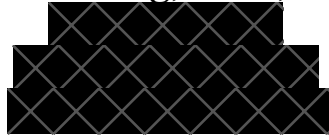


## **Kathi J. Ling, DPT, WCC**



### **WORK EXPERIENCE**

**April 2022- Present**

**OU Health**

**Physical Therapist in Metabolic and Bariatric Surgery**  
**Educating patients in exercise and creating new habits**  
**Creating PT program for Bariatric Surgery patients**  
**Creating educational materials to supplement program**  
**Research on 6MWT normative values for patients with obesity**  
**PT treatment as needed for bariatric surgery patients**  
**Educating other ASMBS professionals in PT approach to care**

**June 2023- Present**

**Adjunct professor at University of Oklahoma PT school**  
**Facilitated interprofessional communication course**  
**Lab instructor for Clinical Modalities**

**Home Health- Care**

**August 2009-April 2022**

**PeaceHealth Home Care and Scripps Home Health Care**  
**Preceptor for new employees**  
**Physical Therapy Education committee**  
**Project development and solutions work groups**  
**Focus group in 2011**  
**Emerging Leader program 2012-2013**  
**President's scholarship speaker**

**Skilled Nursing PT**

**2002-2011**

**Ensign: Vista Knoll Specialty Care / Palomar Vista Healthcare Center, La Paloma Nursing and Rehabilitation and Village Square Nursing Facility/ People First**  
**Physical Therapist, Wound care team**  
**Lead and Interim Director of Rehabilitation**  
**Inservice training for nursing staff and students**

**Work place PT**

**June 1997 - August 2001**

**Healing Hands**

**Physical Therapist**  
**Out-patient orthopedics for injured workers at**  
**Injury Prevention Instruction**  
**Ergonomic assessment**  
**San Onofre Nuclear Generating Station (SONGS)**

**Outpatient orthopedics**  
**July 1994 - July 1998**

**Therapy Specialists**  
Physical Therapist

**Hospital Care**  
**June 1986 - July 1994**

**Green Hospital Scripps Clinic, La Jolla, CA**  
Physical Therapist in Acute Care and Outpatient orthopedics

**EDUCATION**  
**Jan 2012- May 2014**

**University of Montana**  
Transitional Doctor of Physical Therapy Program

**2013, 2018 and 2023**

**Wound Care Education Institute**  
Completed 30 hour certification and recertifications for wound care specialty

**Graduated June of 1986**

**University of Puget Sound**  
BS Physical Therapy

## **CONTINUING EDUCATION**

### **Manual Therapy and treatment of specific areas of the body”**

by Sturman, Institute of Graduate Physical Therapy Studies, URSA foundation, McKenzie, Upledger, Donatelli, Mulligan, Roccabado, Kime, Lamone, Cross Country education and Great Seminars on Joint Replacement,

### **Work site related therapy**

Cumulative Trauma Disorders, Work STEPS employment screening, IMPACC: Ergonomics & Work Injury Prevention Consulting,

### **Wound Care:**

WCEI certification/recertification 2013/2018/2023, North American Seminars- lymphedema management,

### **Neuro rehab courses:**

Bobath for hemiplegia, Intro to NDT, Balance and mobility, Cross Country Education on Balance, Summit Professional on Falls and balance, LSVT Big,

### **Skilled Nursing:**

ACP clinical solutions, WC positioning

### **Gerontology:**

**Therapeutic Movement Seminars, Great Seminars and Books**

### **Cardiology:**

LVAD training

### **Home Health:**

Great Seminars and Books, OASIS answers, Fazzi

**Ethics and management:** Managed Care, Managing work life balance, Career development Workshop, Ethics for healthcare practitioners, Crucial conversations, Scripps Emerging leader program, CA ethics, laws and regulations

### **Bariatrics:**

Great seminars and books- Therapeutic exercise, Medbridge on physical activity, Bladder control and pelvic floor training, ASMBS conferences in Dallas 2022, OK/AK education day 2023, Weekend in New Orleans 2023  
ASMBS conferences in San Diego and Atlanta 2024

### **Teaching and Research:**

APTA credentialed instructor level 1  
CITI training Stages 1,2,3  
FEMA training

## **PROJECT DEVELOPMENT**

- Revised and developed orientation and treatment protocols for hospital
- Development of "Proximal Stability" concept, exercise program and protocols
- Development of "Hands On" Injury Prevention programs
- Falls prevention speaking event in community
- Ergonomics and Injury prevention program for SONGS
- Development of Reverse Total Shoulder protocol
- Arranged for Inservice by surgeon on surgical procedure for total knee Arthroplasty
- Assisted in development of Medicare compliance protocol for 13/19
- Created handouts for patient instruction and exercises for pre-op bariatric surgery.
- IRB Proposal for PT portion of bariatric/TKA research
- Creation and teaching of Zoom class for bariatric patients

## **PROFESSIONAL INSTRUCTION**

- Physical Medicine staff in-service coordinator and team member
- Interdisciplinary education
- Ergonomics and injury prevention training for all personnel at San Onofre Nuclear Generating Station
- Speaker at ASMBS OK/AR state chapter conference 6/2/23
  - On PT in bariatric surgery interdisciplinary team
- Speaker at ASMBS weekend New Orleans October 2023, San Diego and Atlanta 2024
- Adjunct professor at OU school of Physical Therapy

## **COMMUNITY INSTRUCTION**

Back School and Posture program  
Prenatal aerobics and aquatics  
Falls prevention program at local assisted living facility  
Living and exercising with arthritis

## **PROFESSIONAL ORGANIZATIONS**

APTA  
National Alliance of Wound Care  
American Society of Metabolic and Bariatric Surgery:  
Oklahoma/Arkansas representative to national access committee  
Assistant chair for national education committee

## **LICENSURE**

California State PT License #13691  
Washington State PT License #60949786 – Not active  
Oklahoma State PT license #6178

## **MEMBERSHIPS**

APTA  
APTA- OK  
ASMBS- Serving on education committee since 2023  
NAWCS