

# MYRA L. PUMPHREY, PT, DPT, OCS, FAAOMPT

5300 Hickory Park Drive, Suite 110 ▼ Glen Allen, VA 23059 ▼ (804) 270-7754

---

Physical Therapist / Educator / Clinical Mentor / Advocate of P.T.

Over thirty years as a clinical specialist in Orthopedics. Ten years with an additional specialty in Women's Health. Over twenty-five years' experience teaching with specialized expertise in the Maitland Concept. Broad instructional background includes the Virginia Orthopedic Manual Physical Therapy Institute - Orthopedic Manual Physical Therapy Series emphasizing advancement of clinical reasoning, manual therapy, orthopedic examination and treatment, and exercise prescription skills. A Clinically advanced professional, dedicated to the highest standard of patient care and continuing education of Physical Therapists as well as the advancement of Physical Therapy as a profession.

## EDUCATION / LICENSURE

---

Pre-P.T./ Sports Medicine Program for transfer to N.U.P.T., Ohio University, Athens, OH 1982

Bachelor of Science in Physical Therapy. Northwestern University, Chicago, IL 1983

Doctor of Physical Therapy. Creighton University, Omaha, Nebraska 2011

Physical Therapy Residency Program in Advanced Orthopedic Manual Therapy  
Hayward, CA 1987

Fellow, American Academy of Orthopedic Manual Physical Therapy, 2005

Licensed Physical Therapist, 1983–present

Virginia Physical Therapy License: Direct Access

Certified Athletic Trainer, National Athletic Trainers Association, 1983 – present

Orthopedic Certified Specialist, American Board of Physical Therapy Specialties, 1994 – present

Stott Pilates Certified Instructor, 2008 - present

## PUBLICATIONS / RESEARCH

---

Pumphrey, J. and Pumphrey, M. (Jul to Dec. 1994) Physical Therapy Home Study Course. Evaluation of the Lumbar Spine: Exploring the Maitland Concept and Other Approaches of Australian Origin. Orthopedic Section. American Physical Therapy Association.

Consultant/Reviewer: For Nijah Chinn-Gonzalves for her University of Indianapolis research project to complete her Doctor of Health Sciences: Investigation, Development and Implementation of an Evidence-based Program to Reduce Diastasis Recti Abdominis in Postpartum Women Using Pilates-based Exercises. 2012-2014.

## TEACHING EXPERIENCE

---

Virginia Orthopedic Manual Physical Therapy Institute. Charlottesville, VA. Orthopedic Manual Physical Therapy Series. Faculty, Resident Mentor. 2012-Present. Primary Instructor Topics: Examination and Treatment of the Pelvis, Proprioceptive Neuromuscular Facilitation for the Orthopedic Patient, Thoracic Outlet Syndrome, Pilates for the Orthopedic Patient. Lab Assistant Topics: Cervical/Thoracic/Lumbar Spine, Shoulder, Hip, Knee, Foot/Ankle, Elbow/Wrist/Hand.

Virginia Commonwealth University Physical Therapy Program, Richmond, VA. Residency and Fellowship Education. 2014.

Virginia Commonwealth University Physical Therapy Program, Richmond, VA. Manipulation Lab. 2006-Present.

Orthopedic Manual Therapy Seminars. Charlottesville, VA. Co-Instructor, Lab Assistant, Orthopedic Manual Physical Therapy Series. Ten-month, one-weekend/month course. 2002-03, 2003-04.

Medical College of Virginia (MCV). Physical Therapy Program, Richmond, VA. Mobilization Techniques for the Spine. Primary Instructor. Spring term 1992–1999.

MCV, Physical Therapy Program. Richmond, VA. Comparison of Different Orthopedic Treatment Approaches. Primary Instructor. Spring term, 1992.

Proprioceptive Neuromuscular Facilitation for the Orthopedic Patient, Pittsburgh, PA. Lab Assistant. May 18-20, 1990.

Evaluation and Treatment of the Cervical Spine Utilizing Combined Movements. South Bend, IN., Primary Instructor. Nov. 18-9, 1989.

The Challenge of the Shoulder. Norfolk, VA. Lab Assistant. May 22-25, 1989.

Proprioceptive Neuromuscular Facilitation for the Orthopedic Patient. Norfolk, VA. Two-day course. Lab Assistant. 1988.

Proprioceptive Neuromuscular Facilitation. Two-week course. Chicago, IL. Lab Assistant. 1987.

---

#### CLINICAL EXPERIENCE

---

**Progress Rehabilitation Network, LLC Richmond, VA** **4/07-Present**  
**Progress Physical Therapy, LLC**

**Co-owner, Physical Therapist, Clinical Instructor, Resident Mentor**

Manage, evaluate and treat outpatient orthopedic caseload consisting of 50% spine/TMJ, 40% extremity, and 10% women's health. Clinical Instructor of third year physical therapy students and mentor for orthopedic residents. Co-manager of clinic operations.

**Progress Rehabilitation Network, LLC Richmond, VA** **6/06 – 3/07**

**InMotion Physical Therapy, LLC**  
**Clinical Specialist, Clinical Instructor**

Manage, evaluate and treat outpatient orthopedic caseload consisting of 70% spine, 10% extremity, and 20% women's health. Instructor for clinical and staff education.

**HealthSouth Corporation, Richmond, VA** **9/98 – 6/06**

**Clinical Specialist III, Clinical Instructor**

Manage, evaluate and treat outpatient orthopedic caseload consisting of: 75% spine, 10% extremity, and 15% women's health.

- Instructed one year long inservice program for staff, emphasizing the Maitland Concept for evaluation and treatment of the spine; taught multiple seminars on treatment of the spine using an Osteopathic model.

**MCV Physicians, Richmond, VA** **11/94 – 7/98**

**Physical Therapist, Clinical Instructor**

Managed caseload of orthopedic patients: 70% spine, 10% women's health, 20% extremity.

- Served as center coordinator and clinical instructor for clinical education.
- Served as coordinator for the staff internship program.

**Hanover Physical Therapy, Mechanicsville, VA** **2/93 – 6/94**

**Contract Physical Therapist**

Managed orthopedic caseload.

**Tuckahoe P.T. Corporation, Richmond, VA** **9/89-6/93**

**Physical Therapist, Clinical Instructor**

Managed orthopedic caseload: 90% spine, TMJ, and obstetric, 10% extremity.

- Served as center coordinator and clinical instructor for clinical education.
- Instructor for long term staff education program.

**Spine Therapy Specialists, Inc., Richmond, VA  
Physical Therapist**

**7/88 – 8/89**

Managed caseload of orthopedic spine and chronic pain patients.

**Allegheny Valley Hospital, Natrona Heights, PA  
Director, Outpatient Clinic**

**11/87 – 6/88**

Supervised outpatient staff; managed orthopedic caseload: 60% spine, 30% extremity.

- Instructor for in-house staff education.
- Designed and organized construction of new outpatient clinic.

**PT Residency Program in Advanced Orthopedic Manual Therapy, Hayward, CA 6/86 – 8/87  
Physical Therapy Resident – Fellowship in Advanced Orthopedic Manual Therapy**

- Completed 15-month program and received direct clinical mentoring to develop advanced skills in clinical reasoning and orthopedic manual therapy examination and treatment.

**Memorial Hospital, South Bend, IN  
Physical Therapist, Clinical Instructor**

**11/83 – 6/86**

Managed orthopedic caseload: 50% outpatient spine, extremity, hand and 50% inpatient: wound care, orthopedic neurological.

- Attended long term inservice program with a strong emphasis on the Maitland Concept and PNF.

---

AFFILIATIONS / PROFESSIONAL SERVICE

---

Member, American Physical Therapy Association

Member, APTA Orthopedic Section

Member, American Academy of Orthopedic Manual Physical Therapists

Member, National Athletic Trainers Association

A-Team, Virginia Physical Therapy Association

Member, Virginia Physical Therapy Association Legislative Committee, 2007-09, focus on and success in attaining Direct Access to Physical Therapy and term protection.

Nominating Committee Chair, AAOMPT, 2009

Nominating Committee Member, AAOMPT, 2007, 2008

Treasurer, Indiana Physical Therapy Association, Northern District, 1985