

CHRISTINA KARCHER, PT, OCS, Cert. MDT, CLT-LANA

Christina Karcher has practiced physical therapy for more than 30 years specializing in spine pain, orthopedics, chronic pain and sports rehabilitation. She is co-owner of South Lane Physical Therapy. In addition to her physical therapy training from Pacific University, she also has advanced certification for orthopedics, McKenzie Diagnosis and treatment of spine/extremities, LANA certified Lymphedema Therapist in addition to Advanced Titleist Golf certification. She has advanced training with sport specific rehabilitation for golf, running, dance, and cycling. She is a Credentialed Clinical Instructor through the APTA (CCI-APTA).

CERTIFICATIONS

Certified Lymphedema Therapist- LANA (Lymphology Association of North America)	2019
Certified Lymphedema Therapist (CLT)	2013/2014
Advanced Level III Certified Golf Fitness Instructor (Titleist Performance Institute)	2011 - 2010
Certified McKenzie Diagnostic Therapist (Cert. MDT)	2005
Certified Orthopedic Clinical Specialist (OCS)	2004
Certified Spin Cycling Instructor	2000

RECENT PROFESSIONAL ACTIVITIES

Inservice – Lymphedema Management for Primary Care Physicians 2019
Speaker, Pain Society of Oregon (Lane County chapter): Eugene, OR 6/2011
Sports Medicine Speaker, Northwinds School of Gymnastics, Cottage Grove, OR 6/2009

EDUCATION

Certificate in Physical Therapy, **Pacific University**, Forest Grove, Oregon 1986
B.S. in Science, **Southern Oregon State University**, Ashland, Oregon

POST GRADUATE EDUCATION

Physical therapy training, Certificate of Physical Therapy, Pacific University, Forest Grove, Oregon

BREAST CANCER / LYMPHEDEMA MANAGEMENT

<i>Klose Lymphedema Preparation Course for CLT-LANA Exam</i>	Klose Training	10/2018
<i>Klose Lymphedema Conference 2019</i>	Various Speakers	5/2 - 5/4/2019
<i>Klose Lymphedema Conference 2017</i>	Various Speakers	5/4 - 5/6/2017
<i>Cancer Rehab: Bridging the Gap between Medical Prognosis & Physical Realities</i>	Carrie Riddock, MS, PT, CLT	6/4 - 6/5/2016
<i>Head & Neck Lymphedema Management</i>	Heidi Miranda-Walsh, OTR/L, CHT, CLT-LANA	8/2015
<i>Breast Cancer Rehabilitation Course</i>	Jodi Winicour, PT, CMT, CLT-LANA	2/21 2/22/2015
<i>Lymphedema Certification Course: Lower Extremity</i>	Vicki Ralph, MPPA, OTR/L, CLT-LANA	2/14 - 2/22/2014
<i>Lymphedema Certification Course: Upper Extremity</i>	Jodi Winicour PT, CMT, CLT-LANA	3/15 – 3/19/2013
<i>Lymphedema Management of the Upper & Lower Extremities</i>	Elizabeth Augustine, DPT	6/22 – 6/24/2012
<i>Advanced Management of Lymphedema</i>	Julie Osborne, PT, CLT-LANA	1/21 – 1/22/2012
<i>Advanced Management of Breast Cancer Rehabilitation</i>	Julie Osborne, PT, CLT-LANA	8/20 – 8/21/2011

FUNCTIONAL CAPACITY EVALUATIONS

<i>Functional Capacity Evaluation Training</i>	Jim Mecham, MS, OTR/L, AEP	7/12 – 7/14/2011
<i>Ergonomics Training</i>	E. Oakes, OTR – HealthSouth RTN course	1/2000

GOLF – TITLEIST PERFORMANCE INSTITUTE

<i>Certified Golf Fitness Instructor Course Level III</i>	Greg Rose, DC; Michael Voight, PT, ATC, SCS, OCS, DHS, CSCS	11/11 – 11/12/2011
<i>Certified Golf Fitness Instructor Course Level II</i>	Greg Rose, DC; Dave Phillips: PGA Professional Class A	11/6 – 11/7/2010
<i>Certified Golf Fitness Instructor Course Level I</i>	Greg Rose, DC; Dave Phillips: PGA Professional Class A	2/16 – 2/17/2010

GRASTON TECHNIQUE

<i>Graston Technique Module I</i>	Thomas Hyde, DC, DACBSP Michael Ploski, MS, Med, PT, ATC, OCS	4/1-4/2/2005
-----------------------------------	--	--------------

JONES INSTITUTE

<i>Strain & Counterstrain I</i>	Larry Ham, MS, PT, ATC	3/04 - 3/06/2016
-------------------------------------	------------------------	------------------

McKENZIE INSTITUTE U.S.A.

<i>Clinical Skills Update - Decision Making</i>	Cora Aytona, DPT, OCS, Dip. MDT, FAAOMPT Yvonne Body, PT, MHSc, Dip. MDT Online	3/21 - 3/22/2020 8/27/2017
<i>The McKenzie Case Manager</i>	Scott Herbowy, PT, Dip MDT	3/17 – 3/18/2012
<i>MDT Clinical Skills Update</i>	J. Mark Miller, PT, Dip MDT	12/2-12/03/2006
<i>McKenzie Mechanical Dx & Therapy: Part E: The Human Extremities</i>	J. Mark Miller, PT, Dip MDT	10/14-10/15/2006
<i>McKenzie Mechanical Dx & Therapy: Clinical Skills Update</i>	J. Mark Miller, PT, Dip MDT	10/2005
<i>McKenzie Mechanical Dx & Therapy: Part D: Review</i>	Scott Herbowy, PT, Dip MDT	9/09 - 9/11/2004
<i>McKenzie Mechanical Dx & Therapy: Part D: Advanced Problem Solving</i>	J. Mark Miller, PT, Dip MDT	5/13 - 5/16/2004
<i>McKenzie Mechanical Dx & Therapy: Part C: Problem Solving</i>	J. Anspach Rickey, PT, Dip MDT	1/30 - 2/1/2004
<i>McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic</i>	Audrey Long, PT, Dip MDT	11/20 11/23/2003

MEDICAL SCREENING

<i>Medical Screening Refresher for the P.T.</i>	Richard Gicking, MD, FACP; Jill Pruett, MD	9/18/2004
<i>Medical Screening Refresher for the P.T.</i>	David J. Musnick, MD	9/22 - 9/23/2001
<i>Medical Screening Refresher for the P.T.</i>	David J. Musnick, MD	9/25 - 9/26/1998
<i>Medical Screening for the Physical Therapist</i>	William Boissonnault, MS, PT Michael B. Koopermeiners, MD	10/1994

NORTH AMERICAN INSTITUTE OF ORTHOPAEDIC MANUAL THERAPY (NAIOMT)

<i>NAIOMT: Shoulder Girdle</i>	Cliff Fowler, PT, MCSP, MCPA, FCAMT	12/6 -12/7/2003
<i>NAIOMT: Acute and Subacute MVA Injury to the Neck</i>	James Meadows, BSc, PT, FCAMT	5/16-18/2003
<i>NAIOMT Level III: Lower Quadrant Part B: Spine</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	4/11-13/2003
<i>NAIOMT Level III: Upper Quadrant Part A: TMJ/Spine</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	2/ 7-9/2003
<i>NAIOMT Level III: Lower Quadrant Part B: Spine</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	10/25-27/2002
<i>NAIOMT Level III: Lower Quadrant Part A: Extremities</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	9/20-22/2002
<i>NAIOMT Level III: Lower Quadrant Part B: Spine</i>	Bill Temes MS, PT,OCS, COMT, FAAOMPT	10/26-28/2001
<i>NAIOMT Level II: Lower Quadrant Part A: Extremities</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	9/28-30/2001
<i>NAIOMT Level II: Upper Quadrant Part B: Spine</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	2/9-11/2001
<i>NAIOMT Level II: Upper Quadrant Part A: Extremities</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT	1/5-7/2001
<i>NAIOMT Level I: Differential Diagnosis on Orthopedic Manual Therapy Part B</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT Bill Temes MS, PT,OCS, COMT, FAAOMPT	11/3-5/2000
<i>NAIOMT: Level I: Spinal Differential Diagnosis & Orthopedic Manual Therapy Part A</i>	Anne Porter Hoke PT, OCS, FCAMT, FAAOMPT Bill Temes MS, PT,OCS, COMT, FAAOMPT	9/22-24/2000
<i>NAIOMT: Evaluation and Treatment of the Thoracic Spine</i>	Bill Temes MS, PT,OCS, COMT, FAAOMPT Kent Keyser, MS, PT, ATC, OCS, COMT, FAAOMPT	12/1997

SLOCUM ORTHOPEDICS (formerly Orthopedics HealthCare NW)

<i>Concussion Update 2019</i>	Mick Koester, MD, ATC, et al	6/01/2019
<i>26th Annual Orthopedic & Sports Medicine Update</i>	Slocum Orthopedics	12/01/2018
<i>25th Annual Orthopedic & Sports Medicine Update</i>	Slocum Orthopedics	12/02/2017
<i>24th Annual Orthopedic & Sports Medicine Update</i>	Slocum Orthopedics	12/03/2016
<i>23rd Annual Orthopedic & Sports Medicine Update</i>	Slocum Orthopedics	12/05/2015
<i>22nd Annual Orthopedic & Sports Medicine Update</i>	Slocum Orthopedics	12/06/2014
<i>21st Annual Orthopedic & Sports Medicine Update</i>	Slocum Orthopedics	5/05/2014
<i>Sports Medicine and the School-Age Athlete</i>	Slocum Orthopedics	5/04/2013
<i>Orthopedic & Sports Medicine Update</i>	Slocum Orthopedics	12/05/2009
<i>Total Joint Clinical Update</i>	Slocum Orthopedics	11/04/2009
<i>The Painful Post-Op Shoulder</i>	Slocum Orthopedics	04/18/2009
<i>Musculoskeletal Pain Management Conference</i>	Slocum Orthopedics	11/22/2008
<i>Orthopedic & Sports Injuries for the PCP</i>	Slocum Orthopedics	12/8/2007
<i>Orthopedic & Sports Injuries for the PCP</i>	Orthopedic HealthCare NW	12/4/2004
<i>Orthopedics for the PCP</i>	Orthopedic HealthCare NW	12/7/2002
<i>Orthopedics for the PCP</i>	Orthopedic HealthCare NW	12/8/2001
<i>Orthopedic & Sports Injuries for the PCP</i>	Orthopedic HealthCare NW	12/5/2000
<i>Orthopedics & Sports Injuries for the PCP</i>	Orthopedic HealthCare NW	12/1999
<i>Orthopedic & Sports Injuries for the PCP</i>	Orthopedic HealthCare NW	12/1997

OTHER

<i>APTA Combined Sections Meeting</i>	<i>Various speakers/lectures</i>	2/12-15, 2020
<i>Infantile torticollis, Adolescent sports injury rehab, Pregnancy related pain, Oncology, ACL rehab, Orthopedic updates</i>	Marijean Piorkowski, DPT	4/28 -4/29/2018
<i>APTA Clinical Instructor Credentialing Program</i>	Various Speakers, Orlando, FL	11/11 - 11/15/2015
<i>2015 APTA Private Practice Section Conference</i>	Helen Turner, DNP, PCNS (OHSU)	2/16/2011
<i>Pediatric Pain, What's Different</i>	Matthew Walsh, PT, SPG Level III (Australia)	3/21/09
<i>The Advanced Running Course: Biomechanics, Analysis, Training & Rehabilitation</i>	OPTA	3/16/08
<i>The Emerging Role of the PT w/ the Female Athlete</i>	OPTA: Thomas Watson, DPT, DAAPM	3/16/08
<i>Pain Management & Treatment for the 21st Century PT</i>	Matthew Walsh, PT, SPG Level III (Australia)	1/26 – 27/2008
<i>The Running Course</i>	Donald Reordan, MS, PT, OCS, MCTA	3/9-10/2002
<i>Introduction to the Mulligan Concept – Manual Therapy Techniques</i>		
<i>Sacroiliac Joint & the S3 Subluxation: A Method and Rationale for the Rapid and Effective Relief of Low Back Pain</i>	Richard DonTigny, PT	10/13/2001

Intervention Strategies for the Challenging Foot: Orthotic & Non Orthotic Approaches

Precision Cycling – Instructor Certification
The Orthopedic Shoulder
Functional Stabilization Training
Golf Skills Enhancement – Level 1
Current Concepts of the Athlete's Shoulder

OPTA 3/2001
Star Trac 8/2000
Kevin Wilk, PT – HealthSouth RTN course 1/1999
Beverly Biondi, PT 9/1998
HealthSouth 9/1997
Oregon Institute of Sports Medicine 2/1997

STUDY COURSES

Orthopedic Issues and Treatment Strategies for the Pediatric Patient
Dance Medicine: Strategies for Prevention and Care of Injuries
Diagnostic Imaging in PT
Reimbursement Strategies for PT's
Private Practice study course

Orthopedic Section, APTA 2/2010
Orthopedic Section, APTA 12/2008
Orthopedic Section, APTA 8/2007
Orthopedic Section, APTA 3/07 – 5/2007
Private Practice Section, APTA 2007
Ergo Rehab, Inc. 2006 – 2007

Fundamentals of Functional Assessment

Certified Specialist in Functional Assessment (CSFA)
H105 Fundamentals of Functional Assessment
H106 Functional Capacity Evaluation
H107 Return to Work Programs & Services

Independent Medical Examination Training
Current Concepts of Orthopedic Physical Therapy # 11.2

Health Cost Management 2006
Orthopedic Section, APTA 8/2001 – 12/2001
Orthopedic Section, APTA 6/2000 - 12/2000

Foot Management Course

Normal Anatomy & Pathophysiology of the Foot and Ankle
Contemporary Footwear Considerations
Foot and Ankle Orthosis
Injuries of the Leg, Foot and Ankle
Diabetic Foot Problems
Inflammatory Arthritis: Management of Foot and Ankle Problems
Current Topics in Rehabilitation of the Shoulder

R. Donatelli, PT, PhD, OCS
T McPoil, PT, PhD, ATC
M. Cornwall, PT, PhD, CPed
Joseph Tomaro, PT, MS, ATC
Nancy Balash, PT
L Gerber, MD Jshneider, PT, Cped; K Lohmann Siegel, PT, MA;
Sports Physical Therapy Section, APTA 1/1996 - 6/1996

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association
Orthopedic/Sports Section, APTA
- McKenzie Institute USA
- Oregon Physical Therapy Association (OPTA)
- Oregon Physical Therapists In Independent Practice (OPTIP)

<http://www.apta.org>
<http://www.orthopt.org/>
<http://www.mckenziemdt.org>
<http://www.opta.org>
<http://www.optip.org>