
Dr. Chad M. Pens, PT, DPT, OCS, ATC, CSCS

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Owner and President
Cayuga Orthopaedic and Sports Physical Therapy, PC
COAST Physical Therapy, PC
Doctor of Physical Therapy
Board Certified Clinical Specialist in Orthopaedic Physical Therapy
Certified Athletic Trainer
Certified Strength and Conditioning Specialist

Education	■ Doctorate in Physical Therapy – Summa Cum Laude SUNY UPSTATE MEDICAL UNIVERSITY	2004-2005
	■ Masters in Professional Studies in Physical Therapy – Cum Laude SUNY UPSTATE MEDICAL UNIVERSITY	1998-2000
	■ Bachelors of Science in Health Sciences SUNY UPSTATE MEDICAL UNIVERSITY	1997-1998
	■ Bachelors of Science in Sports Medicine/Athletic Training – Magna Cum Laude UNIVERSITY OF CONNECTICUT	1992-1996
Work Experience	Physical Therapist	
	• Cayuga Orthopedic And Sports Physical Therapy (COAST PT), Auburn, NY Owner and President	2007 - present
	• Cayuga Orthopedic And Sports Physical Therapy (COAST PT), Auburn, NY David A. McCune, MPhyt St. PT, OCS, ATC, FAAOMPT - Orthopedic Outpatient	2005- 2007
	• Cornell University Physical Therapy, Ithaca NY Linda Warner, PT - Orthopedic Outpatient clinic	2000 – present
	• Cornell University Sports Medicine, Ithaca, NY Bernie DePalma, MEd, PT, ATC Ithaca NY	2000 - 2005
	• McCune Ainslie and Associates, Ithaca, NY David A. McCune, MPhyt St. PT, OCS, ATC, FAAOMPT - Orthopedic Outpatient, Per Diem	Summers 01-04
	• Cayuga Orthopedic And Sports Physical Therapy (COAST PT), Auburn, NY David A. McCune, MPhyt St. PT, OCS, ATC, FAAOMPT - Orthopedic Outpatient, Per Diem	Summers 01-04
	Certified Athletic Trainer	
	• Cornell University Sports Medicine, Ithaca NY Bernie DePalma, MEd, PT, ATC Ithaca NY Team coverage and rehabilitation for men’s and women’s Track and Field/Cross Country	2000 – present
	• SUNY Upstate Dept. of Orthopedic Surgery Sports Medicine Division Kristine Alberichi, ATC director, Syracuse NY Providing game coverage to area high-school and club sports	1999 – 2000
	• Crouse PromptCare, Dewitt NY Maria Polsinelli, ATC director, Athletic Trainer coverage to Syracuse City Schools Summer camp coverage Town of Clay Parks and Recreation	1998 – 2000
	• HealthSouth, Utica, NY - Per diem / game basis	
	• Hamilton College Department of Sports Medicine, Clinton NY Sharon Allenson head athletic trainer - team coverage and rehabilitation for athletic department	1998 1996 – 1997

	<i>Presented by Michelle Roy, BSc PT, MCPA, FCAMT</i>	
	SUNY Upstate Medical University Spring Sports Medicine Symposium	
	North American Institute of Manual Therapy, NAIOMT 600/ Level II	Oct. 2002
	Detailed Manual Therapy to Evaluate the Joint Dysfunction	
	Intermediate Manual Therapy -Upper Quadrant	
	<i>Presented by Michelle Roy, BSc PT, MCPA, FCAMT</i>	May 2002 &
	Diagnosis and Treatment of Movement Impairment Syndromes	June 2002
	Level II Lower Extremity	
	<i>Presented by Mary Kate McDonnell, MHS, PT, OCS</i>	
	North American Institute of Manual Therapy, NAIOMT 500/Level I	May 2002
	Localizing and Evaluating the Site and Source of Pain	May 2002
	<i>Presented by Michelle Roy, BSc PT, MCPA, FCAMT</i>	
	NATA Athletic Training Student Approved Clinical Instructors Workshop	Feb. 2002
	<i>Presented by Kent Scriber, M.Ed, PT, ATC</i>	
	Diagnosis and Treatment of Movement Impairment Syndromes: Level I	June 2001
	<i>Presented by Shirley A. Sahrman, PhD, PT, FAPTA</i>	
	Manual Therapy Interventions for Cervico-thoracic & Rib Dysfunctions	
	How Not to Treat the Neck	
	<i>Presented by Richard Erhard, PT, DC</i>	April 2001
	National Athletic Trainers Association National Conference in Los Angeles	
	Peripheral Nerve Compression Syndromes	May 2001
	<i>David Butler, B. Phyt., M. App. Sc., PT</i>	
	SUNY Upstate Medical University Spring Sports Med. Symposium, panelist/presenter	April 2001
	Essentials of Manual Therapy: The Lumbo-pelvic Region Course III	Nov. 2001
	<i>Presented by David A. McCune, M Phyt St., PT, OCS, ATC, FAAOMPT</i>	
	Syracuse Orthopedic Specialists Continuing Seminar	
	Lumbar Spine and Hip Injuries	Feb. 2001
	Manual Therapy for the Cervico-Thoracic Region	Dec. 2000
	<i>Presented by David A. McCune, M Phyt St., PT, OCS, ATC, FAAOMPT</i>	
	Essentials of Manual Therapy: The Lumbo-pelvic Region Course II	1998 - 2001
	<i>Presented by David A. McCune, M Phyt St., PT, OCS, ATC, FAAOMPT</i>	1996 & 1997
	Essentials in Manual Therapy: The Lumbo-pelvic Region – Course I	
	<i>Presented by David A. McCune, M Phyt St., PT, OCS, ATC, FAAOMPT</i>	
	SUNY Upstate Medical University Spring Sports Medicine Symposium	
	Continuing Education self study courses through NSCA	

Honors and Distinctions

Graduated Summa Cum Laude from Transitional Doctoral of Physical Therapy program at Upstate Medical Uni
 2006...Graduated Cum Laude SUNY Upstate Medical University 2000 . . . Dean’s List every semester
 SUNY Upstate . . . Graduated Magna Cum Laude1996 . . .CATA Student Athletic Trainer of the Year Award
 nominee 1995. . . Graduated number one in Sports Medicine Class . . . New England Scholar . . . University
 of Connecticut Honors Program . . . UConn Academic Meritorious Award (seven times) . . . Dean’s List
 Student (six times) . . . Counseling Program for Intercollegiate Athletics Award for Academic Excellence . . .
 1992 Section III Scholar-Athlete Award for Clinton High School . . . Ray A. Kroc Award (McDonald’s) for
 excellence in youth leadership, scholarship, and citizenship . . .Who's Who Among American High School
 Students Nominee 1992 . . .Boy Scouts of America Eagle Scout with Gold Palm. . . National Junior Honors
 Society

Invited Appearances

Guest Speaker at Cornell University Nike Running Camp	July 2001 – 2005
Topic: <i>Injury Prevention and Nutritional Concerns for the Distance Runner</i>	
Presenter at Syracuse Sports Medicine Symposium	April 2001
Topic: <i>The Application of Prophylactic Taping Procedures in Sports Medicine</i>	

Publications

Monthly column in The Citizen newspaper Fingerlakes Health Section	2006-2009
Monthly column in The Citizen newspaper Body & More Section	2009-present

Clinical Education	Physical Therapy and Athletic Training clinical instructor APTA Credentialed Clinical Instructor NATA Credentialed Clinical Instructor	<i>2000 - present</i> <i>2005 - present</i> <i>2002 - present</i>
Experience and Expertise with Division I, All-Americans, and World Class Athletes	Winner of the Philadelphia Marathon Former athlete member of the USA National Cross-Country Team 2007 Former Athlete member of USA National Cross-Country Team 2009 Accolades of the Cornell University cross-country/ track and field programs 2000 – present: Cross country 2000: Women 3rd at ECAC championships Cross country 2001: Women qualified for NCAA cross country national championships Outdoor Track and field 2001: Danielle Brown earned an All-American certificate at NCAA championships in the triple jump, Spring 2001 Women's team 2002 indoor and outdoor Heptagonal (Ivy League) champions in track and field Northeast Region outdoor athlete of the year, Spring 2002 Cross Country 2002: Men IC4A champions and women ECAC champions Cross country 2002 Women finished season ranked 40th in the nation Indoor track and field 2003 & 2005: Men and Women Heptagonal Games champions Outdoor track and field 2003 & 2005: Men and Women Heptagonal Games champions	
Extracurricular Activities	YMCA -WEIU Health Fair Volunteer with Make-a-Wish Foundation Volunteered Athletic Training services for Shawn Grady Memorial Hockey Tournament Teachers Assistant for <i>Spinal Evaluation and Treatment</i> at Upstate Medical University President of the SUNY Upstate Medical University Physical Therapy Club Athletic Trainer for Department of Recreation and Intramurals at UConn	<i>2006 - present</i> <i>1998 – 2000</i> <i>1997 - 2000</i> <i>Fall 1999</i> <i>1998 – 1999</i> <i>1996</i>
Career / Clinical Related Experience	<p>➤ McCune, Ainslie, and Associates, Ithaca, NY Dave McCune, Tim Ainslie, & Mark Murphy (3/6-4/28/2000) Orthopedic Outpatient Private Practice, manual therapeutic approach.</p> <p>➤ Binghamton General Hospital, Binghamton, NY (1/3-3/25/2000) Rehabilitation rotation – TBI, SCI, CVA, Parkinsons, & MS.</p> <p>➤ St. Joseph’s Hospital Health Center, Syracuse, NY (5/17-6/25/99) Acute Care -Two weeks in orthopedic unit; one week in home care; three weeks in general medical –surgical including medical ICU and telemetry units.</p> <p>➤ Orthopedic Rehabilitation Services, Syracuse, NY (10/12-11/6/98)– Orthopedic Outpatient private practice with exposure to extremities, spine and hand therapy.</p> <p>➤ Highgate Manor of Cortland, Cortland, NY (6/15-7/10/98) – Subacute Rehabilitation with exposure to CVA, TBI, post coma, amputees, cardiac, orthopedic, and MS.</p> <p>➤ Sports Care Physical Therapy, New Hartford, NY (Summer 1994) – Outpatient orthopedic experience as a physical therapy aide and research assistant</p> <p>➤ Additional Student Athletic Training Experience at UConn Men's & Women's Track, Cross Country, Swimming and Diving, Golf, Basketball, Tennis, Volleyball, and Soccer ,Women's Field Hockey, Softball, Crew, Lacrosse Men's Baseball , Football</p>	

Strength and Conditioning Specialist / Personal Trainer

- Privately Contracted

One-on-one personal training sessions with individuals ranging from high school male athletes to middle-aged women

- Bally Total Fitness, Syracuse NY

Owner John Levanti and John Kirwin

Provided fitness center orientations, nutritional counseling and establishing exercise programs for members; one-on-one personal training sessions

- Brookside Athletic Club, New Hartford NY

Gretchen Revere, New Hartford, NY. Provided fitness center orientations, nutritional counseling and establishing exercise programs for members

☛ Volunteer Experience:

Sports Related - Sports Care and Physical Therapy, Douglas Mattson MPT, SCS

Orthopedics - Faxon Hospital Physical Therapy, Lori Sitts PT

Pediatrics - Rehabilitation Therapy Associates, Gretchen Lindenmayer PT

Hand Therapy - SMART Fitness and Physical Therapy, Tim Madden PT

Work Related - Manual Therapy and Work Conditioning, Patricia Despirito PT

Assisted on a Functional Work Capacity Evaluation (FCE)

Out Patient Care - Bassett Hospital Physical Therapy, Hannah Buzzell PT

Intensive Care Unit - Bassett Hospital, Sonja Parker, MSPT

In patient Care - Bassett Hospital Physical Therapy, Micheal Quinn MS,PT

In patient Care - Bassett Hospital Physical Therapy, Laurie Roseboom PT

Occupational Therapy - Lutheran Homes (Geriatric In Patients) Laurie Burns OT

When I decided that I wanted to pursue a career in physical therapy, I began volunteering at various clinical settings to help me decide which area of the field suited me best. Based upon the quality of my volunteer experience I was then offered a job to work as a physical therapy aide at one of the clinics I had volunteered.

Research and Development

Under the supervision of a physical therapist, I functioned as a research assistant to revise a shoulder rehabilitation protocol for subluxations and impingement syndromes.

I also developed a pre-season sport specific testing battery to be utilized by area coaches at the high-school and college level to establish baseline measures that could be used for rehabilitation.

Sports Care and Physical Therapy, Douglas Mattson PT, SCS

Internship with Division IAA Football Team

Recruited to play football at the University of Connecticut, I did so for my first two years. Upon being accepted into the Sports Medicine/ Athletic Training program, I began an internship with the football team that I maintained for the next two years. During that time I took advantage of a quality experience to develop skills and self-confidence in many professional areas.

