

CURRICULUM VITAE

Name: Paul Mintken, PT, DPT, OCS, FAAOMPT
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Name of Educational Program and Institution: Physical Therapy Program, University of Colorado Denver, Anschutz Medical Campus

Education:

Regis University, Denver, CO	Fellowship in Manual Therapy	2006-2008
University of Colorado Denver, CO	Doctor of Physical Therapy	2003-2004
University of Colorado Denver, CO	MS in Physical Therapy	1992-1994
University of Northern Colorado, Greeley, CO	BA in Kinesiology	1987-1991

Licensure Information/Registration Number:

Colorado #4788

Certifications:

Board Certified Clinical Specialist in Orthopaedic Physical Therapy (OCS) by the American Board of Physical Therapy Specialties

Fellowship in American Academy of Orthopaedic Manual Physical Therapists

Employment and Positions Held:

June 2007-present	Assistant Professor, Department of Physical Medicine and Rehabilitation, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
April 2005-2007	Senior Instructor, Department of Physical Medicine and Rehabilitation, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
April 2001-2005	Assistant Clinical Professor, Department of Physical Medicine and Rehabilitation, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
1997-2001	Adjunct Faculty, Department of Physical Medicine and Rehabilitation, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
1994-present	Physical Therapist III and Lead Clinician, Wardenburg Health Center at the University of Colorado Boulder, Boulder, CO

Peer Reviewed Publications:

Burns SA, Mintken PE. Sign of the buttock in a patient status post total hip arthroplasty. *J Orthop Sports Phys Ther*. **In review**.

Carpenter KJ, Mintken PE, Cleland JA. Evaluation of outcomes in patients with neck pain treated with thoracic spine manipulation and exercise: a case series. *Journal of Manual and Manipulative Therapy*. **In review**.

Mintken PE, Glynn P, Cleland JA. Psychometric properties of the Shortened Disabilities of the Arm, Shoulder and Hand questionnaire (QuickDASH) and Numeric Pain Rating Scale in patients with shoulder pain. *J Shoulder Elbow Surg*. **In Press**.

Whitman JM, Cleland JA, Mintken P, et al. Predicting short-term response to thrust and non-thrust manipulation and exercise in patients post inversion ankle sprain. *J Orthop Sports Phys Ther*. **March 2009**

Mintken P, Boyles R. Tarsometatarsal joint injury in a patient seen in a direct access physical therapy setting. *J Orthop Sports Phys Ther*. 2009;39(1):28-29.

Mintken P, Metrick L, Flynn T. Upper cervical ligament testing in a patient with Os Odontoideum presenting with headaches. *J Orthop Sports Phys Ther*. 2008;38(8):465-475.

Mintken P, DeRosa C, Little T, Smith B. A model for standardizing manipulation terminology in physical therapy practice. *J Orthop Sports Phys Ther*. 2008;38(3):A1-6.

Mintken P, DeRosa C, Little T, Smith B. A model for standardizing manipulation terminology in physical therapy practice. *Journal of Manual and Manipulative Therapy*. 2008;16(1):50–56.

Mintken PE, Carpenter KJ, Kohrt WM, Eckhoff D, Stevens JE. Early neuromuscular electrical stimulation to optimize quadriceps muscle function following total knee arthroplasty: a case report. *J Orthop Sports Phys Ther*. 2007;37(7):364-371.

Mintken P. Grandma. *Fetishes* (a literary journal of the University of Colorado Health Sciences Center). 1996;(2):19.

Book Chapters:

Mintken P, Puentedura E, Louw A. Upper quadrant neurodynamics: interventions and physiological effects. In: Fernández de las Peñas C, Cleland JA, Huijbregts P, eds. *Neck and Arm Pain Syndromes: Evidence-Informed Screening, Diagnosis, and Management in Manual Therapy*. Elsevier. **In Preparation**.

Mintken P, Cleland JA. Thoracic spine clinical decision making. In: Sueki D, Brechter J, eds. *Orthopedic Rehabilitation Clinical Advisor*. Elsevier. **In Press**.

Puentedura E, Louw A, Mintken P. Neurodynamic interventions for the management of patients with headache. In: Fernández de las Peñas C, Arendt-Nielsen L, Gerwin R, eds. *Physical Therapy for Tension Type and Cervicogenic Headache: Physical Examination, Muscle and Joint Management*. Sudbury, MA: Jones and Bartlett; **In Press**.

Louw A, Mintken P, Puentedura L. Neuro-physiological effects of neural mobilization maneuvers. In: Fernández de las Peñas C, Arendt-Nielsen L, Gerwin R, eds. *Physical Therapy for Tension Type and Cervicogenic Headache: Physical Examination, Muscle and Joint Management*. Sudbury, MA: Jones and Bartlett; **In Press**.

Peer Reviewed Scientific and Professional Presentations (Platform and Poster):

Carpenter KC, Mintken PE. Examination, intervention, and outcomes for three patients treated with mechanical traction per the treatment based classification: a retrospective case series [poster presentation]. Combined Sections Meeting American Physical Therapy Association. Las Vegas, NV. February 2009. Abstract published in *J Orthop Sports Phys Ther*. 2009;39(1).

Burns S, Mintken PE. Sign of the buttock in a patient status post total hip arthroplasty: a case report [poster presentation]. Combined Sections Meeting American Physical Therapy Association. Las Vegas, NV. February 2009. Abstract published in *J Orthop Sports Phys Ther*. 2009;39(1).

Mintken PE, Cleland JA, Bieniek ML, Glynn P, Keirns MA, Whitman JM. Short term outcomes in patients with a primary complaint of shoulder pain treated with cervicothoracic manipulation: a preliminary report [platform presentation]. Annual Meeting American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). Seattle, WA. 2008. Abstract published in *Journal of Manual and Manipulative Therapy*. 2008;16(3).

Mintken PE, Carpenter KC, Whitman J. Use of manipulation in a patient with acute low back pain with radiating symptoms and a history of spondylolisthesis [poster presentation]. Annual Meeting American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) 2008. Seattle, WA. Abstract published in *Journal of Manual and Manipulative Therapy*. 2008;16(3).

Whitman J, Cleland JA, Bieniek ML, Mintken P, et al. Exam factors identifying patients status-post inversion ankle sprain who are likely to benefit from manual physical therapy interventions and exercise [platform presentation]. Combined Sections Meeting American Physical Therapy Association. Nashville, TN. February 2008. Abstract published in *J Orthop Sports Phys Ther*. 2008;38(1):A33.

Mintken P, Boyles R. Examination and management of a patient with an undiagnosed lisfranc injury in a primary care physical therapy practice [poster presentation]. Combined Sections Meeting American Physical Therapy Association. Nashville, TN. February 2008. Abstract published in *J Orthop Sports Phys Ther*. 2008;38(1):A38.

Mintken P, Carpenter K, Whitman J. Management of a patient with acute low back pain using the lumbopelvic region manipulation clinical prediction rule and the treatment based classification system [poster presentation] Annual Meeting American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). 2007. Abstract published in *Journal of Manual and Manipulative Therapy*. 2007;15(3):177.

Mintken P, Metrick L, Flynn T. Clinical examination of a congenital upper cervical instability in a patient with cervicogenic headaches [poster presentation]. Annual Meeting American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). 2007. Abstract published in *Journal of Manual and Manipulative Therapy*. 2007;15(3):177-178.

Carpenter KJ, Mintken PE, Kohrt WM, Eckhoff D, Stevens JE. Early neuromuscular electrical stimulation for quadriceps muscle strengthening following total knee arthroplasty: a case study [poster presentation]. Annual Meeting American Physical Therapy Association. 2007.

Mintken P, Whitman JM. Implementation of region specific functional outcome measures in an outpatient orthopaedic clinic [platform presentation]. Annual Meeting American Physical Therapy Association. 2007.

Mintken P. Implementation of a direct access musculoskeletal injury clinic in a university setting [platform presentation]. Combined Sections Meeting American Physical Therapy Association. Boston, MA; February 2007. Abstract published in *J Orthop Sports Phys Ther.* 2007;37(1):A-30-31.

Mintken P. Use of taping to maintain centralization of low back pain [poster presentation]. San Diego, CA; February 2006. Abstract published in *J Orthop Sports Phys Ther.* 2006;36(1):A-51.

Mintken P. Direct access physical therapy in a college health setting [poster presentation]. American College Health Association Meeting. Fort Collins, CO: October 2003.

Abstracts:

Whitman JM, Cleland JA, Bieniek ML, Magel JM, Mintken PE, Keirns MA, Childs JD. Outcomes achieved by patients status post ankle sprain treated with manual physical therapy and exercise interventions: a preliminary report. *Journal of Manual and Manipulative Therapy.* 2006;17(3):184-185.

Non-Peer Reviewed Publications:

N/A

Non-Peer Reviewed Presentations:

Mintken P. Evidence based bracing for musculoskeletal conditions [invited speaker]. Continuing Medical Education Course For Primary Care Physicians. University of Colorado at Boulder; March 2008.

Mintken P. Clinical Prediction Rules [invited speaker] Continuing Medical Education Course For Primary Care Physicians. University of Colorado at Boulder; September 2007.

Mintken P. Orthopaedic physical therapy update course. Hosted by the UCDHSC Physical Therapy Alumni Association; April 28th, 2007.

Mintken P. Low back pain – bridging the gap: an evidence-based approach to the patient with low back pain. Inaugural Interdisciplinary Lecture Series: University of Colorado School of Medicine; April 2007.

Mintken P. Evidence based management of elbow disorders [invited speaker]. Continuing Medical Education Course For Primary Care Physicians. University Of Colorado at Boulder; March 2007.

Mintken P, Stelzner D. The role of the therapist in a crisis [invited speaker]. Public Health Service Annual Conference. Denver, Colorado; May 2006.

Mintken P. Evidence based low back examination [invited speaker]. Continuing Medical Education Course For Primary Care Physicians. University of Colorado at Boulder; March 2006.

Mintken P. Foot biomechanics and orthotic therapy [invited speaker] Continuing Medical Education Course For Primary Care Physicians. University of Colorado at Boulder; March 2005.

Mintken P. Manipulation and its application to physical therapy [invited speaker]. Inservice University of Colorado Boulder Sports Medicine Clinic; Boulder, CO: January 2005.

Mintken P. Fit feet. Lecture for community wellness program. University of Colorado Boulder: March 2004.

Mintken P. Management of common foot and ankle problems. Lecture for community wellness program. University of Colorado Boulder: September 2003.

Mintken P. Managing common shoulder injuries. Lecture for community wellness program. University of Colorado Boulder: February 2002.

Mintken P. Back pain. Lecture for community wellness program. University of Colorado Boulder: September 2002.

Mintken P. Fit Feet. Lecture for community wellness program. University of Colorado Boulder: February 2002.

Mintken P. Healthy shoulders. Lecture for community wellness program. University of Colorado Boulder: September 2001.

Mintken P. Foot biomechanics and dysfunction. Lecture for community wellness program. University of Colorado Boulder: February 2001.

Mintken P. Knee pain. Lecture for community wellness program. University of Colorado Boulder: September 2000.

Mintken P. Exercise and injury. Lecture for community wellness program. University of Colorado Boulder: September 1999.

Funded/In Review Grant Activity/Current Research:

If awarded, fill in items listed in red. (see other grants for formatting examples)

Name of PI, Others involved, Mintken P (Co-investigator). Epidural steroid injection versus epidural steroid injection and physical therapy in the management of lumbar spinal stenosis: a randomized clinical trial. Orthopaedic Section, American Physical Therapy Association (APTA). Funding dates. (amount awarded). In Review.

Name of PI, Others involved, Mintken P (Co-investigator). Epidural steroid injection versus epidural steroid injection and physical therapy in the management of lumbar spinal stenosis: a randomized clinical trial. Bob Doctor Research Grant, Colorado Chapter of the American Physical Therapy Association (APTA). Funding dates. (amount awarded). In Review.

Puentedura L (PI), Cleland J (Co-investigator), Mintken P (Co-investigator). Development of a clinical prediction rule to identify patients with neck pain likely to benefit from cervical spine manipulation. Cardon Rehabilitation Grant from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). Awarded: 2008. (\$6,000).

Cleland J (PI), Mintken P (Co-investigator), Bienbick M, Whitman J, Keirns M. Manual therapy and exercise versus home exercises in the management of patients status post ankle sprain: a multi-center randomized clinical trial. Orthopaedic Physical Therapy Products (OPTP) Grant from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). Awarded: 2008. (\$4000)

Struessel T (PI), Mintken P (Co-investigator), May J, Carpenter K, Sonnenberg E. An evidence-based paradigm: student perceived barriers to learning and practicing spinal manipulation. Orthopaedic Physical Therapy Products (OPTP) Grant from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). Awarded: 2007. (\$4,000)

Mintken P (PI), Cleland J, Whitman J, Keirns M. Development of a clinical prediction rule to identify patients with shoulder pain, likely to benefit from cervicothoracic manipulation. Cardon Rehabilitation Grant from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). Awarded: 2006. (\$5,000)

Whitman J (PI), Cleland J, Keirns M, Mintken P (Co-investigator). Development of a clinical prediction rule to identify patients status post inversion ankle sprain likely to benefit from manual physical therapy interventions and exercise. Orthopaedic Section, American Physical Therapy Association (APTA). Awarded: 2006. (\$7,500)

Other Research and Scholarly Activity:

Mintken P (PI). **Others involved?** Establishing minimal clinically important differences for scores on the Shortened Disabilities of the Arm, Shoulder and Hand Questionnaire (QuickDASH) in patients with shoulder pain.

Name of PI, Mintken P (Co-investigator). Validation of a clinical prediction rule to identify patients with neck pain likely to benefit from thoracic spine thrust manipulation.

Name of PI, Mintken P (Co-investigator). Optimizing lower extremity muscle function after total knee arthroplasty.

Continuing Education/Workshops Conducted/Organized:

Mintken P. Regional Interdependence of the Upper Quarter, Regis University Grand Rounds, April 2008.

Membership in Scientific/Professional Organizations:

- Member, American Academy of Orthopaedic Manual Physical Therapists (AAOMPT), 2005-present
- Member, American Physical Therapy Association (APTA), 1994-present
 - Orthopaedic Section, 2004-present
 - Research Section, 2004-2006, 2008-present

Consultative and Advisory Positions Held:

Represented American Physical Therapy Association (APTA) headquarters at a nomenclature working group at an interdisciplinary symposium March 30, 2008

Chair of task force working towards the standardization of manual therapy language for the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT), 2006-present

Chair of the awards committee for the Colorado chapter of the American Physical Therapy Association, 2005-present

Manuscript Reviewer, *Clinical Journal of Pain*, June 2008-present

Past Member of the Human Research Committee (Institutional Review Board), University of Colorado at Boulder, 2000-2004

President of the CU Physical Therapy Alumni Association, 1997

Board of Directors CU Physical Therapy Alumni Association, 1994 to 2004

Community Service:

Research Platform Moderator Combined Sections Meetings, APTA, 2007-present

Clinical Coordinator for Clinical Education (CCCE) for the University of Colorado at Boulder, 1998-2007

Clinical Instructor (CI) to 34 physical therapy students to date, 1995-present

Participant in Body in Balance screening for the 9 Health Fair, 1994-present

Yearly lectures on wellness to the Boulder campus community, 1994-present

Services to the University/College/School on Committees/Councils/Commissions:

University of Colorado:

Member: Search Committee, Sports Medicine Primary Care Physician, University of Colorado Boulder, Wardenburg Health Center, 2008

Continuing Education Provider for Physician CME, University of Colorado Boulder, Wardenburg Health Center, 2005-present

School of Medicine:

Inaugural Speaker Interdisciplinary Lecture Series, School of Medicine, 2007

Physical Therapy Program:

Member: Committee Movement Science/Movement Analysis, 2006-present

Member: Committee Developing Standardized Patient Experiences, 2005-present

Member: Committee Patient Care Seminar series, 2005-present

Search Committee, Pediatric Physical Therapy Faculty, 2008

Honors and Awards:

Outstanding Poster Presentation American Academy of Orthopaedic Manual Physical Therapists Annual Conference, 2007

Outstanding Clinical Instructor, University of Colorado Denver, 2000

Graduated Magna Cum Laude, University of Colorado Health Sciences Center, 1994

Herbert Levy Humanitarian Award in Physical Therapy, University of Colorado Denver, 1994

Graduated Magna Cum Laude, University of Northern Colorado, 1991

Peer Academic Achievement Award, University of Northern Colorado, 1991

Departmental Scholar in Kinesiology, University of Northern Colorado, 1990

Dean's List University of Northern Colorado, 1987-1991

Continuing Education Courses/Conferences:

Tehan P, Gibbons P. Spinal manipulation: fourth annual update for physical therapists, osteopathic physicians and medical doctors: Level 3. University of Oklahoma Health Sciences Center, Tulsa campus; March 2009.

American Academy of Orthopaedic Manual Physical Therapists Annual Meeting. Seattle, WA; October 2008.

Combined Sections Meeting, APTA. Nashville, TN; February 2008.

American Academy of Orthopaedic Manual Physical Therapists Annual Meeting. St.Louis, MO; October 2007.

Annual Conference, APTA. Denver, CO; June 2007.

Gibbons P, Tehan P. Spinal manipulation: fourth annual update for physical therapists, osteopathic physicians and medical doctors: Level 2. University of Oklahoma Health Sciences Center, Tulsa campus; March 8-9, 2007.

DeRosa C. Anatomical basis of resistance exercises for mechanical shoulder disorders. Denver, CO; March 3, 2007.

Combined Sections Meeting, APTA. Boston, MA; 2007.

American Academy of Orthopaedic Manual Physical Therapists Annual Meeting. Charlotte, NC; October 20-22 2006.

Colorado Chapter Fall Convention, APTA. Denver, CO; 2006.

Wilk K. Current concepts knee surgery and rehabilitation. Boulder, CO; September 15, 2006.

Differential diagnosis and manual therapy of the cervicothoracic junction. International Academy of Orthopaedic Medicine. Denver, CO; August 18-20, 2006.

Evidence in motion: cervicothoracic. Taught by Dr. John Childs. UCHSC Physical Therapy Program. Denver, CO; August 2006.

Evidence in motion: lumbopelvic/Hip. Taught by Dr. Jake Magel. UCHSC Physical Therapy Program. Denver, CO; April 2006.

Colorado Chapter Spring Convention, APTA. Denver, CO; 2006.

Combined Sections Meeting, APTA. San Diego, CA; Feb 1-5, 2006.

The management of headache. Taught by Dr. Gwendolen Jull, Therapy Concepts Inc, Denver, CO; October 2005.

Manipulation in first professional physical therapy programs. Regis University, Denver, CO; July 2004.

Current concepts shoulder surgery and rehabilitation. Boulder, CO; April 2003.

Lucas R. Maitland workshop advanced spinal workshop (IV). San Ramon, CA; March 28-30 2003.

Maitland Intermediate Spinal Workshop (III). Bob Sprague PT, PhD. Denver, CO; October 2002.

Current Teaching Responsibilities in the Entry-Level Program (by semester):

Spring semester:

DPTR 5401 Musculoskeletal Conditions I (upper extremity), Course Coordinator and Primary Instructor

DPTR 7613 Patient Care Seminar III, Instructor

Summer Semester:

DPTR 5001, Clinical Anatomy I, Lecturer

DPTR 6402 Musculoskeletal Conditions II (lower extremity): Course Coordinator and Primary Instructor

DPTR 7701 Advanced Spinal Manipulation Course (with Bob Boyles PT, DSc, OCS, FAAOMPT): Course Coordinator and instructor

DPTR 7701 elective Biomechanical Lower Extremity Examination/Foot Orthotics (as needed): Course Coordinator and Primary Instructor

Fall Semester:

DPTR 5151 Motor Control/Motor Learning, Lecturer

DPTR 5203 Clinical Skills: Therapeutic Intervention, Instructor

DPTR 6205 Clinical Skills: Prosthetics and Orthotics, Faculty Liaison

DPTR 6212 Patient Care Seminar II, Instructor

DPTR 6403 Musculoskeletal Conditions III (spine), Course Coordinator and Primary Instructor

Current Teaching Responsibilities in the Post-Professional Program:

Fall Semester:

DPTR 8212 Radiology (with Bob Boyles PT, DSc, OCS, FAAOMPT), Course Coordinator and Liaison