

Lewis Lupowitz, PT, DPT, CSCS, FRCmS

ASMI/Kevin Wilk Fellowship-Trained Sports Physical Therapist

Curriculum Vitae

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3306 Messick Avenue, Oceanside, NY, 11572

Education / Academic Awards

Touro College School of Health Sciences

Doctorate in Physical Therapy 2020

New York, NY

Maimonides Award – Graduating student whose endeavors have demonstrated the highest of professional ideals.

State University of New York at Binghamton

Bachelor of Arts in Biological Sciences 2016

Binghamton, NY

Dean's List – Spring 2014, Fall 2015, Spring 2015

Physical Therapy Licensure

RPT, State of New York: License Number 046926-01 (01/2021 – 01/2024)

RPT, State of Alabama PTH10105 No. 55066 (11/2020 – 11/2023)

Membership in Scientific / Professional Associations

- American Physical Therapy Association (2017 – Present)
 - Sports Section (2021 – Present)
 - Shoulder Special Interest Group (2023 Cohort Mentor)
- National Strength and Conditioning Association (2019 – Present)

Publications

- Wilk KE, **Lupowitz LG**, Arrigo CA. The Youth Throwers Ten Exercise Program: A variation of an exercise series for enhanced dynamic shoulder control in the youth overhead throwing athlete. *IJSPT*. December 2021.
- **Lupowitz L**. Vibration Therapy – A Clinical Commentary. *IJSPT*. Published online August 1, 2022:984-987.

Textbooks

- **Lupowitz, L. G.**, Wilk, K. E., Williams, R. A., & Simpson, C. (2022). Comprehensive Rehabilitation of the Athlete. In *Netter's Sports Medicine* (3rd ed., pp. 339–346). essay, ELSEVIER - HEALTH SCIENCE.
- **Lupowitz, L. G.**, Wilk, K. E., Arrigo, C.A., (2022). Rehabilitation for Shoulder and Elbow Injuries in Overhead Athletes. In *AAOS ROCK Sports Medicine* (Chapter 36). {In Publication Process}

Manuscript Reviewer for Journal

- International Journal of Sports Physical Therapy (2021 – Present)

Physical Therapy Employment

- Orlin & Cohen Orthopedic Group, Northwell Health – Woodbury, NY (04/21 – Present)
 - Staff Physical Therapist
 - Collaborate with orthopedic surgeons, non-operative sports-medicine physicians, physician's assistants, athletic trainers, and strength coaches in a multi-disciplinary setting to ensure optimal care is provided for athletes at 15 high schools, 3 colleges, the PAL Junior Islanders and for the New York Riptide.
 - Conduct research experiments, educational seminars, leadership events and community outreach to promote company culture.
 - Observe orthopedic surgeons during clinical hours and in the operating room to improve understanding of decision-making process and bridge the gap between orthopedics and rehabilitation.
 - Clinical educator for newly onboarded staff members and for Stony Brook University students.
 - Provide interpretation for orthopedic surgeons from data attained through isokinetic Biodex testing, DARI motion analysis and qualitative assessments to assist with return to sport decisions in athletes rehabilitating from surgical procedures.
 - Associate Team Physical Therapist New York Riptide (9/22 – Present)
 - Provide pre and immediate post-operative care for athletes.
 - Assist with the development of rehabilitation and return to sport protocol for team athletes.
 - Collaborate with medical, coaching and training staff about the health and wellness of team players as it relates to their readiness and ability to participate in practice and competition.
 - Baseball / Softball Therapist & Data Science Specialist (04/21 – Present)
 - Perform on-site rehabilitation for youth through professional baseball and softball athletes, providing pre-season screening and recovery services coupled with education to ensure safety of athletes throughout the year.
 - Trained in Dari Motion technology, performing functional screening assessment and interpreting data for athletes to construct specific movement programs to enhance performance.
 - MACI Certified Rehabilitation Specialist (07/22 – Present)
 - Performed advanced training through Vericel in the rehabilitation of patients following matrix-induced autologous chondrocyte implantation procedure.
 - Observed multiple MACI, microfracture, chondral allograft transplantation and chondroplasty surgical procedures.
 - Collaborate with physicians regarding post-operative rehabilitation protocols.

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- Lewis Lupowitz DPT LLC (May 2023 – Present)
 - Provide offseason rehabilitation services and in-season consultation for NBA, NHL, and MLB athletes.
 - Medical supply consultant, providing insight on best use of products to advance clinical care; blazePod, hyperice, firefly, kayezen vector, winback and NEUXtech.
- Northeast Seminars – Hampstead, New Hampshire (01/22 – Present)
 - Clinical Education Instructor
 - Assist with operations for live and virtual continuing education conferences.
 - Lecture on current topics in orthopedic and sports medicine as it pertains to rehabilitation.
- Hofstra University – Hempstead, New York (02/2023 – Present)
 - Sports Medicine Rehabilitation Volunteer
 - Provide volunteer rehabilitation services for Division 1 collegiate athletes in the athletic training and weight room.
- Champion Sports Medicine, Select Medical – Birmingham, Alabama (07/20 – 04/21)
 - ASMI Orthopedic and Sports Medicine Physical Therapy Fellow
 - Mentor: Kevin E. Wilk, PT, DPT, FAPTA
 - Assist with the evaluation and treatment of elite level high-school, collegiate, and professional athletes under the guidance of world-renowned sports physical therapist.
 - Present current concepts in sports physical therapy to a multi-disciplinary audience of orthopedic surgeons, non-operative physicians, physical therapists, and athletic trainers
 - Gained proficiency in the use of advanced modalities; class IV laser, piezoelectric therapy, TECAR, alter-g, IASTM, blood flow restriction.

Physical Therapy Clinical Internships

- Champion Sports Medicine, Select Medical – Birmingham Alabama (7/6/20 – 8/31/20)
 - Clinical Instructor: Michael S. Bagwell, PT, DPT, OCS, CMPT
 - Outpatient orthopedic clinic with focus on sports, baseball rehabilitation
 - Gained proficiency in use of advanced treatment modalities: ie, isokinetic biodex, blood flow restriction therapy, trigger point dry needling, class 4 laser therapy, piezoelectric shockwave therapy.
- Bethpage Physical Therapy, Strength & Rehab – Bethpage, New York (5/27/20 – 7/3/20)
 - Clinical Instructor: Michael Camp, PT, DPT, CSCS
 - Outpatient orthopedic clinic with focus in manual, sports, orthopedic physical therapy for professional body builders and mixed martial artists
 - Learned and applied advanced methods of periodization, manual therapy, and bio-electric stimulation.
- Perfect Stride Physical Therapy – New York, New York (1/6/20 – 3/14/20)
 - Clinical Instructor: Joseph Gambino, PT, DPT, CSCS, FRCmS
 - Outpatient orthopedic clinic with specialization in the treatment of running-related injuries.
 - Gained proficiency in gait & running analysis through the use of Dorsa Vi.
- Sparacio Physical Therapy, Manhasset, New York (6/10/19 – 8/2/19)
 - Clinical Instructor: Jack J. Sparacio, MSPT, CPEE, COMT, CFMT
 - Learned and applied manual-based treatment interventions utilizing the foundational principles of the Institute of the Physical Arts
- Veterans Administration Medical Center, St. Albans, New York (10/1/18 – 11/9/18)
 - Clinical Instructor: Boris Smaris, PT, DPT

- Evaluated and treated a caseload of military veterans with varying orthopedic conditions

Continuing Education Conducted

- Northeast Seminars Kevin Wilk: Recent Advancements in the Evaluation & Treatment of Shoulder & Knee
 - Chicago Illinois (May 18-19, 2023): Training the Core: Where are we in 2023?
 - Marietta, Georgia (December 2-3, 2023): A Systematic Approach to Training the Core for Sport & Research & Clinical Applications for Vibration / Percussion Therapy in the Athletic Population
 - New York, New York (August 27-28, 2022): Training the Core for Baseball & Pain Free Function
 - Chicago, Illinois (May 20-21, 2022): Training the Core for Baseball & Pain Free Function
 - Charlotte, North Carolina (March 11-12, 2022): Training the Core for Baseball & Pain Free Function
 - San Diego, California (December 3-4, 2021): Core Injuries in Sport; Training & Testing
 - Tampa, Florida (March 12-13, 2021): A Systematic Approach to Training the Core for Sport
 - Birmingham, Alabama (January 23-24, 2021) A Systematic Approach to Training the Core
- Northwell Health: Orlin & Cohen / New York Riptide Sports Medicine Fan Appreciation Conference
 - Nassau Veterans Memorial Coliseum (April 2023): Recovery Modalities: Advanced Technology and Systematic Approach to Healing
 - Nassau Veterans Memorial Coliseum (April 2022): ACL Rehabilitation, What's New In 2022
- Northwell Health: STARS Lecture Series
 - Woodbury, New York (September 2022): UCL Rehabilitation: What's New in 2022
- Northwell Health: Orlin & Cohen Sports Medicine Return to Work and Sport Lecture Series
 - Woodbury, New York (May 17, 2022): UCL Rehabilitation: What's New in 2022
- University of Delaware: Biomedical Engineering Department, University of Delaware
 - Virtual, (August 2022): Effectiveness and Efficacy of Biofeedback
- Russell Sage University: DPT Program
 - Virtual (October 12, 2022): Post-DPT Residency & Fellowship Training
- Web-Exercises Online Platform
 - Virtual, (April 19, 2022): Research & Clinical Applications for Vibration / Percussion Therapy in the Athletic Population
 - Virtual (September 14, 2021): A Systematic Approach to Training the Core
- American Sports Medicine Institute's 39th Annual Injuries in Baseball Conference
 - Virtual (January 27-29, 2021): Training the Core
- American Sports Medicine Institute Sports Medicine Weekly Conference
 - Birmingham Alabama (December 18, 2020): Training the Core

Continuing Education Courses

- Applied Performance Coach Certification with Dr. Ramsey Nijem 2023
- Cogent Steps Emergency Response for the Athlete 2022
- Northeast Seminars Kevin Wilk Shoulder & Knee 2020-2023
- Medbridge Courses 2022
- Functional Range Conditioning 2020

Positions Held

- AASPT Shoulder SIG Mentor - (2023)
- Clinical Instructor – Stony Brook University (2023)
- Student PTA President – Touro College (2019 – 2020)

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- Student PTA Vice President – Touro College (2018 – 2019)
- Head of Academic Achievement – Sigma Alpha Epsilon Fraternity, Binghamton University (2014 – 2016)
- Head of Philanthropy – Sigma Alpha Epsilon Fraternity – Binghamton University (2013 – 2016)
- Education Teaching Assistant – Biology Department – Binghamton University (2015)