



Gail Bohman, MA, T, PT, SCS, AT-Ret
3881 Foley's Trail
Lexington, KY, 40514
859-433-3018

May 26, 2017

Dr. Constantinou,

I am submitting my name for consideration for one of the positions on the IFSPT Executive Board. What an honor to be asked to apply for a position on his board representing the Sports Physical Therapy Section of the American Physical Therapy Association. It would be a privilege to serve on this board dedicated to the sharing of information and ideas focused on the care and treatment of athletes.

When Mike Voight and Mark DeCarlo discussed the formation of the IFSPT with the SPTS in 2004, I remember thinking what a great opportunity for our section to share what we do, learn what others in the world are doing and to become involved internationally in the sports physical therapy arena. I felt we had information to share but more importantly, we could learn so much from the rest of the world. What a great format for sharing information. When I meet Laetitia Dekker-Bakker, then president of the IFSPT, at our annual meeting of the Combined Sections in 2005, I realized this organization was something with which the SPTS needed to be involved. The discussion I had with her peaked my interest and wanted to be involved in some way.

I have been actively involved with the SPTS since 1992. I have served both the section and the association in a variety of capacities over the years. The roles, responsibilities and experiences I have had in my various roles within the association and section will be of benefit to the IFSPT.

Upon becoming a Sports Clinical Specialist (SCS), I began writing questions for the sports specialty examination which lead to my appointment to the Specialty Academy of Content Experts (SACE). After 2 years of serving in this capacity, I was appointed to the Sports Specialty Council working on the certification examination and development of the criteria defining what skills and knowledge are necessary to be a sports clinical specialist. This lead to my appointment to the American Board of Physical Therapy Specialist (ABPTS) serving as Chair my 4th year. My involvement with ABPTS during the beginning stages and my understanding of specialization and board certification could be used to help the IFSPT with the development of general criteria for specialization certification. Along the way, there were many mistakes made by our association. I feel we finally developed a good process for recognizing clinical excellence in a defined area of practice, specifically sports medicine. Drawing on these experiences, I could help the IFPTS with the advancement and implementation of the specialization process.

I have served the SPTS educationally, first as the Educational Team Leader and then as the program chair for our annual meeting, a position I held for 6 years. My responsibilities included working with the Sports Section special interest groups and the APTA to develop programming for this meeting that was new, innovative and evidence based. This was also a way to develop speakers through mentoring of young speakers by the older, more seasoned speakers. The process of paring novice speakers with seasoned speakers has successfully developed and grown the speaker pool.

Another area of involvement at the national level is my appointment to the American Board of Physical Therapy Residencies and Fellowships (ABPTRFE), a board charged with the accreditation of residencies and fellowships in defined areas of clinical practices. This board was developed to enhance the educational preparation of the clinicians in specific areas of physical therapy. Initially I reviewed applications and conducted site visits for the clinics applying for accreditation. I was appointed to the board for a 4-year term, serving as chair the 3rd year. I am currently on the council responsible for overseeing the teams reviewing the applications, ensuring the policies for accreditation are followed.

I feel that the skills and knowledge I gained through my service to the SPTS and the APTA would be an asset to IFSPT in taking the association to the next level. I have included my abbreviated CV for you and the board to review. I will be attending the meeting in Belfast in October and look forward to seeing all of you again and answering any questions you may have.

Sincerely,

Gail Freidhoff-Bohman, MA, T, PT, SCS, AT-Ret.

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CURRICULUM VITAE

Gail C. Freidhoff, MA,T, PT, SCS, AT-Ret

Employment

Bauman Physical Therapy, 615 Delzan Place, Lexington, KY 40503

Education

Year	Degree/Major-	Institution
1968-1972	B.S. H.P.E.R.	Indiana University of PA, Indiana, PA
1973-1976	Phys. Ed/Sports Med	Slippery Rock State College, Slippery Rock, PA
1976-1977	MA.T. Phys. Ed/Sports Med	University of NC at Chapel Hill, Chapel Hill, NC
1981-1982	Cert. Physical Therapy	Emory University, Atlanta, GA

Licensure: PT-002357 Kentucky, 1993-present
AT-AT568, Kentucky 2005-2015 (Ret status)
NATABOC 00002488, 1978-2015 (Ret status)
PT-03532 Ohio, 1984-2003
AT-00047 Ohio, 1984-2003
PT-Georgia 1982-1986
PT-Texas 1982-1984

Continuing Education

October	2000	First International Mulligan Symposium, Northeast Seminars, Chicago, IL
June	2004	Instructors Certification Course for Mat and Equipment, Power Pilates of New York, Lexington, KY
April	2014	Dr. Ma's Integrative Dry Needling Certification Course, Lexington, KY

Employment and Positions Held:

1972-1973	Health teacher/Coach,	Shenango Area Schools	New Castle, PA
1973-1976	Phys.Ed. teacher/coach	Lincoln High School E	Ellwood City, PA
1976-1977	Teaching asst./Student Trainer	University of N.C.	Chapel Hill, NC
1977-1980	Health/Phys.Ed/AT/Coach	Wilson County Schools	Wilson, NC
1982-1984	Staff Physical Therapist	Baylor Univ. Med. Center	Dallas, TX
1984-1993	Physical Therapist/Mgr Sp.Med	Lima Memorial Hospital.	Lima, OH
1993-1998	Asst. Prof. of Physical Therapy	University of Kentucky	Lexington, KY
1998-2010	Senior Physical Therapist	UK Sports Medicine	Lexington, KY
2010-present	Staff Physical Therapist	Bauman Physical Therapy	Lexington, KY

Publications

- 1."Pilot Assessment of the Biodex Stability System with Normals: Test/Retest and Day to Day Reliability", Freidhoff G, Malone T, Smith S, submitted to Sports Physical Therapy Section of the American Physical Therapy Association for presentation at the 1995 Combined Sections Meeting. Not accepted.
2. "Anthropometric, Muscular Fitness, and Injury History Comparison by Gender of Youth Soccer Teams", Nyland J, Caborn D, Brosky J, Kneller C, Freidhoff G, Journal of Strength and Conditioning Research, vol.11, no. 2, pp 92-96, May, 1997.
3. "To Brace or Not to Brace?", Malone T, Freidhoff G, Biomechanics, pp 23-29, May 1997.
- 4."OKC vs CKC - Realities of Use", Freidhoff G, Malone T, Davies G, Biomechanics January 1, 1998.
- 5."Upper-Body Power as Measured by Medicine-Ball Throw Distance and its Relationship to Class Level Among 10- and 11-Year-Old Female Participants in Club Gymnastics", Salonia MA, Chu DA, Cheifetz PM and Freidhoff GF. The Journal of Strength and Conditioning Research, Vol. 18, No. 4, pp. 695-702.
5. "Psychological Contributions to Sports Injuries", Freidhoff G, Eiland G, Sports a Certified Specialist Examination Preparatory Course, Manske R, Tyler T editors. 2012.
6. "Application of Therapeutic Exercise Using Sample Protocols" (Chapter 20). DeCarlo M, Freidhoff G, Tyler T, Bandy WD. Bandy WD and Sanders B editors. Therapeutic Exercise for Physical Therapy Assistants. Lippincott, Williams, and Wilkins. 2013; pp 509-520.

Posters

1. "Effects of McConnell Shoulder Taping Techniques On RSD Due To Chronic Shoulder Instability", accepted for presentation at the KPTA Fall Conference, October 1997, Louisville, KY.
2. "Case Study: Tape Management of Upper Extremity Reflex Sympathetic Dystrophy Due To Chronic Shoulder Dislocations", accepted for presentation by the Orthopedic Section of the APTA for the Combined Sections Meeting, February, 1998.

Video

"Steroids: A Hollow Victory!" - Educational video. Was sent to all high schools in Ohio, the High School Athletic Associations in each of the 50 states and in college athletic training rooms.

Grant Activity

\$16,900 University of Kentucky Medical Center Research Grant awarded 6/30/94 to investigate the relationship between static and dynamic balance in normals and ACL reconstructed patients.

Research

1995 - 1996 - "EMG Activity in the VMO and VL in Subjects With and Without Patella Femoral Pain." Peckenpaugh C SPT, Advisor for this research project
1995 - 1996 - "Reliability and Validity Study of the FASTEX as a Device to Measure Balance and Stability." Morvai A, SPT, Heath K, SPT and Fritz S, SPT - Advisor for this research project.
1996 to 1997 - "Reasons Sports Medicine Section Members Do Not Take The Sports Specialist Certification Examination." Beimesche J, SPT and Reister M, SPT. Advisor for this research project. Submitted to JOSPT September 1997, Rejected, November, 1998
1997 -1998 - "The use of NAGS, SNAGS and MWMs in the Treatment of the Acute Ankle Sprains." Roberts L, SPT and Shields S, SPT, Advisor for this research project.
1997 to 1998 - "The Subtalar Sling vs the Traditional Closed Basket-weave Taping Technique on Ankle Stability." Weller A, SPT and Harr M, SPT Advisor for this research project.

Academic Appointments

Adjunct faculty Physical Therapy Assistant Program - Lima Technical College, Lima OH, 1992-1993
Assistant Professor of Physical Therapy - University of Kentucky 1993-1998
Adjunct Clinical Faculty, Physical Therapy Division - University of Kentucky 1999-2005
Adjunct Faculty, DSc Physical Therapy Program, Sports Medicine Tract, Rocky Mountain Univ of Health Professions 2000-2005
Adjunct Faculty, MS-AT Program Rocky Mountain University of Health Professions 2003

Honors and Awards

1994 Featured in the article, "Portraits of Women in Physical Therapy" published in *PT Magazine*, November, 1994
1997 Alpha Eta Honorary Society, University of Kentucky chapter
2004 Sports Physical Therapy Section Service Award
2008 Sports Physical Therapy Section Special Recognition
2010 Outstanding Physical Therapist, KY Physical Therapy Association
2013 Ron Peyton Award, SPTS
2016 Turner A. Blackburn Lifetime Achievement Award, SPTS Hall of Fame

Specialty Board Certification

1978 National Athletic Trainers Certification (ATC) by the National Athletic Trainers Association
1992 Certified Sports Clinical Specialist (SCS) by the ABPTS of the APTA
2004/2013 Re-certified as Sports Clinical Specialist (SCS) by the ABPTS of the APTA

Professional Service-Committee and Board Appointments

1993-1996 Item writer for the Sports Specialty Examination, appointed
1995-1999 Anghoff Procedure for the Sports Specialty Council passing point for SCS, appointed
1995-1996 Specialization Academy of Content Experts, Sports Medicine Specialist representative, appointed
1996-1999 Sports Specialty Council of the ABPTS, appointed
1998 Strategic Planning Committee of the SPTS, appointed
1999-2001 Educational Team Leader of the SPTS, appointed
2000-2003 American Board of Physical Therapy Specialties, appointed
2002-2008 Program Chair Sports Physical Therapy Section of the APTA, appointed
2005-2010 APTA Residency Credentialing Committee, Site Evaluator, appointed
2007-2013 Member At Large Sports Physical Therapy Section of the APTA, elected
2010-2014 ABPTRFE Board member, appointed (Chair, 2012-2013)
2013-2015 CSM Steering Committee of APTA, appointed
2013-2018 NEXT Annual Conference Education Committee of APTA, appointed (Chair 2015-2016)
2014-2018 ABPTRFE Accreditation Council for ABPTRFE, appointed
2017-2020 Joint Commission on Sports Medicine and Science Board, appointed

Volunteer Services

1980 U.S. Olympic Training Center, Volunteer Athletic Trainer, Colorado Springs, CO
1986 Pan Am Games, Volunteer Athletic trainer, Indianapolis, IN
1991 AAU Olympic National Track & Field Meet, Volunteer Athletic Trainer, Chapel Hill, NC
1994 National Handicapped Sports/Hartford ITT Ski Spectacular, Volunteer Ski Instructor, Baltimore, MD
1994/1996 National Handicapped Sports/Hartford ITT Ski Spectacular, Volunteer Ski Instructor, Breckenridge, CO
2012/2013 Emory University South Georgia Farmworkers Healthcare, Volunteer CI for Emory PT students Valdosta, GA
2014 Endeavor Games, University of Central Oklahoma, Medical Volunteer, Edmond, OK

May 25, 2017

International Federation of Sports Physical Therapy (IFSPT)

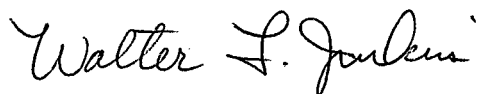
Dear IFSPT Board Members,

I am responding to your call for nominations for the IFSPT Executive Board election this coming fall. The Sports Physical Therapy (SPTS), American Physical Therapy Association (APTA) Executive Committee has met, discussed a variety of candidates and selected Gail (Cookie) Freidhoff-Bohman as the SPTS nominee for election to the IFSPT Executive Board.

It is my distinct honor and pleasure to nominate Cookie. She has a long history of being a SPTS member, an engaged member, and someone who has served SPTS in many capacities. She is hard-working, a team player and a collaborator who embodies the inclusive spirit in both of our organizations. Cookie has worked in a variety of roles within SPTS. She is a former SPTS Executive Committee member and has worked closely with national meeting programming, fellowship and residency programs, and our specialization certification. In particular it is important to emphasize that she is someone who selflessly works toward common organizational goals with both passion and integrity. We consider her to be a very well respected colleague within SPTS whose body of work is diverse and significant.

We believe Cookie would be an excellent addition to the IFSPT Executive Committee. If there is anything further I can do to assist with this nomination or with the election please let me know.

Respectfully submitted,

A handwritten signature in cursive script that reads "Walter L. Jenkins".

Walter L. Jenkins, PT, DHS, ATC
Sports Physical Therapy Section, President 2016-2019