

Curriculum Vitae

Dr. Emily Soiney Iverson, PT, DPT, PRC, CST-T, RYT

PROFESSIONAL QUALIFICATIONS

Licensed Physical Therapist (PT) since June 2004, Oregon license #5262.

Postural Restoration Certified practitioner (PRC), December 2012. Owner of first Certified Postural Restoration Center on the West Coast.

Upledger Institute Certified Cranio-Sacral Therapist techniques level (CST-T), June 2009.

Registered Yoga Teacher (RYT), Graduate of both Core Power 200-hour training July 2006 and of Amrita: a sanctuary for yoga 200-hour training August 2007.

Trigger point dry needling certified in specific states.

EDUCATION

2004 Clinical Doctorate in Physical Therapy (DP) from the University of Minnesota, Minneapolis, MN. Magna Cum Laude.

1997-2001 Bachelors of Science in Exercise and Sport Science and Bachelors of Arts in International Studies with a minor in Spanish from Oregon State University, Corvallis, OR. Magna Cum Laude.

1996-1997 Santa Clara University, Santa Clara, CA. Honors Program.

PROFESSIONAL EXPERIENCE

June 2009 to present: Shine Integrative Physical Therapy, Portland, OR

Owner, director and lead physical therapist of the first certified Postural Restoration Clinic on the West Coast. My clinic offers Postural Restoration, manual therapy, craniosacral therapy, exercise instruction, gait training, yoga therapy and individualized rehabilitation programs. I provide visceral mobilization, orthotic fitting, and vestibular rehabilitation. I network with many other health care professionals to ensure optimal outcomes for our clients. Our mission is to empower individuals of all ages and abilities to maximize function and minimize symptoms with integrative care.

September to December 2017: Physical Therapist for Lady Gaga's World Tour "Joanne"

November 2011 to August 2015: Shine Yoga, Portland, OR
Studio owner, director and instructor for therapeutic yoga studio. Developed and instructed Postural Restoration-Inspired Yoga for PT clients and studio members.

August 2007 to June 2009: Therapeutic Associates Inc. Bethany PT Clinic, Portland, OR
Treated primarily adult orthopedic manual therapy clients. Underwent extensive training in joint and tissue mobilization, Postural Restoration Institute, craniosacral therapy, yoga therapy, etc.

December 2004 to August 2006: Courage St. Croix, Stillwater, MN
Provided pediatric and adult outpatient physical therapy. Treated patients with complex orthopedic and neurological diagnoses in clinic, pool, home and school settings.

June 2004 to December 2004: Mercy Hospital-Sister Kenny Institute, Coon Rapids, MN
Provided outpatient pediatric PT services as part of an intra-disciplinary therapy team.

YOGA TEACHING EXPERIENCE

August 2016 to January 2017: Canadian Hockey League
Initiated and taught all classes for the Portland Winterhawks team and staff.

September 8-9, 2014, Postural Restoration Institute: Integration for Yoga, Portland, OR
Developed and instructed for the only course for yoga teachers and health care providers to outline my application of PRI to the ancient art of yoga.

November 2011 to August 2015: Shine Yoga, Portland, OR
Taught therapeutic workshops and class series for current PT clients and the community.

May 2011 to present: Guest instructor for yoga teacher trainings; various studios in OR
Examples: 6-hour Therapeutic Adaptations as well as Subtle Anatomy workshops at a vinyasa studio, a 20-hour anatomy training for Bikram studio teachers-in-training.

January 2007 to February 2011: Amrita– a sanctuary for yoga, Portland, OR
Taught two weekly classes, therapeutic yoga workshops, and continuing education courses. Lead instructor of Anatomy and Asana, a yearlong course for teacher trainers.

October 2006 to June 2009: Bethany Yoga at TAI Bethany PT Clinic, Portland, OR
Sole teacher of therapeutic workshops and bi-weekly classes for patients and community.

March 2007 to March 2008: Heart Song Yoga and Wellness, Beaverton, OR
Taught therapeutic workshops and weekly prenatal, mom and baby, and kids classes.

April 2006 to June 2006: Living Tree Yoga Center, Lake Elmo, MN
Developed and facilitated weekly classes for school-age children with special needs.

CONTINUING EDUCATION

The Barral Institute Neural Manipulation 3: Peripheral Nerves; Lower Body, October 19-21, 2018, Albuquerque, NM. 18 hrs.

The Barral Institute Neural Manipulation 2: Peripheral Nerves; Upper Body, October 5-7, 2018, Minneapolis, MN. 18 hrs.

Mana Lomi Level 1, August 12-14, 2018. Portland, OR. 24 hrs.

The Barral Institute Neuromeningeal Manipulation: An Integrative Approach to Trauma, May 18-20, 2018, Portland. 18 hrs.

The Barral Institute Visceral Manipulation 3: The Pelvis, April 12-14, 2018, Portland. 28 hrs.

Spinning beyond basics: An advanced vestibular rehabilitation course. May 21-22, 2016, Portland, OR. 15 hrs.

Postural Restoration Institute (PRI): Advanced Integration, Dec 4-7, 2014, Lincoln, NE. 30 hrs.

PRI Integration for the Home, Oct 12-13 2014, Salem, OR. 15 hrs. Teaching assistant.

PRI Postural Respiration, May 4-5, 2014, Salem, OR. Teaching assistant.

PRI Postural Respiration, February 22-23, 2014, Portland, OR. Teaching assistant.

PRI Vision: Moving Beyond Sight. Nov 23-24, 2013, Chandler, AZ. 15 hrs.

Osteopathic Methods Tutorial by Jeffrey Burch, Rolfer, LMT, CST. July 2013 – March 2014, Portland, OR. Topics: vasculature, neural, myofascial, visceral mobilization. 18 hrs.

PRI Cervical-Cranio-Mandibular Restoration, Nov 9-10, 2013, Salem, OR. Teaching assistant.

The Barral Institute Visceral Manipulation 2: The Abdomen, June 20-23, 2013, Portland. 28 hrs.

PRI Myokinematic Restoration, Feb 9-10, 2013, Portland, OR. 15hrs.

PRI Advanced Integration, Dec 6-9, 2012, Lincoln, NE. Course followed by 2 days Postural Restoration Certification testing where I earned my PRC.

PRI Instability and Impingement, Oct 7-8, 2012, Salem, OR. 15 hrs.

PRI Pelvis Restoration, March 11-12, 2012, Salem, OR. 15 hrs.

Movement Symptom Syndromes of Lumbar Spine and Hip: Relationships and Implications, Shirley Sahrmann, PT, PhD, FAPTA. Dec 3, 2011, Portland, OR. 6 hrs.

PRI: Postural Respiration, May 22-23, 2011, Salem, OR.

The Upledger Institute Somato-Emotional Release 2, April 25-26, 2011. Portland, OR. 28 hrs.

PRI Myokinematic Restoration, Jan 23-24, 2011, Salem, OR. 15 hrs.

The Upledger Institute Chinese Medicine in Craniosacral Therapy, Oct 7-10, 2010 Seattle, WA. 26 hrs.

Kineticare: Triggerpoint Dry Needling 1, Oct 22-24, 2010. Brighton, CO. 27 hrs.

Primal Reflex Release Technique, Mar 27-28, 2010, Talent, OR. 18 hrs.

OPTA Therapeutic Management of the Hip with Post-operative Guidelines for Hip Arthroscopy and Resurfacing, Jan 30, 2010. Portland, OR. 8 hrs.

The Upledger Institute: CranioSacral Therapy 3, Jan 3-6, 2009, San Francisco, CA. 28 hrs.

The Barral Institute Visceral Manipulation 1: Abdomen, October 9-12, 2008, Lynnwood, WA. 28 hrs.

Explain Pain by Adriaan Louw, PT, MAppSc, GCRM, CSMT. May 31-June 1, 2008. Portland, OR. 14 hrs.

North American Institute of Manual Therapy (NAIOMT) Manual Therapy for the Fascial System, April 2008, Seattle, WA. 10hrs.

The Upledger Institute CranioSacral 2, January 10-13, 2008, Seattle, WA. 28 hrs.

The Upledger Institute CranioSacral Therapy 1, November 8-11, 2007, Bend, OR. 28 hrs.

NAIOMT Level 2 Intermediate Lower Quadrant Part A: Extremities August 24-26, 2007 and Part B: Spine, Sept 21-23, 2007, Portland, OR. 42 hrs.

NAIOMT Extremity and Spinal Joint Manipulation Program: Selection, Indication and contradictions for HVLAT, Sept 8-9, 2007, Hillsboro, OR. 12 hrs.

NAIOMT Level 2 Intermediate Upper Quadrant: Part A, March 16-18, 2007 and Part B April 13-15, 2007, Seattle, WA. 42 hrs.

PRI Impingement and Instability, March 10-11, 2007, Lincoln, NE. 15 hrs.

PRI Advanced Integration, December 7-10, 2006, Lincoln, NE. 15 hrs.

NAIOMT Spinal Instability, Sept 30-Oct 1, 2006, Seattle, WA. 12 hrs.

PRI Cervical-Cranio-Mandibular Restoration, April 29-30, 2006, Woodbury, MN. 16 hrs.

PRI Postural Respiration, Aug 20-21, 2005, Edina, MN. 16 hrs.

APTA Section on Pediatrics, Advanced Clinical Practice in Pediatric Physical Therapy Course, Oct 29-31, 2004, Minneapolis, MN. 14 hrs.

PRI Myokinematic Restoration, Jan 2004, Edina, MN. 16 hrs.

PROFESSIONAL AFFILIATIONS

2001 to present: American Physical Therapy Association (APTA) member

2006 to present: Oregon Physical Therapy Association member

2010 to present: APTA Private Practice section member

2009-2011: Oregon Physical Therapists in Private Practice (OPTIP) member

PROFESSIONAL HONORS

2015 Portland Monthly Magazine's Best Physical Therapist

2015 Open Care Patients Choice Winner

PROFESSIONAL PUBLICATIONS

Meyer, Kristen E and Saether, Erin E and Soiney, Emily K and Shebeck, Meegan S and Paddock, Keith L and Ludewig, Paula M. (2008). Three-dimensional scapular kinematics during the throwing motion. Journal of applied biomechanics, 24. www.biomedsearch.com/nih/Three-dimensional-scapular-kinematics-during/18309180.html