



Laura M. Stevens, P.T., P.C.  
Highland Mills, New York 10930  
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#### EDUCATION:

New York University, New York, NY  
Masters of Arts in Pathokinesiology/ Physical Therapy  
  
Bachelor of Science in Physical Therapy

Hofstra University, Hempstead, NY  
Bachelor of Science in Education, Graduated Cum Laude  
Specialization in Athletic Training, Minor in Chemistry

West Chester University, West Chester, PA  
General Interest Program in Athletic Training

Nassau Community College, Garden City, NY  
Associate of Science in Pre-Physical Therapy

#### PROFESSIONAL CERTIFICATIONS:

NY State Physical Therapy License – November 1986  
National Athletic Training Certification – June 1983  
American Red Cross CPR – Current

#### WORK EXPERIENCE:

Laura M. Stevens, P.T., P.C.  
Highland Mills, New York – April 1988 to Present  
President/ Owner

Mercy College  
Faculty: Orthopedic Therapeutic Exercise – Fall Semester 1999  
Kinesiology for P.T.A. – Spring Semester 2000  
Advisory Committee, Clinical Instructor

New York University  
NYU Laboratory Instructor  
Cardiopulmonary Ther. Ex. – Spring Semester 1996  
Musculo Skeletal Ther. Ex. - Fall Semester 1996  
Gross Anatomy – Spring Semester 1987

Rockland Physical Therapy Services  
Spring Valley, NY – May 1988 to March 1991  
Director of Athletic Trainers and Physical Therapist

Sports Physical Therapy and Back Therapy Center  
Monsey, NY – May 1986 to May 1988  
Physical Therapist and Athletic Trainer

Park Avenue Orthopedics and Sports Physical Therapy  
New York, NY – March 1985 to May 1986  
Physical Therapy Aide and Athletic Trainer



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### WORK EXPERIENCE, CONTINUED:

Sports Training Institute  
New York, NY – February 1984 to September 1984  
Personalized Trainer

Survival Technology Inc.  
New York, NY – December 1982 to April 1984  
Cardiac Technician

### PROFESSIONAL EXPERIENCE:

APTA 1996 Annual Conference; Presenter:  
“EMG Analysis of the Anterior Step –Up and Stepping Machine Exercises”

Ergonomic Consultant: Nepera Inc., Audex Automotive  
Professional Presentations:

- Prevention of Low Back Injuries
- Prevention of Ski Injuries
- The Female Athlete
- Osteoporosis Prevention
- Falls in Older Adults

Achilles Track Club, Director of Hudson Valley Chapter

New York City Marathon Medical Staff – 1985, 1987

International Games for Disabled Medical Staff – 1984

Long Island Marathon Medical Staff – 1982, 1983

### CONTINUING EDUCATION:

The Active Women (Hospital of Special Surgery)  
Sporting Shoulder: Rehabilitation and Mechanics (Mark Alpert)  
Spinal Stabilization (Stanley Paris)  
Myofascial Pain Syndrome  
Gary Grey: Chain Reaction  
Electrotherapy  
Saunders Industrial Back Care Program and Ergonomics  
Torso Work Capacity Testing and Conditioning  
S1 – Spinal Evaluation and Manipulation (Stanley Paris)

### COMMUNITY SERVICES FUND RAISERS:

AIDS Ride: Bear Mountain NY to Boston, MA  
Making Strides for Breast Cancer: Woodbury Common, NY