

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

The Sports Rehabilitation Center, Atlanta, GA March 2021- Present

Private Outpatient Orthopedic Physical Therapy Clinic

- Treated diverse patient population including community members, recreationally active individuals, and high school and collegiate level athletes for orthopedic needs

Physical Therapist

SportsCare Physical Therapy, Suwanee, GA July 2019-March 2021

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)
The Ohio State University Hospital East, Columbus, OH
Hospital-Based Acute Care Physical Therapy

October-December 2017

- 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

Leadership Experience

APTA Georgia Social Media Committee Member

August 2020- Current

Certifications & Advanced Training

APTA Credentialed Clinical Instructor Program Level 1
The American Physical Therapy Association (APTA)

January 2021

Therapeutic Pain Specialist (TPS) Certification
Evidence in Motion

December 2020

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

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

Adjunct Faculty Member December 2020- Present
Emory University School of Medicine: Division of Physical Therapy, Atlanta, GA

Guest Lecturer August 2019- December, 2020
Emory University School of Medicine: Division of Physical Therapy, Atlanta, GA

- Delivered lectures for Advanced Medical Screening in rheumatology and low back pain for Emory University DPT 3rd year students, Telehealth physical therapy and musculoskeletal course lectures on Upper Extremity & Lower Extremity Neurodynamics for DPT 2nd year students

Guest Lecturer Summer/Fall 2020
Ohio University Division of Physical Therapy, Athens, OH

- Presented virtual lectures on Telehealth physical therapy and Neurodynamics/Pain Neuroscience Education to Ohio University DPT students

Guest Lecturer Spring 2021
Georgia State University Department of Physical Therapy, Atlanta, GA

- Presented virtual lecture on Telehealth physical therapy to Georgia State University DPT students

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

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

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.