

Guest Lecturer

ATHT306 Use of Therapeutic Exercise for the Management of Athletic Injuries

2014

South University, Montgomery, AL

Guest Lecturer

PTA2059 Current Rehabilitation Issues

2011-2013

Alabama State University, Montgomery, AL

Graduate Assistant

HSC 5001 Advanced Gross Human Anatomy

2009-2011

Birmingham-Southern College, Birmingham, AL

Tutor

BI 125, 225 Cell and Molecular Biology, Evolutionary Ecology

HEALTH CARE RELATED EMPLOYMENT

April 2016 – Present

Woods PT, LLC, Pike Road, AL

Owner, Physical Therapist

- Woods PT LLC is a rehabilitation company focused on provided healthcare, fitness, and education to residents of the river region and surrounding areas.
- Woods PT LLC provides services such as in-home therapy services, personal training, and boot camps.

Jan 2016 – Present

Hart Spine & Rehab, Montgomery, AL

Physical Therapist

- Established clinical partnerships with 4 DPT, 2 PTA programs
- Developed rehabilitation protocols for general orthopedic populations
- Developed boot camps, annual PT screening manual, and postural assessment protocol

June 2015 – Present

Therapy Management Corporation, Montgomery, AL

Full-Time Physical Therapist (June 2015 – Jan. 2016)

PRN Physical Therapist (Present)

- Supervised skilled nursing facilities in Montgomery, Selma, Hayneville, and Monroeville, Alabama
- Developed protocols for effective strengthening of geriatric residents
- Performed quarterly screening on nursing facility residents

May 2014 – Present

Body Trac Health & Fitness, Montgomery, AL

Personal Trainer

- Created nutritional weight loss plans
- Trained a variety of clients with diagnoses ranging from post-polio to torn lateral meniscus
- Managed a client load in excess of 40+

July 2014 – June 2015

Jackson Hospital, Montgomery, AL

Part-Time Physical Therapist

- Developed home exercise programs following outpatient procedures like total knee and hip replacement, lumbar laminectomy, and CABG
- Supervised 2 PTAs and 4 PT techs for patient care
- Aided in developing a sports performance clinic for high school athletes

July 2014 – February 2015

Mobility Benefit LLC, Montgomery, AL

PRN Physical Therapist

- Supervising two outpatient clinic locations
- Evaluation & Treatment of general orthopedic conditions
- Design, implement, and manage wellness & maintenance programs for our geriatric population

October 2013 – January 2014

Wynn Lakes Golf Course, Montgomery, AL

Personal Trainer

- Developed health, fitness, and speed programs
- Directed speed and agility camps
- Created individualized programs to address client needs

August 2009 – present

Self-Employed, Birmingham, AL

Personal Trainer

- Increased strength, mobility, and flexibility
- Provided life and spiritual coaching
- Created individualized nutritional guidelines

HONORS & AWARDS

2014

APTA Minority Scholarship

2012

Inductee: Theta Chapter of Epsilon Tau Sigma Honor Society

2010

Inductee: Kappa Psi Chapter of Beta Beta Beta Honor Society

PEER-REVIEWED PRESENTATIONS

2014

Magee, J., **Woods, L.**, Webb, Q., and Shaw, C. Self-reported Responses to the Long Sit Slump Test in Asymptomatic Adults. A poster presentation accepted for 2014 Combined Sections Meeting of the American Physical Therapy Association. Las Vegas, NV.

NON-PEER REVIEWED PRESENTATIONS

2013

Woods, L. Student Update. A platform presentation at Fall Conference of the Alabama Physical Therapy Association. Birmingham, AL.

2013

Woods, L. Functional Outcomes Mat. In-service Presentation. Nashville, TN.

2013

Woods, L. Gait Belts, to Use or Not to Use . In-service Presentation. Montgomery, AL.

2013

Woods, L. Get Involved. In-service Presentation. Alabama State University. Montgomery, AL.

2013

Woods, L. Jump Start your Career with APTA. A platform presentation at Spring Conference of the Alabama Physical Therapy Association. Point Clear, AL.

2012

Woods, L. Crossfit, Should PTs endorse? In-service Presentation. Birmingham, AL.

2011

Woods, L. Influence of Intrinsic Factors on Self-reported Collegiate Track & Field Sprinters and Jumpers' Injuries at a Private Liberal Arts College. Senior Capstone Platform Presentation. Birmingham-Southern College, Birmingham, AL.

SERVICE

Professional Memberships

2011-Present

American Physical Therapy Association (APTA)

2011-Present

Alabama Physical Therapy Association

2011-Present	APTA Section on Sports
2012-Present	APTA Section on Research
2014-Present	APTA Section of Education
2014-2016	APTA Section of Acute Care
2016-2017	APTA Section of Home Health
2013 -Present	National Strength and Conditioning Association
2013-Present	International Fitness Association
2013-Present	National Society of Allied Health
2012-Present	United States Track and Field Association
2012-Present	Alabama High School Athletic Association
2008-Present	Kappa Alpha Psi Fraternity Incorporated

Professional Service

2016- present **Member**, Emerge Montgomery

American Physical Therapy Association

2013-2014	Secretary , Student Assembly Board of Directors
2013-present	Volunteer , Brand Champion
2013-present	Volunteer , Sports Section Welcome Team
2013-2014	President , Alabama Student Special Interest Group
2012-2013	Alabama Core Ambassador

CERTIFICATION/LICENSES

2014-Present	American Physical Therapy Association, Alabama Chapter, PTH7305
2013-Present	National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS), 7247855094
2013-Present	Blaze Sports America Certified Disability Sports Specialist (CDSS), 02-2013-11-007
2012-Present	Alabama High School Athletic Association (AHSAA) track & field official, 120594
2012-Present	International Fitness Association (IFA) Aerobics Instructor/Personal Trainer, 258383
2012-Present	USA Track & Field (USATF) Level I coaching, 8210469709
2013-2015	American Red Cross Emergency Medical Responder (EMR)
2011-2015	Red Cross Cardiopulmonary resuscitation (CPR/AED)

CONTINUING EDUCATION

2017	Spinal Manipulation Institute – SMT-1: High-Velocity Low-Amplitude Thrust Manipulation of the Cervical, Thoracic, Lumbar, & SI Joints (15 contact hours)
2016	Dr. Ma’s Integrative Dry Needling. Jefferson, LA (24 contact hours)
2016	Combined Sections Meeting of the American Physical Therapy Association. California (16 CEU)
2015	Transfemoral Prosthetics. Jackson Hospital. Montgomery, AL
2014	Spring Conference of the Alabama Physical Therapy Association. Orange Beach, AL – Modern Acute Care (10 CEU)
2014	Combined Sections Meeting of the American Physical Therapy Association. Las Vegas, NV.
2013	National Student Conclave of the American Physical Therapy Association. Louisville, KY.
2013	14 th Annual HBCU & HIS Health Services Research Conference. Alabama State University. Montgomery, AL
2013	Annual Meeting of the National Society of Allied Health. Montgomery, AL.

2013 Fall Conference of the Alabama Physical Therapy Association. Birmingham, AL.
2013 Spring Conference of the Alabama Physical Therapy Association. Point Clear, AL.
2013 Combined Sections Meeting of the American Physical Therapy Association. San Diego, CA.
2013 Emergency Medical Responder Course sponsored by the Sports Section of the American Physical Therapy Association. Charleston, SC.
2013 Current Concepts in Therapeutic Taping. Alabama State University. Montgomery, AL.
2012 National Student Conclave of the American Physical Therapy Association. Alexandria, VA.
2012 Lower Extremity Amputation Prevention. National Hansen's Disease Program. Online.
2012 Hands on Debridement. Alabama State University. Montgomery, AL.
2012 Therapeutic Modalities. Alabama State University. Montgomery, AL.
2012 Spinal Traction. Alabama State University. Montgomery, AL.