

Kendell M. Jno-Finn
1212 Americana Drive Birmingham, Alabama 35215
Kendell@M3Endeavors.com
(205) 613-6675

EDUCATION

Doctor of Physical Therapy
University of Alabama at Birmingham, Birmingham, AL
Graduation Date: December 18, 2007

Bachelor of Science in Education
Samford University, Birmingham, AL
Graduation Date: May 22, 2004

CERTIFICATIONS

Titleist Performance Institute:

- Certified Golf Fitness Instructor & Medical Professional-Level 2

Functional Movement Screening – FMS
Functional Capacity Screening – FCS
Integrated Movement Specialist – Balanced Body
Certified Manual Physical Therapist – NAIOMT 2022
Certified Wellness Coach
Comprehensive Pilates Instructor – Balanced Body 20

EMPLOYMENT

M3 Endeavors, LLC – Birmingham, AL
Principal, January 2015 – Present

- Screen, evaluate, and train athletes of all skill levels to maximize performance using research-based methods. Develop individualized plans to address physical limitations, movement dysfunctions, balance and strength deficits, improve speed, power and endurance, coordination, and decrease injury risk.
- Evaluate, design, and implement rehabilitation programs to address musculoskeletal conditions for members of the 20th Special Forces Group. Process includes assessments, treatments, re-assessments, and coordination of referrals for imaging, lab work, and consultations with other medical specialists when needed.
- Develop rehabilitation, performance, and recovery programs for elite athletes with amputations including runners and triathletes.
- Design, implement, and coordinate golf performance programs for local golf academies.
- Design, implement, and coordinate injury prevention, recovery, and performance programs for NFL draft prep training facilities and skilled position coaches.
- Developed and operate a direct to employer wellness program focused on improving employee engagement, health and decrease healthcare costs
- Developed an off-season recovery and mobility restoration program for NFL athletes based on physical therapy evaluation.
- Provide post-surgical rehabilitation services for a Southeastern Conference Student Athletes at Samford University.

- Developed a Pilates studio using movement principles to improve the health and wellness of clients while also decreasing health risk factors. Programs focus on improving the overall quality of life of clients.
- Developed a Sports Performance and Athletic Development Training Center to assist individuals in improving speed, power, agility, and performance.

EW Motion Therapy, LCC – Trussville, AL

Chief Development Officer and Partner, January 2010 – October 2018

Staff Physical Therapist, January 2008 – 2010

- Developed and implemented branding, marketing, and new venture strategies including social media and website development/maintenance. Instrumental in orchestrating internal continuing education and community involvement and outreach.
- Opened first satellite location for the company and in 7 years grew it to the most productive and efficiently run facility of four clinics.
- Evaluated and treated patients in an outpatient orthopedic physical therapy clinic that specializes in myofascial/manual therapy techniques. Proficiently managed staff therapists, support staff, expenditures, inventory, client satisfaction and directing daily office tasks. Efficiently managed an individual caseload that included a large variety of pathologies, impairments, dysfunctions, and functional limitations.

University of Alabama Hospital – Birmingham, AL

PRN Physical Therapist, August 2008 – Present

- Coordinate multidisciplinary patient care plans in an acute care setting. Treat medically complex and unstable patients with functional limitations. Evaluate and treat patients status post invasive procedures including spinal fusions, laminectomies, total joint replacements, cardiac bypasses, and laparoscopies. Manage patients who are ventilator-dependent and patients in the Cardiac ICU and Surgical ICU.

UAB Highlands – Birmingham, AL

PRN Physical Therapist, August 2008 – 2013

- Coordinate multidisciplinary patient care plans in an acute care setting. Treat medically complex and unstable patients with functional limitations. Evaluate and treat patients in ICU and status post invasive procedures including spinal fusions, laminectomies, total joint replacements, cardiac bypasses, and laparoscopies.

Lakeshore Foundation – Birmingham, AL

Fitness Assistant, February 2003 - 2008

- Performed fitness orientations and re-evaluations to foster improvement in members' health and quality of life. Assisted individuals with physical disabilities with weight lifting and transferring on and off equipment. Worked directly with several members of the Paralympic Wheelchair Ruby Team and Paralympic Swim Team hopefuls. Maintained fitness center and equipment to ensure a clean and safe working environment.

Esckridge and White Physiotherapy – Birmingham, AL

Physical Therapy Technician, May 2006 – December 2007

- Assisted licensed physical therapists with manual therapy treatments and daily office operations. Responsibilities included patient education and instruction in home exercise programs; application and removal of therapeutic modalities; maintenance of clean and safe treatment areas; patient scheduling; and assisting therapists with gait and balance training.

Samford University – Birmingham, AL

Strength and Conditioning Intern, 2000 - 2004

- Worked directly with Head Strength and Conditioning Coach in developing programing for student athletes of 17 men's and women's Division I sports. Assisted in documentation, testing and day-to-day facility operations. Worked towards goals of improving performance, speed, power, strength while decreasing injury risk.

PROFESSIONAL ACTIVITIES

House Delegates – Alabama, APTA 2025
 Delegate (Alternate) – Alabama Chapter, APTA 2024
 Presenter – Ascend Conference, May 2024
 Presenter – Ascend Conference, May 2023
 Attendee – Graham Sessions, 2019, 2021, 2022, 2023, 2024, 2025
 Presenter – Ascend Conference, May 2022
 Nominating Committee – Private Practice Section, APTA 2021
 Graham Sessions Planning Committee – Private Practice Section, APTA 2021–
 Present
 Combine Sections Meeting Program Workgroup – Private Practice Section, APTA 2021
 Member, Private Practice Section – APTA 2019 – present
 Board of Directors – Trussville Chamber of Commerce
 Board of Directors – Trussville YMCA
 Board Member – Lawrence Mond Jefferson, Jr. Foundation
 Presenter - Alabama Self-Insured Association Conference, August 2019
 Attendee - Alabama Self-Insured Association Conference, August 2018
 Presenter - Alabama Governor's Health and Safety Conference, August 2019
 Attendee – Perform Better Summit/Seminar July 2019, July 2018, April 2018
 Attendee- World Golf Fitness Summit 2018, 2016,
 Attendee – APTA Combined Sections Meeting, February 2018, 2021, 2022, 2023
 Representative - District VI Governmental Affairs of Alabama APTA 2008 –
 Present
 Presenter - National Strength and Conditioning Association- Atlanta, GA
 Member, American Physical Therapy Association (APTA) 2005-Present

GUEST SPEAKER/LECTURES

January 2025 – The University of Alabama at Birmingham
 April 2024 – Samford University School of Health Professions
 January 2024 – The University of Alabama at Birmingham
 November 2023 – Samford University School of Health Professions
 January 2023 – The University of Alabama at Birmingham
 November 2022 – Samford University School of Health Professions
 January 2022 – The University of Alabama at Birmingham

November 2021 – Samford University School of Health Professions
November 2019 – Samford University School of Health Professions
November 2019 – Samford University School of Health Professions
November 2018 – Samford University School of Health Professions
September 2017-Present – Instructor, Entrepreneurship Class at Hewitt Trussville
High School via Junior Achievement
September 2018 – Presenter, 12th Annual Meeting of Nurse Practitioners
November 2016 – Samford University School of Health Professions

SPECIAL PROJECTS

Publication

- Wong JC, Riddle CB, Jno-Finn KM, Bolding MS, McCarthy JP. *Reliability of methods for determining knee extension rate of torque development in young and older adults*. Poster Presentation. National Strength and Conditioning Association Conference, Atlanta, GA 2007.

Parkinson's Support Group

- Created a support group for individuals with Parkinson's Disease and other neurological conditions and their families/caregivers in Trussville, AL.
- Developed an exercise class for individuals with Parkinson's disease at EW Motion Therapy in Trussville, AL.
- Established and run a weekly group exercise class for individuals with Parkinson's Disease and their spouses in the Greater Gadsden, AL Area.

Functional Movement Screenings

- Performed movement screens and musculoskeletal assessments for the 20th Special Forces Group in Gadsden, AL.
- Provided recommendations on modifications to training schedules including volume and frequency to prevent musculoskeletal injuries.
- Developed corrective exercises based on the outcomes of screens to improve mobility, stability, and functional mobility.
- Identified musculoskeletal dysfunctions and gave recommendations on appropriate follow up with medical team.

COMMUNITY INVOLVEMENT

Mentor, Wilkerson Middle School for Growing Kings Organization 2017-2018
Board Member and Vice President, Samford Black Alumni Association
Board Member, Learning Excellence Through Tennis (LETT)
Board Member, Central Alabama Caribbean American Organization (CACAO)
Member, Kappa Alpha Psi Fraternity Inc.

PROFESSIONAL ACHIEVEMENT

Samford University Alumni Spotlight 2016