. Founder and CEO of Emergent PT Practice, specializing in Body Intelligence coaching and education practice.
 - Body Mind Physical Therapy, Inc. Denver, CO. Owner/Operator of private practice Physical Therapy clinic. (10/12-9/17)
 - Burnside Physiotherapy. Adelaide, SA, Australia. Clinic Manager. Duties included supervision of reception and physiotherapy staff, managerial duties of daily clinical and business matters, overseeing financial invoices and billing. (2/08-6/08)
- Physical Therapist
 - Body Mind Physical Therapy, Denver, CO, USA. Owner and Physical Therapist for management of patients with musculoskeletal dysfunction. (10/12-9/17)

- Colorado Spine Therapy, Denver, CO, USA. Assessment and management of patients in Musculoskeletal setting, specializing in care of spinal pain. Developed and presented patient lecture on pain physiology, “Know Pain, Know Gain” (4/08 – 9/12)
- Bodymind Physiotherapy, Adelaide SA, AU. Assessment and management of patients in Musculoskeletal private practice, instruction of Pilates classes, Workman’s Comp Worksite Visits and Job Analysis Reports, corporate health and injury prevention (2/08-12/08)
- Pines Rehabilitation Center, Adelaide, SA. Evaluation & treatment of patients in a musculoskeletal setting. (10/07-11/07)
- Norwood Football Club, South Australian National Football League. Assessment & Management of Australian Footballers in a sports setting (8/07-9/07)
- Repatriation General Hospital, Adelaide, SA. Evaluation & treatment of patients in a musculoskeletal setting. (5/07-6/07)
- Brady Physical Therapy, Foster City CA, USA. Assessment and management of patients in Musculoskeletal & Sports setting; inservice coordinator for continuing education, clinical instructor of physical therapy students (3/05-12/06)
- San Mateo Orthopedic Medical Group, San Mateo CA, USA. Assessment and management of patients in Musculoskeletal & Sports setting (4/04-3/05)
- Stanford Hospital and Clinics Rehabilitation Services, Palo Alto CA, USA. Full and part-time in various Acute Care settings; including cardiac, intensive care, orthopaedics, transplants, trauma, neurological, neurosurgery, plastics, rehab, & medical/surgical units (3/03-10/06)
- Sharp Memorial Hospital, San Diego, CA USA. Evaluation & treatment of patients in vestibular rehabilitation (3/02-3/02)
- SF County General Hospital, San Francisco, CA, USA. Evaluation & treatment of patients in a musculoskeletal, acute and trauma setting (6/02-7/02)
- Physiotherapy Associates, Denver, CO, USA. Evaluation & treatment of patients in an outpatient musculoskeletal setting (1/03-2/02).
- Veterans Affairs Puget Sound Health Care System, Seattle, WA USA. Evaluation & treatment of patients in Spinal Cord Injury and Acute Rehabilitation centers (10/02-11/02, 2/03-3/03)
- Speaking/Presenting
 - University of Colorado Physical Therapy Program: MDT and Neurodynamics Lab lead instructor 2012-2017
 - Cherry Creek Toastmasters 12/2017-present
 - Eye Care for Animals “Musculoskeletal Health in Veterinary Ophthalmologists” 4/2017
 - Green Tree Mind 2 hour “Grow your Green” workshops 1/17-5/17
 - Women in Ophthalmology “Ergonomics for Vitality in Ophthalmology”
 - Arapahoe Community College “Know Pain, Know Gain: Practical Applications of Pain Physiology.” 5.5 hour continuing education course (3/13)
 - American Academy of Ophthalmologists “Ergonomics and Musculoskeletal Disorders in Ophthalmologists” presentation at annual symposium (11/2012-2016)
 - APTA Colorado Southeast Chapter “Know Pain, Know Gain” (9/12)
 - Gymnastics Unlimited “*Healthy Backs for the Young Gymnast*” (7/11)
 - American Society of Ophthalmic Plastic and Reconstructive Surgery Spring Symposium “*Prevention and Treatment of Cervical and Lumbar Injury for the Oculofacial Surgeon*” (5/11)
 - Colorado Chapter APTA Fall Symposium “*Know Pain, Know Gain*” an updated review of evidence for PT’s and PT students on acute and chronic pain physiology with management strategies for chronic pain states (10/10)
 - University of the Pacific “*Know Pain, Know Gain*” as above, (9/10)
 - Colorado Spine Therapy “*Know Pain, Know Gain*” an interactive lecture for a patient population to promote greater understanding of the physiology of pain as a mind-body interaction (11/09)
 - University of South Australia “*What is the effectiveness of a multi-modal physiotherapy approach compared to other available treatments for the treatment of pregnancy related low back and/or pelvic pain?*” Presentation of Masters thesis at Academic Conference (5/07 and 2/08)
- Volunteer Activities
 - 9 Health Fair, Supervision for Physical Therapy Students, 04/14, 04/15, 04/18
 - Project Homeless Connect, Physical Therapy Services for Homeless and at Risk, 11/14.
 - Shaman Star apprenticeship, (11/15-9/17)

- Exercise Program Instruction
 - Rocky Mountain Cancer Rehabilitation Institute, Greeley, CO, USA. Designed & implemented programs for cancer patients (8/99-5/00)

● Academic/Teaching Experience

- Consultant, Physical Therapy Department. University of Colorado Denver, Aurora, CO (10/12-2/18)
- Affiliate Faculty, Physical Therapy Department. Regis University, Denver, CO (6/11-5/14)
- Assistant instructor: Health Research Methods & Biostatistics and Evidence Based Research. University of South Australia, Adelaide, Australia (1/08-2/08)
- Teachers Assistant at MT-1 course for Introduction to Australian Manual Therapy, Sunnyvale, CA, USA (8/06-12/06)
- Teachers Assistant at Australian Musculoskeletal Physiotherapy Yearlong Course, Redwood City, CA, USA (5/06)
- Assisted first year students in Physical Therapy Examination & Evaluation Laboratory, University of the Pacific, Stockton, CA, USA (8/02-12/02)
- Aerobic and Fitness Exercise Instructor for Phase III Cardiac Rehabilitation Classes, Sequoia Hospital, Redwood City, CA, USA, (9/00- 8/01)

● Professional Development and Continuing Education

- **Certified Clinical Trauma Professional Intensive Training Course**, 2 day virtual course, 12/17
- **Emotional Freedom Technique (EFT)**, Westminster CO, 3/15
- **Somatic Syndromes of Trauma in Rehabilitation**, Denver CO 12/15 and 5/16
- **Internal Family Systems Therapy**, 10 month online training program 01-10/17
- **Shaman Star Class and Council**, Denver CO, 5/13-9/17
- **Contemplative Prayer Meditation and Mindfulness training**, Denver CO, 04/09-12/11
- **Positive Intelligence Coaching**, twelve week online training program, 5/14-7/14
- **Colorado Fall Symposium: Craniofacial/Cervical Conditions and Treatment**, Parker CO, 11/14
- **Understanding the Gut Brain: Stress, Appetite, Digestion, and Mood**, Denver CO, 9/14
- **Associative Awareness Technique Level I**, Louisville CO, 11/13
- **Associative Awareness Technique Level II**, Louisville CO, 2/14
- **Associative Awareness Technique Level III**, Louisville CO, 3/14
- **Trigger Point Dry Needling Level II of II**, Kinetacore, Brighton, CO, 4/12
- **Trigger Point Dry Needling Level 1 of II**, Kinetacore, Brighton, CO, 1/12
- **McKenzie Method of Mechanical Diagnosis & Therapy Part A – The Lumbar Spine**, 7/09
- **McKenzie Method of Mechanical Diagnosis & Therapy Part B – Cervical and Thoracic Spine**, 1/10
- **McKenzie Method of Mechanical Diagnosis & Therapy Part C – Advanced Lumbar Spine**, 8/10
- **McKenzie Method of Mechanical Diagnosis & Therapy Part D – Advanced Cervical and Thoracic Spine and Extremities**, 3/11
- **South Australian Sports Medicine Centre**, weekly tutorials on musculoskeletal physiotherapy topics and case reports, 6/08-11/08
- **Australian Musculoskeletal Physiotherapy Yearlong Course**, 8/05- 5/06
- **Mobilization of Cervical, Thoracic Spine & Ribs**, Great Lakes Seminars, 10/05
- **The Basics Of Sacroiliac Mobilization**, Great Lakes Seminars, 3/05
- **The Complicated Patient: Treatment Strategies to Manage Difficult Patients: Upper & Lower Quadrants**, Northeast Seminars, 10/04
- **A Clinical Approach to Myofascial Release**, Great Lakes Seminars, 12/04
- **Treatment of Extremity Dysfunction through Mobilization**, Great Lakes Seminars, 9/04
- **APTA Annual California Chapter Conference**; lecturers included Christopher Powers, Shirley Sahrmann, & Peter Edgelow, 10/02

● Research Activities

- Meditation & Chronic Pain: research review article written for www.ptconed.com Newsletter, 1/11
- Thesis: Systematic Review on Effectiveness of Physiotherapy for pregnancy-related low back and/or pelvic pain, 5/07
- Research Paper: Literature Review on Anterior Lumbar Interbody Fusion, 12/02
- Data collection for Star Balance Grid Research Project, 5/02-12/02

- **Affiliations/Memberships**

- American Physical Therapy Association (9/01- 9/14)
- Australian Physiotherapy Centers, Certified Orthopedic Manual Therapist at the Intermediate level, (10/06-10/16)
- Australian Physiotherapy Association (9/08-12/08)
- Golden Key International Honour Society member (8/00-present)

References available upon request