

## **Emily Sing, PT, DPT, OCS, FAAOMPT**

### **CONTACT**

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### **EDUCATION**

**University of Maryland, Baltimore**, Baltimore, MD – 2017-2020

Degree: Physical Therapy (DPT), Summa Cum Laude

**University of Pittsburgh**, Pittsburgh, PA – 2012-2016

Degree: Rehabilitation Science (BS) with minors in Pathophysiology and Psychosocial Issues in Rehabilitation, Summa Cum Laude

### **PROFESSIONAL EXPERIENCE**

**University of Maryland School of Medicine Department of Orthopedics at Camden Yards** – 2022 to Present

Staff Physical Therapist, Baltimore, MD

**University of Maryland** – 2021 to Present

Clinical Instructor (Full- and Part-Time Rotations), Baltimore, MD

- 2023 – One second-year student for eight weeks; two third-year students for 11-14 weeks
- 2022 – Two second-year students for eight weeks; three third-year students for 11 weeks
- 2021 – One second-year student for eight weeks

**University of Maryland St. Joseph Medical Center** – 2021 to Present

PRN Physical Therapist, Towson, MD

**Kassimir Physical Therapy** – 2020

PRN Physical Therapist, Pikesville, MD

### **MEDICAL LICENSURE**

2020 to Present            Active Maryland Physical Therapy License

2020                        Inactive Virginia Physical Therapy License

### **CERTIFICATIONS**

2024                        Board-Certified Orthopedic Clinical Specialist (ABPTS)

2023                        Fellow, American Academy of Orthopaedic Manual PT (AAOMPT)

2022                        Certified Manual Trigger Point Therapist/Dry Needling (Myopain)

### **CLINICAL EXPERTISE**

- Board-certified orthopaedic clinical specialist (manual therapy)
- Outpatient physical therapy
- Pre- and post-operative rehabilitation

## ADMINISTRATIVE SERVICE

### LOCAL SERVICE

- 2021 USBJI Fit to a T presentation for the Greater Baltimore Medical Center's Osteoporosis Support Group
- 2020 Elective Surgery Educational Production Team Lead – UM SJMC

### TEACHING SERVICE

- 2023 to Present Assistant Professor – University of Maryland PTRS, ~200 contact hours
- 2020 to 2023 Adjunct Instructor – University of Maryland PTRS Lecturer and lab instructor to first and second year eDPT students, ~65 contact hours
- 2022 Cervical Spinal Stenosis – Inservice/CEU at UMMS
- 2022 Lumbar Spinal Stenosis – Inservice/CEU at UMMC
- 2021 Manual Therapy in Acute Care – Inservice/CEU at UMMC
- 2021 Shoulder Pain and Parkinson's Disease – Inservice at TSM
- 2020 Functional Outcomes in Acute Care – Inservice at UM SJMC

## PROFESSIONAL ORGANIZATION MEMBERSHIPS

- 2018 to Present American Physical Therapy Association, Member, Orthopedics Section
- 2017 to Present American Physical Therapy Association of Maryland, Member
- 2017 to Present American Academy of Orthopaedic Manual Physical Therapists, Member

## ACCEPTED POSTERS/ABSTRACTS

- **Sing E**, Sparkes J. Gluteus Medius Heterotopic Ossification Following Femoral Shaft Fracture in a Pediatric Athlete. American Physical Therapy Association Combined Sections Meeting San Antonio, TX, 2022.
- **Sing E**, Pravdo A, Bowman P, Feder E, Film R, Sparkes J. Identifying Fibular Head dysfunction from Chronic Exertional Compartment Syndrome: A Case Study. American Academy of Orthopaedic Manual Physical Therapist Conference, San Diego, CA, 2022.
- Sparkes J, Bowman P, Pravdo A, Feder E, Film R, **Sing E**. Lumbar Radiculitis and Onset of Symptomatic Hip Osteoarthritis After Acute Fall in Geriatric Runner: A Case Study. American Academy of Orthopaedic Manual Physical Therapist Conference, San Diego, CA, 2022.
- Pravdo A, **Sing E**, Feder E, Bowman P, Film R. Rehabilitation after Bilateral Total Knee Arthroplasty for a 37-Year-Old Woman with Progressive Rheumatoid Arthritis: A Case Study.

## POST-GRADUATE EDUCATION AND TRAINING

- 2021-2022 Orthopaedic Manual Physical Therapy Fellowship Training (University of Maryland School of Medicine) – training sites included UM at Camden Yards and Hunt Valley
- 2020-2021 OMPT/Orthopaedic Physical Therapy Resident (University of Maryland School of Medicine) – training sites included UM SJMC, Towson Sports Medicine and UMMC
- 2020 Pediatric PT – Full-Time Physical Therapy Internship (Mt. Washington Pediatric Hospital)

2019	OMPT – Full-Time Physical Therapy Internship (UM SOMDO at Camden Yards)
2019	Ortho PT – Full-Time Physical Therapy Internship (NovaCare Rehabilitation)
2019	Pediatric PT – Part-Time Physical Therapy Internship (Mt. Washington Pediatric Hospital)
2018	Neuro PT – Part-Time Physical Therapy Internship (Sinai Hospital)

## **CONTINUING EDUCATION**

February 2024	Dry Needling (DN) Program: Foundations III – Myopain Seminars
January 2023	Dry Needling (DN) Program: Foundations II – Myopain Seminars
June 2023	Dry Needling (DN) Program: Foundations I – Myopain Seminars
October 2023	AAOMPT Conference in St. Louis, MO
October 2023	Getting to the Point
May 2023	Physical Therapy and Rehabilitation Science Research Day – University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science
October 2022	AAOMPT Conference in San Diego, CA
May 2022	Physical Therapy and Rehabilitation Science Research Day – University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science
January 2022	Management of the Cervicogenic Headache – Medbridge
January 2022	Cervico-Thoracic Spine Management – Medbridge
January 2022	An Introduction to Evidence-Based Treatment of Whiplash – Medbridge
January 2022	Differential Diagnosis and Management of Anterior Knee Pain – Medbridge
January 2022	Case Studies of the Knee: Stability Impairments and Osteoarthritis – Medbridge
January 2022	Assessment of Muscle Impairments related to Knee Disorders – Medbridge
January 2022	Evidence-Informed Assessment and Evaluation of Pain – Medbridge
December 2021	Case Studies of the Upper Quarter: Peripheral Nerve and Carpal Tunnel – Medbridge
December 2021	Foot and Ankle Mechanics – Medbridge
October 2021	Differential Diagnosis and Conservative Management of Lateral Knee Pain – Medbridge
October 2021	Clinically Relevant Meniscus Pathology: Evaluation and Treatment – Medbridge
October 2021	Conservative Management of the ACL Deficient Knee – Medbridge
May 2021	Physical Therapy and Rehabilitation Science Research Day – University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science
October 2021	Hip Osteoarthritis – Medbridge
	Chasing the Dragon: Preventing Pain from Becoming Chronic in the Age of Opioids – R. Film