

Professional Development

Cindi A. Prentiss
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EDUCATION:

ASSOCIATES in MASSAGE THERAPY (LMT)
New York College of Health Professionals, Syosset, NY (Dec 2004)

MASTERS in BUSINESS ADMINISTRATION
Dowling College, Oakdale, NY (Dec 1992)

BACHELOR OF SCIENCE in PHYSICAL THERAPY
Boston University, Boston, MA (May 1987)

PROFESSIONAL EXPERIENCE:

Physical Therapy & Beyond, Owner/PT, Smithtown, NY (Jan 2000-Present)

Physical Therapy & Beyond, Owner/PT, Riverhead, NY (March 2018-2023)

Physical Therapy & Beyond @ Stony Brook Women's Health Center, East Setauket, NY
(April 2017-2020)

Physical Therapy & Beyond, Owner/PT, Sayville, NY (Oct 2015-2020)

Beyond Diagnostics (EMG/NCV, MSKUS), Owner, Long Island, NY (2014-2020)

Physical Therapy & Beyond, Owner/PT, East Setauket, NY (March 2007-March 2017)

Healing Hands Massage Therapy, PC, Owner/Massage Therapist (2004-Present)

Spine & Rehabilitation Institute, Clinical Coordinator, Director, Pregnancy & Back Pain Program
(1995-1999)

Sports Medicine Resource, Clinical Coordinator/PT, Long Island, NY (1987-1995)

PREGNANCY EDUCATION VIDEO SERIES: self-produced (1999-2005):

PREGNANCY EDUCATION Vol I

PREGNANCY & EXERCISE Vol II

AFTER PREGNANCY Vol III

EDUCATIONAL YOU-TUBE VIDEOS:

"TIPS FOR TUESDAY", produced for social media weekly (2017)

"WORKOUT WEDNESDAY", produced for social media weekly (2017)

ARTICLES:

THE LONG ISLAND ATHLETE: Injury Prevention Articles written for bi-monthly magazine (2001)

THE LONG ISLAND MOTHER: Pregnancy Related Articles written for bi-monthly magazine (2000)

FULL CONTACT FIGHTER: Injury Prevention Articles written for monthly newspaper (1995-1997)

FEATURED:

PELVIC HEALTH INTERVIEW: SHEKNOWS.COM (2012)

FROM BABIES TO BACK PAIN: Providing Relief with the Healing Touch: NEWS-LINE (2007)

“PREGNANCY & BACK PAIN PROGRAM”: 5 PM NEWS, AMERICAN BABY MAGAZINE, BABY MAGAZINE, GLAMOR MAGAZINE (1996)

HELPING YOU HELP YOURSELF (HYHY) PUBLIC PRESENTATIONS:

PELVIC FLOOR PHYSICAL THERAPY - Guest Lecture & Labs for DPT Students at Stony Brook University Southampton Campus & Stony Brook Campus (2019, 2020)

PREGNANCY PAIN PREVENTION - Stony Brook Midwives Centering Groups
Ann Visser (May 2018, Dec 2018); Michelle Saltz (July 2018) (January 2019)

BLADDER AWARENESS - Atria East Setauket, Co-lecture SB Women's Health MD's (Nov 2017)

SCHROTH SCOLIOSIS LECTURE - Smithtown, NY (June 2017)

ANNUAL COLORECTAL PHYSICAL THERAPY LECTURE - Smithtown, NY (March 2010-2017)

BREAST CANCER & PHYSICAL THERAPY - Smithtown, NY (October 2011, 2012, 2015)
Co-lecture Dr. June Lee

ANNUAL INCONTINENCE/PELVIC PAIN & PHYSICAL THERAPY - East Setauket, NY (2010-2015) Co-lecture (Dr. Lauri Budnick; Dr. Alexander Epelbaum) (June 2014)

BALANCE & FALLS - East Setauket, NY (Feb 2011), Co-lecture Dr. Catherine Nicastrì (March 2014)

OSTEOPOROSIS ACROSS the FEMALE LIFETIME - East Setauket, NY (April 2009),
Co-lecture Cecile Vanisky, NP (April 2013)

PROPER CYCLING ALIGNMENT TO PREVENT KNEE & BACK PAIN - LLS Leukemia & Lymphoma Society Team in Training, East Setauket, NY (April 2011)

LEARN HOW TO HAVE A PAIN-FREE PREGNANCY - East Setauket, NY (June 2010)

WHAT IS PHYSICAL THERAPY? - Lecture for HS Students, Smithtown High School, Smithtown, NY (May 2008-2010)

PROSTATE CANCER & PT - Mather Hospital Support Group, Setauket, NY (Oct 2010)

HOW TO PREVENT INJURIES WHILE CYCLING - LLS Leukemia & Lymphoma Society Team in Training, East Setauket, NY (March 2009)

RECOVERY & PREVENTION FOR CYCLISTS - LLS Leukemia & Lymphoma Society, TNT, East Setauket, NY (April 2007, October 2007)

BREAST CANCER & EXERCISE - Carol Baldwin Breast Cancer Center, Setauket, NY (April 2007)

ANNUAL PREVENTION OF BACK PAIN LECTURE - Smithtown, NY (2000-2016)

PREGNANCY & BACK PAIN for the Health Professional (April 2000, April 2005, Sept 2005)

PREGNANCY RELATED BACK PAIN - Cold Spring Harbor Laboratory (1998)
Co-lecture with Long Island Spine Specialists MD's

PROFESSIONAL DEVELOPMENT:

SSOL SCHROTH Practical Review - Hagit Berdichevsky, NYC (December 2015-2017, 2023)

MOBILIZATION of the MYOFASCIAL LAYER (Pelvic Floor) - Ramona Horton, DPT, Brooklyn, NY (August 2022)

PUDENDAL NEURALGIA & NERVE ENTRAPMENT: Online Live Conference - Lila Abate, DPT (November 2015-2016, 2020)

BOWEL PATHOLOGY & FUNCTION: Online Live Conference - Lila Abate, DPT (September 2020)

HOW TO LOSE THE POSTPARTUM POOCH & OTHER POSTPARTUM ISSUES (DRA, Pelvic Floor, The Pelvis/Birth/After): Home Study Course - Institute for Birth Healing, Lynn Schulte, PT (January 2019)

"IF YOU CAN'T BREATHE, YOU CAN'T FUNCTION" - Hunter College, NY, Mary Massery, PT, DPT, DSc (November 2018)

PEDIATRIC PELVIC FLOOR REHAB: Evaluation & Treatment of Common Conditions, Medbridge Home Study Course (June 2018)

SEAS - SCIENTIFIC EXERCISE APPROACH TO SCOLIOSIS Accreditation Program Level II - Hunter College, New York, NY (February 2018)

4th, 5th, 6th ANNUAL NON-OPERATIVE TREATMENT OF CHILDHOOD SCOLIOSIS - Columbia University Medical Center, New York, NY (May 2017, 2018, 2019)

ADVANCEMENTS IN CONSERVATIVE TREATMENTS OF SCOLIOSIS - Stanford Medical School, CA, Grant Wood (October 2017)

SEAS - SCIENTIFIC EXERCISE APPROACH TO SCOLIOSIS Accreditation Program Level I - Hunter College, New York, NY (May 2017)

MDT CONFERENCE ENDURING PRINCIPLES, EMERGING APPLICATIONS - Miami, FL (August 2016)

C2 ADVANCED SCHROTH 3D SCOLIOSIS TRAINING/CERTIFICATION: Barcelona Method - Hunter College, New York, NY (July 2016)

3rd ANNUAL CME ON CONSERVATIVE TREATMENT OF CHILDHOOD SCOLIOSIS -
Columbia University Medical Center, New York, NY (June 2016)

YOGA THERAPY FOR SCOLIOSIS BASED ON TEACHINGS OF SCHROTH METHOD -
Hunter College, New York, NY (November 2015)

2nd ANNUAL CME ON CONSERVATIVE TREATMENT OF CHILDHOOD SCOLIOSIS -
Columbia University Medical Center, New York, NY (May 2015)

1st ANNUAL NON-OPERATIVE TREATMENT OF CHILDHOOD SCOLIOSIS -
Columbia University Medical Center, New York, NY (May 2014)

C1 SCHROTH 3D SCOLIOSIS TRAINING/CERTIFICATION: Barcelona Method -
Hunter College, New York, NY, (68 hours 2014)

EMG/NCS Electrophysiological: Basic, Intermediate, Advanced, Pathology
Hands On Diagnostics (HODS) - Astoria, NY (2014-2017)

MSKUS Neuro-Musculoskeletal Ultrasound Imaging: Upper Extremity, Lower Extremity,
Pathology, Mentorship, Hands On Diagnostics (HODS) - Astoria, NY (2014-2017)

ANNUAL HODS SYMPOSIUM – HANDS ON DIAGNOSTICS (HODS) - Astoria, NY
(2014-2019)

McKENZIE MDT FOR PEAK PATIENT OUTCOMES - Denver, CO (July 2013)
Audrey Long BSc, PT, Dip. MDT

ROTATOR CUFF & OTHER SHOULDER DISORDERS - Carle Place, NY (September 2012)
Summit Professional Education, Eric Oestmann, PT, MS, Ph.D.

CYCLING SYMPOSIUM: A Multidisciplinary Approach to Treating the Cyclist Across Age,
Gender, Injury - New York University School of Medicine, New York, NY (March 2012)

SPORTS MEDICINE SYMPOSIUM - Stony Brook Department of Orthopaedic Surgery, Stony
Brook, NY (May 2011)

BREAST CANCER REHABILITATION, APTA Oncology Section - Farmingdale, NY (April 2011)

McKENZIE MDT CONFERENCE OF AMERICAS - Baltimore, MD, (August 2010)
Ron Schenk, Pt, PhD, OCS, FAAOM PT, Cert. MDT

MYOFASCIAL REBOUNDING - New York, NY, John F. Barnes, PT (August 2010)

SHOULDER INSTABILITY (OALI) - East Setauket, NY, Michael Sileo, MD, (February 2009)

MYOFASCIAL REBOUNDING - Key West, FL, John F. Barnes, PT (January 2009)

SHOULDER SURGERIES (OALI) - East Setauket, NY, Philip Shrank, MD / Michael Sileo, MD
(October 2008)

McKENZIE MDT CONFERENCE OF AMERICAS - Orlando, FL (July 2008)

MYOFASCIAL RELEASE WOMEN'S HEALTH SEMINAR - Sedona, AZ, John F. Barnes, PT
(February 2008)

MYOFASCIAL RELEASE FASCIAL-PELVIS - Boston, MA, Joan Miller, PT (October 2007)

MYOFASCIAL RELEASE CERVICAL-THORACIC - Cape Cod, MA, John F. Barnes, PT
(September 2007)

SPINAL SURGERIES - East Setauket, NY, Mark Stephens, MD (2007)

MYOFASCIAL RELEASE II - New York, NY, John F. Barnes, P.T. (May 2007)

MYOFASCIAL UNWINDING - New York, NY, John F. Barnes, P.T. (May 2007)

MYOFASCIAL RELEASE I - New York, NY, John F. Barnes, P.T. (May 2007)

McKENZIE MDT CONFERENCE - Montreal, Canada (August 2006)

McKENZIE PART C: PROBLEM SOLVING - Southside Hospital, Bay Shore, NY (June 2006)
Dana Greene, PT, Dip. MDT

MANUAL THERAPY & POSTURE CORRECTION FOR PATIENTS WITH
TEMPOROMANDIBULAR DISORDERS - Physical Therapy & Beyond, NY (January 2006)
Howard Makofsky, PT, DHSc, OCS

MANUAL THERAPY OF LUMBOSACRAL JUNCTION - NYIT Department of PT, New York, NY
(June 2005)

INTRODUCTION TO MANAGEMENT OF BREAST CANCER LYMPHEDEMA: AN
INTEGRATED APPROACH - Maryland (March 2005)

EXERCISE IN PRECONCEPTION, PREGNANCY AND POSTPARTUM: Combined Sections
Meeting - New Orleans, LA (February 2005) Jessica Drummond, MPT

MULLIGAN CONCEPT: MOBILIZATION WITH MOVEMENT, "NAGS," "SNAGS," AND MORE
FOR LOWER QUADRANT - Jamaica, NY (November, 2003) Julie Paolino, PT

BEYOND KEGEL: Evaluation and Treatment of Pelvic Muscle Dysfunction and Incontinence
and BEYOND KEGEL II: Advanced Topics and Special Population in Incontinence - New York,
NY (October 2003) Janet Hulme

MULLIGAN CONCEPT: MOBILIZATIONS WITH MOVEMENT, "NAGS," "SNAGS," AND MORE
FOR THE UPPER QUADRANT - Jamaica, NY (June 2003) Richard Crowel

FIRST INTERNATIONAL SYMPOSIUM ON FUNCTIONAL TRAINING AND REHABILITATION:
Boston, MA (May 2003) Ronald Rossetti

20TH ANNUAL HOUSTON EVERETT COURSE IN UROGYNECOLOGY - John Hopkins
University School of Medicine - Baltimore, MD (February 2003)

BRIAN MULLIGAN'S FOLLOW UP COURSE TO MOBILIZATION WITH MOVEMENT, "NAGS,"
"SNAGS," AND MORE - (November 2002) Julie Paolino, PT

NY PT ASSOCIATION: VESTIBULAR REHABILITATION - Huntington, NY (October 2002)

HOME STUDY COURSE: ORTHOPAEDIC INTERVENTIONS FOR SELECTED DISORDERS -
(July-December 2002)

AMERICAN PHYSICAL THERAPY ASSOCIATION ANNUAL CONFERENCE - Melville, NY
(October 2002)

McCONNELL LOWER EXTREMITY WORKSHOP - New York, NY (September 2002)
Jenny McConnell, PT, B. App. Sc., Grad. Dip. Man. Ther. Biomed. Eng.

McKENZIE NORTH AMERICAN CONFERENCE Credential/Diploma Seminar: Mechanical
Therapy in the Post-Surgical Patient

McKenzie and Strengthening Integration of MDT with Spinal Stabilization/Functional
Reactivation Manipulation Technique Workshop - Tucson, AZ (August 2002)

McKENZIE PART E: HUMAN EXTREMITIES: MECHANICAL DIAGNOSIS & THERAPY -
Syracuse, NY (June 2002)

MOBILIZATION OF THE NERVOUS SYSTEM - Southside Hospital, Bay Shore, NY (April 2002)
Adriaan Louw

RADIOLOGY FOR THE PHYSICAL THERAPIST - NYIT, Glen Cove, NY (February 2002)

MYOFASCIAL RELEASE & CRANIOSACRAL THERAPY: A TOTAL BODY APPROACH - Glen Cove, NY (January 2002) Cynthia Rowe, PT

APTA HOME STUDY "TYPICAL ROTATOR CUFF IMPINGEMENT SYNDROME": Orthopedic Section - (October 2001)

KINESIOTAPING - New York, NY (October 2001)

NYPTA CONFERENCE - Albany, NY (September 2001)

APTA SHOULDER HOME STUDY COURSE: Orthopedic Section - (September 2001)

MOBILIZATION WITH MOVEMENT "NAGS," "SNAGS," & MORE for the Upper Quadrant - Queens, NY (June 2001) Julie Paolino, PT

HOME STUDY "SOLUTIONS TO SHOULDER DISORDERS: Orthopedic Section - (June 2001)

THE MANAGEMENT OF THE CERVICOGENIC HEADACHE - Glen Cove, NY (May 2001)
Howard Makofsky, PT

APTA HOME STUDY "DISORDERS OF THE KNEE": Orthopedic Section (March 2001)

AN INTRODUCTION TO PILATES - International Weightlifting Association (February 2001)

CERTIFIED WEIGHT TRAINER - International Weightlifting Association (October 2000)

DIFFERENTIAL DIAGNOSIS IN PHYSICAL THERAPY - New York Physical Therapy Association, Alexandria, VA (October 2000)

MANAGEMENT & SURGICAL TREATMENT OF COMMON UPPER EXTREMITY INJURIES - New York Physical Therapy Association, Alexandria, VA (October 2000)

THE McCONNELL APPROACH TO THE PROBLEM SHOULDER - New York, NY (October 2000) Mary Kroth-Brunet, MS, PT

CERTIFIED IN MECHANICAL DIAGNOSIS & TREATMENT OF THE SPINE - McKenzie Institute (June 2000)

McKENZIE PART D: MECHANICAL DIAGNOSIS & THERAPY - Bay Shore, NY (November 1999) Robert Medcalf, PT, Dip. MDT

McKENZIE PART C: PROBLEM SOLVING - Bay Shore, NY (June 1999)
Dana Greene, PT, Dip. MDT LI DISTRICT NY PT ASSOCIATION

IDENTIFYING COMPENSATIONS & FAULTY MOVEMENT PATTERNS THAT INTERFERE WITH FULL RECOVERY OF MSK SYSTEM - Uniondale, NY (February 1999)

MOVEMENT STABILITY & LOW BACK PAIN: THE ESSENTIAL ROLE OF THE PELVIS - Lecture & Lab Queens, NY (January 1999) Diane Lee, BSR, MCPA, FCAMT
Andry Vleeming, PhD

PELVIC FLOOR DYSFUNCTION - Centereach, NY (December 1998) Hollis Herman, PT

McKENZIE PART B: CERVICAL & THORACIC SPINE: MECHANICAL DX & THERAPY - Bay Shore, NY (November 1998) Phil Burchell, PT, Dip. MDT

THE LUMBAR SPINE REVISITED - New York, NY (October 1998) Jenny McConnell, PT, GDMT, M. Biomed. Eng.

McKENZIE PART A: MECHANICAL DIAGNOSIS & THERAPY: LUMBAR SPINE - Bay Shore, NY (May 1998) Dana Greene, PT, Dip. MDT

STONY BROOK SEAWOLVES SPORTS MEDICINE SYMPOSIUM - Stony Brook, NY (April 1998)

OCS - ORTHOPEDIC CERTIFIED SPECIALIST - American Physical Therapy Association, Alexandria, VA (March 1998)

APTA COMBINED SECTION MEETING - Boston, MA (February 1998)

MUSCULOSKELETAL DYSFUNCTION IN THE PREGNANT CLIENT - Colorado Springs, CO (October 1996) Jill Boissonnault, MS, PT Marla Bookhout, MS, PT

FELDENKRAIS METHOD: A TWO-DAY INTENSIVE WORKSHOP - Stony Brook, NY (July 1996)

RECENT ADVANCES IN THE TREATMENT OF LOW BACK PAIN - Columbia University Medical Center, New York, NY (June 1996)

APTA LUMBAR SPINE HOME STUDY COURSE: Orthopedic Section (September 1995)

APTA INSTRUCTOR TRAINING IN PRENATAL & POST-PARTUM EXERCISE - Cape Cod, MA (August 1995) Elizabeth Noble, PT

MOTHER MASSAGE: MASSAGE DURING PREGNANCY - Syosset, NY (July 1995) Elaine Stillerman, LMT

SOFT TISSUE MOBILIZATION: MYOFASCIAL RELEASE - Syosset, NY (May 1995) Theresa A. Schmidt, MSPT, OCS, LMT

APTA ELECTRO-TREATMENT OF ORTHOPEDIC DISUSE ATROPHY – Caribbean (May 1995) Gad Alon, PhD, PT

CERVICOTHORACIC INTEGRATION (CTI) - Long Island, NY (December 1993, 1998) Jeffrey Ellis, PT, MTC

LOWER EXTREMITIES HOME STUDY COURSE: Orthopedic Section (August 1993)

APTA REVIEW FOR ADVANCED ORTHOPEDIC COMPETENCIES: Orthopedic Section Seattle, WA (July 1993)

APTA UPPER EXTREMITIES HOME STUDY COURSE: Orthopedic Section (June 1993)

WHOLE SPINE STABILIZATION - New York, NY (April 1993) Stanley Paris, PhD, PT

SPORTS MEDICINE SYMPOSIUM - Long Island, NY (February 1993)

SHOULDER MECHANICS & REHABILITATION - Long Island, NY (January 1993) Robert Donatelli, MA, PT, OCS

McCONNELL PATELLOFEMORAL TREATMENT PLAN - Breckenridge, CO (March 1992) Maureen Leeson, PT

FUNCTIONAL ORTHOPEDICS (FO1) - Long Island, NY (August 1991)

LUMBOPELVIC INTEGRATION (LPI) - Braintree, MA (July 1991, 1998) Jeffrey Ellis, PT, MTC

FUNCTIONAL STABILIZATION FOR LOW BACK DISORDERS - West Hartford, CT (May 1991)
Beverly Biondi, PT

DIAGNOSIS & TREATMENT OF MUSCLE IMBALANCES ASSOCIATED WITH REGIONAL
PAIN SYNDROMES, Level II - NJ (February 1991) Shirley Sahrmann, PhD, PT

PRACTICUM IN DIAGNOSIS & TREATMENT OF MUSCLE IMBALANCES - Rusk Institute,
New York, NY (December 1990) Wendy Sarver, PT

DIAGNOSIS & TREATMENT OF MUSCLE IMBALANCES ASSOCIATED WITH REGIONAL
PAIN SYNDROMES, Level I – New York University, New York, NY (November 1990)
Shirley Sahrmann, PhD, PT

MOTOR LEARNING & CONTROL - Columbia University, New York, NY (October 1990)

INTERNATIONAL ISOKINETIC CONGRESS - Lake Tahoe, NV (April 1989)

S1 - INTRODUCTION TO SPINAL EVALUATION AND MANIPULATION - Washington, D.C.
(October 1988) Michael Irwin, PT

MEMBERSHIPS:

AMERICAN PHYSICAL THERAPY ASSOCIATION: (1986-Present)
Orthopedic Section, Section on Woman's Health, Private Practice Section

CPR/BLS (CPR and AED) Certified - American Heart Association (1986-Present)