David DiGiacomo, PT, DPT, OCS, SCS
Mailstop C244, 13121 East 17th Avenue, Aurora, CO 80045
303-514-4554
Doctor of Physical Therapy Program, University of Colorado, Anschutz Medical Campus

Education:

Doctor of Physical Therapy: May 2010
University of Colorado Denver
Aurora, Colorado

Master of Science in Physical Therapy May 2001
University of Colorado Health Sciences Center
Denver, Colorado

Bachelor of Arts: Kinesiology and Applied Physiology, Psychology 1998
University of Colorado Boulder
Boulder, Colorado

Licensure Information

Physical Therapy Licensure 2001- present
State of Colorado license number: PTL 07633

Certifications:

Board Certified Sports Clinical Specialist (SCS) 2013 –present
American Board of Physical Therapy Specialists
Certified Emergency Medical Responder 2012 – present
American Red Cross
Board Certified Orthopedic Clinical Specialist (OCS) 2005-present
American Board of Physical Therapy Specialists
Sportsmetrics Certified Instructor 2004-present
Cincinnati Sports Medicine

Employment and Positions Held

Academic/University Experience

Senior Instructor, Physical Therapy Program University of Colorado 2015-Present
Anschutz Medical Campus, Aurora, CO

Senior Instructor (0.3 FTE) **2006-2015**
School of Medicine Department of Rehabilitative Science
Physical Therapy Program
University of Colorado Denver Anschutz Medical Campus

Aurora, Colorado

Affiliate Faculty **2002-2006**

Laboratory Instructor in musculoskeletal management courses
School of Medicine Department of Rehabilitative Science
Physical Therapy Program
University of Colorado Health Sciences Center
Aurora, Colorado

Clinical Professional Experience

Sports and Orthopedic Physical Therapist **2015- Present**

Cascade Sports Injury Prevention and PT, Lakewood, CO

Provide 12-20 hours per week of clinical patient/athlete management from evaluation through return to sport assessment for all body regions and across all levels of athletic aptitude for individuals of all ages.
Ongoing community education through coach clinics, team in-services, state and regional athletic trainer association conferences.

Sports and Orthopedic Physical Therapist **2013-2014**

Proaxis/ATI Physical Therapy, Denver and Westminster, CO

Provide 34 hours per week of clinical patient/athlete management from evaluation through return to sport assessment for all body regions and across all levels of athletic aptitude for individuals of all ages.
Ongoing community education through coach clinics, team in-services, state and regional athletic trainer association conferences.

Sports Medicine Physical Therapy Supervisor **2008-2013**

Children's Hospital Colorado

Supervision of satellite outpatient sports therapy clinics and associated clinical staff, budgeting, marketing and development.
Performed yearly clinical competency and performance reviews on staff PT and PTA clinicians.
Worked closely with department medical and surgical directors along with community high school ATCs for injury risk screening, injury reduction programs and athlete participation management.
Provide 32 hours per week of clinical patient/athlete management from evaluation through return to sport assessment for all body regions and across all levels of athletic aptitude for individuals age 8-25 years old with 80% of case load being of high school age.
Ongoing community education through coach clinics, team in-services, state and regional athletic trainer association conferences.
Developed musculoskeletal screening tool and coordinated musculoskeletal portion of pre-participation sports physical exams for high school athletes of a large metro school district in coordination with medical staff.
Department exceeded budgets and patient satisfaction excellence rating expectations every year since 2008.
Founded the sports PT department within the sports medicine program in conjunction with physicians and an ATC in 2007.

Sports Medicine Physical Therapist **2007-2008**

Full-time clinical management of full caseload consisting of pediatric and adolescent patients with sports related injuries and rehabilitation across all body regions.
The Children's Hospital, Colorado

Interim Clinic Director **2006-2007**

Physiotherapy Associates
Took on budgeting, forecasting and marketing of new clinic in the absence of a full-time clinic director.
Managed full-time caseload of patients with varied orthopedic and sports related injuries from examination through discharge.
Englewood, Colorado

Staff Physical Therapist 2001-2006

Physiotherapy Associates
Managed full-time caseload of patients with varied orthopedic and sports related injuries in a busy corporate owned physical therapy practice from examination through discharge.
Englewood, Colorado 2005-2006
Golden, Colorado 2003-2005
Centennial, Colorado 2001-2003

Scholarly Agenda

To advance clinical research in areas of female gymnastic injury risk factors and return to sport progression. Development and implementation of exercise prescription and progression framework for entry level doctor of physical therapy students.

Peer Reviewed Publications:

Sweeney EA, Howell DR, James DA, Potter MN, Provance AJ. Returning to Sport After Gymnastics Injuries. *Curr Sports Med Rep.* 2018 Nov; 17(11): 376-390.

Carry PM, Gala R, Worster K, Kanai S, Miller NH, James D, Provance AJ, Carollo JJ. Postural stability and kinetic change in subjects with patellofemoral pain after a nine week hip and core strengthening intervention. *Int J Sports Phys Ther.* 2017 Jun;12(3):314-323

Provance AJ, James D, Carry PM, Kanai S, Miller N, Worster K, Polousky JD, Carollo JJ. Functional, Kinematic, and Isokinetic Strength outcomes of a Hip Strengthening Program among Adolescent Females with Idiopathic Patellofemoral Pain: A Pilot Study. *J Athl Enhancement* 3:6 2014.

Other Publications

James, DA and Tiley, D. Rehabilitation of Gymnasts. In: Sweeney E ed. *Gymnastics Medicine: Evaluation, Management and Rehabilitation.* Switzerland: Spring Nature October 2019.

Comstock D, Dahab KS, James, DA. Epidemiology of Injury in High School Sports In: Caine D and Purcell L eds. *Injury in Pediatric and Adolescent Sports: Epidemiology, Treatment and Prevention.* 1st edition. Switzerland: Springer International; 2016.

James, DA. Functional Testing and Advanced Exercise Concepts for the Lower Extremity; e-Learning Module, Universal Musculoskeletal Curriculum, Evidence in Motion, Louisville, KY, 2013.

James, DA. Functional Testing and Return to Sport Assessment for the Lower Extremity; e-Learning Module, Universal Musculoskeletal Curriculum, Evidence in Motion, Louisville, KY, 2013.

Brotzman, S. Brent., Robert C. Manske, and Kay Daugherty. "The Arthritic Knee." *Clinical Orthopaedic Rehabilitation: an Evidence-based Approach*. Philadelphia, PA: Elsevier Mosby, 2011.

Brotzman, S. Brent., Robert C. Manske, and Kay Daugherty. "Total Knee Replacement Protocol." *Clinical Orthopaedic Rehabilitation: an Evidence-based Approach*. Philadelphia, PA: Elsevier Mosby, 2011.

Peer Reviewed Professional Presentations:

"Non-Operative Management of the Adolescent Athlete with MDI."
University of Colorado Sports Medicine Annual Fall Symposium 2024. Boulder Colorado September 13th 2024.

"Common Orthopedic and Sports Related Injuries Unique to the Typically Developing Child and Adolescent"
2020 Rocky Mountain Annual Conference and PT Expo, Virtual Format. APTA Colorado September 25th 2020.

"Physical Therapists Can Order Imaging in Colorado: What You Need to Know."
University of Colorado Marquette Challenge Spring April 27, 2019 (6 hours CEU category 1)

"Imaging for Low Back Pain"
2018 Rocky Mountain Annual Conference and PT Expo October 26th 2018.

"Imaging 101 For the Orthopedic and Sports PT"
Colorado APTA Sports SIG August 10, 2017.

"Hip Rehab: how to hold them back after surgical intervention"
2nd International Extreme Sports Medicine Congress. June 11 2016 Boulder, CO.

"Concussion and Mild TBI 2015"
"Interdisciplinary Approach to Recognition and Management of Concussion
Marquette Challenge University of Colorado Anschutz Medical Campus
November 7th 2015 Aurora, CO

"The Throwing Athlete"
17th Annual TRIA Orthopedics and Sports Medicine Conference. Making a Mark: The Adolescent Athlete. Bloomington, MN June 2014.

"Thrower's Shoulder and Elbow Examination and Plyometric Progression"
17th Annual TRIA Orthopedics and Sports Medicine Conference. Making a Mark: The Adolescent Athlete. Bloomington, MN June 2014.

" Integrating Manual Therapy and Exercise Prescription Across the Pediatric Population"
APTA Colorado Chapter Annual Meeting April 2014.

"Elevating Exercise Progression"
University of Colorado Anschutz Medical Campus Update Course April 2014.

"Epidemiology and Incidence of Injury in the Hockey Athlete"
American College of Sports Medicine Alaska Regional Meeting September 2013

"Developing a Training Plan: Emergency Action Plans in Youth Hockey"
American College of Sports Medicine Alaska Regional Meeting September 2013

"Recognition and Management of Concussion and mild TBI"
Colorado APTA South East District Meeting June 2013

"Clinical Predictors for joint manipulation"
Memorial Health Systems, Colorado Springs CO November 11th 2012
"Concussion recognition and Management including return to play"
AHEC Medical Conference Vail, CO September 2012
"Dynamic Warm up and Injury prevention"
Rocky Mountain Athletic Trainers Association Regional Conference 2012
"Lateral Ankle Injury Management and Injury Prevention"
Rocky Mountain Athletic Trainers Association Regional Conference 2012
"Algorithm for Shoulder Examination and Intervention"
Colorado Hand Therapy Specialists 2012
"The Overhead Athlete Return to Play"
University Sports Medicine, Denver CO 2012
"The Female Endurance Athlete: Injury Prevention, Physical Therapy and Return to competition"
Marquette Challenge University of Colorado Anschutz Medical Campus
October 28th 2011 Aurora, CO
"Concussion in the Athlete: Return to Play",
AHEC Conference September 24th 2011 Vail CO
"The Overhead Athlete Injury Prevention and Return to Sport"
University of Colorado Sports Medicine for General Practitioners May 7thth 2011
"The Overhead Athlete Injury Prevention and Rehabilitation."
The Young Athlete Symposium Children's Mercy Hospital Kansas City, MO February 4th 2011
"Strategies for Anterior Knee Pain"
The Young Athlete Symposium Children's Mercy Hospital Kansas City, MO February 4th 2011
"Dynamic Warm up and Stretching"
The Children's Hospital's Coach's clinic. July 2011
"Classification and treatment of Low Back Pain in the Athlete"
Rocky Mountain Athletic Trainers Association Clinical Symposium and Business Meeting. April 2010.

<u>Continuing Education Workshops Conducted</u> (Non-peer reviewed)

"Sports Physical Therapy and the Gymnast: Where Do I Even Begin?"
Complete Athlete Continuing Education
Arvada, CO March 11th-12th 2017
12 Contact hours category 1
"Advanced Exercise Prescription and Progression"
Complete Athlete Continuing Education
Arvada, CO December 3rd -4th 2016
8 Contact hours category 1
"Spine Physical Therapy: Clinical Practice Guidelines and Beyond"
Sponsored by University of Colorado
UC Health Colorado Springs CO May 14-15 2016
16 contact hours
"Evidence Based Orthopedic Update: Spine Clinical Practice Guidelines"
Sponsored by University of Colorado
Avalanche Physical Therapy, Frisco CO February 2016
One day 8 contact hour credit course.

"Evidence Based Orthopedic Update: Clinical Practice Guidelines for the Spine and Hip"
The University of Colorado Anschutz Medical Campus, Aurora, CO June 2015
One day 8 contact hour credit course.
"Evidence Based Orthopedic Update: Spine"
Sponsored by University of Colorado
Grand Junction Community Hospital, Grand Junction CO November 2013
One day 8 contact hour credit course.
"An Evidence Based Clinical Approach to the Shoulder Complex"
Children's Hospital Colorado, Colorado Springs, CO June 2013
Two day 16 contact hour credit course.
"Evidence Based Orthopedic Update: Spine"
The University of Colorado Anschutz Medical Campus, Aurora, CO 2012
One day 8 contact hour credit course.
"Evidence Based Orthopedic update: Extremities"
The University of Colorado Anschutz Medical Campus, Aurora, CO 2011
One day 8 contact hour credit course.
"The Foot and Ankle: Evidence Based Practice for Examination and Intervention"
The Memorial Health Systems, Colorado Springs, CO 2010
Two day 16 contact hour credit course.
"The Knee: Evidence Based Practice for Examination and Intervention"
Memorial Health Systems, Colorado Springs, CO 2009.
Two day 16 contact hour credit course.
"The Shoulder: Evidence Based Practice for Examination and Intervention"
Memorial Health Systems, Colorado Springs, CO 2009.
Two day 16 contact hour credit course.
"The Lumbar Spine: Evidence Based Practice for Examination and Intervention"
Memorial Health System, Colorado Springs, CO 2008.
Two day 16 contact hour credit course.
"The Cervical Spine: Evidence Based Practice for Examination and Intervention**"**
Memorial Health System, Colorado Springs, CO- 2007.
Two day 16 contact hour credit course.

Research Activity:

Membership in Scientific/Professional Organizations:

Member- American Physical Therapy Association- National and Colorado Chapters; Orthopedic and Sports Sections; Sports special interest group (SIG) Colorado.

Honors and Awards:

Outstanding Clinical Instructor University of Colorado 2010

Program and or University Service

Clinical Instructor CE III University of Colorado Physical Therapy Program
Take 1 student annually for 4 month clinical experience at Cascade PT
Primary Mentor to University of Colorado Master's in Human Anatomy Capstone project 2021
"Glenohumeral Ligaments Explained: The Use of a 3D Printed Model to Understand the Movement of the Glenohumeral Joint". Monica Fong
Committee Member to University of Colorado Master's in Human Anatomy Capstone project 2022

"Impact of customized digital dissection guide for physical therapy students on student satisfaction and learning outcomes". Megan James

Professional Development and Continuing Education Attended:

University of Colorado Sports Medicine Symposium 2025
University of Colorado Sports Medicine, Boulder, CO
University of Colorado Sports Medicine Symposium 2024
University of Colorado Sports Medicine, Boulder, CO
University of Colorado Sports Medicine Symposium 2023
University of Colorado Sports Medicine, Boulder, CO
Pediatric Research in Sports Medicine Annual Meeting (PRiSM) 2023
PRiSM Society, Denver, CO
37th Annual Advances on the Knee, Shoulder and Sports Medicine Conference. 2022
Cincinnati Sports Medicine Research and Education Foundation. Hilton Head, South Carolina
University of Colorado Sports Medicine Symposium 2021
University of Colorado Sports Medicine, Boulder, CO
36th Annual Advances on the Knee, Shoulder and Sports Medicine Conference. 2021
Cincinnati Sports Medicine Research and Education Foundation, Virtual Meeting
APTA Combined Sections Meeting February 2020

- Bone stress injuries in runners
- Hanging in Thin Air: pushing and pulling in rock climbing, circus athletes and gymnast shoulders
- Breaking the trend of 3x10: essential strength and conditioning for physical therapist
- Common but complicated: managing joint instability in youth athletes
- Stop the guessing game: making sound decisions on lower extremity return to sport determination
- Bridging the gap between rehabilitation and performance in the overhead athlete

American Physical Therapy Association, Denver, CO
33rd Annual Advances on the Knee, Shoulder and Sports Medicine Conference. 2018
Cincinnati SportsMedicine Research and Education Foundation, Hilton Head, SC
APTA Combined Sections Meeting 2018

- A Zebra Among Us, hypermobility syndromes
- Athletics Meets Aesthetics
- Shoulder Pathomechanics in the throwing athlete
- FAI morphology vs. pathology
- Tommy John surgery and rehabilitation
- Neuromuscular control training and risk of injuries in female athletes
- Imaging in physical therapy practice
- Optimizing bone health in athletes
- Reinterpreting the role of strength in movement in individuals with hip pain
- Science meets practice: shoulder instability management, return to sport after ACL symmetric of sufficient.

American Physical Therapy Association, New Orleans, LA
University of Colorado Sports Medicine Symposium September 2017
University of Colorado Sports Medicine, Boulder, CO
University of Colorado Sports Medicine Symposium September 2016

University of Colorado Sports Medicine, Boulder, CO
Functional Dry Needling Level 2 Applications for Pain Management and Sports Injuries
Regis University, Denver, CO 2016
American Physical Therapy Association Combined Section meeting, February 2016

- Imaging Modalities and clinical reasoning and key instructional elements parts 1 and 2
- Pediatric ACL injuries
- Early sports specialization in the young athlete
- Practical gait analysis
- Recovery considerations in the athletic injury
- Rethinking FAI
- Rotator cuff disease
- The shoulder across the life spine
- Management of upper extremity injuries in the female athlete
- Syndesomotic ankle injuries

Anaheim, CA
University of Colorado Sports Medicine Symposium September 2015
University Sports Medicine, Boulder, CO
Functional Dry Needling Level 1 Application for Pain Management and Sports Injuries
Kinetacore, Brighton, CO
University of Colorado Sports Medicine Symposium September 2014
University Sports Medicine, Boulder, CO
17th Annual TRIA Orthopedics and Sports Medicine Conference. Making a Mark: The Adolescent Athlete. Bloomington, MN June 2014.
American Physical Therapy Association Combined Section meeting, February 2014
Las Vegas, Nevada
University of Colorado Sports Medicine Symposium September 2013
University Sports Medicine, Boulder, CO
"Third Annual Pediatric Orthopedic and Sports Medicine Conference: Evidence Based Management of the Young Athlete" April 20-21, 2013
Cincinnati Children's Hospital Medical Center, Cincinnati Ohio
"Update on Musculoskeletal Pain for Practicing Clinicians." Steven George Presenter March 23, 2013
Marquette Challenge, University of Colorado Anschutz Medical Campus
Emergency Medical Responder Training.
American Red Cross, Denver, CO October 2012.

<u>Current Teaching Responsibilities in this Entry-Level Physical Therapy Program</u>
Spring Semester
Musculoskeletal Management I

- Provide lectures specific to all entry level knee joint MSK management content
- Lead lab instructor for Knee examination and management (6 hours)
- Lead lab instructor for exercise prescription and progression (2 hours)
- Provide lecture regarding imaging/radiology of lumbar spine and Lower Extremity
- Lab instructor in interactive lab setting for all lower quarter labs including examination, manual intervention and exercise prescription. (42 hrs)
- Proctor student competencies for physical examination, manual intervention and exercise

prescription for each joint region of the lower quarter.
- Proctor final student practical examinations with verbal and written feedback.

Summer Semester

Musculoskeletal Management II

- Provide lectures on cervical spine anatomy, biomechanics and pathology. (4 hrs.)
- Lab instructor in interactive lab setting for all cervical spine content including examination, manual intervention (mobilization and high velocity thrust) and exercise interventions. (20 hrs)
- Provide lecture regarding imaging/radiology of cervico thoracic region (2 hrs)
- Proctor student competencies for physical examination, manual intervention and exercise prescription for each spinal region.
- Proctor final student practical examinations with verbal and written feedback

Clinical Anatomy *I*

- Lecture and develop examination questions for upper extremity MSK anatomy, arthrology and clinical anatomy and lower extremity clinical anatomy (8hrs)
- Anatomy lab dissection instruction, prosection provision, Cadaver practical set up and practical proctor: 15-20 hours per week.

Clinical Anatomy II

- Anatomy lab dissection instruction, prosection provision, Cadaver practical set up and practical proctor: 15-20 hours per week. (coincides with Anatomy I course).
- Review student prosection presentations

Advanced Spine manipulation elective:

- Instruct and evaluated students in advanced spinal manipulation in an interactive laboratory setting.

Sports Physical Therapy Elective: Course Coordinator

- Instruct, lecture and evaluate students regarding evaluation and treatment including the basic science of musculoskeletal disorders, sports medicine specific patients/issues and sports participation screening in interactive laboratory setting and lecture hall presentation.
- Provide specific lectures and lead interactive labs on the following content:
    - Sports physical therapy as a profession 1 hr
    - Injury risk assessment and screening in the overhead athlete 1hr
    - Injury risk assessment and screening for the lower quarter 2 hrs
    - Foundations of speed training 3 hours
    - Agility training across all sports 2 hours
    - Plyometric training progression for rehabilitation and performance enhancement 2 hours
    - Pre-participation sports physical examination/screens
    - Sports psychology and physical therapy 1 hr

Fall Semester

Musculoskeletal Management III*: Course Coordinator*

- Instruct, lecture and evaluate students regarding evaluation and treatment of upper quarter (shoulder, elbow, wrist and hand) MSK management.
- Coordinate all aspects of course content delivery, student assignments and assessments including structure and framework of the course.
- Provide lectures on shoulder girdle anatomy, kinesiology, pathology and management content. (5 hrs.)
- Provide Lectures on Elbow anatomy, kinesiology, pathology and management. (4 hrs.)

- Lead Lab instructor in interactive lab setting for shoulder girdle and elbow examination, manual intervention and exercise intervention. (20 hrs)
- Proctor student competencies for physical examination, manual intervention and exercise prescription for each joint region of the upper quarter.
- Proctor final student practical examinations with verbal and written feedback.
- Provide lecture regarding Imaging/Radiology of upper extremity (2hrs)

Examination and Evaluation II

- Provide lecture on imaging modalities, fundamentals and indications
- Provide lecture regarding basic imaging of upper and lower extremity
    - Lecture modules followed by 2 hour content integration session

University of Colorado School of Medicine Orthopedic Physical Therapy Program in Partnership with UCHealth Role and Responsibility

- Program Coordinator
- Curriculum development for residents and mentors
- Content development for:
    - Shoulder girdle complex
    - Elbow
    - Lumbar spine
    - Knee
    - Joint region imaging content for all regions
- Coordination of other faculty content delivery for the program