

CURRICULUM VITAE

Cathy F. Arnot, PT, DPT, FAAOMPT, OCS, MTC

Clinical Assistant Professor
Physical Therapy Program, Department of Exercise Science
Blatt Building, 101-N
Columbia, SC 29208
arnot@mailbox.sc.edu

EDUCATION

- 2003 Doctor of Physical of Therapy (DPT), University of St. Augustine, Institute of Physical Therapy, St. Augustine, FL
- 1990 Master of Physical Therapy (MPT), Baylor University, Graduate Physical Therapy Programs, Fort Sam Houston, TX, 1990
- 1988 Bachelor of Science (BS), Exercise Science, Virginia Tech, Blacksburg, VA,

CERTIFICATION-CREDENTIALING

- 2005 – present Fellow, AAOMPT, FAAOMPT, Am Academy Ortho Manual PT
- 2003 Manual Therapy Certification, MTC,
University of St. Augustine, Written, Oral, Practical Cert.
- 2001 – present Orthopedic Clinical Specialist, OCS
APTA Board Certified Specialist

LICENSURE

- | | | | |
|---------------------|------|----------------|-------|
| Physical Therapist: | 1997 | South Carolina | #3726 |
| | 1994 | Washington | #4042 |
| | 1990 | Kentucky | #978 |

PROFESSIONAL EXPERIENCE

- 2006- present **Clinical Assistant Professor**
University of South Carolina, Columbia, SC
Clinical Assistant Professor. Teaching doctoral physical therapy students, including: spinal and extremity mobilization/manipulation, range of motion assessment, manual muscle testing, gait training, postural assessment, emergency procedures, practice management, documentation and ethics.
- 2002-2003 **Doctoral Fellow**
SportsMedicine of Atlanta, Snellville, GA
Fellowship in Manual Therapy under the mentorship of Dr. Robert DuVall, PT, DHSc, OCS, MTC, PCC, FAAOMPT. Specializing in the manual therapy techniques of Stanley Paris. Supervising Duke University and Washington University PT students.
- 2001-2006 **Senior Physical Therapist**
Palmetto Richland Rehabilitative Care Center, Columbia, SC
Provided direct care to culturally diverse population of outpatient orthopedic and sportsmedicine patients. Supervised DPT students from the University of South Carolina and MPT students from MUSC. Led a Manual Therapy study group for staff therapists. Absent June 2002-February 2004 for Fellowship.
- 1998-2001 **Outpatient Physical Therapist**
Providence Hospital, Columbia, SC
Primary duties included providing direct care to outpatient orthopedic patients and occasional inpatient as needed. Developed an Orthopedic Study Group. Passed the OCS exam.
- 1997-1998 **Physical Therapist**
ManorCare Health Services, Columbia, SC
Treated geriatric population in transitional and long-term care. Acted as the Rehab representative for Restraint, Skin/Nutrition and Restorative Committees. Acted as the Liaison to the South Carolina Board of Ethics.
- 1994-1997 **Physical Therapist**
Providence Centralia Physical Therapy, Centralia, WA
Provided direct treatment to outpatient orthopedic adult patients and student athletes. Instituted and led a local Orthopedic Study Group. Led several Quality Improvement Projects and was part of an interdisciplinary team to regionalize rehabilitation services.

1992-1993

Chief of Physical Therapy

Lyster Army Community Hospital, Ft. Rucker, AL

Provided inpatient and outpatient care for active duty, family members and retiree population. Supervised a staff of five to include three military physical therapy assistants and three student interns. Implemented utilization review policies and procedures and successfully passed JCAHO inspection without deficiencies.

1990-1992

Physical Therapist

Ireland Army Community Hospital, Ft. Knox, KY

Provided direct care for inpatient and outpatient orthopedic patients. Supervised PT and PTA students. Elected Treasurer of Louisville Orthopedics Study Group. Taught Back School, Pre/Post-partum exercise classes. Team Physical Therapist for boys and girls high school soccer teams.

PROFESSIONAL SERVICES

USA Shooting Team Therapist

- 2015 Fort Benning, GA World Cup (Rifle and Pistol)
- 2015 Rifle/Pistol Nationals, Fort Benning, GA
- 2015 Al Ain, UAE World Cup (Shotgun)
- 2015 Austrian and Bavarian Airgun, Innsbruck AUT and Munich, Germany
- 2014 Colorado Springs, CO, Winter Airgun
- 2014 Guadalajara, Mexico Championship of the Americas
- 2014 Granada, Spain World Cup (Shotgun, Rifle and Pistol)
- 2014 Suhl, Germany World Championship Para Rifle and Pistol
- 2014 Granada, Spain Gran Prix (Shotgun, Rifle and Pistol)
- 2014 Munich, Germany, World Cup (Rifle, Pistol, Shotgun)
- 2014 Munich, Germany, Bavarian Airgun Championship
- 2014 Colorado Springs, CO, Medical Volunteer, Olympic Training Center
- 2013 Colorado Springs, CO, Winter Airgun
- 2013 Tucson, AZ Shotgun Fall Selection Match
- 2013 Lima, Peru Clay Target World Championships
- 2013 Granada, Spain World Cup (Shotgun, Rifle and Pistol)
- 2013 Rifle/Pistol Nationals, Fort Benning, GA
- 2013 Fort Benning, GA World Cup (Rifle and Pistol)
- 2013 National Collegiate Athletic Association Finals Rifle, Columbus, Ohio
- 2013 Junior Olympics Rifle/Pistol, Olympic Training Center, Colorado Springs
- 2012 Medical Volunteer, Olympic Training Center, Colorado Springs
- 2012 London Olympics, Team Physical Therapist for United States Shooting Team
- 2012 Milan World Cup (Rifle/Pistol)
- 2012 Smallbore Olympic Trials
- 2012 Airgun Olympic Trials

2011 Airgun Olympic Trials
2011 Guadalajara, Mexico Pan American Games
2011 Wroclaw, Poland World Cup Final (Rifle/Pistol)
2011 Medical Volunteer at the Olympic Training Center, Colorado Springs, CO
2011 Sydney, Australia World Cup (Shotgun/Rifle/Pistol)
2010 Munich, Germany World Cup Final (Rifle/Pistol)
2010 Munich, Germany World Championship (Shotgun/Rifle/Pistol)
2010 Sydney, Australia World Cup (Rifle/Pistol)
2009 Beijing, China World Cup Final (Shotgun)
2009 Wuxi, China World Cup Final (Rifle/Pistol)
2009 Maribor, Slovenia World Championship (Shotgun)
2009 Milan, Italy World Cup (Rifle and Pistol)
2009 Changwon, Korea World Cup (Rifle and Pistol)
2009 Fort Benning, GA Spring Selection (Rifle and Pistol)
2008 Bangkok, Thailand World Cup (Rifle and Pistol)
2008 Fort Benning, GA Olympic Trials (Rifle and Pistol)
2008 Beijing, China Pre-Olympic World Cup (Shotgun, Rifle and Pistol)
2007 Belgrade, Serbia World Cup Final (Shotgun)
2007 Bangkok, Thailand World Cup Final (Rifle and Pistol)
2007 Lonato, Italy World Cup (Shotgun)
2007 Fort Benning, GA World Cup (Rifle and Pistol)
2006 Grenada, Spain World Cup Final (Shotgun, Rifle and Pistol)
2006 Suhl, Germany World Cup (Shotgun)
2006 Milan, Italy World Cup (Rifle and Pistol)
2006 Guangzhou, China World Cup (Rifle and Pistol)
2005 Munich, Germany World Cup Final (Rifle and Pistol)
2004 Athens, Greece World Cup (Shotgun, Rifle and Pistol)
2004 Bangkok, Thailand World Cup (Rifle and Pistol)
2003 Lanarca, Cyprus World Cup Final (Shotgun)
2003 Lonato, Italy World Cup (Shotgun)

PUBLICATIONS

1. **Arnot, CA.** Techniques to Decrease Myofascial Trigger Points. *Shooting Sports USA*. Vol. 23, No.4, September 2015.
2. **Arnot, CA.** Self-Mobilization Exercises using a Body Band. *Shooting Sports USA*. Vol. 23, No.3, June 2015.
- 3.
4. **Arnot, CA.** The Effects of Alcohol on the Shooting Athlete. *Shooting Sports USA*. Vol. 23, No.2, May 2015.
5. **Arnot, CA.** Headaches and Shooting Athlete. *Shooting Sports USA*. Vol. 23, No.1, March 2015.
6. **Arnot, CA.** Stretching and the Shooting Athlete. *Shooting Sports USA*. Vol. 22, No.3, June 2014.
7. **Arnot, CA.** Balance and the Shooting Athlete. *Shooting Sports USA*. Vol. 22, No.2, May 2014.
8. **Arnot, CA.** The Best Exercises for Shooters: Glutes. *Shooting Sports USA*. Vol. 22, No.1, March 2014.
9. **Arnot, CA.** The Best Exercises for Shooters: Best Ways to Improve Thoracic Mobility. *Shooting Sports USA*. Vol. 21, No.5, January/February 2014.
10. **Arnot, CA.** The Best Exercises for Shooters: Shoulder Exercises. *Shooting Sports USA*. Vol. 21, No.4, October 2013.

11. **Arnot CA**. Top ten ways to avoid jet lag. *Shooting Sports USA*. Vol. 20, No.1, March/April 2013.
12. **Arnot CA**. Strength Training and the Shooting Athlete: Benefits and Risks. *Shooting Sports USA*. Vol. 20, No.1, January/February 2012.
13. Dunning JR, Cleland JA, Waldrop MA, **Arnot CF**, Young I, Turner M, Sigurdsson G. Upper Cervical and Upper Thoracic Thrust Manipulation Versus Nonthrust Mobilization in Patients With Mechanical Neck Pain: A Multicenter Randomized Clinical Trial. *Journal of Orthopedics and Sports Physical Therapy*. 2012; 42: 5-18.
14. Beattie PF, **Arnot CF**, Donley JW, Noda H, Bailey L. The Immediate Reduction in Low Back Pain Intensity Following Lumbar Joint Mobilization and Prone Press-Ups is Associated with Increased Diffusion of Water in the L5-S1 Intervertebral Disc. *Journal of Orthopedics and Sports Physical Therapy*. 2010;40:256-264.
15. **Arnot CA**, Hawkins, R. Postural Stability: How to Improve your Static Hold. *Shooting Sports USA*. Vol. 22, No. 11, November 2009.
16. Beattie PF, Donley J, **Arnot C**, Miller R The Immediate Change in the Diffusion of Water in Lumbar Intervertebral Discs Following a Single Session of Lumbar Joint Mobilization Compared to a Single Session of Prone Lying. *Journal of Orthopedics and Sports Physical Therapy*. January 26, 2009.
17. Carter GT, **Arnot CF** Body mass index does not correlate with functional outcome in acute stroke rehabilitation. *Journal of Neurovascular Disease*. September/October 1997, Vol 2, Number 5.

PRESENTATIONS

2013 Junior Olympics, Olympic Training Center: Strength training and the shooting athlete.

PROFESSIONAL MEMBERSHIPS & POSITIONS

American Physical Therapy Association (APTA), Member
- Nominating Committee Chair, 2012- present

South Carolina Chapter of APTA (SCAPTA), Member
- Midlands District co-Chair, 2012- present

American Academy of Orthopedic Manual Physical Therapists, AAOMPT

Mentor to Jonathon Donnelly, DPT and Kevin Tyer, DPT as part of their Manual Therapy Fellowship through the American Academy of Manipulative Therapy

AWARDS/HONORS

United States Army Meritorious Service Medal 1993

United States Army Commendation Medals 1991, 1993

United States Army Achievement Medals 1990, 1992