

# Leda McDaniel, PT, DPT, OCS

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*Credentials:* Licensed Physical Therapist, Georgia  
Board Certified Orthopaedic Clinical Specialist

## Education

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**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

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### 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**

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#### **APTA Membership**

- Orthopaedic Section Member
- Georgia Chapter Member

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

### **Leadership Experience**

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#### **APTA Georgia Social Media Committee Member**

August 2020- Current

#### **APTA Georgia Research Work Group Committee Member**

August 2020- Current

### **Certifications & Advanced Training**

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#### **Structure and Function Education: Current Concepts in Dry Needling** Structure and Function Education

August 2021

#### **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 2<sup>nd</sup> 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**

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### **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**

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

**Guest Lecturer** August 2021  
Washington University in St. Louis; Division of Physical Therapy, St. Louis, MO

- Co-presenter to 1<sup>st</sup> Year DPT class on “Applying Learning Science to Physical Therapy Education”, discussed evidence based teaching for DPT education

**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

**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 3<sup>rd</sup> year students, Telehealth physical therapy and musculoskeletal course lectures on Upper Extremity & Lower Extremity Neurodynamics for DPT 2<sup>nd</sup> 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

**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 1<sup>st</sup> 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 1<sup>st</sup> year Doctorate of Physical Therapy students and 1<sup>st</sup> year graduate-level Athletic Training students

- Planned and led tutoring sessions for 1<sup>st</sup> 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 3<sup>rd</sup> year Doctorate of Physical Therapy students utilizing body donor specimens
- Trained 1<sup>st</sup> 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 & Conference Presentations**

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- Geist K, Frierson E, Hudson O, Lavin S, Myers M, **McDaniel L**, Carter V. The utilization of dry needling and an upper extremity exercise program for individuals with cervicogenic headaches: A pilot study. *Cranio*. 2021 Oct 23:1-11.
- **McDaniel, LC**. How the Science of Learning Can Improve Physical Therapy Education: An Evidence Based Approach. Presented at 2020 ImPacT Conference, March 27<sup>th</sup>-28<sup>th</sup> (Virtual; originally scheduled in Atlanta, GA).
- **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.