

Leda McDaniel, PT, DPT, OCS

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

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 professional 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

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

APTA Georgia Research Work Group Committee Member

August 2020- Current

Certifications & Advanced Training

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 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
<ul style="list-style-type: none">○ 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
<ul style="list-style-type: none">○ Discussed and performed advanced vestibular testing and treatments for peripheral hypofunction, BPPV, motion sensitivity, and post-concussion related impairments	

Teaching Experience

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

- Developed and Co-taught Elective Course on Advanced Physical Therapy Applications of Pain Neuroscience for 3rd year DPT students
- Taught in select Orthopedic Physical Therapy Residency Level Courses
- Taught in select Orthopedic DPT Courses (lecture and lab components)

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

- Co-presenter to 1st 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, 2021
Emory University School of Medicine: Division of Physical Therapy, Atlanta, GA

- Delivered lectures for on rheumatology and low back pain screening and lectured on Telehealth physical therapy and on Neurodynamics for DPT 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 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 DPT students and 1st year graduate-level Athletic Training students
- Planned and led tutoring sessions for 1st year DPT students’ biomechanics, gross anatomy, neuroanatomy, pathophysiology, tissue mechanics, and 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 & Conference Presentations

- 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** & McDaniel, MA. The Science of Successful Learning: Applications to Physical Therapy Education. *The Journal of Humanities in Rehabilitation*, Fall 2020.
- **McDaniel, LC**. How the Science of Learning Can Improve Physical Therapy Education: An Evidence Based Approach. Presented at 2020 ImPacT Conference, March 27th-28th (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.