

Joshua E. Pniewski

Curriculum Vitae

222 Park Avenue SE
Aiken, SC 29803

803-295-1983
joshua.e.Pniewski@gmail.com



Formal Education:

Graduate

Rosalind Franklin University of Medicine and Science (RFUMS)
3333 Green Bay Road, North Chicago, IL 60064
Graduation Date: June 2nd, 2006
Degree Earned: Doctor of Physical Therapy

Undergraduate

Georgetown College (GC)
400 E. College Street, Georgetown, KY 40324
Graduation Date: May 14th, 2003
Degree Earned: Bachelor of Science in Exercise Science
Minor: Business Administration

Professional Licensure/Certificates:

South Carolina LLR: 5341
Georgia DOL: PT015393 (2020-2025)
North Carolina BPTE: 15966 (2017-2019)
AHA Healthcare Provider BLS 5/23
National Provider Identifier (NPI): 1992716864
APTA Credentialed Clinical Instructor

Academic Appointments/Affiliations:

2024-Present: Charleston Southern University Adjunct Faculty
2023-Present: Medical College of Georgia Department of Orthopedic Surgery Adjunct Faculty
2021-Present: Charleston Southern University DPT Program Advisory Board
2018-2020: ATI Clinical Excellence Instructor
2015-2017: Augusta University College of Health Profession DPT Program Assistant Professor
2009-2016: Augusta University College of Health Professions DPT Program Adjunct Faculty
2007-2010: Aiken Technical College Physical Therapy Assistant Program Advisory Board

Expert Witness Experience

2009-Present

Number of Case Reviews: 9 (5 Private Case/4 Department of Defense Judge Advocates Office)

Number of Depositions: 3 (3 Department of Defense Judge Advocates Office)

Number of Testimonies: 1 (1 Trial for the Department of Defense Judge Advocates Office)

Expert iQ

<https://www.expert-iq.com>

Professional Experience:

2020-Present

Palmetto Motion, PC Aiken, SC

EIN: 27-3028981

Title: Chief Executive Officer/Owner

URL: www.palmettomotion.com

Business Profile: Outpatient physical therapy private practice serving Aiken, SC and surrounding areas specializing in sports medicine, orthopedics, and post operative shoulder management.

2020-Present

Innovative Medical Exchange Aiken, SC

EIN: 85-144733

Title: Founder/Chair

URL: www.innovativemedicalexchange.com

Business Profile: Innovative Medical Exchange (IMX) is a non-for-profit 501(c) 3 organization dedicated to serving Aiken and Barnwell counties through a durable medical equipment (DME) exchange. IMX acquires donated DME, ensures that it is properly sanitized, is in safe working order then issue the equipment to those in need for little to no cost.

Past Professional Experience:

27Feb2020-10June2022

Motivations Inc. Myrtle Beach, SC

Title: Instructor

15Feb2020-2022

Broad River Rehabilitation (BRR), Raleigh, NC

Title: Staff Physical Therapist, PRN

10Jul2020-10Jun2021

Encompass Home Health, Aiken, SC

Title: Staff Physical Therapist

1Jun2020-15Apr2021

Pepper Hill Rehabilitation Center, Aiken, SC

Title: Staff Physical Therapist

20Sept2016-2020

Medical Minds in Motion, Franklin, TN

Title: Instructor

1 Sep2017-14Feb2020

ATI Physical Therapy, Aiken, SC

Title: Clinic Director, Clinical Excellence Instructor

21Jan2009-2Jan2016

United States Department of Defense, Dwight D. Eisenhower Army Medical Center (DDEAMC), Ft. Gordon, GA

Title: Staff Physical Therapist

1Aug2006-20Jan2009

Aiken Regional Medical Centers (ARMC), Aiken, SC

Title: Rehabilitation Program Manager

Professional Organizations:

American Society of Shoulder and Elbow Therapists (ASSET): 2012-Present

CEU Development Committee: 2024-Present

Development Committee: 2019-2021

Communications Committee: 2016-2019

American Physical Therapy Association (APTA): 2006-2022

South Carolina Physical Therapy Association: 2006 - 2022

Legislative Task Force 2017-2008

Midlands District Co-Chair 2006-2007

APTA Orthopedics Section Member: 20010-2015

APTA Sports Section Member: 2010-2015

APTA Federal Section Member: 2011-2012

Aiken Young Professionals 2008-2012

APTA Acute Rehabilitation Section Member: 2006-2010

Honorable Order of Kentucky Colonels 1999 – Present

Professional Committees/Appointments:

Charleston Southern University DPT Program Advisory Board: 2021-Present

Journal of Shoulder Elbow Surgery: Manuscript Reviewer: 2018-Present

American Journal of Sports Medicine: Manuscript Reviewer: 2013-2019

International Journal of Sports Physical Therapy: Manuscript Reviewer: 2013-2019

APTA Credentialed Clinical Instructor: 2009-Present

ATI Clinical Excellence Instructor: 2018-2020

Augusta University DPT Department Admissions Committee: 2016-2019

Orthopedic Journal of Sports Medicine: Manuscript Reviewer: 2016-2017

Fort Gordon Monthly Cadre Education Course Instructor: 2013 –2014

MEDCOM US and Europe Clinical Product Evaluation Team: 2011- 2013

MEDCOM WTU Physical Therapist Role Committee: 2011-2012

GRU Department of Physical Therapy Admission Committee: 2010-2016

MCG Department of Physical Therapy Admission Committee 2007-2010
RFUMS Gross Anatomy Teaching Assistant: 2005
RFUMS Student Executive Council President: 2004-05
RFUMS Search Committee for VP of Development: 2004-2005
RFUMS Universities Student Clinics Development Committee 2004-2005
RFUMS Physical Therapy Class of 2006 Vice President 2003-2004

Publications:

Shaw KA, Jacobs JM, Evenson JR, **Pniewski JE**, Dickston ML, Mueller T, Bojescul JA.
“Functional Outcomes of Hip Arthroscopy in an Active-Duty Military population Utilizing a Criterion-Based Early Weight bearing Progression.” IJSPT. 2017;12(5):840-847.

Jacobs CJ, Jackson MK, **Pniewski JE**, Dickston ML, Abell LB, Mueller MT, Bojescul CJ.
“Outcomes of Biceps Tenodesis in an Active-Duty Population.” J Surg Orthop Adv. 2015 Summer;24(2):105-10.

Hire J, **Pniewski J**, Dickston M, Jacobs J, Mueller T, Abell B, Bojescul J. *“A Criterion Based Sling Weaning Progression (SWEAP) and Outcomes Following Arthroscopic Surgery in an Active-Duty Population.” IJSPT. 2014;9(2)179-186.*

Carey T, Oliver D, **Pniewski J**, Mueller T, Bojescul J. *“Anterior Cruciate Ligament Augmentation for Rotational Instability Following Primary Reconstruction with an Accelerated Physical Therapy Protocol.” J Surg Orthop Adv. 2013 Spring;22(1):59-65.*

National/State Presentations:

American Society of Shoulder and Elbow Therapists Annual Conference, San Diego, CA
October 16-17, 2024 (Panel Moderator)

Title: **“Battle Royal: The Case of Ms. A. A comprehensive discussion on a rTSA revision.”** (Panel Moderator: Johnathan Sum, Will Clark, and Rob Manske)

Title: **“Surgeon Complicated Instability Case Discussion”** (Panel Co-Moderator: Dr Grantham, Dr. Tokish, Dr. Parada, and Dr. Delaney)

Georgia Orthopaedic Society: 79th GOS Annual Meeting, Sea Island GA
September 25-26th, 2025 (Co-Author)

Title: **“Bipolar Pedicle Latissimus Dorsi Transfer to Restore Elbow Flexion in a 38-Year-Old Male with Traumatic Biceps Loss and Large Soft Tissue Defect.”**

American Society of Shoulder and Elbow Therapist: Annual CEU Event, Atlanta GA
August 16th, 2025 (Development and Moderator)

Title: **“From Exam to Outcome: A Collaborative Approach to Shoulder Rehabilitation.”**

Georgia Shoulder and Elbow Surgeons Society: 2025 Shoulder RTC Symposium, Evans GA
May 1st, 2025 (Presenter)

Title: **"RTC Arthropathy: Is there anything we can really do?"**

South Carolina Physical Therapy Association (SCAPTA) Upstate District Meeting
Anderson University, Anderson, SC
March 1st 2025 (Presenter)

Title: **"Instability of the Shoulder: How can we keep it Asymptomatic."**

American Society of Shoulder and Elbow Therapists Annual Conference, San Antonio, TX
October 16-18, 2024 (Presenter)

Title: ***"Rehabilitation Recommendations Following Surgical Reconstruction to Restore Elbow Flexion with a Latissimus Dorsi Muscle Transfer."***

South Carolina Physical Therapy Association (SCAPTA) approved Course, Augusta GA.
May 13th, 2023 (Course Director, Presenter)

Title: **"Humeral Fracture Management and the Total Shoulder Complex: An Update for 2023"**

South Carolina Physical Therapy Association (SCAPTA) Annual Conference, Charleston SC.
March 18-20th, 2022 (Presenter)

Title: **"Shoulder Instability: What do we know now?"**

Title: **"Humeral Fractures and management using case descriptions."**

Georgia Shoulder and Elbow Surgeons Society:2020 Shoulder RTC Symposium, Evans GA
April 25th, 2020 (Canceled/Covid)

Title: **"All about Rehabilitation: How fast can we go with the non-complicated RTC repair?"**

South Carolina Physical Therapy Association (SCAPTA) Annual Conference, Charleston SC.
March 20-21st, 2020 (Canceled/Covid)

Title: **"Shoulder Instability: What do we know now?"**

Title: **"Humeral Fractures and management using case descriptions."**

American Society of Shoulder and Elbow Therapists (ASSET) Annual Conference, New York, NY
October 16-18, 2019 (Presenter)

Title: ***"Not All Proximal Humeral Fractures Turn Out Great: 4 Cases that Presented Specific Challenges."***

ATI Clinical Excellence, Mt. Pleasant SC
July 20th, 2019 (Course Director, Presenter)

Title: **"Progressive Treatment of Low Back Pain and Functional Therapeutic Exercise."**

Georgia Shoulder and Elbow Surgeons Society: 2019 Shoulder Instability Symposium, Evans GA
June 1st, 2019 (Presenter)

Title: **"All about Rehabilitation: When to speed up and when to slow down."**

South Carolina Physical Therapy Association (SCAPTA) Annual Conference, Charleston SC.
March 22-23, 2019 (Presenter)
Title: **“Rotator Cuff Repair: Why Less is More the First 6 Weeks.”**

South Carolina Physical Therapy Association (SCAPTA) Annual Conference, Charleston SC.
April 13-15th 2018 (Presenter)
Title: **“Hip Arthroscopy: The Proper Candidate for rehab to Post-Operative Management”**

Medical Minds in Motion
2018 Tour: 2-day course, 5 cities (Course Director, Presenter)
Title: **“Recent Evidence-Based Assessment and Treatment for Comprehensive Shoulder Rehabilitation: Shoulder rehab for today’s therapist.”**

Medical Minds in Motion
2017 Tour: 1-day course, 8 cities (Course Director, Presenter)
Title: **“Recent Evidence-Based Advances in Assessing and Treating Shoulder Dysfunction Techniques for Rotator Cuff Pathologies and Other Common Disorders: What you didn’t learn in school.”**

South Carolina Physical Therapy Association (SCAPTA) Annual Conference, Charleston SC.
May 6-7, 2016 (Presenter)
Title: **“Advances in Arthroscopic Shoulder Procedures to include PASTA Lesion Repair”**

American Society of Shoulder and Elbow Therapists (ASSET) Annual Conference, Asheville NC.
October 9-11, 2015 (Presenter)
Title: **“A Progressive Rehabilitation Protocol and Outcomes Following Biceps Tenodesis or Tenotomy in an Active-Duty Military Population at a Large Military Hospital.”**

South Carolina Physical Therapy Association (SCAPTA) Annual Conference, Charleston SC.
March 28-30, 2014 (Presenter)
Title: **“Functional Outcomes of Hip Arthroscopy in an Active-Duty Military Population Utilizing a Criterion-Based Early Weight Bearing Progression.” (Awarded best poster presentation)**

American Society of Shoulder and Elbow Therapists (ASSET) Annual Conference, Las Vegas NV.
October 12-15, 2013 (Presenter)
Title: **“A Criterion Based Sling Weaning Progression and Outcomes Following Elective Shoulder Arthroscopy from a Sample of Active-Duty Soldiers at a Large Military Hospital.”**

Society of Military Orthopedic Surgeons (SOMOS) Annual Conference. Vail, CO.
December 9-13, 2013 (Contributor)

Title: ***“A Criterion Based Sling Weaning Progression and Outcomes Following Elective Shoulder Arthroscopy from a Sample of Active-Duty Soldiers at a Large Military Hospital.”***

Southern Orthopedic Association (SOA) Annual Conference. Palm Beach, FL.
July 17-20, 2013 (Contributor)

Title: ***“A Progressive Rehabilitation Protocol and Outcomes Following Biceps Tenodesis or Tenotomy in an Active-Duty Military Population at a Large Military Hospital.”***

American Physical Therapy Association (APTA) Combined Sections Meeting. San Diego CA.
January 23-26 2013. (Presenter)

Title: ***“Anterior Cruciate Ligament Augmentation for Rotational Instability Following Primary Reconstruction with an Accelerated Physical Therapy Protocol: A Case Report.”***

Society of Military Orthopedic Surgeons (SOMOS) Annual Conference, Naples FL.
December 10-14, 2012. (Contributor)

Title: ***“A Progressive Rehabilitation Protocol and Outcomes Following Biceps Tenodesis or Tenotomy in an Active-Duty Military Population at a Large Military Hospital.”***

Recent Conferences:

ASSET Annual Conference (Moderator). San Diego, CA October 2025
GSES: 2025 All about RTC (Presenter). Adairsville, GA May 2025
ASSET Annual Conference (Presenter). San Antonio, TX October 2024
ASSET Annual Conference Scottsdale, AZ October 2023
ASSET Annual Conference (Presenter). Atlanta, GA. October 2022
SCAPTA Annual Conference (Presenter). Charleston, SC. March 2022
ASSET Annual Conference (Presenter). New York, NY. October 2019
GSES: 2019 Shoulder Instability Symposium (Presenter). Evans, GA June 2019
SCAPTA Annual Conference (Presenter). Greenville, SC. April 2019
SCAPTA Annual Conference (Presenter). Charleston, SC. May 2018
SCAPTA Annual Conference (Presenter). Charleston, SC. May 2015
ASSET Annual Conference (Presenter). Asheville, NC. October. 2015
SCAPTA Annual Conference (Presenter). Charleston, SC. March 2014
ASSET Annual Conference (Presenter). Las Vegas, NV. October 2013
APTA Combined Sections Meeting (Presenter). San Diego, CA. January 2013
APTA Combined Sections Meeting. Chicago, IL. February 2012
ASSET Evidence Based Rehabilitation of the Rotator Cuff. Greenville, SC. October 2011

Awards & Accomplishments:

Aiken Standard “Best of the Best 2025 Top Docs:” Voted Top Physical Therapist
Georgetown College Athletics Hall of Fame Inductee
2024: GC 1999 Football Team

Aiken Standard "Best of the Best 2024 Businesses:" Voted Best Rehabilitation Center
Aiken Standard "Best of the Best 2024 Top Docs:" Voted Top Physical Therapist
Aiken Standard "Best of the Best 2023 Businesses:" Voted Best Rehabilitation Center
Aiken Standard "Best of the Best 2023 Top Docs:" Voted Top Physical Therapist
Aiken Standard "Best of the Best 2019 Businesses:" Voted Best Rehabilitation Center
Aiken Standard "Best of the Best 2019 Top Docs:" Voted Top Physical Therapist
ATI Professional Scorecard: 2018: Cervical (1.9)/Shoulder (1.2)/Lumbar (1.4)/Knee (1.1)
Georgetown College Athletics Hall of Fame Inductee
2017: GC 2001 Football Team
On the Spot Cash Award for DDEAMC Physical Therapy Clinic. April 2015
On the Sport Cash Award for DDEAMC Physical Therapy Clinic. August 2014
South Carolina Physical Therapy Association Annual Conference, Charleston SC, March 2014
"Voted Best Poster Presentation" by the SCAPTA Executive Council and Board.
Fort Gordon:15th Regimental Signal Brigade Certificate of Appreciation 2014
DDEAMC: Department of the Army Certificate of Achievement 2013
GHSU: College of Allied Health Sciences, Outstanding Clinical Educator Award – 2011
Georgetown College Athletics Hall of Fame Inductee
2009: GC 2000 Football Team
ARMC Program Manager of the Year Finalist:2008
RFUMS College of Health Professions Israel Light Leadership Award 2006
RFUMS Student Leadership Award and Scholarship 2005
GC Football Team "Shorty Price" Award 2001
GC Varsity Football Letterman: 2000, 2001
NAIA National Football Champions: 2000, 2001
Eagle Scout, Boy Scouts of America: 1997

Extracurricular Activities:

Aiken High School

Aiken High Touchdown Club

Founder: 2023 501(c)3

Treasurer: 2023-Present

Yearly Fundraising: 2024/\$56,000, 2025/\$76,000

Aiken High All Sports Booster Club

Member: 2024- Present

Aiken First Baptist Church

Deacon 2025-Present

Vice Chair 2026-Present

Minister of Children and Families Search Committee Chair 2022

Nominations Committee: 2019-2020, 2021-2022

Royal Ambassador Boys Youth Program: 2018-Present

Director: 2020-2022

Teaching Assistant: 2018-2020

Minister of Youth Search Committee: 2021-2022

Youth Ministries Committee: 2019-2022

Minister of Youth Search Committee: May 2021-December 2021
Aiken County Youth Football League: 2017-Present
Northside Bears DIII – Assistant Coach 2025 (DIII League Champions)
Aiken Tigers DII -Head Coach 2024
Aiken Tigers DIII -Head Coach 2022, 2023
Aiken Tigers DI – Defensive Coordinator 2020
Aiken Tigers DII - Defensive Coordinator 2018, 2019
Aiken Tigers DIII -Assistant Coach 2017 (DIII League Champions)
Aiken County YMCA Board of Directors: 2015-2018
Aiken County Parks and Recreation Flag Football Coach: 2015 (5U), 2016 (6U), 2017 (7U)
Aiken County YMCA Soccer Coach: 2014 (4U)
Aiken Young Professional Bronze Business Sponsor: 2010-2012
GC Varsity Football Team: 1998-2002
GC Varsity Golf Team: 2002-2003

RFUMS Professional Practicum Internship:

**Jan. 2006-June.2006 District Office: IL State Representative Elizabeth Coulson, PT
Glenview & Springfield, IL**

References Available Upon Request