

Phillip Ting

CURRICULUM VITAE

- **Education:**
 - Master of Science in Athletic Training, California Baptist University, 2016
 - Bachelor of Science in Exercise Biology, Minor in English, UC Davis, 2013
 - High School Diploma, Lynbrook High School, 2009
- **Certifications**
 - BOC Athletic Training Certification: 2000023342
 - NSCA Certified Strength and Conditioning Specialist Certification: 7248207149
- **Professional Memberships**
 - National Strength and Conditioning Association, 2018
 - National Athletic Trainers' Association, 2015
- **Work History:**
 - Foothill College – 2018 to Present
 - Adjunct Faculty Part-Time Instructor for KINS 16B, 16C, and 15
 - Los Gatos Orthopedic Sports Therapy (LGOST) – 2017 to Present
 - Athletic Trainer for Willow Glen High School, Founder of LGOST Strength
 - San Francisco 49ers – 2015-2017
 - Seasonal Athletic Training Intern, 2016-2017
 - Training Camp Athletic Training Intern, 2015
- **Research and Clinical Interests:**
 - Treatment and Rehabilitation of Overuse Injuries
 - Interprofessional Collaboration in the Medical Field
- **Volunteer/ Per Diem Work**
 - Rock 'n' Roll San Jose Half Marathon, September 2018
 - Medical Volunteer
 - 44th Annual All-Star Silicon Valley Youth Football Classic, July 2018
 - Head Athletic Trainer
 - Operation Surf, April 2018
 - Medical Volunteer
 - USA Football Protection Tour, July 2017
 - First Responder
 - Krieswirth Sports Medicine, 2017-2018
 - Athletic Trainer for IBJJF Tournaments
- **Speaking Engagements**
 - Willow Glen High School Sports Medicine Talks: What Do We Do?, February 2019
 - Willow Glen High School Sports Medicine Talks: To Stretch or To Ice, February 2019
 - Willow Glen High School Sports Medicine Talks: Sports Nutrition Strategies, May 2018

- **Activities**

Date	Name of Activity
<u>2011</u>	
2/27	CATA Clinical Symposium 2011
<u>2014</u>	
8/9	Tecnica Gavilan Gary Lang, MS, ATC
<u>2015</u>	
2/20-21	CATA Clinical Symposium 2015
2/22	CATA Hit the Hill 2015
3/14-15	Mulligan Concept for the Lower Quarter Brian Folk, PT, FAAOMPT, MCTA
3/21	UCSF Running Course: Clinically Applied Biomechanics
4/17-19	FWATA Annual Meeting
6/28	UCSF Myofascial Decompression Techniques Level 1 Course Christopher DaPrato, PT, DPT, SCS, CSCS, PES
<u>2016</u>	
2/20-21	CATA Clinical Symposium 2016
2/22	CATA Hit the Hill 2016
4/2-3	Mulligan Concept for the Upper Quarter Brian Folk, PT, FAAOMPT, MCTA
7/9-10	Dynamic Neuromuscular Stabilization Exercise Level 1 Michael Rintala, DC
<u>2017</u>	
1/6-8	Fascial Manipulation Level 1A Antonio Stecco, MD, PhD
1/21-22	Dynamic Neuromuscular Stabilization Exercise Level 2 Zuzana Suzan, MPT
5/13	MedBridge Education: Group Injury Prevention Phil Plisky, PT, DSc, OCS, ATC, CSCS
5/19	MedBridge Education: Returning the Injured Athlete to Sports: New Concepts in ACL Rehabilitation Robert Donatelli, PhD, PT
5/21	MedBridge Education: Evidence-Based Examination of the Knee and Thigh Eric Hegedus, PT, DPT, MHSc, OCS, CSCS

- 7/24 MedBridge Education: Dissection of the Knee: A Comprehensive Layered Analysis
Robert LaPrade, MD, PhD
- 9/16 LGOST Seminars: Clinical Evaluation and Treatment of Common Patellofemoral Problems: An Algorithmic Evidence Based Approach
Ross Nakaji, PT, OCS, SCS, ATC, CSCS
- 10/21-22 LGOST Seminars: Foundations of Lower Back Pain Evaluation & Treatment
Kris Porter, PT, DPT, OCS
- 11/4-5 LGOST Seminars: Hip and Knee: Complex Understanding for Simple Solutions
Erik Meira, PT, DPT, SCS, CSCS
- 2018
- 2/10 UCSF Pediatric Sports Medicine Conference: Building Blocks of Running
- 3/10-11 LGOST Seminars: Orthopedic and Sports Related Shoulder Injuries: An Evidence-Based Course Focusing on Examination and Treatment
Rob Manske PT, DPT, MPT, MEd, SCS, ATC, CSCS
- 3/25 UCSF Myofascial Decompression Techniques Level 2 Course
Christopher DaPrato, PT, DPT, SCS, CSCS, PES
- 4/14-15 LGOST Seminars: Foundations of Evaluation and Intervention for the Ankle Foot Complex
Kris Porter PT, DPT, OCS
- 6/2 LGOST Seminars: Returning to Running After Injury – Interventions for Running Readiness and Gait Training
Blaise Williams, PT, PhD
- 7/28-29 LGOST Seminars: Orthopedic Examination: From Science to Practice
Rob Naber PT, OCS, SCS, ATC
- 9/27 MedBridge Education: Concussion Basics: Assessment, Screening, Risk Factors
Anna Mucha, DPT, MS, NCS
Susan Whitney, DPT, PhD, NCS, ATC, FAPTA
- 10/13-14 LGOST Seminars: Advances in Examination and Treatment of Selected Knee Conditions
George J. Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, PES, CSMS, FAPTA

2019

1/12

UCSF Pediatric Sports Medicine Conference: A Medical Playbook: Managing Overload and Overuse in Youth Athletes

1/19

Perform Better One-Day Seminar in San Francisco, CA

1/26

California Concussion Institute Symposium: A Modern Approach to Sport Concussion

3/9-10

LGOST Seminars: Clinical Concepts in Shoulder Rehabilitation
Don Torrey, PT

- Personal:
 - Born in Rochester, MN
 - Youngest of 3

- Interests:
 - Culinary Explorations
 - Judo
 - Reading

- Languages
 - English: Primary
 - Mandarin Chinese: Conversational