

David Trumbore PT, DPT, CSCI, CWT, CPI, CFNP

EDUCATION Doctorate of Physical Therapy, Widener University, Chester PA, 2006
Bachelor of Science in Physical Therapy, Temple University, Philadelphia, PA, 1983

LICENSE Pennsylvania PT005364-L
DAPT000257

CLINICAL EXPERIENCE

Elite Personal Training and Fitness Solutions, Huntington Valley, PA
September, 2020 - Present – Owner/Director

Ultimate Physical Therapy, Huntingdon Valley, Pa
March, 2016 to Present - Director of Physical Therapy

Greater Northeast Medical Group, Philadelphia, Pa
June 2015 to February 2016 - Staff Physical Therapist

Fellowship Bible Church, Philadelphia, PA
September 2013 to April 2015 - Associate Pastor

Orthopaedic Surgery & Rehabilitation Assoc
August 2013 to 2014 - Staff physical Therapist

Delaware Valley Orthopedic Associates, Philadelphia, PA
August 1984 to 2013 - Director of Physical Therapy

Effective Fitness Solutions, LLC Bensalem, PA
December 2004 to 2013 (Owner) - Personal Fitness Trainer/Consultant/Speaker

Integrity Rehabilitation Services Bensalem, PA
December 2001 to 2020 - Peer Review, Chart Audits and Expert Testimony

Fracture Bracing Philadelphia, PA
March 1987 to 2012 (Partner) - Fracture Bracing and Orthotic Fabrication/Management.

Comprehensive Pain Management Services Philadelphia, PA
August 1983-August 1984 - Staff Physical Therapist and Clinical Coordinator

TEACHING EXPERIENCE

Holmesburg Baptist Christian School
January – June 2006 - Physical Education

Harcum Junior College Ardmore, PA
September 1986 - December 1986 Physical Agents
Didactic and Clinical Instruction in the Use of Physical Agents; Test Preparation and Grading

Temple University Philadelphia, PA January 1986 - May 1986 Physical Agents
Comprehensive Didactic and Clinical Instruction in the Use of Physical Agents; Test Preparation and Grading

Temple University Philadelphia, PA
February 1986 - March 1986 - McKenzie approach to the Lumbar and Cervical Spine
Didactic and Clinical instruction in the McKenzie Evaluation Treatment of the Spine

Temple University Philadelphia, PA
January 1983 - May 1986 - Adjunct Electrotherapy Instructor
Laboratory Supervision, Instruction and Examination

CONTINUING EDUCATION

Muscle Release Techniques: Shoulder and Rotator Cuff
October 2024

Active Release and Deep Tissue Techniques
September 2024

Direct Access: Systems-based Approach to Medical Screening
June 2024

Differential Diagnosis for Shoulder and Upper Extremity
May 2024

Differential Diagnosis for Headaches and Cervical Spine Pain
March 2024

Thoracic and Lumbar Spine Differential Diagnosis
January 2024

Pharmaceuticals and Physical Therapy: Movement with Medicine
September 2023

Rehabilitation of the Older Adult
July 2023

Therapeutic Exercise for the Older Adult: an Evidence Based Approach
June 2023

Nutrition: Understanding Macronutrients for Weight Loss
May 2023

Therapeutic stretch For Your Clients
April 2023

Knee osteoarthritis: Overview, Nonsurgical/Surgical Management in Physical Therapy Treatment
March 2023

Food Is Medicine Certification: Clinical Applications for Healthcare Professionals
August 2022

Understanding The Gut Microbiota
March 2022

Physical Therapy Differential Diagnosis: Screening for Referral, Physical Assessment, and Pain Patterns
November 2021

Foundations of Therapeutic Exercise: Foundations, Physiological Considerations and Specialties
August 2021

ACSM Nutritional Principles, Dietary Supplements and Nutritional Issues Related to Athletic Health, Disease and Injury
March 2021

Ketogenic Diet
December 2020

Adult Weight Management
November 2020

Strength Training and Aging
October 2020

Dietary Supplements: An Evidenced-Based Medicine Approach
September 2020

Science of Weight Loss & Weight Management
August 2020

Coronavirus 2020

April 2020

Ethics - Pennsylvania Physical Therapy

March 2020

Differential Diagnosis for the Musculoskeletal Assessment of the Spine

August 2019

Clinical Massage

July 2019

Differential Diagnosis in Physical Therapy –Upper Extremity and Lower Quadrant

June 2019

Therapeutic Exercise: Moving Toward Function

April 2019

Rehab Your Reimbursement: CPT coding, billing, and documentation strategies for Rehabilitation

March 2018

Pennsylvania Physical Therapy Ethics Laws

December 2017

Orthopedic Physical Assessment: Knee

October 2017

Differential Diagnosis Head, Neck, Back, Sacrum, Sacroiliac and Pelvis

September 2017

Orthopedic Physical Assessment: Shoulder

September 2016

Pathology: Implications for the Physical Therapist: Musculoskeletal System

July 29, 2015

Stroke Rehabilitation: Approaches to Stroke Rehab

June 28, 2015

Geriatric Physical Therapy: Aging Population, Physiology, Geriatric Pharmacology

June 8, 2015

Ethics – Pennsylvania Physical Therapy

Innovative Educational Services October 2014

Differential Diagnosis Module 1 Introduction to Screening
April 8, 2014

Conditioning for Strength and Human Performance Special Topics and Exercise Prescription
May 9, 2014

Differential Diagnosis Module 5 of Gastrointestinal, Hepatic, Biliary, Urogenital and Sure Immunologic Diseases
July 9, 2014

Orthopedic Physical Assessment: Module 6: Lower Leg, Ankle, and Foot
December 12, 2010

Orthopedic Physical Assessment: Module 3: Forearm, Wrist, and Hand
November 4, 2010

Differential Diagnosis Module 4: Hematologic, Cardiovascular and Pulmonary
September 4, 2010

Physical Therapy of the Shoulder Module 3
December 8, 2008

Differential diagnosis Module 6 Endocrine, Metabolic, Immunologic Systems and Cancer
December 2, 2008

Fat Cells and Disease: Unraveling the Metabolic Puzzle
Langhorne, Pa April 2008, CE International

Pilates Mat Certification for the Health Professional
Livingston, NJ May 2006. Pilates Mat Certification (CPI) Course
Certification through Pro Health Professional Health and Fitness Institute

Pharmacotherapeutics and Diagnostic Imaging
Chester PA February 2006, Chris Wise PT - Widener University

Fighting Fat after 30
Newark, DE January 2006, Institute for Natural Resources (INR)

Academic Teaching and Health Promotion
Chester, PA January 2006, Janice F. Thompson PT, M.S., M.Ed - Widener University

Evidenced Based Medicine
Chester, PA October 2005, Melinda Bartscherer PT - Widener University

Principles of Leadership and Self - Management
Chester, PA September 2005, Derek C. Stedman MS - Widener University

Instructional Technology

Chester, PA July 2005, Donna Ziegenfuss MS, ABD - Widener University

Medical Screening, Differential Diagnosis and Why Patients are Not Healing

Chester, PA April 2005, David Musnick, MD - Widener University

Strength and Conditioning

Philadelphia, PA February 2005. Certified Strength and Conditioning Specialist (CSCI)
Certification through Pro Health Professional Health and Fitness Institute

IWA Weight Training Certification for Physical Therapists

Philadelphia, PA Nov. 13, 2004. Certified Weight Trainer (CWI) Certification Class
Certification through International Weightlifting Association (IWA)

Differential Diagnosis and Medical Screening for Physical Therapists

Philadelphia, PA Oct. 9-10, 2004 Robert Duvall - Mercy Rehab Associates
PA Direct Access License obtained; DAPT - 000251

Wound Healing and Pressure Ulcer Management: Assessment to Closure

Philadelphia, PA Dec 3, 2003

Recent Advances in the Evaluation & Treatment of the Knee

Bensalem, PA Feb 9-10, 2002 Kevin Wilk - Northeast Seminars

Recent Advances in the Evaluation & Treatment of the Shoulder

Bensalem, PA Feb 8-9, 2002 Kevin Wilk – Northeast Seminars

MRI Findings and Low Back Pain

Philadelphia, PA Dec 31, 2000

Osteopenia: Implications for Physical Therapists Managing Patients of All Ages

Philadelphia, PA March 25, 2001

Carpal Tunnel Syndrome

Philadelphia, PA Dec 15, 2000

OSHA 2000: Compliance & Training for Medical and Dental

Philadelphia, PA Nov 11, 1999

Clinical Electrotherapy: Physiology and Basic Concepts

Philadelphia, PA July 31, 1999

Elbow, Wrist and Hand: Function and Rehabilitation

Edison, NJ November 7-8 1998 JFK Rehabilitation Center

Total Joint Rehabilitation

Philadelphia, PA Oct 31- Nov 2, 1998 Total Joint Rehab Seminars

Medical Diagnoses for the Physical Therapist

Edison, NJ March 28-30, 1998 JFK Rehabilitation Center (William G. Boissonnault M.S., P.T. and Michael B. Koopmeiners M.D.)

Wound Healing and Management

Philadelphia, PA January 19, 1997

Pharmacology in Rehabilitation

Philadelphia, PA February 23-24, 1996

Fifth Annual Professional Sports Care Symposium

Teaneck, NJ December 4-5, 1992.

The Shoulder: A Health Style Sports Medicine Seminar

Dallas, TX February 15-16, 1992.

Radiology for Physical Therapists

Newark, NJ October 27-28, 1989 The Staten Island Hospital

Advances on the Knee and Shoulder, Cincinnati Sports Medicine

Cincinnati, Ohio March 6-8, 1989 Frank R. Noyes, M.D.

When the Feet Hit the Ground, Everything Changes

Chester, PA April 29-31, 1988 Biomechanical Orthotic Certification

Documentation and Utilization Review Techniques for Physical Therapist

Washington, DC April 22-23, 1988

The Patellofemoral Joint

Atlantic City, NJ June, 1987 Bob Mangine and Bob Engle

Shoulder Rehabilitation and Sports

Wyomissing, PA May, 1987 Bob Donnatelli and Bob Engle

Orthopedic Management of the Knee and Ankle

Cherry Hill, NJ December, 1986

Current Concepts in the Lumbar Spine

New York, NY November, 1986

Robin McKenzie's Advanced Lumbar Techniques

Philadelphia, PA November, 1986

Robin McKenzie's Approach to the Cervical Spine
Scranton, PA October, 1986

Spinal Manipulation Workshop
Philadelphia, PA May, 1985 Ace Neame

Phonophoresis and CPM
Philadelphia, PA April, 1985 Lankenau Hospital

Examination and Rehabilitation of Orthopedic Problems
Wilmington, DE February, 1985 Sandy Berkhart and John Petronis

Examination and Advanced Mobilization of the Upper Extremity
Philadelphia, PA December, 1984 Lankenau Hospital

Examination and Advanced Mobilization of the Lower Extremity: Lankenau Hospital.
Philadelphia, PA November, 1984

A Fresh Approach to a Diagnosis and Treatment of the Lumbar Spine
Harmerville, PA March, 1984 Harmerville Rehabilitation Robin McKenzie

How to be An Effective Communicator as it Relates to Physical Therapy and Clinical Education
Philadelphia, PA January, 1984 Temple University - Jody Gandy

The Nuts and Bolts of Private Practice
Philadelphia, PA December, 1983 Lankenau Hospital

Orthopedic Medicine Seminar: Cyriax Course
Philadelphia, PA September, 1983

Overview of the Shoulder: Its Function and Treatment
Philadelphia, PA May, 1983 Lankenau Hospital

The Evaluation and Treatment of the Lumbar Spine
Philadelphia, PA April, 1983 Temple University - Tom Shaw

Lumbar Traction: Its Role in Low Back Pain
Philadelphia, PA January, 1983 Lankenau Hospital - John Barbis

CERTIFICATIONS

Certified Pilates Instructor (CPI) #1331
Certified Strength and Conditioning Instructor (CSCI) # 1159
Certified Weight Trainer (CWT) # 020044
Certified Functional Nutrition Practitioner (CFNP) #169934
CPR – BLS Healthcare Provider

HONORS AND AWARDS

Graduate of Widener University, *Suma cum Laude*, 2006

Graduate of Temple University, *Magna cum Laude*, 1983

Selected to present Doctoral Case Study: *A Case Report of Pharmacovigilance with Implications for Physical Therapy* at Widener University's 2006 Annual Research Symposium

COURSE ADMINISTRATION

Myofascial release: Questions, concepts and future June 1987. A panel discussion featuring Jeff Mannheimer, Jules Rothstein, John Barnes, Wayne Rath, Ken Flowers and Len Pare

RADIO APPEARANCE

Osteoarthritis of the Knee

Nov 12, 2000 - WPHT Talk Radio 1210 AM; 90-minute interview with guest host Bob Bumberra

LECTURES

Davita Dialysis Center Exercise and the Dialysis Patient (2018)

Huntingdon Valley Surgery Center Injury in the Workplace (2017)

DVOA Why You Are Not Losing Weight™ (2009-2011)

DVOA Why You Are Not Losing Weight™ (2007)

FBC Why You Are Not Losing Weight™ (2007)

Widener University Statins and Myalgia (2006)

DVOA Effective Strategies for Managing Weight Loss (2005)

DVOA Core Training (2005)

DVOA Proper and Effective Resistive Training (2004)

DVOA Why Your Exercise Program is Not Working (2004)

Abington Hospital Stretching Connective Tissue: Histological/Biomechanical Effects (1994)

Frankford Torresdale Hospital Arthroscopically Assisted Autograft and Allograft ACL Reconstruction: A Comprehensive Team Approach (1993)

Beaver College Medical Malpractice for the Physical Therapist (1992)

Temple University McKenzie Approach to the Cervical and Lumbar Spine (1984)

PUBLICATIONS

Snyder-Mackler L, Bork C, Bourbon B, Trumbore D. Effect of helium-neon laser on musculoskeletal trigger points. *Phys Ther.* Jul 1986;66(7):1087-1090

Trumbore D. *Statins and Myalgia: A Case Report of Pharmacovigilance with Implications for Physical Therapy*. Care report published in *Differential Diagnosis for Physical Therapists* 4th Edition. Goodman, Snyder 281-282