

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

Christina Karcher is co-owner of South Lane Physical Therapy, and has practiced as a licensed physical therapist for more than 30 years specializing in spine pain, orthopedics, chronic pain, oncology/lymphedema and sports rehabilitation. In addition to her physical therapy training from Pacific University, she also has advanced certification in Orthopedics, McKenzie Diagnosis and treatment of spine/extremities, Lymphedema, Titleist Golf, Dance, Running, cycling and more. She is a Credentialed Clinical Instructor through the APTA (CCI-APTA) and a certified Spin Instructor.

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

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, North Winds 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

ONCOLOGY/ LYMPHEDEMA MANAGEMENT

<i>Power Lymphatics Conference- Klose Training</i>	Guenter Klose MLD/CDT CI, CLT, LANA	Mar 15-17, 2022
<i>More on Breast Cancer Related Edema</i>	Medbridge	3/10/2022
<i>Men's Health in Prostate Cancer: A Clinical Research Perspective</i>	Medbridge	3/10/2022
<i>Wound Management for Lymphedema Therapist – Klose Training</i> Cert # KTWC 10210078	Jan Weiss PT, OHS, LANA 6 contact hours	10/2021
<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, DHSc, 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 - Certified</i>	Thomas Hyde, DC, DACBSP Michael Ploski, MS, Med, PT, ATC, OCS	4/1-4/2/2005
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McKENZIE INSTITUTE U.S.A.

<i>The McKenzie Case Manager</i>	S Lyon Executive Director	12 hours	10/18/21
<i>Clinical Skills Update - Decision Making</i>	Cora Aytona, DPT, OCS, Dip. MDT, FAAOMPT		3/21 - 3/22/2020
	Yvonne Body, PT, MHSc, Dip. MDT		
<i>The McKenzie Case Manager</i>	Online		8/27/2017
<i>MDT Clinical Skills Update</i>	Scott Herbowy, PT, Dip MDT		3/17 – 3/18/2012
<i>McKenzie Mechanical Dx & Therapy: Part E: The Human Extremities</i>	J. Mark Miller, PT, Dip MDT		12/2-12/03/2006
<i>McKenzie Mechanical Dx & Therapy: Clinical Skills Update</i>	J. Mark Miller, PT, Dip MDT		10/14-10/15/2006
<i>McKenzie Mechanical Dx & Therapy: Part D: Review</i>	J. Mark Miller, PT, Dip MDT		10/2005
<i>McKenzie Mechanical Dx & Therapy: Part D: Advanced Problem Solving</i>	Scott Herbowy, PT, Dip MDT		9/09 - 9/11/2004
<i>McKenzie Mechanical Dx & Therapy: Part C: Problem Solving</i>	J. Mark Miller, PT, Dip MDT		5/13 - 5/16/2004
<i>McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic</i>	J. Anspach Rickey, PT, Dip MDT		1/30 - 2/1/2004
<i>McKenzie Mechanical Dx & Therapy: Part A Lumbar</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		10/1994
	Michael B. Koopermeiners, MD		

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		11/3-5/2000
<i>NAIOMT: Level I: Spinal Differential Diagnosis & Orthopedic Manual Therapy Part A</i>	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		12/1997
	Kent Keyser, MS, PT, ATC, OCS, COMT, FAAOMPT		

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>Changing the Conversation About Pain</i>	Oregon Medical Association		2/1/2022
<i>APTA Combined Sections Meeting</i>	Various speakers/lectures		2/12-15, 2020
<i>Infantile torticollis, Adolescent sports injury rehab, Pregnancy related pain, Oncology, ACL rehab, Orthopedic updates</i>			
<i>APTA Clinical Instructor Credentialing Program</i>	Marijean Piorkowski, DPT		4/28 -4/29/2018
<i>2015 APTA Private Practice Section Conference</i>	Various Speakers, Orlando, FL		11/11 - 11/15/2015
<i>Pediatric Pain, What's Different</i>	Helen Turner, DNP, PCNS (OHSU)		2/16/2011
<i>The Advanced Running Course: Biomechanics, Analysis, Training &</i>	Matthew Walsh, PT, SPG Level III (Australia)		3/21/09

<i>Rehabilitation</i>	
<i>The Emerging Role of the PT w/ the Female Athlete</i>	OPTA 3/16/08
<i>Pain Management & Treatment for the 21st Century PT</i>	OPTA: Thomas Watson, DPT, DAAPM 3/16/08
<i>The Running Course</i>	Matthew Walsh, PT, SPG Level III (Australia) 1/26 – 27/2008
<i>Introduction to the Mulligan Concept – Manual Therapy Techniques</i>	Donald Reordan, MS, PT, OCS, MCTA 3/9-10/2002
<i>Sacroiliac Joint & the S3 Subluxation: A Method and Rationale for the Rapid and Effective Relief of Low Back Pain</i>	
<i>Intervention Strategies for the Challenging Foot: Orthotic & Non Orthotic Approaches</i>	Richard DonTigny, PT 10/13/2001
<i>Precision Cycling – Instructor Certification</i>	OPTA 3/2001
<i>The Orthopedic Shoulder</i>	Star Trac Certified 8/2000
<i>Functional Stabilization Training</i>	Kevin Wilk, PT – HealthSouth RTN course 1/1999
<i>Golf Skills Enhancement – Level 1</i>	Beverly Biondi, PT 9/1998
<i>Current Concepts of the Athlete's Shoulder</i>	HealthSouth 9/1997
	Oregon Institute of Sports Medicine 2/1997

STUDY COURSES

<i>Orthopedic Issues and Treatment Strategies for the Pediatric Patient</i>	Orthopedic Section, APTA 2/2010
<i>Dance Medicine: Strategies for Prevention and Care of Injuries</i>	Orthopedic Section, APTA 12/2008
<i>Diagnostic Imaging in PT</i>	Orthopedic Section, APTA 8/2007
<i>Reimbursement Strategies for PT's</i>	Orthopedic Section, APTA 3/07 – 5/2007
<i>Private Practice study course</i>	Private Practice Section, APTA 2007
Fundamentals of Functional Assessment	Ergo Rehab, Inc. 2006 – 2007
<i>Certified Specialist in Functional Assessment (CSFA)</i>	
<i>H105 Fundamentals of Functional Assessment</i>	
<i>H106 Functional Capacity Evaluation</i>	
<i>H107 Return to Work Programs & Services</i>	
<i>Independent Medical Examination Training</i>	Health Cost Management 2006
<i>Current Concepts of Orthopedic Physical Therapy # 11.2</i>	Orthopedic Section, APTA 8/2001 – 12/2001
Foot Management Course	Orthopedic Section, APTA 6/2000 - 12/2000
<i>Normal Anatomy & Pathophysiology of the Foot and Ankle</i>	R. Donatelli, PT, PhD, OCS
<i>Contemporary Footwear Considerations</i>	T McPoil, PT, PhD, ATC
<i>Foot and Ankle Orthosis</i>	M. Cornwall, PT, PhD, CPed
<i>Injuries of the Leg, Foot and Ankle</i>	Joseph Tomaro, PT, MS, ATC
<i>Diabetic Foot Problems</i>	Nancy Balash, PT
<i>Inflammatory Arthritis: Management of Foot and Ankle Problems</i>	L Gerber, MD Jshrader, PT, Cped; K Lohmann Siegel, PT, MA;
<i>Current Topics in Rehabilitation of the Shoulder</i>	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)
- *Titleist Golf

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

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