

# Dr. Suzanne Martin, DPT, PMA®- CPT, CLT

www.pilatestherapeutics.com

Physical Therapist, Exercise Physiologist, Pilates/Performing Arts expert, Educator, Author



## Education

University of New Orleans, Louisiana, Humanities (1971-74)  
*B.F.A.*, Humanities, University of Southwestern Louisiana, Lafayette (1976)  
Connecticut College, American Dance Festival, Humanities (1976)  
*M.A.*, Humanities, Mills College, Oakland, California (1979)  
Peralta Colleges, California, pre-Physical Therapy (1988-95)  
University of California, Berkeley, pre-Physical Therapy (1989-94)  
*M.P.T.*, Samuel Merritt College, (Internships at Stanford Medical Center/ Kaiser Permanente) Oakland, California (1997)  
*D.P.T. Rocky Mountain University of Health Professions, Provo, Utah (2004)*

## Awards

**9/98:** California Chapter of the American Physical Therapy Association, for "Publication of Measuring Functional Range of Motion in the Ballet Dancers' Hips" in *Journal of Dance Medicine and Science ('98)*

## Certifications

\*\* John Maxwell Team: Coach, Mentor, Speaker: Leadership, Empowerment and Ethics

\*\*Certification: Pilates Method Alliance #10056, Gold-Certified Master Pilates Trainer, 2005-present

\*\*American College of Sports Medicine, Specialist in Exercise for Cancer #1008634; Exercise Physiologist #2103, 1988 –present  
Academy of Lymphatic Studies, Certified Lymphatic Therapist, 2009

St. Francis Memorial Hospital; Pilates Rehabilitation Trainer, 1988

American Council on Exercise; Group Fitness Instructor #F18109, 1988 -present

Moms on the Move, Pre-& Post-natal Exercise, 1988

State of California Teaching Credentials: University-level Dance 1979 (Forever); Physical Fitness Older Adults, 1980-1990

## Publications

2005: *Stretching*, Dorling Kindersley, Penguin Books \*\* Quick and Simple Award\*\*

2008: *15-minute Better Back*, Dorling Kindersley, Penguin Books

2010: *15-minute Stretching*, Dorling Kindersley, Penguin Books

2002-2006: *Dance Magazine: Dancer Health* column

2008-2014: *Dance Studio Life; A Better You* column

2017: *Topics in Geriatric Rehabilitation: Filling the Breast Cancer Survivor Gap of Care through Pilates-based Exercise Volume 33, Number 1; January-March 2017*

2017: *Topics in Geriatric Rehabilitation: Optimizing Function for the Older Adult with Degenerative Scoliosis through Pilates Environment Intervention; Volume 33, Number 1; January-March 2017*

2018: *Spinal Asymmetries and Scoliosis: Functional Solutions for the Spine, Ribcage and Pelvis: Handspring Publications, Scotland* \*\* Korean translation now in production

2018: *THE SSPOT: Creating Conservative Streams of Care for Youth with Scoliosis: Exercise, Lifestyle and Maintenance; Nova Science Publishers, Inc., 400 Oser Avenue, Suite 1600, Hauppauge, NY 11788 USA*

## Pilates Therapeutics® DVDs

2001: *The Upper Core; The Pelvic Core*

2007: *Scoliosis Management I and II; Step-Wise Approach to Post-Natal Restoration; Breast Cancer Survivor's Guide to Physical Restoration* \*\* Aegis and Accolades Honorable Mention Video Awards

2017: *The Activ-Wedge® Series: Assessment, Mat, Apparatus; Breast Cancer Restoration on the MOTR®; Abdominal/Pelvic Cancer Restoration on the MOTR®*

## Professional Affiliations

American PT Ass'n (APTA): PSIG Performing Arts, Foot/Ankle, Oncology, CPTA chapter, Orthopedics

Int'l Association of Dance Medicine and Science (IADMS)

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## Professional Affiliations, Cont'd

Performing Arts Medical Ass'n (PAMA)

Dance USA

Pilates Method Alliance (PMA)

## CURRICULUM VITAE

### Employment

Pilates Therapeutics® LLC, President, Educational Director, Continuing Education, 2002-present

Total Body Development, Private Practice Physical Therapy / Pilates/ Wellness, Alameda, CA, 1998-present

Smuin Ballet, Lead Physical Therapist/ Wellness Consultant, 1997-present

NeuroTour, Backstage Performing Arts Therapist, 2013-present

School of Ballet San Jose, Physical Therapist Advisor, 2014-

Shawl-Anderson Modern Dance Studio, Pilates Mat, 1983-present

Dance Studio Life Magazine, On-call Contributor

### Professional Organization Presentations

Pilates Therapeutics: 2011-18: Advanced Qualification Specialization Program Mentorship: Scoliosis, Breast Cancer, Foot, Performing Arts

Pilates Shanghai: 2 and 3-day Activ-Wedge Workshop: 3/16 and 10/18

Epilates, Seoul, Korea: 4-day Scoliosis Intensive, 4-day Breast Cancer Intensive 2-3/16; 4-day Scoliosis Intensive, 4 day Foot Management Intensive; 2-day Hypermobility Intensive: 3/ 19-3/29/17 and 10/18

Singapore Pilates: 3-Day Scoliosis Intensive 1/16; Hypermobility 3-day Intensive 8/17

Pilates Shanghai (China): 2-day Foot Course 12/15

Mbodies Academy: Scoliosis 3 –day 4/2015; Foot 3-Day 9-10/15; Activ-Wedge, Scoliosis and Foot Series October 2016

Center for Women's Fitness: Kuala Lumpur, Malaysia: Scoliosis 3-day 2014, Breast Cancer 3-day 2015

International Association of Dance Medicine and Science, 9 presentations from 1998- present (Pelvic Obliquity-High Hip:

Hartford 1998; Pelvic Obliquity-Low Hip: Miami 1999; Sacral Complex: Madrid 2001; Cavus Foot: NYC 2000, Common Foot Problems (SF 2008), hypermobility (UK 2015), Dance USA/Smuin Ballet demographics) (Seattle 2015), Laterality Explorations (Houston 2017)

Pilates Method Alliance®, 2011-17, Hypermobility, Scoliosis, Spine Safety, Breast Cancer, Pilates Foot, MOTR-cancer, Asymmetry, Posters on Pectus Excavatum, Scoliosis, Laterality, Kinetic Analysis

Physical Therapy Associations: Combined Section Meetings, APTA, (Louisiana, California) 2011; California APTA post-conference 1-day -2012: Pilates for Breast Cancer; Indiana APTA Pre-Conference 1-day-2002, Pelvic Core

BBU Rehab Summit (Arizona USA) 2009-2018: Scoliosis, Breast Cancer, Foot issues

Women's Health Certificate: (Kuala Lumpur, Malaysia) 2014 Scoliosis, 2015 Breast Cancer Restoration

Body Control Presenter 2013-present: (London, UK) Hypermobility, Scoliosis, Upper Core, Pelvic Core, ZOA, Spinal Asymmetry

California Education Connection, Continuing Education Course Presenter, 2008-2011: Scoliosis/ Hypermobility, Breast Cancer

Global Connect Presenter 2011: (Athens, Greece): Breast Cancer, Upper Core

Studio Zud: (Eindhoven, Netherlands) 2008: Scoliosis

Body Mind Spirit Presenter: 2004-2008 (San Jose, USA): Scoliosis, Breast Cancer, Nutrition, Foot Problems

BodyTechnic: Multiple Day Series 2001-2008:( Cleveland, Ohio): Scoliosis, Pelvic Core, Upper Core, Breast Cancer

### Nutrition Lectures (Nutrition for Optimal Performance)

School of the San Francisco Ballet 2000-2006

Marin Dance Theatre 2003

Academy of Ballet 2005

Alameda Civic Ballet 2006

Dance Arts Project 2003, 2006

### Adjunct Lecturer

St. Mary's College Extended Education LEAP Program: 1999-2002; Kinesiology for Dance Professionals

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San Francisco State University: 1997-2000: Issues in Dance Medicine, Qualitative Analysis of Movement

## **Physical Therapy Internships (1995-1998)**

Sutter-Solano Hospital, Vallejo, CA: inpatient orthopedics  
Hippotherapy, Woodside, CA: outpatient neurological (equestrienne)  
Physiotherapy Associates, Livermore, CA; outpatient orthopedics  
Stanford Medical Center: Palo Alto, CA; inpatient NICU, orthopedics  
Kaiser Permanente: Union City, CA; outpatient orthopedics  
Kaiser Permanente: Hayward, CA: Inpatient general; wound care, orthopedics

## **Volunteerism / Research**

Dance USA Dancer Task Force, Boston-centered, USA: committee / research participant; 2007-present  
Healthy Dancer Clinic, ODC Commons, San Francisco, CA: therapist and presenter; 2009-present  
International Association of dance Medicine and Science, Research Committee; 1998-2003  
Veterans' Administration, San Francisco, CA: ALS MRI unit research lab; data entry/ study protocol; 1993  
UCSF, San Francisco, CA: kidney/liver transplant departments; data entry, post-operative exercise 1991-3  
Alta Bates Medical Center, Berkeley, CA: inpatient general physical therapy; 1991  
Children's Hospital, Oakland, CA: inpatient burn unit; 1992  
Performance Alliance, Oakland, CA: community dance production; 1980-1989

## **Selected Pre-Physical Therapy Employment**

Alameda Adult School, Alameda, CA: Certified Physical Fitness for Older Adults teacher; 1980-1993  
Saint Francis Center for Sports Medicine: Pilates Instructor; 1987-1992  
St. Mary's College, Moraga, CA; Ballet/Modern Instructor, 1989-1995  
Clorox Corporation, Oakland, CA: Fitness Instructor, 1980-1992  
University of Southern Mississippi, Hattiesburg, MS, Adjunct Dance Faculty; 1983  
Shawl-Anderson Modern Dance Center, Berkeley, CA: Dance instructor; 1983-1998  
Chabot College, Livermore, CA; Dance Instructor; 1983-6  
Foothill College, Los Altos, CA; Dance Instructor; 1983-6  
City College, San Francisco, CA; Dance Instructor; 1983-6  
Rhythm and Motion, San Francisco, CA; Fitness Instructor; 1980-83  
East Bay Center for the Performing Arts, Richmond/Berkeley: Publicist/ Instructor, CA; 1980-83  
Julia Morgan Center for the Arts; Berkeley, CA: Initial Director/ Assistant to Owner; 1978-1981  
Breast Screening Center, Oakland, CA: Data administration; 1978-1980  
Rockridge Medical Center; Oakland, CA; Records administration; 1978-80

## **Personal**

Married 39 years to Thomas Stapleton Martin  
Residence: Marietta GA  
Born: New Orleans, LA 1953  
Activities: Guinea pig pets, gardening, ballet, travel, Paleo baking