

Eric J Bellm, PT, DPT, OCS
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EDUCATION

- Physical Therapy Orthopedic Resident: Ohio State Sports Medicine, December 2012
- Doctor of Physical Therapy: Saint Louis University, May, 2011
- Bachelor of Science in Exercise Science: Saint Louis University, May 2009
 - o Minor in Psychology
 - o Summa Cum Laude graduation honors

LICENSURE AND CERTIFICATION

- License Physical Therapist:
 - o Missouri: 2023- Present
 - o Ohio: 2011 – Present
- American Physical Therapy Assoc. Credentialed Clinical Instructor 2012
- American Physical Therapy Assoc. Orthopedic Certified Specialist: 2013
- Graston Level 1 Certified: 2013
- Functional Range Release- Upper Extremity: 2013
- Functional Movement Screen- Level 1: December 2014
- Integrated Dry Needling- Level 1: March 2018

PROFESSIONAL EMPLOYMENT HISTORY

- **Saint Louis University** July 2023 – Present
 - o Assistant Professor, Program in Physical Therapy
- **Summit Professional Education** February 2020 – Present
 - o Physical Therapy Education Consultant
 - Live Continuing Education Course Development and Instruction
 - Pediatric Sports and Orthopedics
 - Online Webinar Course Development and Live Instruction
 - Evidence-Based Upper Extremity Evaluation
 - Evidence-Based Upper Extremity Treatment
 - Evidence-Based Peripheral Nerve Care
- **North American Seminars** November 2017 – December 2019
 - o Physical Therapy Education Consultant
 - 2- day Continuing Education Course Development and Instruction
 - Overhead Athlete
 - Online Continuing Education Course Development and Instruction
- **Cincinnati Children's Hospital Medical Center** March 2017 – July 2023
 - o Physical Therapist II
 - Physical Therapist in outpatient, sports clinic
 - OT/PT Continuing Education Coordinator
 - Education Domain Member

- Overhead Athlete / Video Throwing Analysis Lead Therapist
- Community Outreach- Sports Medicine & Overhead Athlete
- Clinical Instructor
- Orthopedic/Sports Residency Mentor and Lecturer
- Orthopedic/Sports Residency Education Coordinator
- ACL Bridge Program
- Upper Extremity Competencies Instructor
- Web Site Development Coordinator
- Education Domain
- Dry Needling Competency Instructor
- **Cincinnati Children's Hospital Medical Center** July 2015 – March 2017
 - Physical Therapist I
 - Physical Therapist in outpatient, sports clinic
 - Overhead Athlete / Video Throwing Analysis Lead Therapist
 - Clinical Instructor
 - Orthopedic/Sports Residency Mentor and Lecturer
- **The Jewish Hospital, Mercy Health** July 2016 – October 2017
 - PRN Physical Therapist
 - Physical Therapist in inpatient and rehabilitation hospital
- **Athletico Physical Therapy, Winnetka, IL** January 2013 – July 2015
 - Staff Physical Therapist
 - Physical Therapist in sports, orthopedic outpatient clinic.
 - Endurance Program Member
 - Video Gait Analysis
 - Video Throwing Analysis Regional Contact
 - Head of Continuing Education at clinic
 - Orthopedic Residency Mentor
 - Clinical Instructor
- **Ohio State Sports Medicine, Columbus, OH** August 2011 – December 2012
 - Physical Therapy Orthopedic Resident
 - Physical Therapist in sports, orthopedic outpatient clinic. Treated patients with wide variety of ages and abilities.
 - Lectures on Shoulder, TMJ and Spinal Pathologies for first and third year physical therapy students in The Ohio St. University's School of Health and Rehabilitation Sciences.
 - Teaching Assistant for Orthopedic and Gross Anatomy Labs for first year physical therapy students
 - Didactic Learning to further knowledge of orthopedic pathologies.
 - Physician Shadowing to gain further knowledge on clinical decision making for surgical and non-surgical physicians
 - Participate with research on baseball throwing mechanics
- **Rehab 1 Network, Saint Louis, MO** July 2011 – August 2011
 - PRN Outpatient Physical Therapist
 - Many different orthopedic settings
 - Gained skills for directing aides and front office staff
- **Saint Louis University, Saint Louis, MO** September 2008 – July 2011

- Tutor
 - Many different undergraduate and graduate courses
- Teaching assistant
 - IPE 460 Evidence Based Practice

PROFESSIONAL ORGANIZATION

- American Physical Therapy Association Member: February, 2011 - Present
 - Ohio Chapter Member: 2016 - Present
 - Sports Academy Member: 2013 – Present
 - Pediatric Academy Member: 2019 – Present
 - Orthopedic Academy Member: 2019- Present
- AASPT Shoulder Special Interest Group
 - Chair: 2022 - Present
 - Vice-Chair: 2021 - 2022
 - Education Chair: 2020 – 2021
 - Communication Chair: 2020 – 2021
- AASPT Centennial Scholar Program
 - Content Expert: 2021-2022

HONORS AND AWARDS

Ambulatory Patient Family Experience (PFE) Award- 2020

PUBLICATIONS

1. Pontillo M, Sennett BJ, **Bellm EJ**. “Use of an upper extremity functional algorithm to determine return to play readiness in collegiate football players: A case series.” *International Journal of Sports Physical Therapy*. 2020; 15(6): 1141-1150. PMID: 33344031
2. Werner D, **Bellm EJ**, Day M. “Relationship of clinical measures with humeral torsion in young adults: a pilot study.” *Journal of Manual and Manipulative Therapy*. 2021. May 24; 1-7/ PMID: 34028343.

ABSTRACTS

1. Day J, **Bellm EJ**, Werner D. “Relationship of Clinical Measures with Humeral Torsion in Young Adults: A Pilot Study”. APTA Combined Sections Meeting 2021. Poster Presentation.
2. Barber P, Pontillo M, **Bellm E**, Davies G. “Upper Extremity Return to Sport Testing: Results of an International Modified Delphi Study”. AASPT Annual Meeting & Scientific Conference 2022. Poster Presentation.

INVITED PRESENTATIONS

- Pediatric Orthopedic and Sports Rehabilitation- 1 Day Continuing Education Course
 - Summit Professional Education, February 2020 - Present
- Upper Extremity Return to Sport: Where Are We Now, and Where Are We Going?
 - APTA Combined Section Meeting, February 2023
- Do You Even Lift?: Demystifying Pediatric Strength Training
 - APPT Annual Pediatric Physical Therapy Conference, November 2022

- Covid and Kids: The Aftereffects of the Pandemic on Athletes
 - APPT Annual Pediatric Physical Therapy Conference, November 2022
- The Overhead Athlete: Epidemiology
 - CCHMC Overhead Athlete Conference, November 2022
- Overhead Athlete Diagnosis
 - CCHMC Overhead Athlete Conference, November 2022
- The Upper Extremity Evaluation
 - CCHMC Overhead Athlete Conference, November 2022
- Manual in the UE Athlete
 - CCHMC Overhead Athlete Conference, November 2022
- The Overhead Throw
 - CCHMC Overhead Athlete Conference, November 2022
- Upper Extremity Rehabilitation Considerations
 - CCHMC Overhead Athlete Conference, November 2022
- Upper Extremity Post-Operative Care
 - AASPT Annual Meeting & Scientific Conference, September 2022
- Evidence Based Upper Extremity Evaluation
 - Summit Professional Education, March 2022
- Youth to College Athletics: Treating the Developing Athlete Across the Continuum
 - APTA Combined Section Meeting, February 2022
- Let's Build Resilient Youth: Injury Prevention from Adventure Sports to the Court
 - APTA Combined Section Meeting, February 2022
- From Sedentary to Specialized: Developing Physical Literacy for All Youth
 - APPTAC: November 2021
- Evidence Based Upper Extremity Evaluation
 - Summit Professional Education, June 2021
- Thinking Outside the Algorithm: Upper Extremity Return-to-Sports Decision Making Beyond the Paper Patient
 - APTA Combined Section Meeting, February 2021
- Faster, Stronger, Younger? Embracing and Enhancing the Movement of Young Athletes
 - APTA Combined Section Meeting, February 2021
- Little Big Leagues: Youth Overhead Athlete Performance Considerations with Serves, Strokes and Throws
 - APTA Combined Section Meeting, February 2021
- Orthopedic Spinal Conditions in the Pediatric Patient: Diagnosis and Management
 - APPTAC. November 2020
- Treating the Pediatric "Athlete": Modifying Treatment for the Younger Patient
 - APTA Combined Section Meetings, February 2020
- The Overhead Athlete- 2 Day Continuing Education Course
 - North American Seminars, April 2018 – December 2019
- Pediatric Orthopedic and Sport Upper Extremity Injuries: Diagnosis, Treatment and Returning Kids to Play
 - APPTAC, November 2019
- The Youth Overhead Athlete
 - OPTA, May 2019

- The Pediatric Thrower
 - o OPTA Lunch and Learn, May 2018
- The Spine in the Overhead Athlete
 - o CCHMC Pediatric Spine Symposium, March 2018
- The Upper Extremity Evaluation
 - o CCHMC Orthopedic Residency Conference, January 2018
- The Overhead Athlete: From Risk to Rehab
 - o SPT Section Youth Athlete SIG Webinar, June 2017
- Epidemiology of the Overhead Athlete
 - o CCHMC Overhead Athlete Conference, April, 2017
- Throwing Mechanics: The Faults and Fixes
 - o CCHMC Overhead Athlete Conference, April 2017
- Soft Tissue Mobilization for the Overhead Athlete
 - o CCHMC Overhead Athlete Conference, April 2017
- Common UE Injuries and Clinical Exam
 - o CCHMC Ortho Residency Conference, January 2017
- Early Sports Specialization in the Overhead Athlete: Risks and Rehabilitation
 - o NSCA Ohio State, October 2016
- Early Sports Specialization in the Overhead Athlete
 - o CCHMC Symposium, April 2016
- ASMI Updates: Pediatric Implications
 - o Video Throwing Continuing Education, February 2015
- Heel Spur: A Case Reports
 - o Endurance Medicine Continuing Education, November 2014
- Basics of Video Gait Analysis
 - o Athletico University Continuing Education, February 2013

UNIVERSITY TEACHING EXPERIENCES

- Pediatric Orthopedic and Sports Physical Therapy: Oct 29, 2022
 - o Ohio University: Sports Physical Therapy Elective
- Pediatric Sports: September 29, 2022
 - o The Ohio State University: DPT Complex Scenarios
- Pediatric Orthopedic and Sports Physical Therapy: Nov 5, 2021
 - o Ohio University: Sports Physical Therapy Elective
- Pediatric Sports: September 30, 2021
 - o The Ohio State University: DPT Complex Scenarios
- Pediatric Sports: April, 8, 2020
 - o The Ohio State University: DPT Complex Scenarios
- Pediatric Orthopedic and Sports Physical Therapy: Oct 11, 2019
 - o Ohio University: Sports Physical Therapy Elective
- The Shoulder Evaluation: Oct 3, 2018
 - o University of Cincinnati: MS PSC I
- Gross Anatomy: AMI 6000
 - o Ohio State University; May 2012 – July 2012
 - o Assistant Lab Instructor
- Musculoskeletal Skills Lab 1: PT 7410

- Ohio State University; September 2011 – December 2012
 - Assistant Lab Instructor
- Musculoskeletal Skills Lab 2: PT 8410
 - Ohio State University; January 2012 – May 2012
 - Assistant Lab Instructor
- Musculoskeletal Diagnosis and Management 1: PT 7215
 - Ohio State University; September 2011 – December 2012
 - Guest Lecturer: Shoulder diagnosis
- Musculoskeletal Diagnosis and Management 2: PT 8210
 - Ohio State University; January 2012 – May 2012
 - Guest Lecturer: TMJ diagnosis
- Advanced Orthopedic Physical Therapy: PT 8610
 - Ohio State University; August 2012 – December 2012
- Evidence Based Practice: IPE 460
 - Saint Louis University, September, 2010 – May, 2011
 - Teaching Assistant
- Basic Procedures: DPT 470
 - Saint Louis University, December, 2010 – April, 2011
 - Help restructure classes and labs
 - Compiled quiz, student handout and power point on ADA information
- Physical Agents I: DPT 513
 - Saint Louis University, September 2010 – November, 2010
 - Assisted course coordinator in class and lab restructuring

PROFESSIONAL DEVELOPMENT EXPERIENCES / CONTINUING EDUCATION

- Achieving the Bulletproof Shoulder through Myofascial Force Transmission, APTA CSM, February 2023
- Cuffing Season: Where Do We Stand with Blood Flow Restriction for the Upper Extremity?, APTA CSM, February 2023
- Sport Specialization Among Youth Athletes: Where Are We in 2023?, APTA CSM, February 2023
- APPT APPTACT. November 2022
- AASPT AMSC, September 2022
- CCHMC Career Development Day, September 2022
- CCHMC Career Development Day, February 2022
- Examination and Rehabilitation of Upper Extremity Injury in Athletes, Part 1, APTA CSM, February 2022
- From Gameday to Post-Season: Shoulder Injuries in Football Players Along the Continuum, APTA CSM, February 2022
- Pre-season Screening: Store Bought or Homemade, APTA CSM, February 2022
- From Science to Application; Plyometrics and Sport Specific Strengthening for the Shoulder, APTA CSM, February 2022
- Functional Fitness for the Adaptive Athlete: Transitioning Your Patient from the Clinic to the Gym, APTA CSM, February 2022
- Youth to College Athletics: Treating the Developing Athlete Across the Continuum, APTA CSM, February 2022

- Let's Build Resilient Youth: Injury Prevention from Adventure Sports to the Court, APTA CSM, February 2022
- CCHMC Career Development Day, September 2021
- Managing the Injured In-Season Youth Athlete, APTA CSM 2021, February 2021
- Science Meets Practice Session 9: Rehabilitation and Performance Optimization of the Overhead Athlete and Beyond, APTA CSM 2021, February 2021
- Influential Storytelling: From Mediocre to Meaningful, Your Guide To Developing a Presentation That Empowers Action, APTA CSM 2021, February 2021
- Science Meets Practice: More Than Just Pitchers! Baseball Injuries/Rehabilitation Across All Position Players, APTA CSM 2021, February 2021
- Science Meets Practice: Kinetic Chain Influences on Shoulder Function, Performance, and Injury Prevention, APTA CSM 2021, February 2021
- CCHMC Career Development Day, February 2021
- Cleveland Clinic's Management of the Overhead Athlete, Dec 2020
- Cleveland Clinic's The Adolescent Athlete: Performance and Lower Quarter Management, Dec 2020
- Examination of the Shoulder Joint in the Female Athlete, TCC Dec 2020
- Management of Shoulder Instability in the Female Athlete, TCC Dec 2020
- Return to Play Considerations, TCC Dec 2020
- Systemic Hypermobility and Its Impact on the Lower Extremity, TCC Dec 2020
- CCHMC Career Development Day, August 2020
- Prevention and Management of the ACL Injury, March 2020
- Refresher in Critical Appraisal: Improve Research Review Skills- APTA CSM 2020, February 2020
- Smart Searching in 2 Hours or Less- APTA CSM, February 2020
- Common but Complicated: Managing Joint Instability in Youth Athletes- APTA CSM 2020, February 2020
- Factors Affecting Elbow Injuries in Overhead Throwers- APTA CSM 2020, February 2020
- CCHMC Career Development Day, February 2020
- CCHMC Career Development Day, August 2019
- AOMP Mentorship Program, January 2019 – June 2019
- CCHMC Concussion Symposium, March 2019
- CCHMC Career Development Day, February 2019
- Building Athletes for Life: Whats the Model- APTA CSM, January 2019
- Clinicians, Administrators and Researchers- APTA CSM, January 2019
- Building Better Researchers- APTA CSM, January 2019
- SMP: What are We Talking About- APTA CSM, January 2019
- Blocking and Tackling of Shoulder Exercise Dosing- APTA CSM, January 2019
- Upper Extremity Peripheral Nerve Injury- APTA CSM, January 2019
- Clinical Practice Guidelines: Shoulder Stability & MCD- APTA CSM, January 2019
- Elbow Biomechanics and Rehab of the Overhead Athlete- APTA CSM, January 2019
- CCHMC Career Development Day, September 2018
- Guest Peer Reviewer for Pediatric Physical Therapy Journal, Summer 2018
- Evidence-Based Examination of the Elbow, Wrist and Hand, July 2018
- Imaging of the Upper Quarter Sports Injuries, June 2018

- CCHMC The Pediatric Spine Symposium, March 2018
- CCHMC Career Development Day, March 2018
- IDN Dry Needling Level 1, March 2018
- Sport Medicine Secrets- APTA CSM, February 2018
- SMP: Fatigue and Frontal Plane Motions- APTA CSM, February 2018
- SMP: Kinetic Chain Influences on the UE- APTA CSM, February 2018
- SMP: Innovative Changes with Treating Shoulders- APTA CSM, February 2018
- Shoulder Pathomechanics in Throwing Athletes- APTA CSM, February 2018
- NM training after ACLR- APTA CSM, February 2018
- Tommy John Surgery- APTA CSM, February 2018
- What is the Reasoning for Return to Sport Testing- APTA CSM, February 2018
- Mayo Clinic Baseball and Softball Summit, January 2018
- CCHMC Education Blitz Day, September 2017
- CCHMC Overhead Athlete Conference, April 2017
- CCHMC Education Blitz Day, February 2017
- ASMI Injuries in Baseball, January 2017
- NSCA Ohio State, October 2016
- Orthopedic Clinical Exam, Diagnosis and Treatment, August 2016
- Unique Concepts for Evaluation and Treatment in Pediatric Sports Rehab: June 2016
- Dynamic Taping, June 2016
- Nutrition in Sports, May 2016
- Strength and Conditioning in Sport, May 2016
- Early Sports Specialization, April 2016
- CCHMC Education Blitz Day, February 2016
- CCHMC Knowledge Translation, September 2015
- Athletico VTA Symposium, February 2015
- ASMI Injuries in Baseball: January 2015
- Functional Movement Screen- Level 1: November 2014
- Labral Tears of the Hip: Treatment and Rehabilitations: August 2014
- Catching Mechanics, DNS in Baseball Shoulder, May 2014
- Athletico Intervention Procedures in Contemporary Physiatry, March 2014
- PRI principles in Baseball, Rehabilitation of Challenging Shoulder: January 2014
- Functional Range Release Technique UE: November 2013
- Sports Injury Seminar & Overhead Athlete: November 2013
- Lateral Ankle Instability, Achilles Tendonitis: October 2013
- Video Throwing Analysis Training: October 2013
- Graston M1 Certification: April 2013
- Video Gait Analysis Training: March 2013
- Updates in Lumbar Spine and Knee Injuries, February 2013
- Credentialed CI Program: December 2012
- OSU Hip Symposium: April 2012
- Baseball Medicine Conference: November 2011
- Cervical and Thoracic Manual Therapy Seminar: October, 2010
- Exercise Related Leg Pain in Community Runners Research Study : September, 2009
 - o Student Research Assistant: gathered information on anterior leg pain in runners

MANUSCRIPT REVIEWER

- Pediatric Physical Therapy: 2018-Present
- International Journal of Physical Therapy: 2018-Present
- Sports Health: A Multidisciplinary Approach: 2022-Present

COMMUNITY SERVICE

State

- Illinois Special Olympics: 1994 – Present
 - o Volunteer at state winter and summer games
 - o Work directly with the athletes and parents during various events

Local

- Southwestern Illinois Special Olympics:
 - o Volunteer Coordinator: January, 2005 – Present
 - Organize volunteers to do different tasks during events
 - Direct various venues during competitions
 - o Special Olympics Coach: January, 2000 – December, 2005
 - Attend practices and games for assigned sports
 - Worked with athletes of all ages