

Curriculum Vitae and Bibliography

Mark Kargela, PT, DPT, Cert-MDT, MTC, OCS, FAAOMPT

PERSONAL INFORMATION

Place of Birth: Calumet, MI
Citizenship: United States
Home Address: 28506 N 23rd Dr., Phoenix, AZ 85085
Email Address: mark@modernpaincare.com

PRESENT ACADEMIC RANK AND POSITION

Clinical Assistant Professor
Midwestern University
Glendale, AZ
9/2017 – Present

EDUCATION

Grand Valley State University
Allendale, MI
BS, Health Sciences
1997-2001

Grand Valley State University
Allendale, MI
Master of Physical Therapy
2000 - 2003

University of St Augustine
St. Augustine, FL
Doctor of Physical Therapy
2005-2008

Additional Education
Evidence in Motion
Louisville, KY
Fellowship in Orthopaedic Manual Physical Therapy
2010-2013

BOARD CERTIFICATION/LICENSURE

Arizona Board of Physical Therapy Examiners
Physical Therapy # 11339
12/2014

Michigan Board of Physical Therapy Examiners
Physical Therapy #5501011596
07/2003

American Board of Physical Therapy Specialties
Board Certified in Orthopaedic Physical Therapy
Certificate No. 14597
5/19/2008

American Physical Therapy Association
2007

Clinical Instructor

Mayo Clinic College of Medicine
Bronze Quality Fellow 2016

The McKenzie Institute of the United States of America
Certification in Mechanical Diagnosis and Therapy of the Spine (cert. MDT) 2012

University of St. Augustine
Manual Therapy Certification (MTC) 2007

International Spine and Pain Institute
Therapeutic Pain Specialist (TPS) 2016

HONORS/AWARDS

PREVIOUS PROFESSIONAL POSITIONS AND MAJOR APPOINTMENTS

Health Motion Physical Therapy, LLC 2003-2004
Kentwood, MI
Staff physical therapist

Physiotherapy Associates 2004-2006
Grand Haven, MI; Spring Lake, MI
Staff physical therapist, Clinic director

Agility Health 2006-2007
Grand Rapids, MI
Site Leader/Physical Therapist

Synergy Physical Therapy Group Grand Rapids, MI Staff physical therapist	2007-2008
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Agility Health Grand Rapids, MI Site Leader / Physical Therapist	2008-2013
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Lifepointe Hospitals – UP Health System – Portage Health Hancock, MI Staff physical therapist	2013-2015
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Mayo Clinic, Phoenix, Arizona Physical Therapist, Advanced Mid-Level Practitioner	11/2015 – 9/2017
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PROFESSIONAL & COMMUNITY MEMBERSHIPS, SOCIETIES AND SERVICES**Professional Memberships & Services**

American Physical Therapy Association Member	2000-present
Michigan Physical Therapy Association Member, Delegate 2013-2014, Treasurer of Western District	2000-2015
Arizona Physical Therapy Association Member	2015-present
American Academy of Orthopaedic Manual Physical Therapists Fellow Member	2007-present
International Association for the Study of Pain Member	2011-present
Volunteer on sports medicine team for Caledonia High School football team	2010-2012

EDUCATIONAL ACTIVITIES**Curriculum/Course Development**

Physical Therapy Management of the Aging Spine Geriatric Residency Program Mayo Clinic Phoenix, Arizona	2016, 2017
Pain Management: Integrating Yoga-Based Strategies into Rehab of the Patient with Chronic Pain Geriatric Residency Program Mayo Clinic Phoenix, Arizona	2017
Pain Science and Complex Regional Pain Syndrome Doctoral Program in Physical Therapy Midwestern University Glendale, Arizona	2016
Modern Pain Science Doctoral Program in Physical Therapy AT Still University Mesa, Arizona	2016
Introduction to Mechanical Diagnosis and Therapy Doctoral Program in Physical Therapy AT Still University Mesa, Arizona	2016
Practical Pain Science for the Physical Therapist Modern Pain Care Phoenix, Arizona	2016 - Present

Teaching

Grand Valley State University, Allendale, MI Adjunct Faculty – lab instructor and seminar lead for doctor of physical therapy students	2008-2013
Evidence in Motion, LLC, Louisville, KY Lead Instructor in Clinical Reasoning Curriculum Lead Instructor in Pain Science Curriculum	2012-2015 2013-2016
International Spine and Pain Institute, Story City, IA Online instructor in Therapeutic Pain Specialist Program	2015 - 2016
AT Still University, Mesa, AZ Lecturer Doctor of Physical Therapy Program	2015- present

Franklin Pierce University, Goodyear, AZ 2015-present
Adjunct Faculty – Instruct 3rd year Doctor of Physical Therapy students
elective in pain science

Northern Arizona University, Phoenix, AZ 2016-present
Lecturer Doctor of Physical Therapy Program

Grand Rounds Physical Medicine and Rehabilitation , Mayo Clinic, Arizona 1/11/16
Introduction to Therapeutic Neuroscience Education

Mentorship

Clinical Instructor for 10 Doctorate of Physical Therapy Students during 2003 through 2015 from:

- Grand Valley State University
- Andrews University
- Central Michigan
- Wayne State University
- University of Michigan

Academic Career Development

INSTITUTIONAL/DEPARTMENTAL ADMINISTRATIVE RESPONSIBILITIES, COMMITTEE MEMBERSHIPS AND OTHER ACTIVITIES

PRESENTATIONS

Regional

Pain Science Past, Present, and Future 10/15/2016
Arizona Physical Therapy Association Fall Meeting
AT Still University, Mesa, AZ

Foothills Community Library – Community Health Lecture Series
Getting Movement Back with Chronic Pain
Glendale, AZ

National

The Patient's Story – The Science Behind the Story
2018 San Diego Pain Summit
San Diego, California

International

CLINICAL PRACTICE, INTERESTS, AND ACCOMPLISHMENTS

Mark Kargela, PT, DPT, OCS, cert-MDT, MTC, FAAOMPT received his Masters in Science of Physical Therapy degree from Grand Valley State University in 2003. He later went on to obtain his Doctor of Physical Therapy degree from the University of St. Augustine in 2009. He gained his Orthopedic Clinical

Specialization in 2008 and completed a fellowship in orthopedic manual physical therapy in 2012 from Evidence in Motion. He has taught continuing education coursework to physical therapists around the country within Evidence in Motion's fellowship program and continuing education courses up until 2016.

In his current role, he provides physical therapy services and supervises Midwestern University's Physical Therapy Institute, a university-based clinic setting, where he practices general orthopedics with special interest in spine and persistent pain conditions. In addition to his work at the Midwestern University, Mark also has been regular lecturer at Phoenix-area universities and continues to serve in an adjunct faculty role at Franklin Pierce University where he teaches a course in pain science. Mark owns his own continuing education company where he teaches coursework in modern pain neuroscience and incorporating it into daily patient care.

RESEARCH INTERESTS

Pain Science

Pain Neuroscience Education

Application of Modern Science to Physical Therapy

Qualitative research of patient perceptions, beliefs, and behaviors around pain

BIBLIOGRAPHY

Diener I, Kargela M, Louw A. Listening is therapy: Patient interviewing from a pain science perspective. *Physiother Theory Pract.* 2016;32(5):356-367.