

## CURRICULUM VITAE

**JULIE BETH BARNETT, PT, DPT, MTC**  
9631 Huebner Ave  
San Antonio, Texas 78229  
210-616-0646

### LICENSURE

Texas State License - 1-4315-6

### CERTIFICATION

Manual Therapy Certification (MTC): Competency in Soft Tissue and Joint Manipulation, Theory and Techniques. 1994

### EDUCATION

Rocky Mountain University of Health Professions  
Doctorate in Physical Therapy  
Provo, Utah  
October 2004

University of Texas Medical Branch, Galveston  
BS in Physical Therapy, School of Allied Health Sciences, August 1985

Baylor University, Waco, Texas  
Pre-Physical Therapy, 1980-1983

Exchange student, Venezuela  
Fluent in Spanish, 1979-1980

### EXPERIENCE

**ANNETTE M. ZAHAROFF, MD, PA: PM&R SPECIALIST** San Antonio, Texas  
February 2003-Present  
Director of Sports & Spine Physical Therapy

**ADJUNCT FACULTY UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER AT SAN ANTONIO** 1997-Current San Antonio, Texas

**SPINAL DYNAMICS** 1989-2003 San Antonio, Texas  
Owner of Sports & Spine Physical Therapy Clinic

**HEALTHSOUTH SPORTS MEDICINE AND REHABILITATION CENTER** 1987-1989 San Antonio, Texas  
Spine Coordinator  
Developed regional spine stabilization program

**JOHN SEALY HOSPITAL** 1985-1987 Galveston, Texas  
Staff Physical Therapist

### CONTINUING EDUCATION

2006 Kinesio Taping Fundamentals and Kinesio Taping for Upper and Lower Extremity Workshop. Dallas, Texas.  
2005 Ethics Workshop.  
2004 Biomechanics of the Cyclist: Fit, Function and Pathology. Dallas, Texas.

- 2004 Doctorate in Physical Therapy.
- 2003 TPTA - It's Up To Me in 2003: Putting the Pieces Together. Annual Conference;  
Ethics Workshop.
- 2002 Survival Strategies: Strategic Planning Seminar and Consulting;  
Building the Practice & How to Add Patients and Services
- 2001 Coding and Billing for Therapy and Rehab.
- 2000 APTA National Conference.
- 1999 Physical Therapy 1999: The Annual Conference: Exposition of the American  
Physical Therapy Association, June 1999, Washington D.C.
- 1997 Orthotic Reaction: The Art and Science of Locometer Biomechanics and Foot  
Orthoses Physical Therapy Department at the UTHSC at San Antonio, Texas, February  
1997.
- 1996 Manipulation Thrust, Institute of Graduate Health Sciences, February, 1996, St.  
Augustine, Florida.
- 1995 USTA National Conference on Sports Medicine in Science and Tennis, April 1995,  
Key Biscayne, Florida;  
Cervicothoracic Stabilization Training, Northeast Seminars, May, 1995, Dallas,  
Texas.
- 1994 The McConnell Approach to the Problem Shoulder, June 1994  
Albuquerque, New Mexico;  
Paris Certification in Manual Therapy  
Institute of Graduate Health Sciences, May 1994.
- 1993 E-1 Extremity Evaluation and Manipulation  
Institute of Graduate Health Sciences, July 1993  
Columbus, Ohio;  
Paris Certification  
Institute of Graduate Health Sciences, December 1993  
Vail, Colorado.
- 1992 Evaluation and Management of the Cervical Spine  
Dogwood Institute (Steve Krause, PT) July 1992  
San Antonio, Texas;  
Craniosacral Therapy Level I  
Upledger Institute, July 1992  
Dallas, Texas;  
MF-1 Myofascial Manipulation.  
Institute of Graduate Health Sciences, May 1992  
San Francisco, California;  
Building Budgeting Skills  
National Seminars Group, April 1992  
San Antonio, Texas;  
Fine Tuning Your Private Practice  
Dogwood Institute, March 1992  
Scottsdale, Arizona;  
Functional Stabilization Training for Low Back Disorder  
Back in Action (Beverly Biondi, PT) January 1992  
San Antonio, Texas.
- 1991 S-1 Advanced Evaluation and Manipulation of Pelvic, Lumbar, and Thoracic Spine  
Institute of Graduate Health Sciences, December 1991  
Vail, Colorado;  
Evaluation and Management of the TMJ: Recognition of the Cervical Spine

- 1991 Dogwood Institute (Steve Krause, PT) July 1991  
Cont'd San Antonio, Texas;  
Functional Orthopaedics I  
Institute of Physical Art, July 1991  
East Lansing, Michigan;  
Cervical Lumbar Spine, State-Of-The-Art  
San Francisco Spine Institute, March 1991  
San Francisco, California.
- 1990 Pelvic Girdle: Structure-Function-Evaluation-Treatment  
Richard Jackson, PT, April 1990  
Boston, Massachusetts;  
Introduction to Feldenkrais Method  
Physical Therapy Alumni Association, March 1990  
San Antonio, Texas;  
Lotus 1-2-3  
Northside Independent School District, February 1990  
San Antonio, Texas.
- 1989 S-3 Advanced Evaluation and Manipulation of the Craniofacial Region, Cervical and  
Upper Thoracic Spines  
Institute of Graduate Health Sciences, December 1989  
Vail, Colorado;  
How to Implement and Manage a Physical Therapy Private Practice  
Dogwood Institute, September 1989  
Washington, D.C.;  
Taking It To The Top  
Meeting Planners, April 1989  
Phoenix, Arizona;  
Aggressive Nonsurgical Rehabilitation of Lumbar Spine and Sports Injuries  
Seton Medical Center, March 1989  
San Francisco, California;  
Functional Relationships of the Lower Half  
Richard Jackson, PT, January 1989  
Eureka, California.
- 1988 The Challenge of the Lumbar Spine  
American Back Society, November 1988  
San Antonio, Texas;  
Bloodless Care for the Painful Back  
University of Texas Health Science Center Dallas, April 1988  
Dallas, Texas;  
McKenzie - I, Mechanical Therapy of the Lumbar Spine  
McKenzie Institute, March 1988  
Kansas City, Missouri.
- 1987 Evaluation and Treatment of Low Back and Hip Disorders  
St. Luke's Orthopaedic Department, October 1987  
San Antonio, Texas;  
Autotractor - Clinical Practicum I  
Chattanooga Corporation, September 1987  
Greensboro, North Carolina;  
S-1 Introduction to Spinal Evaluation and Manipulation  
Institute of Graduate Health Sciences, August 1987

- 1987 Missoula, Montana;  
Cont'd B-200 Computerized Back Training Course  
Isotechnologies, July 1987  
Spartenburg, South Carolina;  
California Back School Trainers Course  
Spine Evaluation and Training Team, Inc., May 1987  
Kentfield, California.
- 1986 Sports Medicine Symposium  
University of Texas Health Science Center, January 1986  
San Antonio, Texas.

### **PROFESSIONAL PRESENTATIONS**

- 2006 Health and Fitness for Persons with Disabilities. City of San Antonio Disability Committee.
- 2004 Overuse Injuries in Runners. Doctorate research. Lecture to Austin Physical Therapy Assistant students.
- 2003 Core Stabilization Principals. Co-presenter for UTHSC PT orthopedic students in San Antonio.
- 2002 to Present "If It's Bent or Broke - How To Fix It". Injury prevention and treatment for triathletes.
- 2001 Cadaver Anatomy of the Shoulder and Knee with Case Studies. Presenter.
- 1999 "Prevention of Dance Injuries", Turning Point Studio, San Antonio, Texas.
- 1998 "Lumbar Functional Stabilization Training", Presentation of 2-day Course, Northeast Seminars, Pittsburgh, Pennsylvania;  
"Lumbar Stabilization: A Team Approach to Conservative Management of Lumbar Spine" Injuries. 2-day Seminar. Sponsored by: Central District Texas Physical Therapy Assoc. and PT Department at UTHSC, San Antonio, Texas.
- 1997 "Dynamic Functional Lumbar Stabilization in the Tennis Player", World Tennis Association Physical Therapists and Athletic Trainers, and the United States Tennis Association Sports Science Committee Meeting for Elite Tennis Coaches.
- 1996 to Present "Abnormal Gait Biomechanics", University of Texas Health Science Center Physical Therapy Kinesiology Class, Guest Lecturer as Adjunct Faculty.
- 1995 to Present "Lower Extremity Injury Prevention in Runners", San Antonio Police Academy.
- 1994 "Injury Prevention", Coca-Cola, San Antonio, Texas;  
"Injury Prevention in Performing Artists", Joffrey Ballet, San Antonio, Texas;  
"Lumbar Functional Stabilization Training", presenter of athletic back stabilization talk, Northeast Seminars with Beverly Biondi, PT, Dallas, Texas.
- 1993 "Back to Basics Back Care", American Association for Medical Transcription, Dallas, Texas;  
"Athletic Back Stabilization", Northeast Seminars, Boston, Houston, Phoenix, San Diego;  
"Stabilization Training: Conservation Management for Lumbar Spine Disorders", 3-day Seminar for MDs/PTs, Amarillo, Texas;  
"Stabilization Training", UTMB, School of Allied Health Alumni Reunion, Galveston, Texas.
- 1992 "Getting Back To Your Best", Northside Rotary Club, San Antonio, Texas.

- 1992 to Present "Injury Prevention in Runners", San Antonio Police Academy;  
"Physical Therapy as a Profession", Health Careers High School;  
"Nonsurgical Management of Musculoskeletal Injuries", Nationwide Insurance Adjusters;  
"Low Back Injury Prevention and Back Care", 400 on-line Coca-Cola Employees and Administrators.
- 1991 "Punctuate Your Posture", Texas Association for Medical Transcription;  
"Spinal Dynamics in the Work Place", Alamo Chapter of the American Association for Medical Transcription;  
"Ergonomics and Injury Prevention", City of San Antonio;  
"Prevention and Fitness - Cost Containment Program", Pilot Program for HEB Construction Workers;  
"Sports Injuries and Rehabilitation", Wheelmen, Volsports, Runners' Clubs;  
"Train to Excel", Junior Excellence Programs, including players and coaches, U.S. Tennis Association;  
"Deep Sea Diving and Sports Medicine Fitness Tips", divers' monthly meeting.
- 1990 "Pelvic Girdle Injuries in the Athlete", UTMB, Sports Medicine Symposium;  
"Scoliosis Screening", Northside Independent School District Nurses.
- 1989 "Back Care and Prevention", Biodynamic Corporation;  
"Injury Prevention", Professional Business Women's Association;  
California Back School Presentation, HealthSouth Corporate Planners;  
"Stabilization and Rehabilitation of the Lumbar Spine", Sports Medicine Symposium, Galveston, Texas;  
"Biomechanics of the Lumbar Spine", Sports Medicine Symposium, San Antonio, Texas.
- 1988 "Biomechanics of the Lumbar Spine: Relationship to Treatment", Sports Medicine Symposium, San Antonio, Texas.

#### **SPECIAL PROJECTS**

- 2003 Alvin Ailey Dance Theater from New York. PT coverage pre/post performance.
- 1995 Sausalito Summit: Development/Planning Meeting for Advanced Lumbar Stabilization Continuing Education Course for physical therapists to be taught in 1996.
- 1993 Ergonomic Analysis of Caremark Pharmaceutical Company work stations.

#### **PAPERS/CONTRIBUTING EDITOR**

- 2001 to Present "Salud!". Contributing editor for running magazine for south Texas;  
"The Pedaler" Monthly publication of the San Antonio Wheelmen cycling club.  
Contributing Editor.
- 2000 "In Prime Position": SEMG with Locometer Stabilization, J.B. Barnett, P.T., A.M. Zaharoff, M.D., Advance for Directors in Rehabilitation, February 2000, Pages 57-58.
- 1995 Stabilization Study Group, "A Different Look at the Mid Tarsal Joint", Northeast Seminars Faculty;  
Electromyography: Application in Physical Therapy - Surface EMG in Dynamic Lumbar Stabilization Training.
- 1994 Stabilization Study Group, "Analysis of Paravertebral Muscles and Gluteus Maximus/Medius in Athletic Activities", Northeast Seminars Faculty.

Julie Beth Barnett, PT, DPT, MTC  
CV - Page 6

**PROFESSIONAL ORGANIZATIONS**

American Physical Therapy Association  
Sports and Orthopaedic Physical Therapy Sections  
1993 - Mayor's Proclamation National Physical Therapy Month