

# Hector E. Rodriguez DPT, OCS, FAAOMPT

• hectorerodriguezdpt@gmail.com



## Objective

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Apply innovative philosophy and methodology for the evaluation and treatment of patients in orthopedic and sports physical therapy. Continue to practice a specialized approach using evidenced based manual therapy and patient-centered holistic medicine.

## Profile

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Board certified, fellowship trained, and bilingual doctor of physical therapy who is competent in evidenced-based practice, advanced manual therapy, intramuscular dry needling, and clinical research.

## Education

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American Academy of Manipulative Therapy, Columbia, South Carolina Graduation Date: March 2016

- Fellowship: Orthopedic Manual Physical Therapy (FAAOMPT)
  - Research Capstone: Randomized Clinical Trial: The Effectiveness of Dry Needling for Plantar Heel Pain

D'Youville College, Buffalo, New York Graduation Date: August 2014

- Doctor of Physical Therapy (DPT)
  - Thesis Title: Pilot Study on the Use of Text Messaging in Health Promotion for Children: A Formative Evaluation

Canisius College, Buffalo New York Graduation Date: May 2011

- Bachelor of Arts in Psychology
  - Research Assistant: Center for the Study of Neurodevelopmental Disorders

## Clinical Experience

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Thrive Wellness and Rehab: Santa Teresa, New Mexico November 2014- April 2022

- Privately-owned outpatient clinic treating an underserved orthopedic population as a direct access provider. Carried out clinical research trials through my involvement with the American Academy of Manipulative Therapy (AAMT) Fellowship program. Provided mentorship to fellowship candidates in AAMT Fellowship program. Clinical instructor for DPT students with various physical therapy programs.

Manual Physical Therapy Specialists: El Paso, Texas August 2016- December 2018

- Senior DPT in the private practice setting. Provided treatment for orthopedic, vestibular, and other neuromuscular conditions. Utilized manual therapy, blood flow restriction training, dry needling, and evidenced-based treatment guidelines for the management of complex conditions. Provided mentorship to DPT students and fellowship candidates in AAMT and Manual Therapy Institute (MTI) fellowship programs.

Del Sol Medical Center: El Paso, Texas November 2014- April 2017

- Physical therapist in a level II trauma acute care setting treating general medical and neuromuscular impairments in various levels of acuity. Inter-professional collaboration surrounding patient management with various disciplines including MD, PA, Nursing, and Occupational Therapy. Executing orthopedic surgical protocols, providing patient education, and clearing patients for discharge into various levels of rehabilitation.
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## Research Publications and Projects

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1. Electrical Dry Needling as an Adjunct to Exercise, Manual Therapy and Ultrasound for Plantar Fasciitis: a Multi-Center Randomized Clinical Trial. *PLoS ONE*. 2018; 13(10).
2. Dry Needling and Fibromyalgia: Reversing Centrally-Mediated Chronic Pain. Research Commentary. *OsteopRACTICE Physical Therapy*. October 2015
3. Electro Dry Needling and HVLAT for Primary Shoulder Impingement. AAMT Fellowship Capstone Project.
4. AAMT SIJD HVLAT and DN vs. Non-Thrust and Stabilization. AAMT Fellowship Capstone Project. Ongoing study.

## Lectures and Oral Presentations

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1. Headache Disorders: The Role of Physical Therapy. University of Texas El Paso. Guest lecturer for Doctor of Physical Therapy program (July 2018 and July 2019)
2. Musculoskeletal Examination of the Sacral Iliac Joint. University of Texas El Paso. Guest lecturer for the Doctor of Physical Therapy program (June 2018 and June 2019)
3. Instrument Assisted Soft Tissue Mobilization (IASTM): Proposed Physiologic Mechanism and Application. Del Sol Medical Center, department of rehabilitation (March 2016)
4. Dermatology and Physical Therapy in Scleroderma. Joint lectureship for the Scleroderma Foundation, Texas Bluebonnet Chapter (October 2018)

## Additional Experience

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- **Board Certified Specialist** in Orthopedics (OCS), Academy of Orthopedic Physical Therapy (2019)
- **Athletics:** participated in four years of NCAA D-1 men's soccer. Canisius College (August 2007- May 2011)
- **Guest Lecturer: University of Texas El Paso** (2018-present)
  - Topics: Headache Disorders, Sacral Iliac Joint Dysfunction
- **Clinical Mentor** and Instructor for AAOMPT Fellowship Candidates and DPT Students
- **Languages:** native Spanish speaker
- AAOMPT Annual Conference 2019, 2017, 2016, 2015
- CME: Hobbs Facial Needling (Manual Therapy Alliance), Beyond the Slump Test (AAOMPT 2017), Myokinetic Restoration (PRI Course)
- **Cofounder** of the El Paso multidisciplinary Neurofibromatosis Clinic (September 2019)
- Teaching assistant for the gross anatomy laboratory. D'Youville College (January 2012-May 2014)
- **APTA and AAOMPT Member**
- Sports SIG Committee Web Administrator- AAOMPT
- **Undergraduate Projects:** Research Assistant at the Center for the Study of Neurodevelopmental Disorders. Canisius College (Jan. 2010-May 2011)
- **Advocate for legislative reform in physical therapy.**