

# Dr. Tim Vidale, PT, DPT, MBA, CSOMT

(202) 679-0985 • timvidale@gmail.com

## SPORTS EXPERIENCE

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- Baltimore Ravens** Baltimore, MD  
Physical Therapist: *August 2022-Present*
- Momentous Sports Medicine** Washington, DC  
CEO/ Founder/ Sports Physical Therapist: *February 2019-Present*
- Minnesota Twins** Ft. Myers, FL/ Minneapolis, MN  
Physical Therapist and Rehab Coordinator: *February 2018- January 2019*
- Therapydia DC** Washington, DC  
Clinic Director/ Owner: *July 2014- February 2018*
- USA Softball Men's National Team** Oklahoma City, OK  
Head Sports Physical Therapist/ Performance Coach: *April 2016- Present*
- DC Furies Rugby Club** Washington, DC  
Sports Physical Therapist/ Trainer: *May 2013- April 2017*
- NBA Summer League** Orlando, FL  
Sports Physical Therapist: *July 2016*
- Howard University Track & Field** Washington, DC  
Sports Physical Therapist: *August 2013- May 2016*
- United States Olympic Committee: Team USA Pan American Games** Toronto, Canada  
Sports Physical Therapist: Team USA Training Room, Softball, Modern Pentathlon: *July 2015*
- DC Slayers Rugby Club** Washington, DC  
Head Sports Physical Therapist/Trainer: *May 2012- May 2014*
- United States Olympic Committee Olympic Training Center** Colorado Springs, CO  
Sports Physical Therapist: *May 2014- June 2014*
- Marine Corps Marathon** Washington, DC  
Sports Physical Therapist: *October 2013*
- BreakThru Physical Therapy** Medford, NJ  
Sports Performance Trainer: *May 2009- June 2010*
- MedSport** Ann Arbor, MI  
Sports Physical Therapist Intern: *September 2009-December 2009*
- Sterling High School** Somerdale, NJ  
Track and Field Hurdles and Sprints Coach: *March 2009- June 2010*
- Florida A&M University Track and Field** Tallahassee, FL

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4 year Division I 400M hurdler, 4 time team conference champion: 2002-2006

## CLINICAL AND ACADEMIC EXPERIENCE

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- Tulane University** New Orleans, LA  
Adjunct Professor: Strength and Conditioning: *November 2019-April 2020*
- District of Columbia Board of Physical Therapy** Washington, DC  
Chairman: *September 2015- January 2018, March 2020-Present*
- SPTS Kevin Wilk Traveling Sports Fellowship** Dallas, TX; Greenville, SC; Minneapolis, MN  
Sports Physical Therapy Fellow: *April 2017*
- Howard University** Washington, DC  
Assistant Professor: Musculoskeletal Physical Therapy: *May 2012- May 2015*
- Washington Injury and Sports Performance Clinic** Washington, DC  
Director of Physical Therapy: *January 2012- July 2014*
- Center for Neuromuscular and Massage Rehabilitation** Washington, DC  
Orthopedic Physical Therapist: *April 2011- July 2012*
- Sports Therapy And Rehabilitation** Washington, DC  
Sports/Orthopedic Physical Therapist: *October 2010-January 2011*

## PUBLICATIONS AND RESEARCH PRESENTATIONS

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### ***Prevalent Sports Injuries***

February 2020- Florida Physical Therapy Association Student Conclave

### ***Imaging of Common Upper Extremity Sports Injuries***

March 2017- Florida A&M University Sports Symposium

### ***Physical Therapy Treatment of Common Orthopedic Conditions Textbook***

November 2016- Hamstring Strain Chapter

### ***Recurrent Hamstring Injury: Considering Following Operative and Non-Operative Management***

November 2014- International Journal of Sports Physical Therapy

### ***The Evolution of Sports and Orthopedic Physical Therapy***

October 2014- AAPT Annual Conference

### ***The use of Whole Body Vibration on Patients with Neurodegenerative Diseases and Stroke***

February 2010- University of Medicine and Dentistry of New Jersey

April 2010- APTA NJ State Conference

### ***Running- Technique, Injuries and Trends***

December 2009- MedSport-University of Michigan Sports Medicine

March 2010- Pinelands Running Club

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## LICENSES & CERTIFICATIONS

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**Certified Sports and Orthopedic Manual Therapist** Houston, TX  
Institute for Athlete Regeneration

### Physical Therapy License

District of Columbia Board of Physical Therapy- *Current* Washington, DC  
Maryland Board of Physical Therapy Examiners- *Current* Baltimore, MD  
Florida Board of Physical Therapy – *Expired* Tallahassee, FL

**National Strength and Conditioning Association** Colorado Springs, CO  
Certified Strength and Conditioning Coach

**Kinetacore** Richmond, VA  
Functional Dry Needling- *Level II*

**Selective Functional Movement Assessment** Philadelphia, PA  
SFMA Certified- *Level I*

**Sports Physical Therapy Section** Washington, DC  
Emergency Medical Responder- *Current*

**Florida A & M University** Tallahassee, FL  
Certificate in Rehabilitation Services Management- *December 2006*

## EDUCATION

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**Rutgers University** Stratford, NJ  
Doctor of Physical Therapy- *May 2010*

**George Washington University** Washington, DC  
Master of Business Administration- *December 2018*

**Institute for Athlete Regeneration** Houston, TX  
Fellow of American Academy of Orthopedic Manual Physical Therapists- *May 2019*

**Florida A & M University** Tallahassee, FL  
Bachelor of Science in Health Sciences- *December 2006*

## SERVICE

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American Academy of Sports Physical Therapy- State Representative: District of Columbia  
American Academy of Sports Physical Therapy- Nominating Committee  
American Academy of Sports Physical Therapy- Diversity, Equity and Inclusion Committee Chair  
American Academy of Sports Physical Therapy- Practice Committee  
American Academy of Sports Physical Therapy- Description of Specialty Practice Committee  
APTA Private Practice Section- Education Committee  
CGFNS International- Board of Trustees  
FSBPT- Nominating Committee

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FSBPT- Resolutions Committee

Florida A&M University Sports Symposium Planning Committee

International Journal of Sports Physical Therapy- Content Reviewer

## AFFILIATIONS

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American Physical Therapy Association- Private Practice Section

American Physical Therapy Association- DC Chapter

American Academy of Sports Physical Therapy

American Association of Physical Therapy

American College of Sports Medicine

Federation of State Boards of Physical Therapy

National Strength and Conditioning Association