

## Curriculum Vitae

**ROGER W. GERLAND**

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### **EDUCATION**

**Long Island University**, Brooklyn, New York

B.S. / M.S. in Physical Therapy, June 1994

GPA: 3.7/4.0

**Master's Thesis:** "The Relationship Between Kinesthetic Awareness and Performance of Two Functional Tests in the Anterior Cruciate Ligament Deficient Knee"

**Springfield College**, Springfield, Massachusetts

B.S. in Athletic Training, August 1989

Magna cum Laude

GPA: 3.6/4.0

Concentration: Health Fitness

**North Shore University Hospital**, Manhasset, New York

**Cornell University Medical College**

Center for Emergency Training and Development

Emergency Medical Technician, EMT-D, December 1995

### **EMPLOYMENT**

**Northwell Health formerly Northshore/LIJ Health System STARS**

November 2011 - Present

Director Outpatient Rehabilitation Services

**Hofstra University, Uniondale, NY**

July 2014 – Present

Team Physical Therapist

Preceptor for Athletic Training Program

Curriculum Advisory Committee for MSAT Program

**New York Islanders, East Meadow, NY**

**Northwell Health Ice Center**

September 2017 – 2021  
Physical Therapist

**Plattduetsche Home Society**, Franklin Square, New York  
May 2021 – Present  
Treasurer  
Chairman of Program Development Committee

**Treviso Bay**, Naples, Florida  
May 2017 – Present  
Board of Director-President HOA

**Wolf Lake Inc**, Wurtsboro, NY  
February 2017 – Present  
Finance Committee

**Winthrop University Hospital**, Mineola, New York  
September 2006 – December 2015  
Homecare Physical Therapist

**Sports Physical Therapy of Manhasset**, Great Neck, New York  
July 1999 – August 2011  
Physical Therapist/Shareholder

**Horizon Healthcare Staffing**, Lake Success, New York  
March 2002 – December 2015  
Homecare Physical Therapist

**Island Homecare Agency**, Patchogue, New York  
March 2001 – 2012  
Homecare Physical Therapist

**Nassau Community College**, Garden City, New York  
Department of Allied Health Sciences  
January 1, 1996 – Present  
Clinical Instructor of Physical Therapy

**North Shore Long Island Jewish Health System**  
Department of Professional and Public Health Education  
American Heart Association (AHA) Training Center  
March 2003 – May 2007  
BLS Instructor

**HTA of New York, Inc.**, East Northport, New York  
October 1996 – September 2002  
Homecare Physical Therapist

**Healthsouth**, Manhasset/Woodbury, New York  
**Formerly Sportsmedicine Rehabilitation**  
March 1994 – July 1999  
Site Coordinator

**Saint Mary's High School**, Manhasset, New York  
August 1995 – August 1996  
Head Athletic Trainer

**Friends Academy**, Locust Valley, New York  
September 1989 – July 1991  
Head Athletic Trainer

## **PROFESSIONAL LECTURES**

All Things Sports Annual Seminar  
Case Panel  
March 2019, 2021, 2022  
Crest Hollow CC

McConnell and Kinesiotaping Approach in the Sports Rehabilitation Setting  
Hofstra University Athletic Training Curriculum  
April 2017  
Hofstra University

K-Vest & KT-1000 Lecture  
STARS Lecture Series  
October 2017  
Woodbury, NY

Athletic Injuries Case Studies from the Field  
Hofstra University Preceptor Training  
July 2017  
Hofstra University

Mulligan Concept as it Applies to the Shoulder  
STARS Lecture Series  
November 2016  
Massapequa, NY

"Gross Movement Assessment: To Guide Rehabilitation and Performance for  
Joint Replacement"

Rehabilitation Lecture Series LXXVI  
Center for Emergency Medical Services  
15 Burke Lane, Syosset, NY 11791 Main Lecture Room  
July 24, 2013

## **PROFESSIONAL RESEARCH AND PUBLICATIONS**

**Shah SS, Testa EJ, Gammal I, Sullivan J, Gerland R, Goldstein J, Sheridan B, Mashura M, Shah AS, Goodwillie A, Cohn RM. Hip Range of Motion: Which plane of motion is more predictive of lower extremity injury in elite soccer players? A Prospective Study. Accepted, In Press. Journal of Surgical Orthopaedic Advances. 2018**

**Shah SS, Goldstein J, Sullivan J, Gerland R, McGill M, Goodwillie A, Cohn R. "A Cross Sectional Study of Hip Range of Motion and Thomas Test in Professional and Collegiate Soccer Players." (March 2017) Orthopaedic Research Society; San Diego, CA**

**A Cross Sectional Study of Hip Range of Motion and Thomas Test in Professional and Collegiate Soccer Players**

Sarav S. Shah, Jeffrey Goldstein, Joseph Sullivan, Roger Gerland, Marlina McGill, Andrew Goodwillie, Randy M. Cohn, August 23, 2016

**Increased Valgus Carrying Angle at the Elbow Correlates with Shoulder and Elbow injuries in Professional Pitchers: A Prospective Study**

Sarav Shah MD, Jeffrey Goldstein MD, Spencer Stein MD, Isaac Gammal MD, Roger W. Gerland MSPT ATC, JP Clemente-Lucke DO, Steven Rokito MD, May 23, 2016

**Effects of a 14-Week Golf-Specific Strength Training Program on Rotational Velocity and Pelvic and Upper Body Torso Position at Impact: A Case Report**

Jamie Ghigiarelli, Roger Gerland, and Nicholas Cerra  
Hofstra University, Hempstead NY 11549, July 2015

## **PROFESSIONAL CERTIFICATIONS AND LICENSES**

Licensed New York State Physical Therapist  
License Number: 014363  
September 1994 – Present

NATA Certified Athletic Trainer  
Certification Number: 02-1935

New York State Certificate Number: 000174  
May 1990 – Present

K-Vest Level I & II Certification  
October 2012

TPI Certified Level I Instructor  
September 2012 - Present

Cardiopulmonary Resuscitation Certification/AED  
May 1993 – Present

Certified Emergency Medical Technician, EMT-D  
Certification Number: 214545  
December 1995 – 2013

Instructor Basic Life Support  
September 2003- Present

APTA Credentialed Clinical Instructor  
October 1998 – Present

YMCA Physical Fitness Specialist  
April 1989 - Present

## **ACTIVITIES AND ORGANIZATIONS**

Member of American Physical Therapy Association  
August 1991 – Present

Member of National Athletic Trainers' Association  
September 1985 – Present

Member Eastern Athletic Trainers' Association  
September 1985 – Present

Member of New York State Athletic Trainers' Association  
September 1989 – Present

Member of National Strength and Conditioning Association  
March 1988 – 2001

## **FOREIGN LANGUAGE PROFICIENCY**

German – Fluent  
Spanish – Working Knowledge

## **CONTINUING EDUCATION**

Graston Technique  
M-1 Basic Training  
August 18-19, 2018

Mulligan Concept  
Lower Quadrant, Mobilizations with Movement, 'SNAGS', 'SMWLM' & More  
Northeast Seminars  
February 15-16, 2014

K-Vest Level I & II Certification  
October 2012, July 2016

TPI Level 1 Workshop  
Titleist Performance Institute  
September 16, 2012

SFMA: An Evidenced - Based Clinical Model to Address Regional  
Interdependence  
EBP Partners, LLC  
April 15, 2012

Assessing and Treating Progressive Neurological Diseases  
Cross Country Education  
May 12, 2011

5th Annual Current Concepts in Sports Medicine  
Hospital for Special Surgery  
April 14-16, 2011

Management and Treatment of Elbow and Hip Fractures  
Hamid R. Mostafavi, MD  
North Shore/ LIJ Rehabilitation Network  
November 17, 2010  
Tai Chi for Balance, Fall Risk Reduction and Rehabilitation  
Cross Country Education  
May 4, 2010

12th Annual Sports Medicine for the Young Athlete  
Hospital for Special Surgery

February 27, 2010

The Diagnosis & Treatment of the Upper & Lower Quadrants

Brian Mulligan, F.N.Z.S.P., Dip. M.T.

Kevin Wilk, P.T., D.P.T.

Northeast Seminars

October 9-10, 2009

Total Motion Release Level - I

Tom Dalonzo-Baker, MPT

May 30-31, 2009, June 8, 2009

Functional Assessments & Exercise Programming

PESI, LLC

Karyn Gallivan, MS, ATC, CSCS, NSCA-CPT

2/28/2008

New York State Athletic Trainers' Association Conference

NYSATA

Lisa M. Malolepszy

6/2/2007

Mulligan Concept – An Introductory Course Mobilizations with Movement,  
'NAGS', 'SNAGS' and MORE (A Lab Course)

Northeast Seminars

Brian Mulligan, F.N.Z.S.P., Dip.M.T.

4/29/2007

Evaluation and Intervention of Musculoskeletal Injuries

Cross Country Education

Michael T. Gross PhD, PT

1/19/2007

Strength Training for Seniors

IWA

The Radisson Hotel New Rochelle, NY

10/14/2006

Medicare Documentation and Reimbursement Updates For Rehabilitation  
Services

NRS Thomas J. Slominski, MA

New York, New York, Friday, June 20, 2006

Monday Morning Quarterbacking: Distinguishing Operative Injuries from  
Sprains and Strains

Winthrop University Hospital

Department of Orthopaedic Surgery

June 3, 2006

Recent Advances in the Evaluation & Treatment of the Shoulder & Knee  
Sheraton LaGuardia East  
Flushing, NY  
December 3-5, 2004

Advances on the Knee and Shoulder  
Westin Hotel  
Hilton Head, SC  
May 2003

Coding and Reimbursement For Outpatient Physical Therapy Services  
Hilton Hotel  
New York, NY  
January 11, 2003

Cadaver Dissection of Knee  
Mercy College, Dr. Sherry Downie  
Dobbs Ferry, NY  
May 21, 2002

E-1 Extremity Evaluation and Manipulation  
University of St. Augustine for Health Sciences  
Katherine Patla, Instructor  
May 16-19, 2002

Chain Reaction Explosion  
Gary Gray, David Tiberio and Wynn Marketing  
Chicago O'Hare International Holiday Inn  
April 5-7, 2001

NYAPTA 2000 Annual Conference  
Huntington Hilton  
Huntington, New York  
October, 2000

Golf Therapy and Total Golf Fitness  
North Shore University Hospital  
Manhasset, New York  
April, 2000

Eastern Athletic Trainers Association Annual Symposium  
Philadelphia, Pennsylvania  
January, 1998, 2000



APTA Clinical Instructor Education and Credentialing Program  
American Physical Therapy Association  
Alexandria, VA  
April, 1999

S-3 Advanced Evaluation and Manipulation of the Cranio-Facial Region, Cervical  
And Upper Thoracic Spine  
Institute of Physical Therapy  
New York, New York, March, 1999

Healthsouth Continuing Education Course, Spine III  
East Rutherford, New Jersey, September, 1998

Healthsouth Continuing Education Course, Shoulder II  
Boston, MA  
June, 1998

Healthsouth Continuing Education Course, Knee II  
Boston, MA  
June, 1998

Healthsouth Continuing Education Course, Spine II  
Richmond, VA April, 1998  
Healthsouth Continuing Education Course, Foot and Ankle I  
Boston, MA January 1998

Emergency Medical Technician  
Cornell University Medical College  
September, - December 1998

HealthSouth Continuing Education Course, Shoulder I  
Boston, MA  
August, 1997

HealthSouth Continuing Education Course, Spine I  
Boston, MA  
February, 1997

S-2 Advanced Evaluation and Manipulation of Pelvic, Lumbar and Thoracic  
Spine  
Institute of Physical Therapy  
May, 1997

S-1 Introduction to Spinal Evaluation and Manipulation  
Institute of Physical Therapy  
November, 1996

Advances on the Knee and Shoulder  
Hilton Head, SC  
Cincinnati Sportsmedicine  
May, 1996  
Current Trends in the Treatment of Cerebral Palsy  
The Pediatric Department at The Hospital for Special Surgery  
March, 1996

Emergency Medical Technician  
Cornell University Medical College  
September, - December 1995

Advances in Management of the Anterior Cruciate Ligament Injured Knee  
Hospital for Special Surgery  
October, 1995

National Athletic Trainers' Association  
46<sup>th</sup> Annual Meeting and Clinical Symposia  
Oral Research Presentation  
"The Relationship Between Kinesthetic Awareness and Performance of Two  
Functional Tests in the Anterior Cruciate Ligament Deficient Knee"  
June 16, 1995

National Athletic Trainers' Association National Convention  
1989 – 1996

Chain Reaction Plus, Gary W. Gray, PT  
March, 1995  
The Art of Baseball Injury Management  
The Hospital for Special Surgery  
March 1994, 1995, 1996

Sportsmedicine Update '93  
A Team Approach to Sports Injuries  
Sportsmedicine and Research Center at The Hospital for Special Surgery  
April, 1993

## **PROFESSIONAL PHYSICAL THERAPY AFFILIATIONS**

**Long Island University, Brooklyn Campus**, Brooklyn, New York  
Student Clinical Rotations  
July 1999 - Present

**Long Island Jewish Hospital**, New Hyde Park, New York  
April 1994 – May 1994

**Hospital for Special Surgery, New York, New York**  
February 1994 – March 1994

**Winthrop University Hospital, Mineola, New York**  
January 1994 – February 1994

**Queens Orthopedic and Sports Therapy Associates, P.C., Flushing, New York**  
April 1993 – June 1993

**Laguardia Hospital, Forest Hills, New York**  
December 1992 – January 1993

**Colorado Centers for Occupational Medicine, Rehabilitation Services**  
Colorado Springs, Colorado  
June 1992 – July 1992

**Kingsbrook Jewish Hospital, Brooklyn, New York**  
May 1992