

Paula Ashbaugh, MPT, ATC

- Physical Therapist
- Athletic Trainer
- Manual and Manipulative Therapist

Education:

- Master Of Physical Therapy (MPT), 1991
- University of Southern California; Department of Biokinesiology and Physical Therapy

- Bachelor of Science in Physical Education, 1988
- San Francisco State University
- San Diego State University
- Emphasis in Athletic Training

Certifications, Licensor, and extracurricular:

- Licensed to Practice as a Physical Therapist in: California, Colorado, New York, Louisiana, and Kentucky.
- Certified as an Athletic Trainer
- Certified in High Velocity Spinal Manipulation
- Athletic Trainer for USA Rugby team the Eagles, University of Southern California, San Diego State University, -
San Francisco State University, and University of San Francisco.

Continuing Education:

Primal Reflex Release Technique, Intermediate Course
May 4, 5, 6, 7, 2006
San Diego, California

Primal Reflex Release Technique, Basic Course
April 8-9, 2006
Denver, Colorado

Synovial Temporomandibular Disorder Physiology (Mariano Rocabado)
February 24, 2006
Interdisciplinary Treatment for Orofacial Pain/TMD
San Diego, California

Advanced Course on Craniovertebral & Craniomandibular Centric Relation (Mariano Rocabado)
February 23, 2006
Interdisciplinary Treatment for Orofacial Pain/TMD
San Diego, California

Brain, pain and lumbopelvic control (Paul Hodges, PhD Med Dr Bphty (Hons))
November 19-20, 2005
Denver, Colorado

The Spine World Congress On Manual Therapy
October 7, 8, 9, 2005
Rome, Italy

Shoulder Impingement and Instability: Pattern Recognition and Management (Mark Jones)
October 5, 6, 2005
Rome, Italy

Lower Cervical Spine: Disc, Facet, and Uncovertebral Pathology
(International Academy of Orthopedic Medicine)
August 19, 20, 21, 2005
Denver, Colorado

Secondary Disc-Related Disorders of the Lumbar Spine: Disc, Facet joint, Segmental Instability (International Academy of Orthopedic Medicine)
August 20, 21, 22, 2004
Denver, Colorado

Core Stability for Peak Performance (Kinetic Control)
February 24-25, 2004
Denver, Colorado

Non Operative Orthopaedic Medicine and Manual Therapy of the Lumbar Spine and Sacroiliac Joint (International Academy of Orthopedic Medicine)
August 12,13,14, 2003
Denver, Colorado

An Eclectic Approach to Evaluation and Treatment of the Foot and Ankle (Manual Therapy Seminars)
September 26-27, 2003
Denver, Colorado

Pathophysiology and Mechanics of the Shoulder (Donatelli)
December 8-9, 2002
Copper Mountain, Colorado

High Velocity Spinal Manipulation (Manual Therapy Seminars)
October 2001-October 2002
Denver, Colorado

Spinal and Peripheral Manual Therapy Treatment- N.A.G.S AND S.N.A.G.S
(Mulligan Technique)
February 12-13, 2002
Denver, Colorado

Cranial Mobilization (Manual Therapy Seminars)
December 1-2, 2001
Denver, Colorado

Evaluation and Treatment of Headache Disorders (Manual Therapy Seminars)
November 17-18, 2001
Denver, Colorado

Level 2-MET of the Lumbar Pelvis (Manual Therapy Seminars)
November 3-4, 2001
Denver, Colorado

Evaluation and Treatment of the Shoulder Girdle (Manual Therapy Seminars)

October 6-7, 2001

Denver, Colorado

1st International Conference on Movement Dysfunction

September 21-23, 2001

Edinburgh, Scotland

Pathophysiology of Pain in Manual Therapy (Manual Therapy Seminars)

September 8-9, 2001

Denver, Colorado

Thoracic Outlet Syndrome and Cervicothoracic Junction (International Academy of Orthopedic Medicine)

August 11, 12, 13, 2001

Cody, Wyoming

Manual Manipulation (Manual Therapy Seminars)

May 5-6, 2001

Denver, Colorado

Movement Dysfunction: Dynamic Stability Rehab of the Local and Global Muscle Systems for Sacro-Iliac Dysfunction (Kinetic Control/Mark Comerford)

March 18-19, 2001

Denver, Colorado

Movement Dysfunction: Dynamic Stability and Muscle Balance of the Lower Quadrant (Kinetic Control-Mark Comerford)

March 11-12, 2001

Denver, Colorado

Level 1 MET of the Lumbar-Pelvis-Sacrum (Manual Therapy Seminars)

January 13-14, 2001

Denver, Colorado

Pathophysiology of Pain #3 (Manual Therapy Seminars)

December 09, 2000

Denver, Colorado

Segmental Spinal Stabilization #2, Paul Hodges PhD (University of Queensland, Dept of Physiotherapy)

October 23-24, 2000

Denver, Colorado

Pathophysiology of Pain #2 (Manual Therapy Seminars)

August 26, 2000

Denver, Colorado

An A-Z Manual Therapy Approach for Cervical Spine Pathology,

July 14, 15, 16, 2000

San Diego, California

Muscle Energy Techniques of the Thoracic Spine and Ribs (Manual Therapy Seminars)

March 25-26, 2000 Denver, Colorado

Segmental Spinal Stabilization #1 Paul Hodges, PhD (University of Queensland, Dept of Physiotherapy)

August 7-8, 1999

Dynamic Stability and Muscle Balance of the Cervical Spine and Upper Quadrant (Kinetic Control)

July 15, 16, 17, 18, 1999

Denver, Colorado

Dynamic Stability and Muscle Balance of the Lumbar Spine and Trunk (Kinetic Control)

July 8, 9, 10, 11, 1999, Denver, Colorado

Muscle Energy Technique of the Cervical Spine and Thoracic Outlet Syndrome (Manual Therapy Seminars)

October 24-25, 1998

Denver, Colorado

Ulnar Sided Wrist Problems

January 21, 1998

Denver, Colorado

Scaphoid Injuries

November 12, 1997

Denver, Colorado

Functional Approach to Peripheral Neuromuscular Facilitation

November 15, 16, 17, 18, 1997

Vallejo, California

Recent Trends in Wound Care Management

June 14-15, 1996

Los Angeles, California

How To Be An Effective Communicator

April 18, 1996

Boulder, Colorado

Getting Results with the Frail Geriatric Patient

January 13, 14, 15, 1995

San Diego, California

Strain Counterstrain Techniques

September 20-21, 1994

Los Angeles, California

Balance Dysfunction

June 24-25, 1994

San Diego, California

Neural Tension Release

November 01, 1993

San Diego, California

Current Taping Techniques for Sports Injuries and Orthopedics

February 27-28, 1993

San Francisco, California

Rehabilitation of Common Acute Sports/Orthopedic Injuries, (USC Medical Center)

October 28, 1992, Los Angeles, California

Sacro-iliac Dysfunction

June 2-3, 1991 Anchorage AK