

## Curriculum Vita

VOLKERT C. DE WEIJER

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**OBJECTIVE:** As a physical therapist, I wish to obtain a position pursuant to my past clinical experience which allows me to grow professionally while enjoying a satisfying and challenging position.

**LICENSURE:**

- Registered Physical Therapist (RPT)
- Manual Therapy Certification (M.T.C.)
- Sports Physical Therapy Certification (S.T.C.)
- Certified Strength and Conditioning Specialist (C.S.C.S.)
- Holistic Lifestyle Coach (HLC-Level 2)
- Taiji Fit Instructor (TFI)

### **PROFESSIONAL EXPERIENCE:**

2010- Present PROFESSIONAL THERAPY& REHAB SERVICES

Responsibilities: A medical staffing & recruitment firm with rehab Current 2 year open-ended assignments for orthopedic medical office Dr Blom and prior outpatients setting (SportsCare of America, Polo Club Boca Raton and One on One Physical Therapy), sub-acute (Whitehall Boca Raton), and Home Health Services and private clients

2007-Present UNIVERSITY OF ST AUGUSTINE FOR HEALTH SCIENCES, DPT-Flex-Weekend Program, Boca Raton, FL

**FLEX PROGRAM LAB INSTRUCTOR (Per Diem)**

Responsibilities: Teach lab component of courses and assess student performance on practical examinations and oral presentations related to Musculoskeletal II lab and Wellness and Prevent I lab

1996- 2010 NOVA SOUTHEASTERN UNIVERSITY (NSU), Ft. Lauderdale, FL

**SENIOR PHYSICAL THERAPIST (Full Time)**

Main responsibilities: Out-patient care (evaluated and treat) of post-surgical and non-surgical musculoskeletal conditions, neurological disorders and/or wellness and prevention care programming

**NSU FACULTY LAB INSTRUCTOR (30% class room interaction)**

Responsibilities: Assist in facilitating students in hands-on learning activities in outpatient environment, and teach Fall lab course curriculum Disease Prevention and Health Promotion (lead instructor)

- 2000-2002 HEALTH SOUTH SPORTS & REHABILITATION, Ft. Lauderdale, FL  
**STAFF PHYSICAL THERAPIST (Per Diem).**  
Responsibilities: Outpatient assignments for orthopedic oriented care with emphasis on post-surgical care, sports injury, and spinal dysfunction.
- 1996-2000 INDEPENDENT CONTRACTOR HOME HEALTH CARE. Ft. Lauderdale, FL.  
**STAFF PHYSICAL THERAPIST (Per Diem).**  
Responsibilities: Home care and nursing home assignments for geriatric population.
- 1994-1996 CROSS COUNTRY HEALTH CARE, Boca Raton, FL.  
**STAFF PHYSICAL THERAPIST (Full Time).**  
Responsibilities: Inpatient assignments- acute hospital and nursing home care, and outpatient assignments- geriatric, orthopedic and neurological care.
- 1991-1994 SEA PINES REHABILITATION HOSPITAL, Merritt Island, FL.  
**STAFF PHYSICAL THERAPIST (Full Time).**  
Responsibilities: Outpatient assignments for work-hardening and pain management programs, orthopedic, geriatric, aquatic therapy orientated care and marketing.

**EDUCATION:**

- 2014 MOTION & WELLNESS INSTITUTE  
 Developed MWI Core Curriculum: Certified Wholistic Rehab Specialist (CWRS)
- 2006 CHEK INSTITUTE  
Certification Track  
**Holistic Lifestyle Coach (HLC) Practitioner Level 2**
- 2005 Certification Track  
**Holistic Lifestyle Coach (HLC) Practitioner Level 1**
- 2000-2002 UNIVERSITY OF ST. AUGUSTINE FOR HEALTH SCIENCES  
Post-Professional Degree:  
**Doctorate in Physical Therapy (DPT).**  
Certification Track:  
**Sports Therapy Certified (STC).**  
Capstone Project:  
 Post-Professional Course: A 3-D Movement Concept towards Evaluation and Rehabilitation Exercises for Parkinson's and Geriatrics.
- 1996-2000 UNIVERSITY OF ST. AUGUSTINE FOR HEALTH SCIENCES

Post-Professional Degree:

**Advanced Master of Science in Physical Therapy (MScPT).**

Certification Track:

**Manual Therapy Certified (MTC).**

Research Project:

The Effect of Static Stretch and Warm-up Exercise on Hamstring Length over the Course of 24 Hours.

1987-1991 HOGESCHOOL VAN AMSTERDAM AFDELING FYSIOTHERAPIE

First-Professional Degree:

**Bachelor of Science in Physical Therapy (BScPT).**

Thesis project:

Course Manual for Nurse Practitioners related to Low Back Pain and Lifting Mechanics in Patient Care

### **PROFESSIONAL EDUCATIONAL COURSE PROVIDER**

2010-Present: **Motion & Wellness Institute.** Post-professional education provider designed and lead instructor of MWI core curriculum [W]h©listic rehab based courses for the PT and OT Professionals – Owner: Volkert de Weijer

2008-Present: **CIAO Seminars.** Post-professional education provider designed and lead instructor of multiple courses for the PT and OT Professionals. Owner: Lesley Mateer

2004-2007 Affiliated with **Health Learning Centers, Inc.** Post-professional health educational provider. Owner: Ed Fiore, M.ED,OTR/L,CHT

2003 **Beyond Tradition Seminars, Inc.** Post-professional educational provider. Designed and lead instructor of multiple courses for the PT and OT profession Owner: Volkert C. De Weijer

### **RESEARCH GRANTS AND PUBLICATIONS:**

2008 **Research collaboration project:** Wellness & cost effectiveness in the work place

2007 **Pilot research study:** self health-related physical fitness in third year doctoral physical therapy students

2005 **Awarded President's Faculty Research and Development Grant**  
**Research collaboration project:** An Inter-Disciplinary Approach for Weight Loss

2004 **Research publication:** The Effect of Hamstring Stretching on Range of Motion: A Systematic Literature Review in Journal of Orthopedic & Sports Physical Therapy (JOSPT). 2005;35(6):377-87

2003 **Research publication:** de Weijer VC, Gorniak G, Shamus E. The Effect of Static Stretch and Warm-up Exercise on Hamstring Length over the Course of 24 Hours. in JOSPT 2003; 33 (12): 727-33.

1999 **Awarded Nova Southeastern University Faculty Research Grant.**

### **DEVELOPED EDUCATIONAL TOOLS AND/OR PROGRAMS:**

2007 Developed and implemented health and wellness programs which include **Bridging the Gap Between Conventional Therapy and Yoga /Tai-Chi Practice, Fit Moves, and Health and Weight Loss seminar**

2006 Developed and presented a 9 week course (2 credits): **Health Promotion, Disease Prevention, and Wellness** for the DPT program at NSU

2005 Developed and presented **new conceptual thinking models for health and movement** for the PT/OT professional field

1998 Developed and implemented a movement disorder called **commit to be fit wellness program** for NSU.

1992 Developed and implemented a **Medical Fitness Program** for Health South Cooperation

### **PROFESSIONAL MEMBERSHIP:**

Member American Physical Therapy Association.

Member National Strength and Conditioning Association.

### **LECTURES AND PUBLIC SPEAKING**

2008 – Present: Post-Professional Education 1 1/2 day seminars such as Revisit the Shoulder, Spine, and Knee: Apply a SMART way for Better Outcomes, Wellness Care in Rehab, and TaiChi/BodyMotion: Move with Purpose and Fun in multiple states (FL, GA, NC)

2005 **Speaker:** de Weijer VC.  
**Academic:** Nova Southeastern University  
December 12, 2005  
**Topic:** Understandable Truth is the Secret to Weight loss  
Get Educated – Aim for the Right Targets

2003 **Speaker:** de Weijer VC.  
**Academic:** Hogeschool van Utrecht, Faculteit Gezondheidszorg.

- May 2, 2003 at Utrecht in Holland  
**Topic:** Intro to 3D Human Movement Approach in Physical Therapy Practice.
- 2003 **Speaker:** de Weijer VC.  
**Academic:** NSU Physical Therapy Master's Program.  
**Topic:** Current concepts and Controversy of Balance Assessment and Treatment in Physical Therapy.
- 2003 **Speaker:** de Weijer VC.  
**Public:** Institute for Learning in Retirement  
 April 29, 2003 at Ft Lauderdale  
**Topic:** Food and Exercise: The Drugs of Choice.
- 2002 **Speaker:** de Weijer VC  
**Academic:** NSU Physical Therapy Master's Program.  
**Topic:** Functional Baseline Testing and Exercise Progression in Physical Therapy.
- 2000 **Speaker:** de Weijer VC.  
**Conference:** Southeast District Chapter, Florida Physical Therapy Association  
 November 30, 2000 at Ft Lauderdale.  
**Topic:** Reactive Neuromuscular Training for Parkinson's patients.
- 2000 **Speaker (s):** de Weijer VC, Shamus E.  
**Conference:** Annual Florida Physical Therapy Association,  
 August 8, 2000 in Tampa.  
**Topic:** Functional Evaluation and Neuromuscular Considerations for Parkinson's Disease.
- 2000 **Speaker (s):** de Weijer VC, Dr Roberts B, Shamus E.  
**Conference:** The Florida Association of Speech Language and Audiologists  
 May 30, 2000 (Spring Conference) in Orlando.  
**Topic:** Neuromuscular Training Considerations for Parkinson's Disease.