

# Christina Gallagher, PT

## Summary:

Licensed Physical Therapist well versed in a broad range of treatment settings. Former Army active duty officer with extensive experience across an array of practice settings to include intensive care, burn unit, inpatient and outpatient clinics. Speaker, locally and nationally, on injury prevention topics. A collaborative and dynamic team oriented therapist with extensive leadership experience and superior interpersonal abilities. Quality driven and patient focused.

## Highlights:

- Trained in orthopedics, sports medicine, stroke rehabilitation, neuro-developmental rehabilitation (NDT), pain management, injury prevention and health promotion
- Specializing in orthopedics, sports medicine, injury prevention and wellness
- Chronic pain specialist for fibromyalgia, chronic fatigue and vulvar vestibulitis
- Supervisor, clinical advisor and speaker
- Clinical and managerial leadership
- Skilled manual therapist and diagnostician
- Holistic approach focusing on prevention and whole body wellbeing

## Education

1984-1988

Boston University

Sargent College of Allied Health

Boston, Massachusetts

BS in Physical Therapy

## Commissioned

United States Army, Active Duty , May 1988

## License

Licensed Physical Therapist, Hawaii, #1721

Licensed Physical Therapist, Massachusetts, #7299

## Certifications

Orthopedic Certified Specialist #1073

May 1995- May 2005

Maitland Certified Spinal Rehabilitation

Arlington, Virginia

September 1992

Neuro-Developmental Treatment (NDT)

Chicago, Illinois

June 1991

## Physical Therapy Employment and Positions Held

January 2015 - Present

Christina Gallagher P.T.

Owner, Physical Therapy Clinic  
Osteopathic Wellness Center  
Kailua, Hawaii

Orthopedic and sport medicine  
Subspecialty: Chronic pain and women's pain practitioner  
Integrative wellness practitioner  
Health and wellness workshops

July 1993 - September 1996

Schofield Barracks Army Medical Clinic, Schofield Barracks, Hawaii  
Chief, Physical Therapy Clinic

Continuing Education Officer  
Clinical Student Advisor  
Continuing Quality Improvement Officer  
Officer in charge, JACHO accreditation  
Peer Review Officer  
Journal Club Officer  
Inservice Education Officer and Instructor  
Injury prevention and health promotion educator and speaker  
Authored, The Commander's Guide for Injury Prevention  
Authored, Pelvic Stabilization Program  
Treated 20 patients per day  
The clinic served 2,850 patient visits monthly  
Supervised and mentored a staff of seven

November 1992 - April 1993

Pentagon Medical Center, Arlington, Virginia  
Chief, Physical Therapy Clinic

Continuing Quality Improvement Officer  
Peer Review Officer  
Continuing Education Officer  
Subject expert, speaker and writer on health, fitness and wellness  
Treated 20 soldiers and VIPs per day

July 1991 - October 1992

Walter Reed Army Medical Center, Washington, DC  
Staff Physical Therapist

Inpatient rehabilitation and stroke specialist  
VIP Ward Officer  
Continuing Quality Improvement Officer  
Injury Prevention and Health Promotion Officer  
Peer Review Officer  
Journal Club Officer  
Continuing Education Officer  
Inservice Education Officer and Instructor

June 1989- June 1991

Martin Army Medical Hospital,  
Staff Inpatient Physical Therapist, Fort Benning, GA

Inservice Education Officer  
Quality Assurance Officer  
Officer in charge for the Exceptional Family Member Program  
Officer in charge for Community Health Fairs  
Instructor for monthly prenatal, diabetic and back care classes  
Treated orthopedic, neurological, medical and surgical patients for a  
500 bed hospital

April 1989

Officer Basic School, Burn Center Training  
Fort Sam Houston, San Antonio, Texas

### **Classes & Presentations**

February 1996

Tripler Army Medical Center - Presenter  
PT, OT, PM&R Departments  
Evaluation of the Shoulder, Honolulu, Hawaii

December 1995

Injury Prevention and Health Promotion - Presenter  
Leadership School, Schofield Barracks, Hawaii

September - October 1995

Orthopedic Certification Workshop - Instructor  
Honolulu, Hawaii

October 1995

Aviation Safety & Accident Prevention - Presenter  
Back Injury Prevention and Exercise Conditioning  
1st Battalion, 25th Infantry Division, Schofield Barracks, Hawaii

May 1995

Pacific Region Safety Conference - Presenter  
Injury Prevention for the Back  
Sports Injury Prevention, Fort Shafter, Hawaii

June 1994

National Health Promotion Conference - Presenter  
Injury Prevention and Health Promotion, Baltimore, Maryland

May 1994- August 1996

Injury Prevention and Wellness - Monthly Presenter  
25th Infantry Division, Schofield Barracks, Hawaii

August 1993 - July 1996 - Monthly

Orthopedic Knee Clinic  
Tripler Army Medical Center, Honolulu, Hawaii

October 1993 - August 1996 - Monthly  
25th Infantry Division  
Running Shoes Clinics  
Schofield Barracks, Hawaii

October 1993 - August 1996 - Monthly  
25th Infantry Division  
Running Shoes, Get the Right Fit - Presenter  
Schofield Barracks, Hawaii

July 1991-1992  
Inservice presenter for PT, OT, PM&R Clinics  
Orthopedic, Sports Medicine, Injury Prevention - multiple topics  
Walter Reed Army Medical Center, Washington, DC

June 1989-1991  
Inservice presenter for monthly orthopedic and injury prevention topics  
Orthopedic, sports medicine and injury prevention local community speaker  
Prenatal, diabetic and back care class instructor  
Fort Benning, Georgia

### **Continuing Education**

World Congress of Quantum Medicine Conference  
Honolulu, Hawaii  
October 2015

The Orthopedic Patient  
Musculoskeletal Concepts for Acute and Chronic Disorders  
Honolulu, Hawaii  
October 2015

Chronic Pain  
Medical journal research, lectures, physician interviews, alternative care based reading and investigation on the following topics:  
Chronic Pain  
Vulvar Vestibulitis  
Fibromyalgia  
1997-present

Reiki  
Honolulu, Hawaii  
July 1996

Bio-Magnetic Touch Healing  
Honolulu, Hawaii  
April 1996

Health Promotion Conference  
Baltimore, Maryland  
June 1994

Muscle Length and Strength Testing  
Florence Kendall  
Washington, DC  
May 1993

Army Medical Specialist Corps Regional Conference  
Silver Spring, Maryland  
April 1993

Maitland Certified Spinal Rehabilitation  
Arlington, Virginia  
September 1992

OT/PT Management of Burns  
San Antonio, Texas  
June 1992

Neuro-Developmental Treatment Certified (NDT)  
Treatment for Adult Hemiplegia  
Chicago, Illinois  
June 1991