

JOSHUA E. PNIEWSKI



Curriculum Vitae

222 Park Avenue SE.
Aiken SC, 29801

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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: Doctorate of Physical Therapy

Undergraduate

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

Professional Licensure/Certificates:

South Carolina LLR: #5341
Georgia DOL: #PT015393
North Carolina BPTe: #15966 (2017-2019)

AHA Healthcare Provider BLS 5/23
National Provider Identifier (NPI): 1992716864
APTA Credentialed Clinical Instructor

Professional Experience:

1March2020-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.

Current Team Organization Affiliations:

Aiken Football Club
Aiken High School
South Aiken High School
Silver Bluff High School
Strom Thurmond High School

Midland Valley High School
Aiken Baseball Academy
United States Paralympic Fencing Team
Aiken Baseball Academy

15May2020-Present

Innovative Medical Exchange Aiken, SC
EIN: 85-144733

Title: Founder/Chair
URL: www.innovativemedicaalexchange.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.

27Feb2020-Present

Motivations Inc. Myrtle Beach, SC
Title: Instructor

URL: <https://www.motivationsceu.com/product-page/7166-rotator-cuff-repair-patient-management>

Continuing Education Course Offerings: Advanced shoulder and post-operative management.

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

URL: <https://medicalmindsinmotion.com/instructors/joshua-pniewski/>

Continuing Education Course Offerings: Advanced shoulder and post-operative management.

1 Sep2017-14Feb2020

ATI Physical Therapy, Aiken, SC

Title: Clinic Director, Clinical Excellence Instructor

4Jan2016-31Aug2017- Assistant Professor

30Jan2009-3Jan2016 -Adjunct Faculty

Augusta University, College of Allied Health Sciences Doctor of Physical Therapy Program, Augusta, GA

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

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 South University DPT Program Advisory Committee: 2021-Present

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

American Journal of Sports Medicine: Manuscript Reviewer April 2013-Present

International Journal of Sports Physical Therapy: Manuscript Reviewer May 2013-Present

APTA Credentialed Clinical Instructor: 2009-Present

ATI Clinical Excellence Instructor: 2018-2020

Augusta University Doctor of Physical Therapy Department Admissions Committee: 2016-2019
Orthopedic Journal of Sports Medicine: Manuscript Reviewer March 2016-2017
Fort Gordon Monthly Cadre Education Course Instructor: June 2013 – September 2014
MEDCOM US and Europe Clinical Product Evaluation Team April 2011-August 2013
MEDCOM WTU Physical Therapist Role Committee March 2011-March 2012
GRU Department of Physical Therapy Admission Committee October 2010-2016
Medical College of Georgia, Department of Physical Therapy Admission Committee October 2007-2010
Aiken Technical College: Physical Therapy Assistant Program Curriculum Board May 2007- May 2009
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

Awards & Accomplishments:

Aiken Standard “Best of the Best 2021 Businesses:” Voted Best Rehabilitation Center
Aiken Standard “Best of the Best 2021 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), and Knee (1.1)
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
ARMC Program Manager of the Year Finalist: 2008
RFUMS College of Health Professions Israel Light Leadership Award 2006
Chosen by faculty from over 2000 post graduate students for leadership.
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

Publications:

Shaw KA, Jacobs JM, Evenson JR, **Pniowski 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, **Pniowski 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, **Pniowski 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, **Pniowski 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:

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)

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)

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. 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

Extracurricular Activities:

Aiken First Baptist Church

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

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**
Constituent material development and volunteer hours during campaign.

References Available Upon Request