

**Amy Sbihli, MPT, DPT**  
33 Summer Street  
Lexington, MA 02420

414.232.4127  
asbihli@spineacademypt.com

## **CLINICAL EXPERIENCE**

**Orthopaedics Plus** *Director of Scoliosis Program* Burlington, MA 4/12-present

**Outpatient Orthopaedics:** Scoliosis Specific Exercise, Spine, Sacral-iliac

Develop programs and create treatment plans in clinical practice for children and adults who have scoliosis and related musculoskeletal impairments and dysfunction.

**Spinal Dynamics of Wisconsin** *Clinical Physical Therapist* Milwaukee, WI 10/03-4/11

**Outpatient Orthopaedics:** Orthopedic spine, Scoliosis Exercise Certified, Pilates Certified - reformer

- Developed clinical expertise in treatment of spine, hip and shoulders.
- Assisted program development of the Schroth Method for scoliosis treatment.
- Completed the first group immersion style Schroth program in the United States.
- Present Schroth methodology annually to local DPT programs, and frequently to physician groups, public and clients.
- Created in-house continuing education course, "Pilates with Reformer", for staff orientation to the equipment and professional skill development.
- Actively mentored PTA to enhance clinical and communication skills
- Support Carroll College students through in-house research project as CI and adjunct professor.

**Physical Therapy Options** *Clinical Physical Therapist* Cincinnati, OH – 6/00-8/03

**Clinical Outpatient:** Women's Health, Orthopedic, and Neurology.

**Clinical Inpatient:** Skilled and Medicare B Geriatrics.

**Mercy-Franciscan Terrace** *Clinical Physical Therapist* Cincinnati, OH - 1/98-4/00

**Clinical Outpatient:** Musculoskeletal, Cardio-pulmonary, Aquatics, Women's Health, and Neurology.

**Clinical Inpatient:** Geriatrics, Orthopedic, Neurology, and PPS.

**Drake Rehabilitation Center** *Clinical Physical Therapist* Cincinnati, OH - 9/96-1/98

**Clinical Inpatient:** Long-term Care, Cardio-Pulmonary, Subacute, Orthopedic, Traumatic Brain Injury, Neurology, and Multi-system Failure.

**Clinical Outpatient:** Neurology, Pulmonary, and Orthopedic.

## **CONTINUING EDUCATION**

BSPTS Competency and Advanced Concepts - 2019	APTA/CSM– Women's Health, Wellness, Orthopedics, Research
Mary Massery – Breath and Function - 2018	Sacral Iliac Rehabilitation – Jim Porterfield
SEAS I-II 2017-2018	Active Release - Certified in Upper Extremity

SOSORT -2012, 2016, 2017	Cervical spine- Interdisciplinary Approach to treatment – H. James Phillips MSPT, OSC
BSPTS Level 2 teacher trainer course – 2012	Shoulder Rehabilitation
Prevention of running injuries - 2011	Clinical Instructor Education and Certified Credentialing Program
BSPTS teacher trainer certification – 2011 Formation of school and curriculum for conservative management of scoliosis	Conservative management of scoliosis
Cervical /upper thoracic Manipulation – 2010	Teaching Techniques to enhance student
Treatment of Ribs and Thoracic Spine – 2009	Aquatic Therapy Rehabilitation Institute
Independent Study – Schroth/RSC 2008	Pharmacology: What PT Professionals Need to Know
Rigo-Cheneau Brace Conference – 2007	Behavioral Assessment Model for Student Evaluation
Kinesiotape – 2007	Bones and Balance – Osteoporosis
SOSORT – 2007, 2012, 2013	
Pilates Equipment Certification – 2005-2006	
Schroth Method Certification Level 1 – 2005	
Schroth Method – 2004	
Power Pilates Mat Certification – 2003	
Direct Access Legislator, State of Ohio – 2003	

## INSTRUCTIONAL EXPERIENCE

IRSSD at Milwaukee Children’s Hospital – Adults and PSSE	2020
Columbia Hospital NYC 6th Annual CME on Non-Operative Treatment in Scoliosis	2020
Development of Schroth-Barcelona Institute Additional Courses; Introduction, C1 Refresher, Advanced Concepts	2018-19
Barcelona Scoliosis Physical Therapy School - Certification Level 1 or Level 2	2014-2019
Speaker and Panelist for DePuy Synthesis Scoliosis Education day	2016
SOSORT presentation on my research on Adult Outcome from trial with Schroth Exercise	2016
Conservative Management of Scoliosis: AAPM&R Annual Conference; Boston, MA	2015
Evidence of Schroth Method: AAOMPT Annual Conference; Cincinnati, OH	2013
Introduction Schroth Method: Texas Children’s; Houston, TX, Boston University PT program	2013
Certification Level 1 Barcelona Scoliosis Physical Therapy School / Schroth Method (6)	2012-2016
Concordia College DPT Program: Schroth Method	2007 – 09
Carroll College DPT Program: Schroth Method	2006 - 10
Cincinnati State Technical College: Instructed Anatomy & Physiology	2001-02
Cincinnati State Technical College: Instructed ROM, transfers, and ambulation in program for certified nursing assistants	2000
Aquatics Therapy Rehabilitation Institute “Aquatics and Physical Therapy” in Tampa, FL	2000
Cincinnati State Technical College: Instructor for Kinesiology for Certified Occupational Therapy Assistant program	1999
Orientation Trainer: Education and demonstrations to new hospital employees on low back safety at home and at work to prevent injury	1998-2000

## BUSINESS EXPERIENCE

Spine Academy Physical Therapy, PLLC  
Schroth-Barcelona Institute, LLC

*Owner and Clinician*  
*Part-Owner and Instructor*

2016- present  
2016-present

Barcelona Scoliosis Physiotherapy School International      Active Member      2018

**PROFESSIONAL MEMBERSHIPS**

APTA MA

APTA Private Practice Member

SOSORT

**EDUCATION**

**Washington University School of Medicine**

St. Louis, MO

2007-2011

*Post professional Doctorate in Physical Therapy*

**Washington University School of Medicine**

St. Louis, MO

1993-96

*Master of Science in Physical Therapy*

**University of Michigan**

Ann Arbor, MI

1989-93

*Bachelor of Science in Kinesiology*

**HOBBIES:** Running, tennis, cooking, reading