

DEBORAH WIEDER SINGER, MS, PT, ATC, EMT, FAAPM

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RESUME

CURRICULUM VITAE

EDUCATION

The University of Miami, Florida
M.S. Degree in Physical Therapy, December 1988

The University of Iowa
B.S. Degree in Sports Medicine, May 1986

PROFESSIONAL EXPERIENCE

Physical Therapist/Management
NovaCare Outpatient Rehabilitation Division, Inc.
Area Vice President, Northeastern Ohio
May 1994 to present

Ohio Physical Therapy and Sports Medicine, Inc.
February 1989 to January 1994: Clinical Director

Clinical Internships 1987-88:
South Miami Hospital, Miami, Florida
Jackson Memorial Hospital, Miami, Florida
Dartmouth Medical Center, Hanover, New Hampshire
Ortho and Sport PT, La Crosse, Wisconsin
Harmarville Rehabilitation Center, Pittsburgh, Pennsylvania
Harlaxton College, Lincolnshire, England

Athletic Trainer
Iowa City Junior High School District, 1985-86
University of Iowa Sports Medicine Clinic, 1984-86
Assistant Trainer-Des Moines Knights (semi-pro football) 1983-84

Instructor
Cleveland State University, December 1993, July 1994, December 1998
"Microamp Electrical Neuromuscular Stimulation"
"Marketing a Physical Therapy Practice"
Hiram College, February 1991
"Lower Extremity Musculoskeletal Anatomy"
University of Miami, Graduate Assistant, 1987-88
"Orthopedics I", "Communications", "PT Clinical Skills"
Kirkwood Community College, February 1985-May 1986
"Care and Prevention of Athletic Injuries"

EXECUTIVE PROFESSIONAL APPOINTMENTS

American Physical Therapy Assoc., Sports Physical Therapy Section,
Nominating Committee, 1993 to 1997
Nominating Committee Chair, 1995

Book Reviewer: Journal of Orthopaedic and Sports Physical Therapy, 1993

Circuit of Reebok Professional Specialists, 1991 to 1997

Board Member: Dance Exercise Committee, American Council on Exercise,
1991 to 1995

National Certification Exam Item Writing Committee, International Dance and Exercise Association, 1990 to 1992

Sports Medicine Columnist - Rehab Management: The Journal of Therapy and Rehabilitation, June 1990 to 1997

Medical Advisory Board: Tech Sport Inc., May 1994 to 1997

HONORS

North Coast99 Award–Top 99 Businesses in NE Ohio, 2000,2001,2002,2003,2004
 North Coast99 Best Practice Award – Employee Retention 2000
 Ernst & Young’s “Entrepreneur of the Year” NE Ohio Finalist, 1998
 Crain’s Cleveland Business “Forty Under Forty” Award, 1998
 Gilford’s Who’s Who Among Extraordinary Professionals, 1993-94
 Who’s Who Among Human Services Professionals, 1992-93
 Academic Performance Award, University of Miami School of Medicine (3.98 GPA), 1988
 AMBUCS Academic Scholarship, 1987, 1988
 University of Iowa Dean’s List, 1983, 1984, 1985, 1986
 Phi Epsilon Kappa, Professional Academic Scholarship, 1986
 Magna Cum Laude, Iowa Athletic Training Program, 1985
 Phi Eta Sigma National Honor Society, 1983

MEMBERSHIPS

National Athletic Trainers Association, Certified
 National Emergency Medical Technicians Registry, Certified
 American Academy of Pain Management, Board Certified Fellow
 American Physical Therapy Association, 1987 to present
 Ohio Athletic Trainers Society, 1990 to present
 Ohio Physical Therapy Association, 1989 to present
 Florida Physical Therapy Association, 1987 to 1989
 Iowa Athletic Trainers Society, 1985 to 1989

PROFESSIONAL PRESENTATIONS

Conference Platforms

2002 - 2005

NovaCare Center Manager – Highly Effective Management Series, Ohio
 “Time Management”
 “Accountability”
 “Employee Personality Typing”
 “Financial Basics”
 “Employee Engagement”
 “Fix it Fast – The Power of Activation”

1996 - 2002

NovaCare National Meeting, May 23, 2001 – Philadelphia, Pennsylvania
 “Motivating and Rewarding Employees”

NovaCare Regional Meeting, September 19, 2000 – Seven Hills, Ohio
 “Growing and Managing Your PT Practice”

Health Designs Plus, February 3, 2000 – Hudson, Ohio
 “Interpreting Physical Therapy Notes”

Case Manager’s Industrial Breakfast, February 11, 1998 – Valley View, Ohio
 “Functional Physical Therapy”

1995

Rehab Management Expo ‘95, September 10 - Ft. Lauderdale, Florida
 “Marketing to Referral Sources”

Empi, Inc., April 4 - Manchester, New Hampshire
 "Musculoskeletal Injury: Iontophoresis"

Empi, Inc., March 14 - Toledo, Ohio
 "Musculoskeletal Injury: Iontophoresis"

- Empi, Inc., February 21 - Charlotte, North Carolina
"Musculoskeletal Injury: Iontophoresis"
- 1994**
- Empi, Inc., November 10 - Boston, Massachusetts
"Musculoskeletal Injury: Iontophoresis"
- EMPI, Inc., October 25 - Orlando, Florida
"Musculoskeletal Injury: Iontophoresis"
- EMPI, Inc., October 18 - Canton, Ohio
"Musculoskeletal Injury: Iontophoresis"
- Northeast Ohio Sports Medicine Lecture Series, October 11 - Cleveland, Ohio
"Patellofemoral Treatment and Taping"
- EMPI, Inc., July 18 - Detroit, Michigan
"Musculoskeletal Injury: Iontophoresis"
- State Conference: Ohio Athletic Trainers Association, April 30 - Cleveland, Ohio
"The Chronic Ankle Sprain"
- EMPI, Inc., April 19 - Columbus, Ohio
"Musculoskeletal Injury: Iontophoresis"
- 1993**
- HESSCO, Inc., December 11 - Minneapolis, Minnesota
"Microamp Therapy for the Chiropractor"
- EMPI, Inc., October 19 - Cleveland, Ohio
"Iontophoresis and Musculoskeletal Injury"
- District Meeting: National Athletic Trainers Association, District 6, July 21
Gatlinburg, Tennessee
"Microcurrent Therapy in the Training Room"
- District Meeting: National Athletic Trainers Association, District 9, July 14,
Arlington, Texas,
"Microcurrent Therapy in the Training Room"
- Neuro Medical Systems, Inc., May 10,11,12 - Miami, Boca Raton, Ft. Lauderdale, Florida
"Microcurrent Therapy"
- Chattanooga Seminar, March 27 - Minneapolis, Minnesota
"Microamp Therapy for the Chiropractic Patient"
- 1992**
- Chattanooga Seminar, October 22 - Chattanooga, Tennessee,
"Microcurrent Therapy"
- National Rehabilitation Expo, September 17-19 - Long Beach, California,
"Opportunities in Sports Rehab", "Return to Work: Patient Compliance"
- Ohio Physical Therapy/Lakewood Hospital Sports Medicine Camp, June 24,
Cleveland, Ohio, "Upper Extremity Injuries"
- State Conference: Ohio Athletic Trainers Association, May 2-3 - Columbus, Ohio,
"Patellofemoral Pain", "Patellofemoral Taping and Treatment"
- Brunswick Rotary, April 23 - Brunswick, Ohio,
"The Weekend Athlete"

1991

PMR Products, Inc. - Seminar, November 16 - Rochester, New York
"Microamp Therapy"

Canadian National Conference: Canadian Aerobic Instructors Network, November 1-3
Toronto, Canada

"Preventing Neck and Back Pain in Aerobics", "Care and Prevention of Aerobic Dance
Injuries"

Educational Instructors Conference: International Dance and Exercise
Association, October 18-20 - Pittsburgh, Pennsylvania
"FUNctional Anatomy", "Care and Prevention of Aerobic Dance Injuries"

Ohio Physical Therapy/Lakewood Hospital Sports Medicine Camp, June 15
Cleveland, Ohio
"Knee Rehabilitation"

International Dance and Exercise Association, Inc., April 20 - Cleveland, Ohio
"Care and Prevention of Aerobic Dance Injuries"

Local School Districts, Cleveland, Ohio
"Sports Medicine as a Career", "Sports Medicine for Parents"

Local Coaches Certification Courses, Cleveland, Ohio
"Common Athletic Injuries"

1990

Ohio Biomedical Education Research, Inc. Seminar, December 1
Ann Arbor, Michigan
"MENS Therapy"

National Conference: American Physical Therapy Association, June 24-27
Los Angeles, California
"Treatment of Traumatic Myositis Ossificans with Acetic Acid Iontophoresis"

International Conference: International Dance and Exercise Association, June 7
San Diego, California
"Preventing Aerobic Dance Injuries"

Ohio Physical Therapy and Sports Medicine Clinical Trends, June 20 - Cleveland, Ohio,
"Functional Rehabilitation of the Ankle"

Solon Community Education Classes, April 17, 19 - Solon, Ohio
"Care and Prevention of Back Injuries"

Scandinavian, Inc., February 3 - Cleveland, Ohio
"Care and Prevention of Low Back Injury"

Local School Districts, Cleveland, Ohio
"Sports Medicine as a Career"

Local Coaches Certification Courses, Cleveland, Ohio
"Common Athletic Injuries"

1989

Shaker Heights Rotary, December 27 - Shaker Heights, Ohio
"Preventing Weekend Athletic Injuries"

Daemen College/PMR Products, Inc., November 18-19 - Buffalo and Albany, New York,
"MENS Therapy", "Physical Therapy and Sports Medicine"

National Association of Orthopaedic Nurses Conference, November 4 - Cleveland, Ohio
"Anterior Cruciate Ligament Rehabilitation"

Biodex National Conference, October 26-28 - Miami, Florida
Workshop Presenter

The Council of Licensed Physiotherapists of New York State, September 23
Buffalo, New York
"MENS Therapy"

Case Western Reserve University/Rainbow Babies and Children's Hospital,
Sports Medicine Camp, July 25 - Cleveland, Ohio
"Knee Rehabilitation"

American Red Cross, July 14 - Cleveland, Ohio
"Safety in the Home"

National Conference: American Physical Therapy Association,
June 12-16 - Nashville, Tennessee
"Comparative Reflex Response Times of the Vastus Medialis Obliquus
and Vastus Lateralis in Normals and Extensor Mechanism Dysfunction Patients"

International Dance and Exercise Association, Inc., June 4, August 20 - Cleveland, Ohio
"Care and Prevention of Aerobic Dance Injuries"

Exterior Designs, Inc., March 4, June 24, November 16 - Cleveland, Ohio
"Care and Prevention of Weight Lifting Injuries"

Local Coaches Certification Courses - Cleveland, Ohio
"Athletic Taping", "Head and Neck Injuries"

Local School Districts - Cleveland, Ohio
"Sports Medicine as a Career"

1988

First Annual Research Symposium-University of Miami School of Medicine/
Graduate Program in Physical Therapy, December 15 - Miami, Florida
"Comparative Reflex Response Times of the Vastus Medialis Obliquus, and Vastus
Lateralis in Normals and Extensor Mechanism Dysfunction Patients"

International Dance and Exercise Association, Inc., May 14 - Orlando, Florida,
"Treatment and Prevention of Aerobic Injuries"

Florida Physical Therapy Association State Conference, March 4 - Tampa, Florida
"Women and Professionalism in Physical Therapy-A Student's Perspective"

1987

Florida Physical Therapy Association Southeast District Meeting,
November - Delray Beach, Florida
"Physical Therapy from an English Perspective"

**RESEARCH
POSTER**

National Joint Physical Therapy Congress, June 12 - 16, 1988 - Las Vegas, Nevada
"Reliability of Skinfold Caliper Measurement and Hydrostatic Weighing in Body
Composition Analysis"

National Conference: National Athletic Trainers Association, June, 1986
Las Vegas, Nevada
"Athletic Injuries at the Junior High School Level"

The Hawkeye Sports Medicine Symposium, April 17-18, 1986 - Iowa City, Iowa
"Athletic Injuries at the Junior High School Level"

Harmarville Rehabilitation Center, December 1, 1988 - Pittsburgh, Pennsylvania,
"Comparative Reflex Response Times of the Vastus Medialis Obliquus and Vastus
Lateralis in Normals and Extensor Mechanism Dysfunction Patients"

Orthopaedic and Sports Physical Therapy/Cybex Center USA, September 23, 1988
La Crosse, Wisconsin
"Comparative Reflex Response Times of the Vastus Medialis Obliquus and Vastus
Lateralis in Normals and Extensor Mechanism Dysfunction Patients"

Dartmouth Medical Center, May 3, 1988 - Hanover, New Hampshire
"Etiology and Treatment of Aerobic Dance Injuries"

Jackson Memorial Hospital, November 14, 1987 - Miami, Florida
"Gait Deviation: A Review for Orthopaedic Physicians"

Jackson Memorial Hospital, October 29, 1987 - Miami, Florida
"Etiology of Childhood Stroke"

Mercy Hospital, August 8, 1987 - Des Moines, Iowa
"Physical Therapy from an English Perspective"

WRITTEN
PUBLICATIONS
2004 – present

Cleveland Seniors.Com – Physical Therapy Expert – Question/Answer
Published Articles:
 "Physical Therapy Reduces The Risk of Falling"
 "The Benefits of Biking"
 "Getting a Good Nights Sleep"

1999 "Returning the Injured Worker to Work"
Orthopedic Technology Review; Singer, Wieder Singer, June/July 1999

1998 "Back on Track: Exercise and Education", Rehab Management:The Journal of Therapy
and Rehabilitation; Wieder Singer, April/May 1998

"Total Hip Replacement: Rehabilitation Along the Continuum of Care", Case Review:The
Journal for Case Management Professionals; Wieder Singer, July/August 1998

1996 "Balanced Muscles, Healthy Back" Your Health & Fitness; Wieder Singer, Fall 1996

"Physicians are Playing Ball", Rehab Management:The Journal of
Therapy and Rehabilitation; Wieder Singer, April/May 1996

"Rehab Office Automation", Rehab Management:The Journal of
Therapy and Rehabilitation; Wieder Singer, February/March 1996

"The Pain Management Impasse", Home Health Care Dealer/Supplier; Wieder Singer,
January/February 1996

"Taping Techniques for Physical Therapy", Rehab Management:The Journal of
Therapy and Rehabilitation; Wieder Singer, December/January 1996

1995 "Building a Cash Business", Rehab Management:The Journal of
Therapy and Rehabilitation; Wieder Singer, October/November 1995

"Rehab and the Female Patient", Rehab Management:The Journal of
Therapy and Rehabilitation; Wieder Singer, August/September 1995

"Steroids Muscle In On You", FIT TEENS; Wieder Singer, August 1995

"A Woman's Wellness is in the Home", Home Health Care Dealer; Wieder Singer, July/August 1995

"Diversifying Your Practice", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, June/July 1995

"Rehabilitating the Runner", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, April/May 1995

"Increasing Your Business With CPM", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, February/March 1995

"Overuse Injuries and the Elite Child Athlete", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, December/January 1995

"Easing the Pain", Home Health Care Dealer; Wieder Singer, January/February 1995

1994

"The Key to Exercise is to Get Moving", GRIT: America's Family Magazine; Wieder Singer, November 20, 1994

"Putting Muscle in Your Referral Relationships", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, October/November 1994

"Providing High Quality CPM Service", Home Health Care Dealer; Wieder Singer, May/June 1994

"When Fitness Hurts", GRIT: America's Family Magazine; Wieder Singer, September 11, 1994

"Trends in Sports Medicine", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, August/September 1994

"Have Walker, Will Travel: Functional Outcomes Studies Support Ambulatory Aids", Home Health Care Dealer; Wieder Singer, May/June 1994

"Manual Therapy Techniques", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, June/July 1994

"Functional Capacity Assessment", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, April/May 1994

"Building a Better Athlete: Improving Sports Performance Through Technology", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, February/March 1994

"Combating Weekend Warrior Sports Injuries", Home Health Care Dealer; Wieder Singer, January/February 1994

"Keeping Kids Off the Sidelines", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, December/January 1994

1993

"Bicycling-Related Injuries", Rehab Management:The Journal of Therapy and Rehabilitation; Wieder Singer, October/November 1993

"Aerobic Dance Injuries", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder Singer, August/September 1993

"Two Credentials, One Career", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, June/ July 1993

"Time Out For Hands", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, April/May 1993

DUPEL IONTOPHORESIS PROTOCOL: Protocol for the Treatment of Myositis Ossificans and the Prevention of Calcium Deposits, Wieder, EMPI, Co. March 1993

"Proving Its Worth: Diagnostic Equipment", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, February/March 1993

"Laying the Foundation for Pain Management", Home Health Care Dealer; Wieder, January/February 1993

"Patellofemoral Tracking Syndrome: Part II-Treatment", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, December/January 1993

1992 "Micro Current Therapy: 'Wave' of the Future?", Chattanooga Group Chronicles; Wieder, Fall/Winter 1992

"Patellofemoral Tracking Syndrome: Part I-Etiology and Evaluation", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, October/November 1992

"Carpal Tunnel Syndrome: Not Just for Patients Anymore", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, August/September 1992

"Jumping in With Both Feet: Water Therapy in Sports", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, June/July 1992

"FUNctional Anatomy!-Part II", IDEA Today; Wieder, June 1992

"FUNctional Anatomy!-Part I", IDEA Today; Wieder, May 1992

"Clinical Research: Breaking the Fear Barrier", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, April/May 1992

"Impingement Syndrome: A Question of Mechanics", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, February/March 1992

"Case Report: Treatment of Traumatic Myositis Ossificans with Acetic Acid Iontophoresis", Physical Therapy, Journal of the APTA; Wieder, Vol. 72, February 1992

"Twinges in the Hinges-The Older Athlete", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, December/January 1992

1991 "Taping Foot Injuries", Biersdorf Sports Wrap; Wieder, November 1991

"Rehabilitating One of Football's Most Common Injuries", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, August/September 1991

PROSTRETCH: Illustrated Instruction Manual, Wieder, Copyright, October 1991

"Sports Medicine for the Physically Challenged Athlete", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, August/September 1991

"Marketing Sports Medicine", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, June/July 1991

"Getting Back Into Action: Work Hardening for Athletes", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, April/May 1991

"Children's Sports Injuries - Are They Really Preventable?", Lake County News Herald; Wieder, Novak, April 4, 1991

"Comparative Reflex Response Times of the Vastus Medialis Obliquus and Vastus Lateralis in Normals and Extensor Mechanism Dysfunction Patients: An Electromyographic Study", American Journal of Sports Medicine; Voight, Wieder, Vol. 19, No. 2, March 1991

"Microcurrent Therapy", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, February/March 1991

"Basketball Ankle Sprains", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, February/March 1991

"Injuries on the Slopes", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, Dec/Jan, 1991

Accepted for publication: November 1991

"Care and Prevention of Aerobic Dance Injuries", Nail Pro; Wieder

1990 "Scoring Safety for Football Players: Preventing Brachial Plexus Neuropraxia", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, October/November 1990

"Keeping 'Sport' in Sports Medicine: Functional Rehabilitation for Athletes", Rehab Management: The Journal of Therapy and Rehabilitation; Wieder, August/September 1990

Abstract: "Treatment of Traumatic Myositis Ossificans with Acetic Acid Iontophoresis", Abstracts of Platform and Poster Presentations, APTA; Wieder, June 1990

1989 Abstract: "Comparative Reflex Response Times of the Vastus Medialis Obliquus and Vastus Lateralis in Normals and Extensor Mechanism Dysfunction Patients: An Electromyographic Study", Physical Therapy, Journal of the APTA; Voight, Wieder, Vol. 69, No. 5, 1989

1988 Abstract: "Reliability of Skinfold Caliper Measurement and Hydrostatic Weighing in Body Composition Analysis", Physical Therapy, Journal of the APTA; Bell, Wieder, Vol. 68, No. 5, 1988

"Student's Obstacle Course Increases Public Awareness", PT Bulletin, APTA; Wieder, Vol. 3, No. 9, March 9 1988

AUDIO/VISUAL PUBLICATIONS

Video: "Getting a Leg Up: A Layman's Guide to the Care and Prevention of Leg Injuries" Hosted by Marty Liquori. ML Productions/Advantage Direct, Copyright 1991

Audio Tape: "Care and Prevention of Aerobic Dance Injuries", Infomedix; Wieder, June 1990, October 1991

Audio Tape: "Women and Professionalism in Physical Therapy", Infomedix; Wieder, March 1988

INTERVIEWS

Interview: "Deborah Wieder Singer: A Born Entrepreneur"; Small Business News; Jacobs, January 2001

Interview: "NovaCare adding Two Clinic Sites", "NovaCare to Take Plunge with Area Expansion", "NovaCare Adds Two Orthotic, Prosthetic Centers to Holdings", "NovaCare's NE Ohio Growth Plan Moving Forward", "NovaCare Purchases Treister Rehab Firm", Crain's Cleveland Business; Santiago, 1995-2000

Interview: "CPM Key to Recovery", Home Health Care Dealer/Supplier; Shoenberger, September/October 1995

Interview: "The Ethics of Retail Therapy", Rehab Management: The Journal of Therapy and Rehabilitation; Kyes, December/January 1996

Interview: "Tips and Strategies for Servicing the External Case Manager for Maximum Referral Volume", Eli's Rehab Report; May 1995

Interview: "The Road Back From Injury", Home Health Care Dealer; McNamara, May/June 1993

Interview: "Trimming Excess, Managing Care", Rehab Management: The Journal of Therapy and Rehabilitation; Framroze, February/March 1993

Interview: "Fitness Briefs", YOU Magazine (Canada); Williams, Autumn 1992

Interview: "Sporting the Right Shoes", SELF Magazine; Welch, April 1991

Interview: "Getting into the Swing of Things", Fifty Something; Blair, February 1991

Interview: "Aerobic Dance Injuries", Case Western Reserve Student Radio, April 1990

RELATED VOLUNTEER EXPERIENCE

Special Olympics Volunteer, 1985, 1986, 1987, 1990

National Junior Olympics Athletic Trainer, August 1985

Coordinator-University of Miami Wheelchair Challenge, September 1987

National Junior Orange Bowl Handicapped Games, December 1987

REFERENCES

Available upon request