**Rick Joreitz PT, DPT, SCS, ATC**

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| 1997 Carriage Hill Rd.  Allison Park, PA 15101 | **(717) 215-1403**  [**rej13@pitt.edu**](mailto:rej13@pitt.edu) |

**Education**

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| **University of Pittsburgh**  Doctorate in Physical Therapy | **Graduated with Honors: April, 2008** |

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| **University of Pittsburgh**  Bachelor of Science in Rehabilitation Science  Concentration in Athletic Training | **Graduated with Honors: May, 2005** |

**Work Experience**

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| **University of Pittsburgh** | **January, 2019 to Present** |

* Clinical Assistant Professor, Department of Physical Therapy
* Primary Instructor for Advanced Therapeutic Exercise in PT Practice
* Teaching Assistant in Musculoskeletal Unit and Kinesiology
* Assist in the organization and teaching of post-professional educational offerings related to sports physical therapy that include continuing education, certificate and residency programs
* Provide physical therapy services to the University of Pittsburgh’s Football, Men’s and Women’s Basketball teams

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| **UPMC Centers for Rehab Services** | **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
* APTA Certified Clinical Instructor
* 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

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| **UPMC Centers for Rehab Services Sports and Orthopedic Physical Therapy Residency Program** | **January, 2010 to Present** |

* Former Orthopedic Residency Program Coordinator for Lemieux Sports Complex
* Liaison between Sports Resident and supervising Athletic Trainer
* Clinical Mentor for Orthopedic and Sports Residents
* Instructor for knee didactic component
* Participate in interviewing potential candidates

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| **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-site coverage of the ice during rehabilitation skates

**Related Experience**

**Research**

* 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. *IJSPT*. 2016; 11(2): 264-278.
* 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**.** *JOSPT*. 2017; 47(2): 97-107.
* 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.
* Principal Investigator for “Functional Rehabilitation Following ACL Reconstruction with Progression Criteria and Return to Sport Testing: A Case Series” (ongoing)

**Author**

* Lynch AD, Cummer K, Joreitz RE. *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 RE, 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.
* 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.
* Anterior Cruciate Ligament Reconstruction chapter. Rehabilitation for the Post-Surgical Orthopedic Patient, 3rd edition by Lisa Maxey and Jim Magnussion. 2010.

**Continuing Education and Speaking Engagements**

* **EMS Safety Instructor**
  + Certified to teach CPR, AED use, and first aid to medical professionals
* **Certified HawkGrips Practitioner Levels-1 and 2, 2018**
* **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

**Professional Association Memberships and Activities**

American Physical Therapy Association

Orthopedic and Sports Section of APTA

Direct Access Physical Therapy License

Licensed Athletic Trainer

APTA Certified Clinical Instructor

**References:**

Available upon request