

OSHERAY STREETER, DPT

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1217 Bainbridge Blvd,
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Sport and Manual Physical Therapist and Health Performance Coach. Orthopedic manual therapy background with emphasis on tissue regenerative training. Secondary emphasis on return to sport rehabilitation, strength and conditioning, and health performance. Completed clinical sports and manual PT residency in January 2021. Three years of orthopedic and sports physical therapy experience with multiple sport and team settings at professional and collegiate level. Experience with non-athletes, patients with chronic pain, and the elderly population. Competent to think quickly, work diligently and perform assessment and treatment delivery duties. Wanting to help others achieve optimum health and fitness through improving physical and psychological well-being.

CAREER GOALS/INTERESTS

- **Sports Certification Specialty, SCS examination 2022**
- **Research interest:**
 - **Return to sport protocol development and testing**
 - **Upper & lower limb symmetry testing for return to sport**
 - **Tissue regeneration through optimal stimulus training**
 - **Muscle EMG testing**
 - **Bone density stimulation in populations with osteopenia/osteoporosis**

Education

SCS MTI Physical Therapy Sports Residency
(graduated January 2021)

DPT South College, Knoxville, TN, Physical Therapy
Graduated Cum Laude, GPA 3.56

Graduated June 21, 2019

BS Adams State University, Alamosa, CO, (Exercise Science)
Graduated Summa Cum Laude, GPA 4.0
President's Honor Roll Fall 2014 – Spring 2016

Graduated May 2016

Northern Arizona University, Flagstaff, AZ, (Exercise Science)

GPA 3.0
Dean's List 2013-2014

Aug 2011 – May 2012, Jan 2013 – May 2014

University of Alaska Fairbanks, (Biological Sciences)
GPA 2.95

Aug – Dec 2012

*Total Cumulative GPA prior to DPT School: 3.56

HS Austin E. Lathrop High School
Graduated Summa Cum Laude, GPA 3.91
4th in Class

May 2011

HONORS AND AWARDS

Sheldrake/McDaniel Scholarship (ASU)	2015
Robert E. Wright Memorial Scholarship (ASU)	2015
President's Merit Scholarship (ASU)	2015
Martin Luther King, Jr. Scholarship (NAACP)	2011

RELATED EXPERIENCE

Hoop Infinite Rehab & Performance Coaching, Virtual [Sept. 2021 – Present]

- Virtual movement screen & evaluation
- Virtual testing days with evaluation
- Individualized, sport specific rehab programming
- Weekly coaching calls
- Website creation, advertising
- Mental performance exercises
- Social media content creator

MTU Physical Therapy Sports Resident, Seattle, WA [Jan. 2020- Sept. 2021]

- Co-treatments with additional PT and NBA active player
-Hamstring rehabilitation and strength & conditioning
- Sports Rehab with Seattle University Athletes (NCAA D.1): SU Men's basketball, SU Women's basketball, X-country, Soccer
- Seattle Seawolves Rugby (Major League Rugby)

-shadowed and assisted sports medicine team

- **Seattle Rugby Club (semi-pro)**
-soft tissue work, on-field rehabilitation, taping

Sports/Outpatient Clinical Rotation: Allan McGavin Physiotherapy War Memorial Clinic (University of British Columbia), Vancouver, BC [Jan 2019 - June 2019]

Clinical Instructor: Ryan Leaver, DPT, SCS, SPC

- **White Caps MLS Student Intern (5 weeks)** [Jan. 2019 - Feb. 2019]
-Attended medical team rounds that included head athletic trainer, sports physiotherapists, strength and conditioning coaches, sports science team

-Manual therapy experience, observed on-field and strength and conditioning training

-Participated in athlete medical screening with SCAT5 station
- **On-Field Return to Sport Rehab**
-CFL wideout, UBC Rugby player, UBC Women's soccer player (3 ACL reconstructions)

-Conducted Limb Symmetry Index testing, return to sport rehab progression

-Conducted full functional movement screen for CFL wideout
- **On-Court Return to Sport Rehab**
-Worked with UBC men's basketball player returning from Achilles reconstruction (Phases 3 & 4 of rehab)
- **Sports Coverage Experience**
-Ankle taping and shadowed team coverage of Raven's Rugby under Physiotherapist Kevin Valcke

-Athletic taping experience and shadowed team coverage of UBC Men's Rugby under Physiotherapist Gurmeet Dhillon

-UBC Men's Hockey Coverage under Physiotherapist Greg Cugnet – practices and games (Jan 2019 – March 2019)

-Covered Raven's Rugby Reserve Team vs UBC (May 2019)
- **In-Service Presentation: “ACL Guidelines: Clinic to Return to Sport” (June 2019)**

Inpatient Clinical Rotation: Fairbanks Memorial Hospital, Fairbanks, AK

[July 2018 – Sept 2018]

Clinical Instructor: Jenna Degerlund

- **In-Service Project: “Guidelines for Disrupting Dementia”**
- **Observed Surgeries: Lumbar fusion, Knee Replacement**
- **Case Study: Patient with cervical myelopathy**
-Co-treated w/ OT for patient presenting with sensation, proprioception, coordination, and motor deficits (4 weeks)

Shadow Experience, University of Denver Strength and Conditioning Coach, Denver, CO

[November 2018]

Director of Sports Performance: Mathew Shaw, M. Ed., RSCC, CSCS, SCCC, FRCms

- NCAA Div. 1 Men’s Hockey Strength & Conditioning

Shadow Experience, Colorado Injury Treatment Center, Aurora, CO

[April - May 2018]

Owner and Director: Jaime Swanson, DPT

Shadow Experience, Valley Wide Health Systems, Inc., Alamosa, CO

[Jan – May 2016]

Physical Therapist Joshua Merrick, DPT

- Introduced to neurophysiological pain science and PRI concepts
- Covered 50 hours at outpatient clinic and NCAA Division II ASU athletic training room

TEACHING EXPERIENCE

Senior Service Project, Coached Special Olympics basketball for San Luis Valley Dust Devils

[March - May 2016]

Assistant Coach, advised by Peggy Johnson

- Led practices for 4 weeks

- Voluntarily refereed at the annual Special Olympics basketball game in Alamosa, CO

HPPE Exercise Physiology Lab, conducted fitness assessments for the general population [April - May 2016]

- Skinfold testing, body composition analysis, fitness assessment (VO2 max, submaximal tests, Wingate), nutritional assessment

CONFERENCES ATTENDED

UBC Thunderbirds Sport Science Symposium, May 2019

National Strength and Conditioning Association (NSCA) Rocky Mountain Conference, 2016

PODCASTS

THE BASKETBALL STRONG PODCAST, March 2022

-Powered by TD Athletes Edge with Tim DiFrancesco & Phil White

PROFESSIONAL TRAINING

Owens's Research BFR Certified Practitioner [November 2020]
OGI MT5 Clinical Problem Solving [October 2020]

Step 4 OGI Scientific Therapeutic Exercise Progressions for Lumbar Spine [September 2020]

Step 1 OGI Scientific Therapeutic Exercise Progressions for Shoulder [September 2020]

Cogent Steps ERA Certification [February 2020]

SPC Canadian Red Cross First Responder & AED/CPR – HCP Level Certification [May 2019]

Myokinematic Restoration for Patterned Lumbo-Pelvic-Femoral Pathomechanics
 Postural Restoration Institute, PRI Home Study [Feb – March 2019]

Basic Life Support Provider (CPR/AED)
 American Heart Association [Sept 2018]

Suicide Prevention Skills Training

SafeTALK workshop

[Dec 2015]

PROFESSIONAL AFFILIATIONS

American Physical Therapy Association (APTA)
Alaska Chapter

[2017-Present]

APTA Sports Section

[2017-Present]

PROFESSIONAL SERVICE (LEADERSHIP)

Interim President for Human Performance and Physical Education Club

[Jan – May 2016]

Advisor: Dr. Brian Zulegar, PhD., Mental Strength Coach

- Organized NSCA conference attendance, 2016

ASU Development Men’s Basketball Team Captain

[2014 – 2016]

- Starting point guard leading team in assists per game and total assists

Lathrop Varsity Men’s Basketball Athlete and Team Captain

[2007 – 2011]

- Led team to State tournament first 3 seasons
- 2010 Regional MVP, All – Regional Team 2008 - 2011

COMMUNITY SERVICE

Refereed Special Olympics Basketball Game, May 2016

Trash Day ASU, 2016

ASU Cares Day- Built and refurbished neighborhood recreational park, 2016

ASU Cares Day – Beaver Creek Youth Camp –cleaned youth camp, 2015

Free Lunch Delivery ASU Campus, 2015

Alamosa Christian Church – Thanksgiving casserole dish for community dinner, 2015

Neighbor to Neighbor – Landscaping and washing cars, 2015

Alamosa Parade – ASU Men’s Basketball, 2014

La Puente Home – served food to homeless and cleaned kitchen/home, 2014

Big Brother- Mentored 5th grade boy, Fairbanks, AK, Summer 2011/2012

REFERENCES

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