

Karen Dubrow, PhD, PT, DMT, MS, MOMT, FAAOMPT

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Education and Degrees

PhD	Ola Grimsby Institute Consortium Registered with the Utah System of Higher Education State Board of Regents <i>Dissertation: The Efficacy of an At Home and an In Clinic GoLo® Golf Fitness Program Using STEP® Principles in Improving a Golfer's Driving Distance, Accuracy, and Efficiency of Body Motion During the Swing</i>	2012
Doctor of Manual Therapy	Ola Grimsby Institute Consortium Registered with the Utah System of Higher Education State Board of Regents <i>Dissertation: The Efficacy of Stability Taping Procedures: A Critical Analysis of The Literature</i>	1999
Master of Orthopedic Manual Therapy	Ola Grimsby Institute Consortium Registered with the Utah System of Higher Education State Board of Regents	1996
Orthopedic Manual Physical Therapy Residency Part II (Two-year residency program)	Ola Grimsby Institute San Diego, California	1995
Equivalency of Nordic Specialty in Manual Therapy Residency Part I (Conferred by the Norwegian Board of Manual Therapy Examiners)	Sorlandet's Institute Dallas, Texas Site	1991
M.S. Physical Therapy	Texas Woman's University Dallas, Texas <i>Thesis: The Contribution of Pelvic Rotation to the Straight Leg Raising Measurement</i>	1990
B. S. Cum Laude, Physical Therapy	Washington University School of Physical Therapy St. Louis, Missouri	1987

Experience

Director & Clinician	Dubrow Physical Therapy	1990-Present
Golf Fitness Specialist	Dr. Dubrow's Golf Fitness	2004-Present
Director of PhD Research Dean of Research	Ola Grimsby Institute	2011-2019 2002-2011
Associate Physical Therapist	Myofascial & Manual Therapy Institute	1988-1990
Associate Physical Therapist	Ruth I Doyle L.P.T., Inc.	1987-1988

Certifications

Advanced Open Water Diving	Professional Association of Diving Instructors (PADI)	2018
Enriched Oxygen (NITROX) Diving	Professional Association of Diving Instructors (PADI)	2018
Integrative Systemic Dry Needling	American Dry Needling Institute Colorado Springs, Colorado	2011
Open Water Diving	Professional Association of Diving Instructors (PADI)	2009
Certified Golf Fitness Specialist	GoLo Sports Performance Institute Texas	2004

Presentations and Invited Lectures

Break-Out Session	Redefining Musculoskeletal Health by Redefining Ourselves as a Profession. Creating a Group Think Tank *American Academy of Orthopedic Manual Physical Therapists Annual Conference	AAOMPT* 2019
Co-Instructor	Scientific Therapeutic Exercise Progressions for Regeneration of Collagen, Cartilage, Bone and Muscle Through Appropriate and Evidence-Based Dosing. *American Association of Orthopedic Medicine Annual Conference	AAOM* 2019

Featured Speaker	Platform, Poster, Presentation, Paranoia! How to Start, Implement, Finish and Present Research Annual Conference	AAOMPT 2017
Featured Speaker	Should I Tape That? Pain Control, Stability, Neuromuscular Facilitation Treatment of Chronic Achilles Tendinopathy *Texas Podiatric Medical Association Annual Conference	TPMA* 2016
Featured Speaker	Novel Approaches to Expedite Recovery and Mediate Pain: Manual Therapy, Laser, Dry Needling, Iontophoresis Annual Conference	TPMA 2012
Featured Speaker	Posture, Sport, and Muscular Imbalance of the Lower Extremities Manifesting in Foot Pain: An Interactive Presentation Annual Conference	TPMA 2012
Research Presentation	The Efficacy of GoLo Golf Fitness using STEP Principles in Improving Driving Distance Accuracy, and Efficiency During the Swing *World Scientific Congress of Golf Conference	WSCG* 2012
Research Presentation	The Efficacy of GoLo Golf Fitness using STEP Principles in Improving Driving Distance Accuracy, and Efficiency During the Swing *International Federation of Orthopedic Manipulative Therapists Quadrennial Conference	IFOMPT* 2008
Featured Speaker	The Knee. Anatomy, Biomechanics, Mobilization and Exercise *Region VI National Hemophilia Association Annual Meeting	NHAA RegionVI* 2001
Guest Speaker	Manual Therapy and Case Studies *University of Texas Southwestern Medical School Family Practice Residents	UTSW* 2001
Guest Speaker	Arthrokinematics *Ola Grimsby Institute Annual Competency Forum	OGI* 2001
Guest Speaker	Extremity I Arthrokinematics Annual Competency Forum	OGI 2001

Guest Appearances 1990s:

Guest Speaker	Preventing Joint and Muscle Injury Due to Incorrect Calisthenics *University of Texas at Dallas	UTD*
Guest Speaker	Preventing “Computeritis”	UTD
Guest Speaker	Intro to Biomechanics and Kinesiology *Texas Woman’s University	TWU*
Guest Speaker	Discussing Physical Therapy with the Public Question and Answer *KRLD News Radio Talk Show	KRLD*
Guest Speaker	Muscle Physiology and Exercise *Texas Black Belt Commission	TBC*

Honors and Awards

Fellow	American Academy of Orthopedic Manual Physical Therapy	1998-Present
Outstanding Instructor	Ola Grimsby Institute	
Recognition of Service, Animal Shelter Advisory Committee	City of Plano	2004-2012
Publication The Efficacy of GoLo Golf Fitness using STEP Principles in Improving Driving Distance, Accuracy, and Efficiency During the Swing	Scientific Physical Therapy	2010

Professional Organizations/Positions

American Academy of Orthopedic Manual Physical Therapy

- Practice Affairs Committee
- Academic and Clinical Faculty SIG
- Secretary of the Academic and Clinical Faculty SIG 2014-2017
- Conference Committee 2016-2017

Ola Grimsby Institute

- Advisory Board

American Physical Therapy Association
Texas Physical Therapy Association
Professional Association of Diving Instructors
Divers' Alert Network

Continuing Education

2020:

- American Physical Therapy Association Cardiopulmonary Section
COVID-19, mechanisms of infection Part I & II
- American Physical Therapy Association Acute Care Section
COVID-19 & treatment
- American Academy of Orthopedic Manual Physical Therapists
COVID-19 & safe treatment guidelines, troubleshooting

2019:

- American Academy of Orthopedic Manual Physical Therapy Conference
- American Association of Orthopedic Medicine Conference

2018: American Academy of Orthopedic Manual Physical Therapy Conference

2017: American Academy of Orthopedic Manual Physical Therapy Conference

2016:

- American Academy of Orthopedic Manual Physical Therapy Conference
- Zodiac Leadership Tall Ship Sailing Team Building: OGI
- American Academy of Orthopedic Manual Physical Therapy Conference

2015:

- Sports Medicine Journal Club Monthly Research Review
- 22nd Annual Manual Therapy Competency Forum
- American Academy of Orthopedic Manual Physical Therapy Conference.

2014:

- Sports Medicine Journal Club Monthly Research Review
- 21st Annual Manual Therapy Competency Forum
- American Academy of Orthopedic Manual Physical Therapy Conference

2013:

- Sports Medicine Journal Club Monthly Research
- Get in Shape for ICD 10 Challenge

2012:

- Completion of PhD courses, including but not limited to Radiology, Pharmacology, Vestibular Ocular Reflexes. For more info, PhD course numbers and names are available upon request.
- International Federation of Orthopedic Manipulative Physical Therapists Conference, Quebec City, Canada
- Sports Medicine Journal Club Monthly Research Review

2011:

- 19th Annual Manual Therapy Competency Forum
- Sports Medicine Journal Club Monthly Research Review

2010:

- American Academy of Orthopedic Manual Physical Therapy Conference
- Sports Medicine Journal Club Monthly Research Review

2009:

- Management of Cervical Neuromuscular Dysfunction: An Evidence-Based Approach for Rehab: Dr. Deborah Falla
- 17th Annual Manual Therapy Competency Forum: Cervicogenic Pain, Current Research and Treatment
- American Academy of Orthopedic Manual Physical Therapy Conference

2008: International Foundation of Orthopedic Manual Therapy Conference, Rotterdam, The Netherlands

2007:

- Differential Medical Diagnosis in Manual Therapy. Medical Screening For Referral.
- Clinical Problem Solving
- 16th Annual Manual Therapy Competency Forum: O.G.I.: Presenter of Efficacy of an In-Home and In-Clinic GoLo Golf Fitness Program Using STEP Principles in Improving Distance, Accuracy, and Body Motion During the Drive.

2006: 15th Annual Manual Therapy Competency Forum: O.G.I.

2005:

- 14th Annual Manual Therapy Competency Forum: O.G.I.
- 32nd Annual Symposium on Sports Medicine UTHSC San Antonio

2004: GoLo Golf Fitness: William Breland, P.T., SCS, CGS, Touring Golf Professional

2003: 12th Annual Manual Therapy Competency Forum: O.G.I.

2002:

- Pain Control: Fibromyalgia, Migraines, Chronic Pain, Sore Feet: Thomas Deahl II, D.M.D., Ph.D.
- 11th Annual Manual Therapy Competency Forum: O.G.I.

2001:

- Medical Exercise Therapy/Spine: Tom Torstenson, P.T., M.N.S.M.T.
- 10th Annual Manual Therapy Competency Forum: Ola Grimsby Institute

1999:

- Update Course: Ola Grimsby, P.T., M.N.F.F., M.N.S.M.T.
- Surface EMG in P.T.: Musculoskeletal Dysfunction, Glenn Kasman, M.S., P.T.

1998:

- MT 4A Scientific Therapeutic Exercise Progressions (STEP): Extremities, O.G.I.
- MT 4B STEP Spine, O.G.I.
- Introduction to Diagnostic EMG and NCV Studies, Michael Skurjas, Jr., M.S., P.T., E.C.S., and Richard Nielson, M.S., P.T., E.C.S.

1997: Clinical Specialty Education: Hand Therapy, T. LeSage, M.O.T., O.T.R., C.H.T.

1996: World Conference of Orthopedic Manual Therapy, Lillehammer, Norway

1995: 3rd Annual Manual Therapy Competency Forum, Ola Grimsby Institute

1993: 2nd Annual Manual Therapy Competency Forum, Ola Grimsby Institute

1992:

- 1st Annual Manual Therapy Competency Forum, Ola Grimsby Institute
- Medical Exercise Therapy, Tom Torstenson, P.T., M.N.S.M.T.

1990: Law of Health Care Administration, Pat Driscoll, RN, Attorney at Law

1989:

- Myofascial Soft Tissue Mobilization, John Barnes, P.T.
- Spine I, Ola Grimsby, P.T., M.N.F.F., M.N.S.M.T.
- Electrotherapy, Joseph Kahn, Ph.D., P.T.

1988:

- Back Into Action, Institute for Movement Studies
- Feldenkrais Level One, Institute for Movement Studies
- Myofascial Soft Tissue Mobilization, John Barnes, P.T.

Special Interests and Service

Fluent in Spanish

Scuba Diving

Cycling

Back Country Skiing

25 Years in the Martial Arts

Black Belt in American Kenpo Karate

Black Belt in Tae Kwon Do

Delta Society, Pet Partner, and Pet Therapy Programs

Chairperson, Animal Shelter Advisory Committee of Plano, Texas

Homeowner Association: Various positions, including President, Vice President, Planning & Zoning Liaison

Former Consultant to City of Plano: Back & Neck Injury Prevention/Anatomy of Injury