

Samantha E. Zimmermann

PT, DPT, OCS, SCS, CSCS

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Professional Clinical Experience

Elite Care Physical Therapy, LLC Nov 2023 - present Windham, New Hampshire **Physical Therapist**

- Provides evaluations and treatment with a caseload including pelvic floor, orthopedic, sports, neurologic, and oncologic injuries

Balance Rehabilitation & Health Science, LLC Apr 2021 –Dec 2023 Windham, New Hampshire **Physical Therapist**

- Provided evaluations and treatment with a caseload including pelvic floor, orthopedic, sports, neurologic, and oncologic injuries
- Acted as a full-time Clinical Instructor to a third year doctoral candidate and a mentor to new graduate physical therapists and students of physical therapy
- Instructed staff in inservices designed to familiarize them with treatment of Diastasis Recti Abdominis, complex ankle injuries and Myofascial Decompression

Marine Corps Special Operations Command Jun 2019 – Apr 2021 Camp Lejeune, North Carolina **Contract Physical Therapist (KBR)**

- Provided evaluations and treatment to Special Operations Forces personnel for neuro musculoskeletal injury care including ordering images, laboratory tests, pharmaceuticals, dry needling, and referrals to other specialty providers
- Provided remote consultation to service members deployed worldwide · Interfaced with multi-disciplinary team of physicians, strength coaches, dietitians, and sports psychologists to provide customized treatment and injury prevention plans · Conducted equipment, product, and literature reviews to ensure the Human Performance program remained current with the provision of care

Synergy Physical Therapy & Sports Medicine Nov 2018 – May 2019 Jacksonville, North Carolina **Physical Therapist**

- Provided evaluations and treatment with a caseload including orthopedic, sports, and pelvic floor injuries
- Completed advanced-level training on assessment and treatment of the male and female patient with pelvic floor dysfunction
- Acted as a mentor to new graduate physical therapists and students of physical therapy · Instructed civilian staff in an inservice designed to familiarize them with how to address treatment of the Active Duty Patient

Naval Health Clinic Quantico May 2016 – Nov 2018 Quantico, Virginia **Physical Therapist/Division Officer**

- Provided musculoskeletal evaluations and treatments to Active Duty personnel, including Trigger Point Dry Needling and Osteopathic Manipulative Therapy
- Completed 3,500 patient encounters spanned over four branch clinics, recapturing over \$500K worth of care otherwise leaked to the civilian network
Samantha E. Zimmermann, PT, DPT, OCS, SCS, CSCS
- Treated an average of 12 patients per day while also completing field coverage and didactic lectures as a part of the US Navy Sports Physical Therapy Residency Program
- Managed a staff of 17 personnel (active duty, GS, and contractors) across four clinics
- Maintained oversight of patient care at two clinics, including services to over 12,000 patients and \$70K worth of equipment

Sports Physical Therapy Resident, Marine Corps Officer Candidates School

- Staffed acute sick call six days per week during training cycles, providing emergent evaluation and care of injured Officer Candidates
- Ordered and interpreted laboratory values and radiology, including X-rays and MRI to determine safety to train
- Provided field coverage for candidates during training hikes, ropes courses, obstacle courses, trail runs, physical fitness tests, combat fitness tests, pugil sticks, and martial arts training
- Augmented with the Wounded Warrior Regiment to provide field coverage for the 2018 Marine Corps Trials allowing athletes with disabilities to safely compete in nine distinct athletic events and traveled internationally to provide medical coverage at the Cateran Yomp (Scotland) and Royal Marines Rehabilitation Triathlon (United Kingdom)

Clinic Site Supervisor, Washington Navy Yard

- Established a physical therapy clinic at the Washington Navy Yard, expanding services to 14,000 additional service members
- Evaluated 10-12 patients per day, recapturing patient population from traveling to more distant clinics and saving 140-160 manning hours per week

Clinic Site Supervisor, The Basic School

- Evaluated and treated over 700 patients during a five-month period
- Provided feedback to Marine staff allowing Marines to return to training platoon from medical holding ahead of schedule

Command Liaison to the Marine Corps Marathon (MCM) Medical Staff

- Collaborated with joint Marine Corps, Navy, and civilian staff to plan for the 42nd Marine Corps Marathon, MCM 10K, and MCM Kids Fun Run
- Responsible for logistical oversight of the transport of 1,000 medical volunteers, supplies, and equipment for nine Medical Aid Stations and two Medical Information Stations, to ensure safety for 30,000 runners and their spectators during the Marine Corps Marathon and MCM 10K
- Oversaw treatment of 30 children during the MCM Kids Fun Run and 750 runners and spectators during the Marine Corps Marathon and MCM 10K

Special Operations Joint Task Force – Afghanistan Nov 2014 – Mar 2015 Kabul, Afghanistan

Physical Therapist

- Hand selected to deploy in support of Special Operations Command (SOCOM) to Afghanistan as the sole rehabilitation provider for a SOCOM area of responsibility over

100,000 square miles

- Established a physical therapy clinic at Camp Integrity for the treatment of US and NATO Special Operations Forces
- Provided emergent care to Special Operations Forces and support staff including Trigger Point Dry Needling, Osteopathic Manipulative Therapy, therapeutic exercises, and taping
- Expanded care by traveling to five forward operating bases

Naval Hospital Camp Pendleton Apr 2013 – May 2016 Camp Pendleton, CA

Physical Therapist/Assistant Department Head

- Provided musculoskeletal evaluations and treatments to Active Duty personnel, including Trigger Point Dry Needling and Osteopathic Manipulative Therapy
- Spearheaded and created two embedded clinics within Infantry Regiments, expanding services to 5,000 beneficiaries
- Completed 4,900 patient encounters spanned over eight branch clinics, recapturing over \$740K worth of care otherwise leaked to the civilian network
- Aided during Third Location Decompression to the 1st Raider Battalion after two deployments
- Managed a staff of over 60 personnel (active duty, GS, and contractors) spread across nine rehabilitation clinics
- Analyzed 11th Artillery Marines and the 1st and 5th Infantry Marine Regiments during field operations to provide injury prevention briefs at the individual, Non-Commissioned Officer (NCO), and battalion level
- Served as Command Diversity Officer, leading Marines and Sailors to bring awareness to ethnic and cultural diversity

Clinic Site Supervisor, 53 Area “Camp Horno” Branch Clinic

- Established a physical therapy clinic at the 53 Area “Camp Horno” Branch Clinic, expanding services to the 5,000 service members of the 1st Marine Infantry Regiment
- Supervised one Physical Therapy Technician.
- Maintained accountability of 15K worth of equipment
- Provided musculoskeletal education and mentorship to MDs, DOs, PA-Cs, Independent Duty Corpsmen (IDC), and corpsmen prior to deployments

Clinic Site Supervisor, 62 Area “San Mateo” Branch Clinic

- Established a physical therapy clinic at the 62 Area “San Mateo” Branch Clinic.
- Expanded services to the 5,000 service members of the 5th Marine Infantry Regiment and the 1st Combat Engineer Battalion
- Maintained accountability of 30K worth of equipment
- Supervised two Physical Therapy Technicians and one Occupational Therapist
- Provided musculoskeletal education and mentorship to MDs, DOs, PA-Cs, IDCs, and corpsmen prior to deployments.
- Guided pre- and post- deployment briefs to the 1st Combat Engineer Battalion on injury prevention and body mechanics.

New England Baptist Hospital Nov 2012 – Apr 2013 Boston, MA

Physical Therapist

- Provided physical therapy examinations, treatments, and comprehensive discharge and care planning for patients in the acute inpatient orthopedic setting.
- Managed pediatric, adolescent, adult, and geriatric cases including standard orthopedic care and basic neurologic care of patients with muscular dystrophy.

Education

US Navy Sports Physical Therapy Residency Jan 2017 – May 2018 Naval Health Clinic Quantico – Officer Candidates School, Quantico, VA Board Certification in Sports Physical Therapy (SCS), expected 2019

Tri-Service Military Musculoskeletal Residency Apr 2014 – Dec 2015 Army Medical Department Center and School, Lackland, TX
Board Certification in Orthopedic Physical Therapy (OCS), 2016-2026

Doctor of Physical Therapy Aug 2012 Simmons College, Boston, MA
Graduated with Distinction

Bachelors of Science May 2010 Simmons College, Boston, MA
Cum laude
Health Science, Dean's List 2006-2010

Teaching Experience

Adjunct Faculty of Doctor of Physical Therapy Program University of Massachusetts Lowell
· 2024-present – lab professor guiding doctoral students through curriculum of musculoskeletal treatment

Faculty of United States Military Musculoskeletal Residency
· 2020: instructed post-graduate residency program on conditions and treatment of the upper extremity

Presenter for Naval Health Clinic Quantico Continuing Education Program:
· Spring 2017: Radiology in the Musculoskeletal Population
· Fall 2017: Appropriate Management of Lateral Ankle Sprains

Guest Lecturer at Simmons College Doctor of Physical Therapy Program:
· Fall 2013-15: Guest lecturer on the complex nature of treating the active duty military population
· Reviewed specific complex cases and appropriate management with doctoral students

Presenter for MDs, DOs, PA-Cs, IDCs, and Corpsman Continuing Education Course Series:
· 2014-15: Provided more than 15 hours of courses about orthopedic evaluation and treatment to medical staff of 1st Marine Regiment prior to their deployments
· Lectured on Inter-professional Collaboration to maximize benefits of embedded Physical and Occupational Therapists with 5th Marine Regiment

Guest Speaker at APTA's National Student Conclave:
· Fall 2013-15: lecturer: What's Next: A Guide to Professionalism
· Lectured on behalf of the American Physical Therapy Association and the Federal Section on making the transition from doctoral candidate to new professional

Teaching Assistant at Simmons College Doctor of Physical Therapy Program:
· Summer 2011-12: Gross Human Anatomy
· Fall 2011: Cardiovascular and Pulmonary Systems
· Spring 2011: Fundamentals of Movement Science

Professional Training and Activities

- Herman and Wallace Pelvic Floor 1 (March 2019)
- Herman and Wallace Pelvic Floor 2 (March 2019)
- Herman and Wallace Male Pelvic Floor (September 2018)
- Certified Strength and Conditioning Coach (2018-present)
- Sports Clinical Specialist (2019-2029)
- Intermediate Leadership Course (2018)
- Emergency Medical Responder (2017-2019)
- Orthopedic Clinical Specialist (2016-2026)
- Department Head Leadership Course (2015)
- BLS Certified (2013 – Present)
- Division Officer Leadership Course (2013)

Volunteer Experience

- Cateran Yomp – Medical Coverage with Wounded Warrior Battalion (2018) · Royal Marines Rehabilitation Triathlon – Medical Coverage with Wounded Warrior Battalion (2018)
- Marine Corps Marathon, MCM 10K, MCM Kid's Fun Run – Medical Team (2017-19) · Run Amuck – Marine Corps Mud and Obstacle Race Medical – Team (2017) · Quantico 100 – Medical Team (2017)
- Historic Half Marathon – Medical Team (2017)
- 17.75k – Medical Team (2017)

Personal Awards

- Joint Commendation Medal (2015)
- Navy and Marine Corps Achievement Medal (2016, 2018)
- Joint Meritorious Unit Award (2016)
- National Defense Service Medal (2013)
- Afghanistan Campaign Medal (2015)
- Global War on Terrorism Service Medal (2013)
- Sea Service Deployment Ribbon (2015)
- NATO Medal (2015)
- Marksman 9mm Pistol (2014)
- Marksman M16/M4 Rifle (2014)
- National Defense Service Medal (2013)
 - Letter of Commendation from the United States Marine Corps on behalf of the Wounded Warrior Regiment for service during the Wounded Warrior Games Marine Corps Trials

Professional Affiliations

- American Physical Therapy Association
- Orthopedic Section Member
- Federal Section Member
- Section on Women's Health Member
- National Strength and Conditioning Association