

Amanda Johnston

Education:

- Master in progress
Northern Arizona University, Flagstaff, AZ
Master's of Education in Educational Leadership, Emphasis in Community College/Higher Education
To be completed in August 2017.
- Associate
San Diego Mesa College, San Diego, CA
Physical Therapist Assistant
May 2010.
- Pilates Certification
Pilates Training Center of San Diego, San Diego, CA
Stott Pilates Mat-Plus, Reformer and Cadillac, Chair and Barrel Intensive Instructor Certification
2005
- Bachelor of Science.
San Diego State University, San Diego, CA
Kinesiology, Emphasis in Pre-Physical Therapy
May 2004

Licensure Information:

California, PTA license AT 9298

Certifications:

Certified Clinical Instructor
Certified Pilates Instructor
CPR Certification- American Heart Association Healthcare Provider

Employment and Positions Held:

- Acting Program Director Physical Therapist Assistant Program
San Diego Mesa College
San Diego, CA
August 2016-current
- Adjunct Faculty Member San Diego Mesa College Physical Therapist Assistant Program
San Diego Mesa College
San Diego, CA
October 2015-current
- Adjunct Faculty Member San Diego State University Doctor of Physical Therapy Program
San Diego State University
San Diego, CA
August 2017-current
- Physical Therapist Assistant and Pilates Instructor
Comprehensive Therapy Services, Inc.
San Diego, CA

- June 2010-present
- Pilates Instructor
Zoom Fitness & Pilates Studio
San Diego, CA
January 2004-July 2014
- Pilates Instructor and Physical Therapy Aide
OrthoSport Health Center
San Diego, CA
June 2001-September 2006

Membership in Professional Organization:

APTA

2008-current

Orthopedic section member 2010-2015

Education section member 2016- current

Consultative and Advisory Positions Held:

PTA Advisory Board

2015-current

Mentor- Bachelor of Science Physical Therapist Assistant Student

2016

Community Service:

MS Walk 2013-2015

MS Lecture- given to MS Society support group, September 2, 2015

Volunteer for PD Walk- 2009-2010

Community Education at Open House- PT Month Community Service

Event for Comprehensive Therapy Services, 2013, 2015

Services to College/School/on Committees:

Created and presented at APTA- "Using Pilates with Lower Back and Upper Quadrant Clients", San Diego

Created and presented at APTA- "Pilates: Using the Pilates Equipment, CoreAlign and Mat to Progress Core Strengthening in Orthopedic and Neurological Diagnoses", San Diego

Continuing Education Attended:

- Educational Leadership Conference – October 2016
- Functional Applications in Pelvic Rehab, Part A – Medbridge, 2015
- Functional Application in Pelvic Rehab, Part B – Medbridge, 2015.
- The Running Athlete Part A- Biomechanics and Analysis – Medbridge, 2015.
- The Running Athlete Part B- Clinical Assessment and Rehabilitation – Medbridge, 2015.
- Pelvic Floor Function, Dysfunction, and Treatment (Level 1) – Herman & Wallace, November 6-8, 2015
- LSVT BIG Parkinsons, November 2015
- Ethics, October 2015

- Pilates for Multiple Sclerosis, March 6-8, 2015
- Yoga for Pelvic Pain – Herman & Wallace, March 15-16, 2014
- Thoracic Spine – Summit Professional Education, January 11, 2014
- Care of the Postpartum Patient – Academic Proficiency Achievement, April 27-28, 2013
- CoreAlign Level 3, April 12- April 13, 2013
- CoreAlign Level 2, March 29-March 30, 2013
- CoreAlign 1, March 21 – March 26, 2013
- Graston Technique method of instrument- assisted soft tissue mobilization, January 2013
- Assessment and Treatment of Muscle Imbalance: The Janda Approach, October 2012
- Pilates Training for Shoulder Dysfunction, March 2011
- Pilates Training for HyperKyphosis, March 2011
- Walking on the Reformer, March 2011

Current Teaching Responsibilities:

Spring 2016: Orthopedics Rehabilitation Lab

Fall 2016: PHYR 210 Introduction to Physical Therapy

Spring 2017: PHYR 240 Introduction to Pathology

Summer 2017: PHYR 263 Patient Management

PHYR 294 Directed Clinical Practice II

Fall 2017: Human Movement