

CURRICULUM VITAE

Name Michael Gerard Timko PT, MS, FAAOMPT
Address Bridgeside Point 100 Technology Dr. Pittsburgh, PA 15219
Telephone 412 383-6578
Department of Physical Therapy, University of Pittsburgh

Education: University of Pittsburgh
Pittsburgh, PA
1992 to 1994
Health and Rehabilitation Sciences
Post-Professional MS 1994

West Virginia University
Morgantown, WV
1988 to 1990
Physical Therapy
First-Professional BS 1990

West Virginia University
Morgantown, WV
1983 to 1988
Business and Economics
BS 1988

Licensure Information/Registration Number: Pennsylvania 007357L
Pennsylvania DAPT 001138
West Virginia 001798

Certifications: Fellow of American Academy of Orthopedic Manual Physical Therapists

Employment and Positions Held: Department of Physical Therapy
Instructor
Non-Tenured
University of Pittsburgh
Pittsburgh, PA
September 1996 to Present

Division of Physical Therapy
Part-time Clinical Assistant Professor
Non-Tenured
West Virginia University
Morgantown, WV
January 2011 to Present

Employment and Positions Held:

Department of Health Professions
Physical Therapy Division
Adjunct Instructor
Non-Tenured
Medical University of South Carolina
Charleston, SC
May 2016 to Present

UPMC Center for Sports Medicine
Physical Therapist—Spine Specialist
UPMC Center for Rehab Services
Pittsburgh, PA
December 2003 to Present

Department of Physical Therapy
Physical Therapist
HCR Manor Care
Peters Township, PA
August 2007 to December 2012

Centers for Rehab Services
Facility Director/Physical Therapist
Canonsburg, PA
December 2001 to December 2003

Advanced Care Rehabilitation
Physical Therapist—Owner
Canonsburg, PA
July 2000 to December 2001

Summit Physical Therapy
Facility Director/Physical Therapist
Wheeling, WV
June 1998 to June 2000

CORE Network.LLC
Physical Therapist
Comprehensive Spine Center
Center for Sports Medicine
Pittsburgh, PA
December 1995 to June 1998

CORE Network.LLC
Physical Therapist
Uniontown, PA
July, 1994 to December 1995

Abby Home Health Care
Physical Therapist
Uniontown, PA
March 1991 to December 1995

Employment and Positions Held: Laurel Rehabilitation and Sports Physical Therapy
Physical Therapist
Uniontown, PA
October 1990 to July 1994

Peer Reviewed Publications: Alrwaily M, **Timko M**, Schneider M, Stevens J, Bise C, Hariharan K. The Treatment-based Classification System for Patients with Low Back Pain: Revision and Update. Phys Ther. 2016; 96:1057-1066
Doi: 10.2522/ptj.20150345

Alrwaily M, Schneider M, Sowa G, **Timko M**, Whitney S, Delitto A. A Comparison Between Stabilization Exercises Supplemented With Neuromuscular Electrical Stimulation: A Phase I Randomized Controlled Trial. J Orthop Sports Physical Therapy. July 2015. (Submitted)

Occult Hypermobility of the Craniocervical Junction
A Case Report and Review
J Orthop Sports Phys Ther 2011; 41(6):444-457
Doi:10.2519/jospt.2011.3305

Non-Peer Reviewed Publications: Current Concepts of Orthopedic Physical Therapy
Independent Study Course 21.2.7; 2011
The Thoracic Spine and Rib Cage:
Physical Therapy Patient Management
Utilizing Current Evidence
(Subject Matter Expert—Reviewer)

Non-Peer Reviewed Presentations: APTA Annual Orthopaedic Section Meeting
Treating the Cervical & Lumbar Spine:
Can Art, Science, and Practice Guidelines
All Get Along?
Michael Timko, PT, MS, FAAOMPT
Atlanta, GA
May 2016

PPTA Annual Meeting
Considerations for the Management of Spinal
Dysfunction: "A Discussion and Practicum on
Established Clinical Guidelines"
Michael Timko, PT, MS, FAAOMPT
Seven Springs, Pennsylvania
October, 2014

Non-Peer Reviewed Presentations: The II International Fisiotherapy Forum
Based on Pain
The Development and Utilization of Classification
Principles for the Non-Surgical Management of LBP
Michael Timko, PT, MS, FAAOMPT
The Treatment Based Classification System:
The First 20 Years and Still Moving Forward
Michael Timko, PT, MS, FAAOMPT
Campinas, Brazil
August 2015

Prince Sultan Military Medical City
The Treatment Based Classification System:
Clinical Consideration for the Evaluation and
Treatment of LBP
Michael Timko, PT, MS, FAAOMPT
Riyadh, Kingdom of Saudi Arabia
March 2015

Clemson Sports Medicine Conference
Evidenced Based Guidelines for Spinal Rehabilitation
Michael Timko, PT, MS, FAAOMPT
Clemson, SC
February 2013

APTA CSM Pre-Conference Course
Manual Therapy Interventions for the Spine:
A Laboratory Intensive Course
Louie Puentedura, PT, DPT, PhD, OCS, FAAOMPT
Michael Timko, PT, MS, FAAOMPT
San Diego, CA
January 2013

West Virginia University Spine Conference
Physical Therapist's Role in Spinal Rehabilitation
Michael Timko PT, MS, FAAOMPT
Morgantown, WV
October, 2012

PPTA NorthCentral District Meeting
Evidenced-Based Management Strategies
for the Cervical and Thoracic Spine
Michael Timko, PT, MS, FAAOMPT
DuBois, Pennsylvania
March, 2010

Non-Peer Reviewed Presentations: PPTA Annual Meeting
Clinical Management Strategies for
Lumbopelvic Spine
Vincent Salvaggio, MD
Michael Timko, PT, MS, FAAOMPT
Seven Springs, Pennsylvania
October, 2009

PPTA NorthCentral Annual Meeting
Evidenced-Based Classification Principles
for the Lumbopelvic Spine
Richard Erhard, PT, DC, FFAAOMPT
Michael Timko, PT, MS, FAAOMPT
DuBois, Pennsylvania
March, 2008

APTA CSM Pre-Conference Course
Manual Therapy Considerations for
the Foot and Ankle
Michael Timko, PT, MS, FAAOMPT
Boston, Massachusetts
February, 2007

American College of Rheumatology
Annual Meeting
Introduction to Classification System
for the Cervical Spine
Michael Timko, PT, MS, FAAOMPT
San Antonio, Texas
October, 2004

American Academy of Orthopedic Manual Therapists
Annual Meeting
Clinical Biomechanics of the
Upper Cervical Spine
Michael Timko, PT, MS
Biloxi, Mississippi
November, 1996

Funded/In Review Grant Activity: Rehab Institute of Pittsburgh
Michael Timko, PT, MS, FAAOMPT
Principal Investigator
\$27,000
Reliability of Craniocervical Ligament Testing
June 1, 2013 to June 1, 2016

Other Scholarly Products:

Hooked on Evidence
Cervical Spine Case Scenarios
APTA Hooked on Evidence Website
July 2012

Examination and Treatment of the
Lumbopelvic Region
Instructional DVD

Examination and Treatment of the
Cervical and Thoracic Region
Instructional DVD

Spinal Exercise Handbook
Instructional DVD

Continuing Education Workshops Organized:

Certificacao Internacional
Avancada Em Reabilitacao Da Coluna
Baseado No Sistema Subgrupos Com
Wilson Melo Institute
Campinas, Brazil
June 2016 to Present

Evidenced Based Considerations for the
Management of Upper Body Dysfunction:
The Shoulder Girdle & Cervicothoracic Complex
Motivations Inc.
Atlanta, GA
December 2015

Manual Therapy Course Series
Three Part Course Series
Wilson Melo Institute
Campinas, Brazil
April, July, September 2013

Contemporary Clinical Practice Series
Eight Part Course Series
West Virginia University
Morgantown, WV
2013 to Present

Continuing Education Workshops Organized:

Case Based Program of Orthopedic
Assessment and Manual Therapy Interventions
Four Part Course Series
Medical University of South Carolina
Charleston, SC
2004 to Present

Case Based Program of Orthopedic
Assessment and Manual Therapy Interventions
Five Part Course Series
CRS/University of Pittsburgh
Pittsburgh, PA
2004 to Present

Case Based Program of Orthopedic
Assessment and Manual Therapy Interventions
Eight Part Course Series
West Virginia University
Morgantown, WV
2004 to 2008

Membership in Scientific/Professional Organizations:

American Physical Therapy Association
Member
1990 to Present

American Physical Therapy Association
Orthopedic Section Member
1990 to Present

American Academy of Orthopedic
Manual Physical Therapists
Member 1994 to Present
Fellowship Status 2002 to Present
Board of Examiners 2002 to Present

Continuing Education Attended:

APTA Annual Orthopaedic Section Meeting
Treating the Cervical & Lumbar Spine:
Can Art, Science, and Practice Guidelines
All Get Along?
Atlanta, GA
May 2016

The II International Fisiotherapy Forum
Based on Pain
Campinas, Brazil
August 2015

Integrated Manual Therapy, Pain Science, and
Neurodynamics for the Lower Extremity
Joseph Brence, PT, DPT, COMT, DAC
Justin Deskovich, PT, DPT, OCS, SCS, DAC
Morgantown, WV
November, 2015

PPTA Annual Meeting
Seven Springs, Pennsylvania
October, 2014

Motor Control Stability Training: Neuromuscular
Strategies to Restore Posture, Balance, Functional
Movements, and Gait
Sandy Burkhart, PT, OCS, PhD
Jermaine Brantley PT, OCS, CSCS
Morgantown, WV
September, 2014

APTA Combined Sections Meeting
Las Vegas, NV
February, 2014

Integrated Manual Therapy, Pain Science, and
Neurodynamics for the Lower Extremity
Joseph Brence, PT, DPT, COMT, DAC
Justin Deskovich, PT, DPT, OCS, SCS, DAC
Morgantown, WV
November, 2013

Advanced Medical Screening Integrated with
Biomechanical Movement Based
Differential Diagnosis for Physical Therapists
Robert DuVall, PT, DHSc, MMSc, ATC, OCS, SCS,
FAAOMPT, DAC, CSCS
Pittsburgh, PA
December, 2012

Continuing Education Attended:

West Virginia University Spine Conference
WVU Division of Orthopedics
WVU Division of Neurosurgery
Morgantown, WV
October, 2012

Considerations for the Management of Hip Pain
Justin Deskovich, PT, OCS, CSCS
Belle Vernon, PA
June, 2012

Evidence-Based Differential and Screening
In Physical Therapy Practice
PPTA Annual Meeting
Gail Deyle, PT, DSC, DPT, OCS, FAAOMPT
October, 2010

Musculoskeletal Applications of Diagnostic Imaging:
Improving Your Ability to Interpret Diagnostic Images
Dennis Skogsbergh, DC
Pittsburgh, PA
November, 2009

Cervical Manipulation and Stroke
Pierre Cote, DC, PhD
Pittsburgh, PA
May, 2009

The Lumbar Spine: Mechanical Reasoning and
End Range Loading Strategies
Gary Jacobs, DC
February, 2009

Current Teaching Responsibilities in the Entry-level Physical Therapy Program:

PT 2031 Musculoskeletal Physical Therapy I
Course Coordinator/Instructor
First-Professional DPT Program
University of Pittsburgh
2005 to Present (Fall Term—First Year Students)

PT 2032 Musculoskeletal Physical Therapy II
Course Coordinator/Instructor
First-Professional DPT Program
University of Pittsburgh
2006 to Present (Spring Term—First Year Students)

Current Teaching Responsibilities in the Entry-level Physical Therapy Program:

PT 2033 Musculoskeletal Physical Therapy III
Course Coordinator/Instructor
First-Professional DPT Program
University of Pittsburgh
2006 to Present (Fall Term—Second Year Students)

PT 2050 Advanced Manual Therapy
Course Instructor
First-Professional DPT Program
University of Pittsburgh
2013 to Present (Spring Term—Elective)