

Leda McDaniel, PT, DPT

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Credentials: Licensed Physical Therapist, Georgia;
Residency Trained in Orthopedic Physical Therapy

Education

Emory University July 2020
Atlanta, GA

Orthopedic Physical Therapy Residency

Ohio University May 2019
Athens, OH

Doctorate of Physical Therapy

Trinity University May 2008
San Antonio, TX

Bachelor of Arts in Psychology with a Minor in Physical Education, *magna cum laude*

Physical Therapy Experience

Physical Therapist

SportsCare Physical Therapy, Suwanee, GA July 2019-Present

Private Outpatient Orthopedic Physical Therapy Clinic

- Treated wide variety of orthopedic and vestibular patients including those with tendinopathy, chronic pain, post-surgical, post-trauma, post-concussion, BPPV needs
- Incorporated orthopedic skills commensurate with concurrent residency training including advanced manual therapy techniques, pain science education and neurodynamic treatments, and evidence supported loading/exercise progressions

Physical Therapy Full-Time Clinical (16 weeks) January-April 2019

Therapeutic Associates Physical Therapy, Boise, ID

Private Outpatient Orthopedic Physical Therapy Clinic

- Utilized evidence-based therapeutic exercise treatments including isometric loading for acute tendinopathy and eccentric loading for hamstring strain rehabilitation

Physical Therapy Full-Time Clinical (14 weeks) May-August 2018

University of Illinois Hospital and Health Sciences System, Chicago, IL

Outpatient Neurologic Physical Therapy Clinic in Large Teaching Hospital

- Treated complex neurologic outpatient clientele with minimal supervision from CI, including adapting cuing to patients' abilities during task-based interventions

Physical Therapy Full-Time Clinical (8 weeks) October-December 2017

The Ohio State University Hospital East, Columbus, OH

Hospital-Based Acute Care Physical Therapy

- Demonstrated strong interdisciplinary communication skills by advocating for patient needs for referrals to specialists and DC needs and participating in orthopedic rounds

Organizational Memberships

APTA Membership

- Orthopaedic Section Member
- Georgia Chapter Member

May 2015- Current
August 2019-Current
June 2019-Current

Certifications & Advanced Training

Therapeutic Pain Specialist (TPS) Certification

Evidence in Motion

August 2020-January 2021

Graded Motor Imagery & Neurodynamics for Patients in Pain

Evidence in Motion

March 2020

Functional Dry Needling Level 1 Course

KinetaCore

September 2019

Mastering Lower Limb Tendinopathy 2nd Edition

Course by Peter Malliaras, PT, PhD

January 2019

Mechanical Diagnosis and Therapy® (Completed MDT- Part A)

The McKenzie Institute® USA

November 2018

Lee Silverman Voice Treatment Big (LSVT BIG®)

Certified by LSVT Global, Inc.

October 2018

Dry Needling Level 1 Course

International Academy of Orthopedic Medicine with Optimal Dry Needling Solutions

September 2018

Graston Technique® Trained (M1 Basic Training)

Graston Technique®

March 2018

Functional Movement Screen (FMS) Certified (Level 1 & 2 Courses)

Certified by Functional Movement Systems

June 2014

Advanced Elective Courses

Advanced Running Analysis & Treatment

Fall 2018

- Performed 2D and 3D gait analyses (kinetics and kinematics) for recreational runner with patellofemoral pain syndrome
- Learned about normal running gait kinetics and kinematics, running related injury risk reduction strategies, return to run programs, and running-related therapeutic exercises

Advanced Balance & Vestibular Evaluation & Treatment

Fall 2018

- Discussed and performed advanced vestibular testing and treatments for peripheral hypofunction, BPPV, motion sensitivity, and post-concussion related impairments

Teaching Experience

Guest Lecturer Fall, 2019; Summer 2020
Emory University School of Medicine: Division of Physical Therapy, Atlanta, GA

- Guest Lecture for Advanced Medical Screening Class for Emory University DPT 3rd year students
- Developed and delivered lecture and case-based lab activity for course on screening for rheumatological diseases in physical therapy evaluations
- Guest Lecture for musculoskeletal course: Upper Extremity Neurodynamics & Lower Extremity Neurodynamics

Teaching Assistant/Lab Assistant May-July 2019, 2020
Emory University School of Medicine: Division of Physical Therapy, Atlanta, GA

- Served as Teaching Assistant and Lab Assistant for musculoskeletal courses
- Served as Lab Assistant for gross anatomy lab for 1st year DPT students
- Served as Teaching Assistant and Lab Assistant for fundamentals of clinical measurement for 1st year DPT students

Teacher for “Applying Anatomy & Biomechanics to Yoga”

Yellow Mat Collective (Yoga Studio), Atlanta, GA Fall, 2019

- Developed and taught 90-minute introductory course on applied anatomy and biomechanics in the context of yoga poses
- Taught corrective adjustments to promote ideal biomechanics and muscle activation within yoga practice and specific pose adjustments

Teaching Assistant/Graduate Assistant August 2016-December 2018
Ohio University Division of Physical Therapy, Athens, OH

- Served as lead Teaching Assistant and Learning Communities Leader for gross anatomy, neuro anatomy, and biomechanics classes for 1st year Doctorate of Physical Therapy students and 1st year graduate-level Athletic Training students
- Planned and led tutoring sessions for 1st year Doctorate of Physical Therapy students’ biomechanics, gross anatomy, neuroanatomy, pathophysiology, tissue mechanics, upper quarter, and spine orthopedics courses

Teaching Assistant for Gross Anatomy Lab Continuing Education Course (4 contact hours) for Ohio University Physical Therapy Program Alumni Fall 2018

Ohio University Division of Physical Therapy, Athens, OH

- Created course curriculum structure lists for gross anatomy review course with body donors in Ohio University’s gross anatomy lab
- Served as Teaching Assistant and taught about body donor dissections of brachial plexus, pectoral region, upper arm, and compartments of the forearm

Teaching Assistant for Neuro Anatomy Lab Teaching & Learning Exchange Fall 2018
Ohio University Division of Physical Therapy, Athens, OH

- Created course curriculum structure lists and content for neuro anatomy review course for 3rd year Doctorate of Physical Therapy students utilizing body donor specimens
- Trained 1st year Doctorate of Physical Therapy students as Teaching Assistants for neuro anatomy review course
- Served as Lead Teaching Assistant and taught about thalamic nuclei, major sensory and motor tracts, and organization of neural axis including somatotopy

Publications

- **McDaniel, LC**, Vaughan, BA, Barnes, RM. Student Physical Therapist Delivery of Pain Neuroscience Education: A Feasibility Case Study Report. In: APTA Annual Conference Abstracts 2020 NEXT Conference and Exposition, June 3 - 6, 2020. Abstract 2038.
- **McDaniel, LC**. Moments from a Year of Healing: A Book of Memories and Essays. *SapiensMoves*, 2018.
- **McDaniel, LC**. Avoiding charges of sexual misconduct. *PTinMotion (Viewpoints)*, February 2018.
- Becker, CB, **McDaniel, LC**, Bull, S, Powell, M, & McIntyre, K Can we reduce eating disorder risk factors in female college athletes? A randomized exploratory investigation of two peer led interventions. *Body Image*, 2012; 9: 31-42.
- Luethcke, CA, **McDaniel, LC**, & Becker, CB. A comparison of mindfulness, nonjudgmental, and cognitive dissonance-based approaches to mirror exposure. *Body Image*, 2011; 8: 251-258.
- Becker, CB, Wilson, C, Williams, A, Kelly, M, **McDaniel, LC** & Elmquist, J. Peer-facilitated cognitive dissonance versus healthy weight eating disorders prevention: A randomized comparison. *Body Image*, 2010; 7: 280-288.
- Hertel, P & **McDaniel, LC**. The suppressive power of positive thinking: Aiding suppression-induced forgetting in repressive coping. *Cognition and Emotion*, 2010; 24: 1239-1249.