

**Michael G. Timko, PT, MS, FAAOMPT
University of Pittsburgh
School of Health and Rehabilitation Sciences**

BIOGRAPHICAL

Home Address:
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Bridgeside Point I
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EDUCATION

University of Pittsburgh, Pittsburgh, PA

Master of Science, Health and Rehabilitation Sciences, 1994

West Virginia University, Morgantown, WV

BS, Physical Therapy, 1990

BS, Business and Economics, 1988

APPOINTMENTS AND POSITIONS

ACADEMIC

1996-2020	University of Pittsburgh, Pittsburgh, PA	Assistant Professor Department of Physical Therapy
2011-2020	West Virginia University Morgantown, WV	Clinical Assistant Professor Division of Physical Therapy
2016-2020	Medical University of South Carolina Charleston, SC	Adjunct Instructor Department of Health Professions Physical Therapy Division

NON-ACADEMIC

2003-2016	UPMC-CRS Center for Sports Medicine Pittsburgh, PA	Physical Therapist Spine Specialist
2007-2012	HCR Manor Care Peters Township, PA	Physical Therapist
2011-2003	CRS-Canonsburg Canonsburg, PA	Physical Therapist Facility Director
2000-2001	Advanced Care Rehabilitation Canonsburg, PA	Physical Therapist Owner
1998-2000	Summit Physical Therapy Wheeling, WV	Physical Therapist Facility Director
1995-1998	CORE Network, LLC Comprehensive Spine Center Pittsburgh, PA	Physical Therapist
1994-1995	CORE Network, LLC Uniontown, PA	Physical Therapist

1991-1995	Abby Home Health Care Uniontown, PA	Physical Therapist
1990-1994	Laurel Rehabilitation and Sports Physical Therapy Uniontown, PA	Physical Therapist

CERTIFICATION AND LICENSURE

SPECIALTY CERTIFICATION

2002-2023	American Academy of Orthopedic Manual Physical Therapists	Fellow
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PROFESSIONAL LICENSURE

1990-2022	Pennsylvania State Bureau of Professional and Occupational Affairs	PT007357L
2006-2022	Pennsylvania State Bureau of Professional and Occupational Affairs	DAPT001138
2011-2022	West Virginia Board of Physical Therapy	PT001798

PROFESSIONAL MEMBERSHIP

1990-2022	American Physical Therapy Association Orthopedic Section
1994-2022	American Academy of Orthopedic Manual Physical Therapists

PUBLICATIONS

Donald Murphy, Brian Justice, Christopher Bise, **Michael Timko**, Joel Stevens, Michael Schneider; The primary spine practitioner as a new role in healthcare systems in North America. *Chiropractic and Manual Therapies*. 2022; 30:6 (<https://doi.org/10.1186/s12998-022-00414-8>)

Karthik Hariharan, Lauren Terhorst, Matthew Maxwell, Christopher G. Bise, **Michael G, Timko**, Michael J Schneider; Inter-Examiner Reliability of Radiographic Measurements from Open-Mouth Lateral Bending Radiographs. *Chiropractic and Manual Therapies*. 2020; 28:32 (<https://doi.org/10.1186/s12998-020-00317-6>)

Robert Tisherman, Robert Hartman, Karthik Hariharan, Nicholas Vaudreuil, Gwendolyn Sowa, Michael Schneider, **Michael Timko**, Kevin Bell; Biomechanical Contribution of the Alar Ligaments to Upper Cervical Stability. *Journal of Biomechanics*. 2020; Volume 99, 109508 (<https://doi.org/10.1016/j.jbiomech.2019.109508>)

Bruna Pilz PT, PhD, Rodrigo A. Vasconcelos PT, PhD, Paulo P. Teixeira PT, MS, Wilson Mello MD, Isadora O. Oliveira PT, MS, Juliana Ananias PT, BS, **Michael Timko PT, MS**, Débora B. Grossi PT, PhD; Comparison of Hip and Lumbopelvic Performance Between Chronic Low Back Pain Patients Suited for the Functional Optimization Approach and Healthy Controls. *Spine*. 2019; 45(1): E37-E44. doi: 10.1097/BRS.0000000000003198.

Alrwaily M, **Timko M**, Schneider M, Kawchuk G, Stevens J, Bise C, Hariharan K. The Treatment-based Classification System for Patients with Low Back Pain: The Movement Control Approach. *Physical Therapy Journal*. 2017; 97: 1147-1157

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. *Physical Therapy Journal*. 2016; 96: 1057-1066

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)

Mathers K, Schneider M, **Timko M**. Occult Hypermobility of the Craniocervical Junction: A Case Report and Review. *J Orthop Sports Physical Therapy*. 2011; 41(6): 444-457

PROFESSIONAL ACTIVITIES

TEACHING

University of Pittsburgh School of Health and Rehabilitation Sciences Doctor of Physical Therapy Program

- 2005-2022** **PT 2031 Musculoskeletal Physical Therapy I
(6 credits; 55-60 students each year)**
Instructor and coordinator of an introductory course in the DPT program covering examination and treatment of musculoskeletal dysfunction primarily involving the lower extremity, lower quarter screening principles, an introduction to fundamental orthopedic physical examination and treatment principles including selected manual therapy applications
- 2006-2022** **PT 2032 Musculoskeletal Physical Therapy II
(6 credits; 55-60 students each year)**
Instructor and coordinator of an introductory course in the DPT program covering examination and treatment of musculoskeletal dysfunction primarily involving the spine and the upper extremity, including upper quarter screening principles and selected manual therapy applications
- 2006-2022** **PT 2033 Musculoskeletal Physical Therapy III
(3 credits; 55-60 students each year)**
Instructor and coordinator of this final course in the DPT Musculoskeletal Course Sequence. This course features integrative approaches and concepts to the clinical management of patient with Musculoskeletal dysfunction and culminates with an individual Comprehensive, Oral-Practical Examination

University of Pittsburgh School of Health and Rehabilitation Sciences Post-Professional Masters of Health Sciences Program

- 1996-2022** **HRS 2372 Advanced Clinical Practice: The Lower Quarter
(3 credits; 20-35 students each year)**
Instructor and coordinator of this required course in both the Musculoskeletal and Neuromusculoskeletal plans of study in the Post-Professional MS program offered by the Department

of Physical Therapy. This course focuses upon improving the physical therapy clinician's clinical reasoning and clinical decision-making skills, with an emphasis on the differential diagnosis process involving the lower body region

1996-2022

HRS 2361: EBP: Examination and Treatment of the Lumbopelvic Spine (3 credits; 15-25 students each year)

Instructor and coordinator of this required course in the Musculoskeletal plan of study in the Post-Professional MS program offered by the Department of Physical Therapy. This course focuses on the latest evidenced based, examination and treatment principles related to the clinical management of patients with low back pain

1996-2022

HRS 2373 Advanced Clinical Practice: The Upper Quarter (3 credits; 20-35 students each year)

Instructor and coordinator of this required course in both the Musculoskeletal and Neuromusculoskeletal plans of study in the Post-Professional MS program offered by the Department of Physical Therapy. This course focuses upon improving the physical therapy clinician's clinical reasoning and clinical decision-making skills, with an emphasis on the differential diagnosis process involving the upper body region

1996-2022

HRS 2380: EBP: Examination and Treatment of the Cervical and Thoracic Spine(s) (3 credits; 15-25 students each year)

Instructor and coordinator of this required course in the Musculoskeletal plan of study in the Post-Professional MS program offered by the Department of Physical Therapy. This course focuses on the latest evidenced based, examination and treatment principles related to the clinical management of patients with neck and upper back pain

1996-2022

HRS 2308 Clinical Practice Seminar (2 credits; 15-25 students each year)

Instructor and coordinator of this required course in the Musculoskeletal plan of study in the Post-Professional MS program offered by the Department of Physical Therapy. This course focuses on applying and integrating evidenced based examination and treatment principles into patient case scenarios, and culminates with an individual oral-practical examination sequence

PROFESSIONAL TEACHING EXPERIENCE

- 2018-2022 Primary Spine Practitioner Certification Program**
University of Pittsburgh, Pittsburgh, PA
"4-Part Course Series and Certification Program focusing on Utilization of best practice principles for the management of Spinal Related Disorders"
- 2017 Prince Sultan Military Medical City,**
Riyadh, Kingdom of Saudi Arabia
"Evidence Into Practice: Physical Therapy for Neck Pain Symposium & Considerations for the Management of Neck Pain: Biomechanical Assessment of the Cervical and Thoracic Regions Workshop"
- 2016 APTA Orthopedic Section Annual Meeting, Atlanta GA**
"Treating the Cervical and Lumbar Spine: Can Art, Science, and Practice Guidelines All Get Along?"
- Avancada em Reabilitacao da Coluna Baseada no Sistema de Subgrupos Com, Campinas/SP, Brazil**
"Treatment Based Classification Principles for Patients with LBP"
"Treatment Based Classification Principles for Patients with Neck Pain"
- 2015 PPTA Annual Meeting, Seven Springs, PA**
"Considerations for the Management of Spinal Dysfunction: A Discussion and Practicum on Established Clinical Guidelines"
- II Forum Internacional De Fisioterapia Baseada Em Evidencia Na Dor, Campinas/SP, Brazil**
"The Development and Utilization of Classification Principles for the Non-Surgical Management of LBP"
"The Treatment Based Classification System: The First 20 Years and Still Moving Forward"
- Prince Sultan Military Medical City,**
Riyadh, Kingdom of Saudi Arabia
"The Treatment Based Classification System: Clinical Considerations for the Evaluation and Treatment of Low Back Pain"

- 2013** **Clemson Sports Medicine Conference, Clemson, SC**
 “Evidenced Based Guidelines for Spinal Rehabilitation”
- APTA Combined Sections Pre-Conference Course, San Diego, CA**
 Manual Therapy Interventions for the Spine: A Laboratory Intensive Course
- 2012** **West Virginia University Spine Conference, Morgantown, WV**
 “Physical Therapist’s Role in Spinal Rehabilitation”
- 2010** **PPTA NorthCentral District Meeting, DuBois, PA**
 “Evidenced-Based Management Strategies for the Cervical and Thoraic Spine”
- 2009** **PPTA Annual Meeting, Seven Springs, PA**
 “Clinical Management Strategies for the Lumbopelvic Spine”
- 2008** **PPTA NorthCentral District Meeting, DuBois, PA**
 “Evidenced-Based Classification Principles for the Lumbopelvic Spine”
- 2007** **APTA Combined Sections Pre-Conference Course, Boston, MA**
 “Manual Therapy Considerations for the Foot and Ankle”
- 2004** **American College of Rheumatology Annual Meeting, San Antonio, TX**
 “Introduction to Classification System for the Cervical Spine”
- 1996** **AAOMPT Annual Meeting, Biloxi, MS**
 “Clinical Biomechanics of the Upper Cervical Spine”

CONTINUING EDUCATION WORKSHOPS

- 2018-2021** **Contemporary Clinical Practice Series**
 6-part Course Series
 NxtGen Institute of Physical Therapy
 Pivot Physical Therapy, Germantown, MD
- 2016-2020** **Case Based Program of Orthopedic Assessment and Manual Therapy Interventions**
 4-Part Course Series
 Mercy Healthcare, Cincinnati, OH

- 2013-2020** **Contemporary Clinical Practice Series**
8-part Course Series
West Virginia University, Morgantown, WV
- 2013** **Manual Therapy Course Series**
3-Part Course Series
Wilson-Melo Institute, Campinas/SP, Brazil
- 2004-2022** **Case Based Program of Orthopedic
Assessment and Manual Therapy Interventions**
4-Part Course Series
Medical University of South Carolina, Charleston, SC
- 2004-2022** **Cased Based Program of Orthopedic
Assessment and Manual Therapy Interventions**
5-Part Course Series
Centers for Rehab Services, Pittsburgh, PA

RESEARCH

- 2013-2016** **Rehab Institute of Pittsburgh**
Principle Investigator: Michael Timko, PT, MS, FAAOMPT
- Recipient of \$27,000 grant to study the Reliability of Craniocervical Ligament Testing. Project goal is to develop pilot data related to the reliability of clinical examination procedures that are used to evaluate the integrity of the craniocervical ligamentous complex.

PROFESSIONAL SERVICE

- 2002-2019** **American Academy of Orthopedic Manual
Physical Therapists**
Board of Examiners
- 2000-2019** **Centers for Rehab Services, Center for Sports Medicine**
Spinal Rehabilitation Consultant

COMMUNITY SERVICE

- 1999-2002** **Chartiers-Houston Girls Softball Association, Houston PA**
Head Softball Coach
Association President