

Leda McDaniel, PT, DPT, OCS

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Credentials: Licensed Physical Therapist, Georgia
Board Certified Orthopaedic Clinical Specialist
Adjunct Professor, Emory University Division of 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

Clinical Coordinator & Physical Therapist

Precision Performance and Physical Therapy, Atlanta GA August 2022-Current

- Worked with physical therapists to optimize evidence-based treatment for patients/clients including distributing current research evidence in staff meetings and staying current on billing practices
- Worked with clinic owner to calculate and assess clinic data such as patient visits per month and quarter, therapist specific variables, and marketing needs and efforts for the clinic

Physical Therapist

SportsCare Physical Therapy, Suwanee, GA July 2019-March 2021; October 2022-Current
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 Therapist

The Sports Rehabilitation Center, Atlanta, GA March 2021- July 2022
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

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 Social Media Committee Chair

August 2021- 2022

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

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 (Knee diagnosis and treatment; Advanced Pain Science; Orthobiologics)
- Taught in select Orthopedic DPT Courses (lecture and lab components)
- Mentored Physical Therapy residents in their development of case presentations

Guest Lecturer August 2021; August 2022
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; Summer 2022
Georgia State University, Department of Physical Therapy, Atlanta, GA

- Presented virtual lecture on legality, professionalism, and ethics of social media use in physical therapy to Georgia State University DPT students (2022)
- Presented virtual lecture on Telehealth PT to 2nd year DPT students (2021)

Guest Lecturer August 2019- November, 2022
Emory University School of Medicine, Division of Physical Therapy, Atlanta, GA

- Delivered lectures screening for rheumatologic diseases 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 TA 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

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 TA and taught about body donor dissections of upper quarter

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 DPT students utilizing body donor specimens
- Trained 1st year DPT students as TAs for neuro anatomy review course

Volunteer and Pro Bono Work

Physical Therapist Volunteer October 2022-Current

The Urban Clinic of Atlanta, Atlanta, GA

Non-profit healthcare clinic

- Performed phone screenings to assess potential needs for physical therapy services
- Treated diverse patient population for physical therapy needs focused on functional mobility in home and community and within work settings as appropriate
- Promoted overall health and wellness by encouraging engagement in positive health behaviors to improve lifestyle factors including exercise, nutrition/diet, and self-monitoring of relevant health metrics (e.g., home blood pressure or blood glucose monitoring)

Physical Therapist Volunteer September 2022-Current

Healing Bridge Clinic, Peachtree City, GA

Non-profit healthcare clinic

- Treated diverse patient population for physical therapy needs focused on functional mobility in home and community and within work settings as appropriate
- Prescribed and coordinated purchase of appropriate DME
- Promoted overall health and wellness by encouraging engagement in positive health behaviors to improve lifestyle factors including exercise, nutrition/diet, and self-monitoring of relevant health metrics (e.g., home blood pressure or blood glucose monitoring)

Volunteer October 2019-Current

Wholesome Wave Georgia, Atlanta, GA

- Volunteered at annual “Southern Chef’s Potluck Dinner,” which is a benefit dinner to raise funds for Wholesome Wave’s programs that are designed to improve food access for Atlanta area residents, including access to fresh fruits and vegetables

Volunteer October 2019-Current

Aluma Farm, Atlanta, GA

- Volunteered at Aluma Farm as a worker to promote their vision of growing healthy fruit and vegetables and improving the soil and ecosystem of their farm site
- Helped organize PT Day of Service volunteer events at Aluma farm 2021 and 2022

Invited Lectures

Invited Seminars for University of Arkansas for Medical Sciences (UAMS) College of Pharmacy October 7th, 2022

- Presented on the applications of learning science to Doctorate of Pharmacy classroom and clinical education, with both student and faculty seminars
- Engaged Doctorate of Pharmacy program faculty members in problem solving and applications of learning science principles within their didactic courses and overall curricula design as a whole

Invited Lecture and Workshop for William Carey University Department of Physical Therapy

August 18th, 2022

- Presented on the applications of learning science to physical therapy classroom and clinical education (virtual lecture)
- Engaged participants (DPT instructors) in exercises in which they were tasked with creating learning experiences for students with their courses/curricula based on learning science principles (virtual workshop)

Invited Keynote Speaker at 2022 Acute Care Physical Therapy Bridge the Gap

Conference (with Co-Presenter, Dr. Mark McDaniel, PhD)

May 20th, 2022

- Presented on the applications of learning science to PT acute care classroom and clinical education
- Presented on techniques that instructors could use to improve learning/retention

Publications & Conference Presentations

- Hosken, E; Schon, J; & **McDaniel, LC**. Empowerment for Patients with Scoliosis: How Scoliosis-Specific Physical Therapy Exercises Can Improve Outcomes for Scoliosis Patients. *The Academy Today: Advancing Orthotic and Prosthetic Care Through Knowledge*. Winter 2023; 19 (1): 8-14.
- Geist K, Frierson E, Hudson O, Lavin S, Myers M, **McDaniel LC**, 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.