

# Leda McDaniel, PT, DPT, OCS

Email: ledamcdaniel1@gmail.com

Phone: (505) 554-6192

*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 May 2015- Current
- Georgia Chapter Member August 2019-Current
- Educational Section Member June 2019-Current
- April 2023-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** August 2021  
Structure and Function Education
- APTA Credentialed Clinical Instructor Program Level 1** January 2021  
The American Physical Therapy Association (APTA)
- Therapeutic Pain Specialist (TPS) Certification** December 2020  
Evidence in Motion
- Graded Motor Imagery & Neurodynamics for Patients in Pain** March 2020  
Evidence in Motion
- Functional Dry Needling Level 1 Course** September 2019  
KinetaCore
- Mastering Lower Limb Tendinopathy 2<sup>nd</sup> Edition** January 2019  
Course by Peter Malliaras, PT, PhD
- Mechanical Diagnosis and Therapy® (Completed MDT- Part A)** November 2018  
The McKenzie Institute® USA
- Dry Needling Level 1 Course** September 2018  
International Academy of Orthopedic Medicine with Optimal Dry Needling Solutions
- Graston Technique® Trained (M1 Basic Training)** March 2018  
Graston Technique®
- Functional Movement Screen (FMS) Certified (Level 1 & 2 Courses)** June 2014  
Certified by Functional Movement Systems

## **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 3<sup>rd</sup> 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 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; 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 2<sup>nd</sup> 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/PNE

**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 TA and Learning Communities Leader for gross anatomy, neuro anatomy, and biomechanics classes for 1<sup>st</sup> year DPT students and AT students
- Planned and led tutoring sessions for 1<sup>st</sup> 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
- 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
- Trained 1<sup>st</sup> 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 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 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 18<sup>th</sup>, 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 20<sup>th</sup>, 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**

---

- Collins, K & **McDaniel, LC**. Innovative Applications of Pain Science within Acute Care Physical Therapy: A Case Series and Narrative Review. Presented at 2023 ImPacT Conference, April 22<sup>nd</sup>, 2023 (Atlanta, GA).
- 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 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.

## **Mentoring Experience**

---

### **Mentored Physical Therapy Residents and Fellows**

**Fall 2021-Spring 2022**

- *Dr. Tara Pratt, PT, DPT (CHOA Pediatric Physical Therapy Resident 2021-2022)*

### **Mentored Physical Therapy Residents and Fellows**

**Fall 2022-Spring 2023**

- *Dr. Elliot Reisman, PT, DPT; Orthopaedic Physical Therapy Resident, UAB*
- *Dr. Charlotte Sylester, PT, DPT; Orthopaedic Physical Therapy Resident, Mercer University*
- *Dr. Mason Dwinnell, PT, DPT; Orthopaedic Physical Therapy Resident, Mercer University*
- *Dr. Daniel Copeland, PT, DPT; Orthopaedic Physical Therapy Resident, Mercer University*
- *Dr. Tucker Copping, PT, DPT; Orthopaedic Physical Therapy Resident, Mercer University*
- *Dr. Erin Kaminsky, PT, DPT; Orthopaedic Physical Therapy Resident, Mercer University*
- *Dr. Kenny Wessel, PT, DPT; OCS, Manual Therapy Fellow, Mercer University*
- *Dr. Alea Penner, PT, DPT; Pediatric Sports Physical Therapy Resident, CHOA*