

K Bruk Ballenger, P.T.

Curriculum Vitae

Professional Education: Doctorate of Physical Therapy, 2013
Evidence in Motion
Louisville, KY

 Bachelor of Science Physical Therapy, 1997
The University of Washington
Seattle, WA

 Physical Therapy Specialist, 1989
U.S. Military Academy of Health Sciences
Fort Sam Houston, TX

License: Washington State # 7473

Professional Experience: 10/2016 - Present
Physical Therapist, Owner
Prevail Physical Therapy
19022 Aurora Ave N.
Suite B
Shoreline, WA 98133

 02/2003-01/2017
Physical Therapist, Co-Owner, CEO, Dir. Strategic Development
Real Rehab Physical Therapy
9725 3rd Ave NE, Suite 100
Seattle, WA 98115

 03/2003-07/2003
Physical Therapist
Supplemental Health Care
1010 336th St, Ste 120
Federal Way, WA 98003

 10/2002 –03/2003 and 9/1998 – 1/2000
Physical Therapist
Career Staff Unlimited
19604 Pacific Highway South Ste 10
Seattle, WA 98188

 7/2002 – 3/2003 and 9/1998-1/2000
Physical Therapist
Therapy and Staffing Solutions
7500 212th SW Suite 209
Lynnwood, WA 98026

 06/1998 – 03/2003
Physical Therapist
Aldercrest Health and Rehabilitation Center
21400 72nd Ave. W.
Edmonds, WA 98026

 1/2000 – 7/2002
Physical Therapist
Therapeutic Associates Inc
Ballard Physical Therapy
5420 Barnes Ave. N.W.
Seattle, WA 98107

Professional Experience (Cont'd):

 9/1997 – 9/1998
Physical Therapist
Washington Center for Comprehensive Rehabilitation
Seattle, WA

 1989 – 1994
Physical Therapy Specialist
50th General Hospital 124th ARCOM

Certifications:

Instrument Assisted Soft Tissue Mobilization
RockTape
November 18, 2017

HeartSaver CPR & AED
American Heart Association
October 1, 2016

GURU & F.I.S.T. Bike Fitting System
Guru Sports
June 6, 2015

Advanced Biomechanics of The Lower Extremity
Movement Performance Institute
Los Angeles, CA
July 2012 - December 2012

CrossFit Movement and Mobility Trainer
CrossFit, Inc.
February 19, 2012

Certified Clinical Instructor
October 15-16, 2011

Level I Coaching Certification
USA Triathlon
Colorado Springs, CO
August 2005

Certified Strength & Conditioning Specialist
NSCA Certification Commission
October 4, 2003

Sports Medicine and Human Performance
University of Washington
October 2003 - March 2004

Continuing Education Courses:

- 53 *Instrument Assisted Soft Tissue Mobilization*
RockTape
Contact Hours: 14
November 17-18, 2017
- 52 *"Wyss Hip and Pelvis Structure Collaborative"*
Swedish Med Center at Washington Athletic Club
Seattle, WA
Contact Hours: 10.25
October 20-21, 2017
- 51 *"Clinical Gait Analysis: A Focus On Interpretation"*
Center for Motion Analysis
Connecticut Children's Medical Center & Gillette Children's Specialty healthcare
Farmington, CT
Contact Hours: 28
June 7-10, 2017
- 50 *"Biologics: Stem Cell and PRP Therapies"*
Seattle Pediatric Sports Medicine Special Interest Group
Kim Harmon, MD and Mark Wagner, MD
Contact Hours: 2
June 5, 2017
- 49 *"Advanced ACL Rehabilitation: Get Your Athlete Back In the Game"*
Infinity Health Education
Christian, Chebny PT, DPT, SCS, ATC, CSCS
Contact Hours: 7
April 1, 2017

- 48 *"The Total Joint Replacement Patient: Supporting a Successful Journey"*
PESI
Terry Rzepkowski, DPT
Contact Hours: 6.25
March 14, 2017
- 47 *"Science Of Running Medicine"*
Chris Powers, Irene Davis & Brian Heiderscheid
Contact Hours: 14.25
November 5-6, 2016
- 46 *"Comprehensive Treatment of the Foot and Ankle"*
Great Lakes Seminars
Patrick Hoban
Contact Hours: 16.5
September 12-13, 2017
- 45 *"Guru & F.I.S.T. bike fit system certification"*
Contact Hours: 14
June 5-6, 2015
- 44 *"Tekscan Foot Function & Gait Analysis Seminar"*
Canadian Council on Podiatric Medical Education
Contact Hours: 7
September 27-28, 2014
- 43 *"Orthotic Prescription for the Young Athlete"*
Seattle Pediatric Sports Medicine Special Interest Group
Contact Hours: 2
September 15, 2014
- 42 *"Functional Mobilization I"*
Institute of Physical Art
Contact Hours: 30
May 2-4, 2014
- 41 *"Mechanic Skills for the Bike Fitter"*
R2 Bicycles
Contact Hours: 6
October 1, 2013
- 40 *Bike Fitting private instruction with Paul Swift of BikeFit.com*
Contact Hours: 8
July 5, 1905
- 39 *"CrossFit Movement and Mobility Trainer Course"*
CrossFit, Inc.
February 19, 2012
- 38 *"Functional Rehabilitation and Prevention of Common Running Injuries"*
Jonathan E. Galles, PT, DPT, CSCS
Contact Hours: 6
November 10th, 2011
- 37 *"Clinical Instructor Education and Credentialing Program"*
Marilyn D. Phillips, PT, MS, CAE
Contact Hours: 15
October 15-16, 2011
- 36 *"Functional Gait: Component Assessment and Treatment"*
Nancy Harrison, MSPT, FCFMT
Contact Hours: 20
September 23-25, 2011
- 35 *"EMG in Biomechanics and Physical Therapy"*
Erika Gehres, MS, BioMed
Contact Hours: 12.5
March 18-19, 2011

- 34 " *Barefoot Training Techniques in Rehabilitation*"
Ginger P. Schirmer, PhD, RD
Contact Hours: 6
November 11th, 2010
- 33 " *The Running Course- The Next Step*"
Scott Straker, P.T., M.S., S.C.S., A.T.C.
Contact Hours: 15
May 22-23, 2010
- 32 " *The Art and Science of Running*"
Michael Hansen, P.T., M.P.T., A.T.C., O.C.S.
Contact Hours: 6
April 17, 2010
- 31 " *Proprioceptive Neuromuscular Facilitation I*"
Michael Baum, P.T, C.F.M.T
Contact Hours: 39
March 18-21, 2010
- 30 " *Evaluation & Rehabilitation of the Runner-Advanced Level II*"
Matt Walsh, BsCPT
Contact Hours: 11
October 24-25, 2008
- 29 " *Evaluation & Treatment of the Complex Shoulder*"
Northwest Society for
Sports Medicine
Contact Hours: 15
April 19-20, 2008
- 28 " *Developing Exercise Programs to Maximize Rehabilitation Outcomes*"
Ellen Hillegass, Ed.D., P.T.,
C.C.S., F.A.A.C.V.P.R.
Contact Hours: 15.5
October 13-14, 2007
- 27 " *Strain Counterstrain I: for the Spine*"
Ed Goering D.O., J.S.C.C.I
Randall Kusunose P.T., O.C.S., J.S.C.C.I.
Contact Hours: 20
November 2-4, 2007
- 26 " *Running Medicine: From Biomechanics to the Prevention & Management of Overuse Injuries*"
UW School of Medicine
Contact Hours: 12.75
March 24-25, 2007
- 25 " *When the Feet Hit the Ground... Everything Changes*"
American Physical Rehab Networks
Keith Larson, Suzie Lefever
Contact Hours: 24
October 27-29, 2006
- 24 " *One Day Power Training Seminar*"
Hunter Allen
The Peaks Coaching Group
Contact Hours: 7
September 23, 2006
- 23 " *The Running Course*"
Bary Walsh
North American Seminars, Inc
Contact Hours: 15
February 5-6, 2005

- 22 *"Ironman Sports Medicine Conference"*
 Watsonville Community Hospital
 Contact Hours: 24
 October 10-14, 2004
- 21 *"The Biomechanics of the Cyclist: Fit, Function, and Pathology"*
 Jacqui Lockwood, Jeffery Lockwood
 North American Seminars
 Contact Hours: 15
 May 22-23, 2004
- 20 *"Management of the Endurance Athlete"*
 The Center Foundation
 Contact Hours: 6.75
 April 3, 2004
- 19 *"Sports Psychology and Coaching Theory"*
 University of Washington
 Educational Outreach
 Contact Hours: 30
 03/31/2004-06/02/2004
- 18 *"Bone and Joint Disease"*
 Ginger P. Schirmer, Ph.D., R.D.
 Contact Hours: 6
 January 22, 2004
- 17 *"Sports Psychology and Coaching Theory"*
 University of Washington
 Educational Outreach
 Contact Hours: 30
 03/31/2004-06/02/2004
- 16 *"Sports Medicine: Injury Assessment & Management"*
 University of Washington Education Outreach
 Contact Hours: 30
 01/07/2004-03/10/2004
- 15 *"The Lumbar Spine & Hip-Integrating to the Pelvis"*
 Diane Lee, B.S.R., M.C.P.A., F.C.A.M.T.
 Northeast Seminars
 Contact Hours: 13
 November 22-23, 2003
- 14 *"Advanced Athletic Shoe Gear for the Sports Medicine Practitioner"*
 Lawrence M. Maurer, DPM
 Contact Hours: 1
 October 14, 2003

Continuing Education Courses (Cont'd):

- 14 *"Exercise Science and Nutrition"*
 University of Washington Education Outreach
 Contact Hours: 30
 10/1/2003-12/10/2003
- 13 *"Combining Physical Therapy and Anusara Yoga: An Integrated Look at the Head, Neck, and Shoulder Girdle"*
 David Deppeler, P.T., Sarahjoy Marsh, M.S.
 Contact Hours: 10
 May 30-31, 2003
- 12 *"Strength Training Program Design"*
 International Weightlifting Assoc
 Contact Hours: 12
 June 28, 2003

- 11 *"The Running Course"*
North American Seminars
Matthew Walsh, P.T.
Contact Hours: 15
March 15-16, 2003

- 10 *"Treatment & Rehabilitation of Articular Cartilage Injury"*
The Center Foundation for Sports Medicine
Contact Hours: 8
April 20, 2002

- 9 *"Level III-Lower Quadrant"*
North American Institute of Orthopedic Manual Therapy
Contact Hours: 42
March and April 2001

- 8 *"Medical Exercise Therapy-Introduction to Upper and Lower Extremity"*
Norwegian MET Institute
Contact Hours: 16.5
November 2000

- 7 *"Level II-Lower Quadrant"*
North American Institute of Orthopedic Manual Therapy
Contact Hours: 42
September and October 2000

- 6 *"Level II- Upper Quadrant"*
North American Institute of Orthopedic Manual Therapy
Contact Hours: 42
March and April 2000

- 5 *"Digit Fractures: Surgeons Perspective & Management"*
Lynne Freeman
Contact Hours: 3
February 1, 1999

- 4 *"Fibromyalgia"*
GSC Home Study
Contact Hours: 3
November 1, 1999

- 3 *"Carpal Tunnel Syndrome"*
GSC Home Study
Contact Hours: 3
November 1, 1999

- 2 *"Musculoskeletal Differential Diagnosis"*
Davis Musnick, M.D.
Contact Hours: 17.25
November 1998

- 1 *"Amputee Health & Fitness Clinic"*
David Gerecke
Contact Hours: 5
November 1997