

Nick Rainey, PT, DPT, OCS

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520-955-1820

Physical Therapy Licenses

Maryland- #24895, 2014 - present

Arizona- #11801, 2015 - present

Certifications

Board Certified Orthopaedic Specialist - 2016

Total Motion Release Level II certified, August 2014

USA Weightlifting Level I Sports Performance Coach (USAW), May 2014

Functional Movement System (FMS) certified Level I, February 2014

Certified Strength and Conditioning Specialist (CSCS), 2011

NPI- Certified Posture Specialist (CPS), 2011

NSCA- Certified Personal Trainer (CPT), 2008

Education

Fellow-in-training with Evidence in Motion (EIM), July 2016- present

Teacher's Assistant including presenting at EIM Weekend Intensive in Round Rock, TX, August 2015

Residency with Evidence in Motion, July 2014- December 2015

Doctor of Physical Therapy from Rocky Mountain University of Health Professions - December 2013

Bachelor's of Science in Exercise Science with minors in Nutrition and Business from Brigham Young University - April 2011

Professional Experience

Founded Rainey Pain & Performance, P.C., November 2016- present

Outpatient/inpatient physical therapy at Canyon Vista Medical Center, August 2015- November 2016

Practice test question writer for EIM's OCS Prep course, April 2016- present

Private practice physical therapy at Gold Medal Physical Therapy, February 2014- July 2015

Forty-five week clinical rotation with Clinical Excellence Network and chosen as Senior Intern, January- November 2013

Owner and head trainer of Body 4 Change - December 2011- November 2013

Consultant for Evanston High School's Strength and Conditioning program, November 2012

Running Expert for AllExperts.com, 2011-present

Utah's Core Ambassador for APTA, 2010-2011

Springville JHS Track, Cross-Country and off-season running class coach, Spring 2011-2012

Assistant Head Trainer for high school, collegiate, and professional athletes- Xtraordinary Sports Performance, 2009-2010

Personal Trainer & Manager of Personal Trainers, Gold's Gym, 2008-2009

Publications

Research Made Simple for Physical Therapists- Published on Kindle April 2016

The Six Week Workout Program, YMountainPress, April 2010

Continuing Education Courses/Conferences

EIM's Lower Extremity Weekend Intensive- TA role, October 2016

EIM's Lumbopelvic Weekend Intensive- TA role, August 2016

Arizona Spring Conference: Functional Mobilization, May 2016

Spinal Manipulation by Ken Cooper, PT, DC (1 day), October 2015

Systemic Dry Needling for Sports Performance by Sue Falsone, September 2015

NEXT in Washington DC, June 2015

Nerve Entrapments of the Upper Extremity by Susan Stralka, March 2015

SMT-2: Cervicothoracic Dysfunction & Cervicogenic Headaches: Diagnosis & Management with HVLA Thrust Manipulation & Exercise (Spinal Manipulation Institute), October 2014

DN-2: Dry Needling for Lumbopelvic & Lower Extremity Conditions: an Evidence-Based Approach (Spinal Manipulation Institute), October 2013

DN-1: Dry Needling for Craniofacial, Cervicothoracic & Upper Extremity Conditions: an Evidence-Based Approach (Spinal Manipulation Institute), August 2013

NCSA- National Conference 2008

Current Professional Organizations

American Physical Therapist Association (APTA)

Sports Section of the APTA

Sports Performance SIG of the Sports Section

American Academy of Orthopaedic and Manual Physical Therapists