

Curriculum Vitae

Date: 14-March-14

Name: Christopher West, MPT

Business: Pace West Physical Therapy

Professional Bio: (education, certifications, degrees, work/practice history, businesses etc):

Co-Owner Pace West Physical Therapy July 2011- present

Owner West Therapies LLC Oct 08- June 2011

Staff Therapist at Physiotherapy Associates Oct 08-April 09

President, Coreance Rehab and Training Center June 02- Sept 08

Clinical Supervisor, Coreance, Inc. 1998-2008

Staff Therapist, Coreance, Inc. 1994-1998

I have been a physical therapist in Boulder County since 1994, working primarily in outpatient orthopedics and sports medicine. I graduated in 1993 from Chapman University in Orange, CA with a Master's in Physical Therapy and began my career with a strong interest in manual therapy, spinal dysfunction, and sports training. I continually strive to advance my knowledge in the evaluation and treatment of orthopedic conditions. I have been a teaching assistant for several courses including Muscle Energy Techniques for the Cervical, Thoracic, and Lumbar Spine as well as Trigger Point Dry Needling and have been a consultant to the Krames Staywell publishing company for various informational pamphlets on low back pain and cervical and elbow pathology.

Specialized Training/Client Population:

Most of my advanced training has focused on functional dry needling, manual therapy techniques and orthopedic evaluation, and treatment techniques for athletes. My client population is varied but includes a high percentage of spinal and SI (sacroiliac joint) dysfunction patients and those suffering from chronic myofascial pain, headaches, and sports injuries. I treat many orthopedic and sports injuries with an emphasis on educating patients on preventing re-injury, functionally based corrective exercises, and independent training.

Treatment Philosophy:

I believe that my job is teach patients how to be their own physical therapists by educating them about their condition, relevant anatomy, recovery prognosis, concepts of tissue recovery, and the appropriate stress load for the phase of healing that they are in. If patients understand what they need to do to assist with their own recovery and are empowered to participate every day in that recovery, the outcomes are significantly improved and the recovery timelines are shortened.

Teaching Experience:

I have been at TA for Manual Therapy Seminars of Colorado and am currently on staff with KinetaCore (formerly Global Educators for Manual Therapists, GEMT) assisting with Level 1 and Level 2 Functional Dry Needling courses in the US and Canada.

Personal Interest and Hobbies:

I'm a passionate outdoorsman with hobbies that include backcountry skiing, ski mountaineering, mountain biking, backpacking, hunting, fishing, climbing, and hiking. I am an Assistant Scout Master for Boy Scout Troop 77 in Boulder, helping transition scouts into young men. I also love to fix things around the house.