

Trina Mann, PT, DPT, OCS

Physical Therapist
Board Certified Orthopaedic Clinical Specialist

Summary

I am proud that I have worked as a Physical Therapist for over 16 years. During that time, I have worn many hats: working as a clinical instructor to student Physical Therapists, developing community programs and marketing them, volunteering in clinical instruction and research, lead therapist and since 2013, providing care as a small business owner.

I am extremely passionate about the work that we do as Physical Therapists, and I enjoy contributing to the evolution of our field as well as continually developing my skills by exploring emerging research and techniques. There is always more to learn and more ways to grow.

In particular, I am especially excited about the prospect of growth in the PT field in the following areas:

- Evolution in the understanding of markers that may predict orthopedic injury
- Integration of biopsychosocial modeling of pain and graded motor imagery to reduce suffering and improve patient outcomes
- Integration of interdisciplinary perspectives to enhance teaching and clinical care outcomes

Education

D.P.T. Doctorate in Physical Therapy. Chapman University. Orange, CA 2006

B.S. Bachelor's of Science (BS): Human Movement Studies. San Francisco State University.
San Francisco, CA 2000

Certifications

O.C.S. Orthopedic Clinical Specialist. ABPTS. 2009, renewed 2019-2029

200 hour Hatha Yoga Teacher. Yoga Alliance- RYT. 2013

Clinical Experience

Mindset and Movements

December 2020- Present

Owner, Instructor- Evidence based movement instruction
and community orthopedics education

Marin Community Clinics	February 2016- August 2017
Co-leader, Mindful Movement Chronic Pain Group	
Aditi- Movement Based Physical Therapy	March 2013-March 2020
Owner- Physical therapy care to orthopedic and neurologic clients in home and office setting, community education	
TKJ Sports: Performance and Therapy	March 2012- March 2013
Director of Sports Performance- Creator of content for injury risk screening and intervention classes, lead physical therapist	
San Francisco Sport and Spine Physical Therapy	April 2010-March 2012
Physical Therapist- participant in clinic mentoring program	
Sport and Spine Therapy of Marin	January 2007-April 2010
Staff Physical Therapist, Clinical Instructor of DPT students	

Teaching Experience

Volunteer Clinical Teaching Assistant Prologue Surface Anatomy UCSF	Fall 2013-2015
1 st year MD students (Professor Kimberly Topp, PhD)	
Volunteer Clinical Teaching Assistant PT- 200a- Neuromusculoskeletal Anatomy	Summer 2013
SFSU/ UCSF PT Students (Professor Kimberly Topp, PhD)	
Volunteer Clinical Teaching Assistant PT- 742- Musculoskeletal Pathology II SFSU/UCSF PT (Professor Jane Galvan, PT, DPT, OCS)	Spring 2011- 2012
Clinical Instructor for 3rd year DPT students	Summer 2008- 2009

Research Experience

Volunteer in Biomedical Imaging Lab at UCSF	January 2014-April 2015
Assisted in project to assess changes in cartilage volume at tibiofemoral joint with reduced tibial external rotation, Dr. Richard Souza, PhD, Dr. Sharon Teng, PhD	
Clinical Case Study: Injury Prevention for Firefighters in Southern Marin	August 2012
Using the Functional Movement Screen to assess risk, and subsequent functional training Intervention under Fire Chief Jim Irving	

Recent Community Education Presentations (content creation and delivery)

Beyond Healing: Neuroscience Basics and Practices to Transform Sensation	December 2021
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Presented to Mindset and Movements monthly members

Overcoming Arthritis: Pathology Basics and Practices to Alleviate Degeneration November 2021

Presented to Mindset and Movements monthly members

Shoulders That Sing: Orthopedic Basics for Healthy Shoulders August 2021

Presented to Mindset and Movements monthly members

Walk This Way: Pre-requisites of Healthy Gait July 2021

Presented to Mindset and Movements monthly members

Fire Up Your Glutes! Movement Science Evidence and Practice June 2021

Presented to Mindset and Movements monthly members

Feet First: Anatomy and Biomechanics Basics for Podiatric Wellness May 2021

Presented to Mindset and Movements monthly members

Class Series for Client Community (content creation and instruction)

Orthopedic Integration: Spine + Neuroanatomy (8 hours) 2021

Enhancing safety and understanding for movement instructors

Orthopedic Integration: Lower Extremity (8 hours) 2020

Enhancing safety and understanding for movement instructors

Mindfulness Based Stress Reduction- for people with PD (8 hours) 2018- 2020

Co-taught movement portion with Dr. Selma Lewis, PhD

Mindful Movement Practices for People with Chronic Pain 2016- 2018

(Marin Community Clinic, co-taught NP Patty Brockley)

Exercise for Brain Change (Marin county community class) 2016- 2017

Injury Prevention for Southern Marin Firefighters 2012

Injury Prevention for Youth Athletes- Warrior Girls, OH Throwers 2012- 2013

Core strength for Branson High School MTB team 2008-2010

Recent Continuing Education Courses- complete list available upon request

Graded Motor Imagery: NOI Group December 2021

Instructor: Benjamin Boyd, PT, DPTSc

Folsom Orthopedic Management of Lower Extremity Pathology Instructors Tim McGonigle, PT and Michael Moore PT	February 2020-March 2021
Folsom Orthopedic Management of Upper Extremity Pathology Instructors Tim McGonigle, PT and Michael Moore PT	July-October 2018
Explain Pain: NOI Group Instructor: Benjamin Boyd, PT,DPTSc	April 2018
Mindfulness Based Stress Reduction (MBSR) program Instructors Susan Dubin-McNeil, PhD and Lisa Walker, MD	October- November 2017
Folsom Orthopedic Mini Course Tim McGonigle, PT and Michael Moore PT	February-August 2017

Affiliations/Memberships

APTA member: neurologic and orthopedics sections	2006-current
APTA student member	2003-2006
Yoga Alliance RYT 200 hour	2017

Volunteer Experiences

Volunteer with Long Beach Animal Care Services	March 2022- Present
Pro-Bono PT services provided for 4 hours each month – Aditi	March 2013- March 2020