

NICK DETRICK PT, DPT, OCS, FAAOMPT

Education

- University of Southern California – Doctorate of Physical Therapy 05/2017
- University of Southern California – B.S. Human Biology – Applied Physiology 12/2013
 - USC Student Athletic Trainer: Football (2012), Men’s Tennis (2013)
 - USC Trojan Knights: Vice President (2013)

License / Certifications

- California Licensed Physical Therapist – 293415 08/2017
- Board Certified Orthopedic Clinical Specialist – OR20190035 06/2020
- Fellow of American Academy of Orthopedic Manual Therapists 05/2022
- Personalized Blood Flow Restriction Rehabilitation (Owens Recovery Science) 12/2021
- Trigger Point Dry Needling – Level 1 12/2018
- Certified Strength & Conditioning Specialist – 7248048795 06/2016

Professional Experience

Tactical Athlete Performance & Physical Therapy Specialists, Inc. 03/2022 – *Present*

Owner/Founder

- Private physical therapy practice created with the intent of improving access to timely, high-quality musculoskeletal care for the proud men & women of our armed forces, police, & fire departments.

Kaiser Permanente Southern California

Per Diem Physical Therapist, Orange County, CA 03/2022 –

Present

- Evaluation / treatment of patients with a variety of orthopedic conditions in the outpatient setting.
- Evaluation / treatment of patients in various specialties including orthopedics, neurology, cardiopulmonary, and general medicine floors in the acute care setting.

Clinical Specialist Fellow, Woodland Hills, CA 02/2021 – 02/2022

- Orthopaedic Fellowship and Sports Rehabilitation Program – American Physical Therapy Association Credentialed Post-professional Clinical Fellowship Program with emphasis on advanced training in clinical reasoning, examination, treatment, and management of patient’s with sports related injuries.
- Anticipated Credentialing: *Fellow of American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT) – application pending as of April 2022*
- Awarded “Best Research Project” – #1 of 8 Residency / Fellowship team research projects.

United States Air Force

USAF Reserves – Detachment 5 08/2021 – *Present*

Individual Mobilization Augmentation (IMA) Physical Therapist

- Special Warfare Human Performance Squadron.
- Implementation of human performance and injury mitigation strategies for United States Air Force Special Warfare Preparatory Course and the Assessment and Selection Course.
- Serves as mentor / team lead in the Army-Baylor Military Musculoskeletal Residency Program

Active Duty, Eglin AFB, FL 08/2018 – 08/2021

Physical Therapist

- Performed comprehensive outpatient physical therapy evaluations and develops treatment plans for referral based and direct access cases. Met 149% of expected workload by delivering \$2.7 million in direct patient care over three years of service.
- Directed care provided by 15 military technician / Physical Therapy Assistants. Pioneered technician mentorship program, monthly in-services to maximize treatment effectiveness and enhance on-time upgrade training.
- Led Eglin's physical therapy outreach programs: Explosive Ordnance Disposal embedded program, neck / back injury prevention classes for fighter pilots and dental clinic.
- Officer in Charge of Inpatient Rehab mission. Sole PT for admitted COVID (+) patients.
- Completed Military Musculoskeletal Residency Program through Army-Baylor (2019).

Additional Duties

- Orchestrated hospital COVID-19 access control plan. Developed Medical Group's staff / patient screening procedures. Coordinated 7 Squadrons to accomplish 24/7 screening operations. (2020)
- Deployed Air Force operational technology, utilizing infrared camera to screen 600+ personnel daily during pandemic surge. Briefed 4-Star General on current practices and recommended long term use of infrared technology. Method adopted by the Chief of Staff of Air Force's Strategic Studies Group. (2020)
- Expeditionary Medical Support team member, trained to build / provided medical care at modular field hospitals in response to any mass casualty situation. (2019-2021)
- Led Air Force Assistance Fund campaign for 96th Test Wing's largest squadron, 480 personnel. Contributed to base total of \$37,000 for national charities. (2020)

Dignity Health – Mercy San Juan Medical Center, Carmichael, CA

08/2017 – 07/2018

Physical Therapist

- Evaluation / treatment of patients with a variety of orthopedic conditions in the outpatient setting and a variety of specialties including orthopedics, neurology, cardiopulmonary, and general medicine floors in the acute care setting.
- Ensured day-of surgery evaluation of patients following knee and hip replacements, met requirements to maintain The Joint Commission designation as a Center of Excellence.

Research Experience

Kaiser Permanente Orthopaedic Fellowship and Sports Rehabilitation. 03/2021 – 03/2022

“Ready to Run: Utilization of Clinical Measures to Determine Injury Risk in High School Cross-Country Runners”

- Creation / implementation of feasibility study with primary goal of identifying best predictors of injury risk from battery of objective and subjective clinical measures.

USC Gehr Center for Implementation Science, Los Angeles, CA

06-07/2017

Research Fellow

- 6-week fellowship developing a research-based quality improvement or health services project.
- “Serving Those Who Serve: Injury Prevention & Rehabilitation for Tactical Athletes”
 - Review of injury rates and cost of healthcare at US Air Force Basic Training.
 - Research design for implementation of screening protocols in military / fire departments.

Human Performance Laboratory, Los Angeles, CA

05/2015 – 05/2017

Lab Assistant / Co-author

- Knee And Hip Mechanics During Single-limb Squat In Individuals After ACL Reconstruction. Panchal, N Detrick, A Pavlov, J Wong, KA Pratt, S Sigward. *Journal of Orthopaedic & Sports Physical* 47 (1), A203-A204. 2017
- American Physical Therapy Association's Combined Sections Meeting poster presenter (2017)

Continuing Education

- Kaiser Permanente Orthopedic Rehabilitation & Sports Fellowship 02/2021 - 02/2022
- Level 1 Certified Running Gait Analyst, Run DNA, 5 hours 03/2021
- Orthopedic Certification Prep, Medbridge, 82 hours 10/2019 - 03/2020
- Military Musculoskeletal Residency Program, Army Medical Department, 100 hours 01-12/2019
- Col Kersey Advanced Clinical & Operations Practice, Army Medical Department, 63 hours 12/2018
- Certification in Applied Functional Science, Gray Institute, 25 hours 03/2018

Memberships

- American Physical Therapy Association (Orthopedic, Sport, and Federal Sections) 08/2014 - Present
 - Orthopedic Section
 - Sports Section - *Tactical Athlete and Adaptive Sports Special Interest Groups*
 - Federal Section - *Amputation Care Special Interest Group*

Honors/Awards

Air Force Commendation Medal 05/2021

Awarded for Meritorious Service as Physical Therapist, 96th Operational Medical Readiness Squadron, Eglin AFB, Florida. Service distinction included creating Air Force Materiel Command's first Explosive Ordnance Disposal embedded medical team and leading the Access Control and Inpatient Rehabilitation teams as part of the 96th Medical Group's COVID-19 Mitigation efforts.

Air Force Achievement Medal 11/2019

Awarded for work with Explosive Ordnance Disposal (EOD) unit at Eglin AFB. Provided \$43K in direct access physical therapy services, 30% improvement in return to duty times. Efforts were briefed to Chief of Staff of the Air Force's Senior Readiness Advisor, lauded as needing to be the standard for all EOD units.

Distinguished Graduate 09/2018

Awarded to Top 10% of graduating class at Commissioned Officer Training, Maxwell AFB, AL.

Gehr Family Student Innovator Award Recipient 04/2017

Awarded a position in the 2017 USC Gehr Student Innovators program, a 6-week fellowship program for health professional students to develop a mentored health care system project in the Los Angeles community.

Community Involvement

- Free Clinic of Simi Valley - Volunteer Physical Therapist 2021-2022
- Wounded Warrior Games - Volunteer Physical Therapist 2019
- Southern California Special Olympics - Volunteer 2014-2016
- Rancho Los Amigos Spinal Cord Injury Games - Volunteer 2015-2016
- "Be The Match" National Marrow Donor Program 05/2015

Skill Highlights

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- Evaluation and treatment of a wide variety of patient populations with primary experience in orthopedic settings.
- Manual therapy techniques, exercise programming, and motor control training for orthopedic and neurologic conditions.
- Emphasizes patient/family education to increase patient buy-in and enhance patient autonomy.
- Supervision, management, and delegation of care to physical therapy assistants and aides.
- Public speaking experiences including multiple graduation ceremonies, research presentations, and briefings to high-ranking military officials.
- Communication skills and teamwork cultivated by professional military education, multidisciplinary care, and involvement in multiple service organizations and athletic teams.

Professional References

- Ernie Linares PT, DPT, OCS, FAAOMPT, DNS - Kaiser Permanente - linares34@yahoo.com ; (818) 800 - 4332
- Jason Tonley PT, DPT, OCS, FAAOMPT - Kaiser Permanente - jason.c.tonley@kp.org ; (310) 739 - 7606
- Nick Schumacher PT, DPT, OCS, CSCS - Kaiser Permanente - nickdschumacher@gmail.com ; (978) 502 - 0926
- Andrew Pavlov PT, DPT, OCS - University of Southern California - andrewjpavlov@gmail.com ; (909) 835 - 3664
- Maj Kristin King PT, DPT, OCS - United States Air Force (Eglin AFB, FL) - kristin.m.king23.mil@mail.mil ; (949) 735 - 0779