

# Rick Joreitz PT, DPT, ATC

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## Education

**University of Pittsburgh**  
Doctor of Physical Therapy

**Graduated with Honors: April, 2008**

**University of Pittsburgh**  
Bachelor of Science in Rehabilitation Science  
Concentration in Athletic Training

**Graduated with Honors: May, 2005**

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## Professional Licensure

Board-Certified Sports Clinical Specialist	2011-Present
Pennsylvania: Direct Access Physical Therapy License #DAPT002335	2011-Present
Pennsylvania: Physical Therapy License #PT019280	2008-Present
Pennsylvania: Athletic Trainer License #RT003963	2005-Present

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## Professional Roles and Responsibilities

**Director of Sports Physical Therapy**  
**Department of Physical Therapy, University of Pittsburgh**

**January, 2019 to Present**

## TEACHING

- Primary instructor for Advanced Therapeutic Exercise in PT Practice for DPT Program (Residential and Hybrid Options)
- Lecturer and Teaching Assistant in Musculoskeletal Physical Therapy Series and Kinesiology
- Coordinator and primary instructor for Emergency Responder Course through Health & Safety Institute to provide annual EMR course for students and local physical therapists
- Assist in the organization and teaching of post-professional educational offerings related to sports physical therapy that include continuing education, certificate, and residency programs
- Health & Safety Instructor – Certified to teach CPR, AED use, and first aid to medical professionals. Provide CPR/AED initial and recertification classes to the faculty and staff
- Provide an Introduction to Blood Flow Restriction class to 2<sup>nd</sup> year DPT students
- Created online continuing education module of Advanced Therapeutic Exercise in PT Practice. Secured PT and Athletic Training BOC continuing education credits
- Serve as an advisor to Knee Pain Group for DPT Performance Improvement Project

*Primary Instruction*

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<b>Course Number</b>	<b>Title</b>	<b>Year(s)</b>	<b>Average Number of Students</b>	<b>Responsibilities % course taught</b>
PT 2085	Advanced Therapeutic Exercise in PT Practice	2017-Present	50	Course Coordinator  100%

**Description:** This graduate level course is designed to expand on the basic understanding of therapeutic exercise selection and application. Students will integrate required readings, lecture, and lab activities to create and implement an impairment-based rehabilitation program.

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PT 2229	Kinesiology & Introduction to Therapeutic Exercise	2020	65	Course Coordinator  100%
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**Description:** This graduate course is an introduction to the foundations of biomechanics, musculoskeletal tissue mechanics, and therapeutic exercise that will provide the basic principles underlying the analysis of normal and pathological human movement with applications to the musculoskeletal system.

*Additional Instruction*

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<b>Course Number</b>	<b>Title</b>	<b>Year(s)</b>	<b>Average Number of Students</b>	<b>Responsibilities % course taught</b>
PT 2229	Kinesiology & Introduction to Therapeutic Exercise	2019, 2021-Present	60	Teaching Assistant and Lecturer  16%

**Description:** This graduate course is an introduction to the foundations of biomechanics, musculoskeletal tissue mechanics, and therapeutic exercise that will provide the basic principles underlying the analysis of normal and pathological human movement with applications to the musculoskeletal system.

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PT 2231	Musculoskeletal Causes, Analysis, and Interventions in Movement Dysfunction 1	2019-Present	60	Teaching Assistant and Lecturer 28%
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**Description:** This graduate level course provides an overview of the musculoskeletal causes and treatments of movement dysfunction related to the lower extremity. Synchronous, asynchronous and face to face immersions are used to develop competency in knowledge of pathomechanics, patient evaluation, clinical decision-making, treatment planning and implementation, and assessment of treatment outcome for patients with lower extremity musculoskeletal dysfunctions.

PT 2232	Musculoskeletal Causes, Analysis, and Interventions in Movement Dysfunction 2	2019-Present	60	Teaching Assistant and Lecturer
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**Description:** This graduate level course provides an overview of the musculoskeletal causes and treatments of movement dysfunction related to the spine and upper extremity. Synchronous, asynchronous and face to face immersions are used to develop competency in knowledge of pathomechanics, patient evaluation, clinical decision-making, treatment planning and implementation, and assessment of treatment outcome for patients with musculoskeletal dysfunctions in the spine and upper extremity.

### Speaking Engagements

- **APTA Combined Sections Meeting, 2023**
  - Hip-Checked: Management of Hip and Groin Pain in the Hockey Athlete
- **“Casual Chat with Rick Joreitz”, 2023**
  - Live webinar sponsored by the Sports Performance and Enhancement SIG of the American Academy of Sports Physical Therapy.
- **“JOSPT Insights with Rick Joreitz”, 2023**
  - Discussed hip pain and rehab in hockey players. Podcast.
- **Concussion Management Q&A – Acute Management and Diagnosis 2022**
  - Webinar sponsored by the American Academy of Sports Physical Therapy
- **University of Pittsburgh Department of Physical Therapy Rounds Presentation, 2020, 2022**
- **Emergency Medical Response for Non-EMS Personnel, 2019, 2021, 2022**
  - Certified physical therapists and physical therapy students in EMR course, required for SCS certification and Sports Residencies
- **UPMC Hip Preservation Program Conference: Management of the Athlete’s Hip**
  - 2022: Rehab Principles in the Cutting Athlete
  - 2020: Groin Pain Syndrome known as Sports Hernia: Non-operative and Post-operative Rehabilitation
- **American Academy of Sports Physical Therapy Shoulder Podcast, 2021**
  - Shoulder Injuries and Rehab in Hockey

- **PPTA Southwest District Mini-Combined Sections Meeting, 2018**
  - Physical Therapy after ACL Reconstruction
- **Pitt-Marquette Challenge, 2017**
  - Criterion-based Activity Progression and Testing for the Lower Extremity
- **Current Concepts in Rehabilitation to Return to Sport, 2015**
  - Created two-day course focusing on treatment of orthopedic issues with emphasis on return to sport decision making and testing
  - Presented Return to Sport After Hamstring Strains
- **Pitt-Marquette Challenge, 2011**
  - Functional Training and Examination of the Knee
- **APTA Combined Sections Meeting, 2010**
  - Functional Training in ACL Injury: A Multidisciplinary Approach to Prevention, Treatment and Assessment of Outcomes in 2010

## **SERVICE**

### **Service to University of Pittsburgh**

- **Pitt Athletics Physical Therapist**
  - Provide physical therapy services to University of Pittsburgh student athletes
    - Football Team: 2019-Present
    - Men's and Women's Basketball Teams: 2019-2021
  - Evaluate and rehabilitate student athletes following surgery and long-term injuries
  - Assist with the examination, evaluation and rehabilitation of student athletes following acute injuries
  - Communicate with the team physicians and head athletic trainer the progress of the student athlete
  - Coordinate with the strength and conditioning staff the progression of the rehabilitation program and assist in the modification of the weightlifting and conditioning programs for each injured student athlete
  - Coordinate with and assist the sports performance staff to perform appropriate monitoring and testing of student athletes including the use of force plates and Catapult data
  - Coordinate with team dietician to begin/modify the use of dietary supplements following injury
  - Provide on-field coverage for all practices and games
  - Assist in the field setup and cleanup for practices and games
  - Assist physical therapy and athletic training students in the completion of competency skills check-off sheets
- **Director of Division 1 Sports Physical Therapy Fellowship Program**
  - Developed fellowship program which included:
    - Coordination of roles and responsibilities between the Departments of Physical Therapy and Athletics
    - Fulfill American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE) requirements to successfully gain Application for Candidacy Status

- Creation of program mission and goals
- Securing a fellowship faculty
- Creation of didactic curriculum
- Secure other learning opportunities with UPMC physicians, University of Pittsburgh Strength and Conditioning staff, Dieticians
- Creation of fellowship handbook to align with all university guidelines
- Coordinate interview process and schedule
- Manage mentoring schedule with fellow
- Complete regular assessments of the fellow and fellowship faculty, in accordance with ABPTRFE Quality Standards
- Organize Fellowship orientation
- Meet ABPTRFE Quality Standards related to program effectiveness
- Manage program social media site

### Clinical Service

#### **UPMC Rehabilitation Institute January, 2010 to Present (Formerly named Centers for Rehab Services)**

- Faculty Member for UPMC Rehabilitation Institute Sports and Orthopedic Physical Therapy Residency Programs
- Clinical Mentor for Orthopedic and Sports Residents
- Primary instructor for knee didactic component
- Orthopedic Residency Program Coordinator for Lemieux Sports Complex (2015-2019)
- Liaison between Sports Resident and supervising Athletic Trainer at the University of Pittsburgh (2021-Present)
- Participate in annual interview process

#### **UPMC Rehabilitation Institute June, 2008 to Present**

- Senior Physical Therapist at the UPMC Lemieux Sports Complex
- Full-time employee until 2018; casual employee presently
- Focus in knee and shoulder rehabilitation and functional training for return to sport
- Created Knee Minimum Data Set
- Created screening exam and return to sports test for patients who are post-op ACL-reconstruction
- Created ACL Injury Prevention Program

#### **Pittsburgh Penguins Team Physical Therapist September, 2011 to August, 2017**

- Provide individualized rehabilitation plans for injured players
- Assist Athletic Trainers with practice preparation which included manual therapy and exercise programs
- Provide on-ice coverage during rehabilitation skating sessions
- Coordinate the rehabilitation plan with Strength and Conditioning Coaches and Athletic Trainers
- Consult with Skating Coach the progression of on-ice activities in the rehabilitation process
- Assist the Strength and Conditioning Coaches with pre-season screenings

## Professional Association Memberships and Activities

American Physical Therapy Association  
Sports Section of APTA  
Direct Access Physical Therapy License  
Licensed Athletic Trainer  
APTA Certified Clinical Instructor

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## Peer Reviewed Publications

- **Joreitz R**, Lynch A, Popchak A, Irrgang J. Criterion-based rehabilitation program with return to sport testing following ACL reconstruction: a case series. *Int J Sports Phys Ther.* 2020; 15(6): 1151-1173. PubMed PMID: 33344032.
- **Joreitz R**, Lynch AD, Rabuck SJ, Lynch BN, Davin S, Irrgang JJ. Patient-specific and surgery-specific factors that affect return to sport after ACL reconstruction. *Int J Sports Phys Ther.* 2016; 11(2): 264-278. PubMed PMID: 27104060.
- Sinacore JA, Lynch AD, Evans A, Patterson B, **Joreitz R**, Irrgang JJ. Diagnostic Accuracy of Handheld Dynamometry and One-Repetition Maximum Tests for Identifying Meaningful Quadriceps Strength Asymmetries. *J Orthop Sports Phys Ther.* 2017; 47(2): 97-107. PubMed PMID: 28142362.

## Other Publications and Presentations

- **Joreitz R**, Blickman S. Return to Play in an In-Season Quarterback After TightRope™ Stabilization. Poster presented at: NATA 2022 Convention. June 28-July 1, 2022. Philadelphia, PA.
- Sprague A, McHugh T, **Joreitz R**. Patellar Tendinopathy. Independent Study Course 32.1.4. Academy of Orthopaedic Physical Therapy. APTA.
- Lynch AD, **Joreitz R**, Patterson B, Evans A, Sinacore JA, Irrgang JJ. Comparison of One-Repetition Maximum Leg Extension and Leg Press to Isometric Dynamometry to Identify Clinically Meaningful Deficits in Quadriceps Strength. APTA Combined Sections Meeting. Indianapolis, IN 2015.
- Lynch AD, Cummer K, **Joreitz R**. *Rehabilitation after ACL Reconstruction* in Nakamura N, Marx R, Musahl V, Zaffagnini S (eds.). *Controversies in ACL Reconstruction: An Evidence Based Approach*. Springer Publishing 2016.
- **Joreitz R**, Lynch AD, Harner CD, Fu FH, Irrgang JJ. *Criterion Based Approach for Returning to Sport After ACL Reconstruction* in Karlsson J, Kuroda, Musahl V, Zaffagnini S (eds.). *Rotatory instability of the knee: An evidence-based approach*. Springer Publishing 2016.
- *Anterior Cruciate Ligament Reconstruction* chapter. Rehabilitation for the Post-Surgical Orthopedic Patient, 3<sup>rd</sup> edition by Lisa Maxey and Jim Magnusson. 2010
- **Joreitz R**. Getting back in the game. Rehabbing lower extremity injuries and helping to stave off recurrence. *Rehab Manag.* 2010; 23(7): 18, 20-1. PubMed PMID: 20799503.