

David A. Watson, PT, DPT, SCS, OCS, FAAOMPT, CPSS, CSCS

watson.david.andrew@gmail.com

978-257-1445

www.linkedin.com/in/davidawatsondpt

PERSONAL STATEMENT

Performance Therapist and Sports Scientist with proven success delivering high-level, individualized care to NBA players, Olympians, and elite athletes across sports. Expert in return to play, performance optimization and manual therapy. Final round candidate for a full-time Physical Therapist role with an NBA team, underscoring recognition of expertise and readiness to contribute immediately within a professional team environment.

EDUCATION

Boston University, Sargent College of Health and Rehabilitation Sciences, Boston MA

Graduate of the Fellowship in Orthopaedic Manual Physical Therapy, 2020

Institute of Orthopaedic Manual Therapy, Woburn MA

Certificate of Orthopaedic Manual Therapy 2018

Northeastern University, Bouvé College of Health Sciences, Boston MA

Doctor of Physical Therapy, 2012

B.S. Rehabilitation Science, 2011

LICENSURE/REGISTRATION NUMBER

Commonwealth of Massachusetts Division of Professional Licensure Board of Allied Health Professions as a Physical Therapist No. 20127 (2012- current)

State of New Hampshire Office of Licensed Allied Health Professionals License No. 4629 (2020-2022)

State of Rhode Island and Providence Plantations Department of Health No. PT02495 (2012-2016)

EMPLOYMENT

Pro Sports Therapy, Inc., Westford, MA *Clinician*, November 2024-Present

- Works with former NBA and NHL Trainers Ed Lacerte and Don Worden
- Approved Volunteer with United States Olympic and Paralympic Committee
- Emergency Services - First Aide Provider at The 2025 Head of the Charles Regatta
- Promotes continuing education through staff inservices and contributions to internal journal club
- Mentor to onboarding new graduate Physical Therapists
- Supervises co-op student from Northeastern University

Private NBA Player Consultant, Massachusetts, June 2024-Present

- Performs offseason injury assessment and manual therapy for active NBA players
- Provided injury assessment and manual therapy for prospect entering 2024 NBA Draft

Massachusetts General Hospital Sports Physical Therapy, Waltham, MA *Clinician* June 2021- Oct 2024

- Aided Mass General Brigham Athletic Training Services to provide athletic event coverage for Boston Public Schools
- Medical Volunteer at BAA Half and Full Marathons
- Participated in twice weekly Sports Medicine Conferences with all MGB Sports providers
- Instructed in the Integrated Clinical Education program

- Contributed to Community Outreach Program through providing lectures to community resources and participating in the Waltham Walks Program
- Original member of the PACU Therapy Team for first ever same day arthroplasty program at MGH West beginning February 2022
- Presented on the role of physical therapy in the PACU at the 2022 APTA of MA Annual Conference

Professional Physical Therapy, Multi-Site, MA *Clinical Director/Staff Physical Therapist* March 2018–June 2021

- Served in the role of Clinic Director for denovo branch of Professional Physical Therapy in Allston, MA following Professional's acquisition of ProEx Physical Therapy.
- Cared for several athletes from The Skating Club of Boston including a Mens Junior National Champion
- Strengthened community presence and outreach by providing pro bono care for local athletic clubs, volunteering at the YMCA, serving on local boards, and representing Pro PT at annual festivals
- Built relationships with referral sources by observing clinic at St. Elizabeth and Children's hospitals and by hosting Dr. Thomas Wuerz of New England Baptist for a staff inservice
- Relocated in Oct '19 and split time between Spencer, Leominster, and Tyngsboro, MA clinics.
- Exceeded all goal metrics while directing the Spencer, MA clinic above 1st quarter budget in 2020.
- Grew the Tyngsboro, MA clinic from 90 visits per week increased to 115 visits per week through increasing access at Tyngsboro location in September 2020.
- Instructed Clinical Student on final affiliation in the Tyngsboro, MA location Feb 8-April 16, 2021.

ProEx Physical Therapy, Arlington, MA *Assistant Clinical Director* September 2017–March 2018 (acquired by Professional Physical Therapy)

- Maintained key performance indicators of self and staff at and above goal levels.
- Shadowed Dr. Vezeridis at Excel Orthopedics and promoted the clinic at Arlington Town Day
- Enrolled in Institute of Orthopedic Manual Therapy.

Joint Ventures Physical Therapy and Fitness, Wellesley, MA *Clinic Manager* September 2016–September 2017

- Managed clinic operations by staffing clinical, administrative, and contract roles, overseeing schedules, budget, productivity, and staff development
- Observed in the operating room with sports medicine surgeons Dr. Thomas Gill, Dr. Brian Mckee, and Dr. John Tierney
- Delivered injury screening and on-site care at road races and high school sporting events.
- Partnered with Marathon Sports to organize a free running injury and footwear seminar for the public
- Engaged with referral network via regular lunch and learn meetings with referring MDs

Joint Ventures Physical Therapy and Fitness, Boston, MA *Staff Physical Therapist* September 2014–September 2016

- Collaborated with Sports Chiropractors, Strength Coaches, Nutritionists, Acupuncturists, Massage Therapists, and Pilates Instructors in a multidisciplinary setting.
- Lead Team Physical Therapist for 2015 affiliation with Boston Whitecaps Ultimate Team.
- Volunteered with Tedy's Team and marathon coach John Furey to provide treatment for runners leading up to and on Marathon Monday.
- Fit patients for custom orthotics using Sole Supports molding.

Elite Physical Therapy, Providence, RI and Coventry, RI *Staff Physical Therapist* July 2012–September 2014

- Planned, and executed rehabilitative programs for patients of varying orthopedic pathology.
- Simultaneously managed full-time caseloads across multiple firm branches.
- Instructed Clinical Education student from Northeastern University.

CERTIFICATIONS

- Certified Strength and Conditioning Specialist, NSCA, June 2026
- Certified Performance and Sport Scientist, NSCA, May 2026
- Personalized Blood Flow Restriction Rehabilitation, Owens Recovery Science, Inc, August 2025
- Basic Life Support, American Red Cross, August 2024
- Stop The Bleed Certified, August 2024
- Sports Certified Specialist, ABPTS, July 2024
- Emergency Response for the Athlete, Cogent Steps, September 2022 - 2028
- Orthopedic Certified Specialist, ABPTS, July 2022
- Credentialed Clinical Instructor, APTA, April 2022
- PT MACI University Training v1.0, April 2021
- Fellow of the American Academy of Orthopaedic Manual Physical Therapists, February 2020
- Dry Needling Level 1, Myopain Seminars, April 2017
- Graston Technique Level 1, May 2016
- Certificate of Training for Casting of Custom Orthotics, Sole Supports, April 2016

INSTRUCTION AND TEACHING EXPERIENCE

Guest Speaker, Symptom Regionalization, Northeastern University Student SIG of the AAOMPT, June 17th 2025
Guest Speaker, The Importance of Relationships, Northeastern University Physical Therapy Club, Feb 13th 2025
Clinical Instructor for 2 Integrated Clinical Experience Students, *MGH Waltham*, Feb 3-April 7 2023
Clinical Instructor for Clinical Education 3 Student, *Professional Physical Therapy*, Feb 8-April 16 2021
Clinical Instructor for Clinical Education 1 Student, *Elite Physical Therapy*, May 5–June 27 2014

CONTINUING EDUCATION

Dungeons And Dynamometers, The Science PT, September 12-13, 2026
Dry Needling 2: Foundations II, Myopain Seminars, July 31- August 2, 2026
Summer League Sports Medicine Series, July 12-14, 2026
Elite Basketball Rehab Conference, July 10-11, 2026
Common Medications in Sports Medicine, Cogent Steps, September 14, 2025
Emergency Response for the Athlete Recertification, Cogent Steps, September 14, 2025
Personalized Blood Flow Restriction, Owens Recovery Science, August 9, 2025
Sports Physical Therapy Foundations Series: Functional Anatomy Meets Clinical Decision-Making for the Lower Extremity, Northeastern University, July 26-27, 2025
2025 Mass General Sports Medicine Conference: Lower Extremity Sports Medicine Summit: Caring for Athletes at All Ages, June 21, 2025
Emergency Response Training Summit: MGB Athletic Training, August 12th, 2024
Evaluation and Treatment of Shoulder and Knee Injuries: Kevin Wilk, Northeast Seminars, August 2-3, 2024
2024 Mass General Sports Medicine Conference: Comprehensive Management of the Shoulder and Elbow, June 22, 2024
Evaluation and Treatment of Tommy John Injuries in the Overhead Athlete, APTA Combined Section Meeting, February 2024
Join the Quad Squad: Learn to Identify and Treat Quadriceps Dysfunction After ACL Reconstruction, APTA Combined Section Meetings, February 2024
Making an Impact: A Framework to Returning to High-Level Activity Following Total Joint Arthroplasty, APTA Combined Sections Meeting, February 2024

ACL Reconstruction for the Adolescent Athlete: Avoiding Pitfalls to Maximize Outcomes, SRN Adolescent Sports Special Interest Group, October 4, 2023

Emergency Response Training Summit: MGB Athletic Training, August 13th and 14th, 2023

Management of the Foot & Ankle Complex: Integrating Gait & Functional Rehab, MGH, June 24, 2023

Evidence-Based Management of Orthopedic Shoulder Dysfunction: Gross Anatomy Implications for the Rehabilitation Professional, Northeastern University, April 29, 2023

APTA of MA Annual Conference, November 2022

Emergency Response for the Athlete, Cogent Steps, September 17-18, 2022

Mass General Sports Medicine Conference: Collaborative Management of the Female Athlete, June 2022

Credentialed Clinical Instructor Program Level One, APTA, April 9, 2022

Orthopedic Certification (OCS) Prep Course, Medbridge, July 2021-March 2022

Confronting Workplace Conflict, Fred Pryor Seminars, April 13, 2021

Explaining Pain – Orthopedic Manual Physical Therapy, Lorimer Moseley, September 2019

Explaining Pain – From Biology to Behavioral Change, Orthopedic Manual Physical Therapy, Lorimer Moseley, October 2017

Dealing with Difficult People: Strategies, Tips, and Techniques for Fighting Frustration in the Workplace, Fred Pryor Seminars, June 28, 2017

Trigger Point Dry Needling: An Evidence and Clinical-Based Approach, Myopain Seminars, March 31–April 2, 2017

Biomechanical Assessment of The Hip & Pelvis: Manual Movement Therapy and the Myofascial Sling System, Herman & Wallace, August 27-28, 2016

M1 Basic Training, Graston Technique, May 12-13, 2016

If We Evolved To Run, Why Do We Get So Injured Doing It? MGH Orthopedic Seminar Series, April 29, 2015

ACL Injury Prevention, The Micheli Center for Sports Injury and Prevention, April 11, 2015

Active Myofascial Release in Clinical Practice, MGH Orthopedic Seminar Series, March 25, 2015

SMT-1: High-Velocity Low-Amplitude Thrust Manipulation of Cervical, Thoracic, Lumbar, & SI Joint, Spinal Manipulation Institute, American Academy of Manipulative Therapy, April 25–26, 2014

The Customer Service Conference, Fred Pryor Seminars, January 25, 2014

Advances in the Clinical Evaluation and Treatment of Cervical and Upper Thoracic Spine Disorder, North American Seminars, Inc., October 19–20, 2013

How to Deliver Exceptional Customer Service, Fred Pryor Seminars, January 5, 2013

The Runners Rehab Program, North American Seminars, Inc., November 17–18, 2012

The SI Joint and Pelvic Girdle, North American Seminars, Inc., October 6–7, 2012

CLINICAL EDUCATION

Physiotherapy Associates, Peabody MA *Student PT* January 2012–March 2012

- Diagnosed injuries based on patients' symptoms as well as assessment of post surgical patients.
- Developed and modified rehabilitation plans independently.
- Observed arthroscopic rotator cuff repair with Dr. James O'Holleran.

Northeastern University Sports Medicine, Boston, MA *Student PT* September 2011–November 2011

- Examined and evaluated Division I NCAA athletes.
- Developed and progressed exercise programs for both injury prevention and rehabilitation.
- Participated in preseason Functional Movement Screening of athletes.

Beth Israel Deaconess Medical Center, Boston, MA *Student PT* May 2011–June 2011

- Educated on assistive devices and post surgical precautions, monitored vital signs and collaborated with other healthcare professionals on discharge decisions in the inpatient acute care orthopedic trauma unit.
- Attended to cardiac, neurological, and general medicine cases.

CO-OP EXPERIENCE

ProEx Physical Therapy, Woburn, MA and Boston, MA *Exercise Technician* September 2010–June 2011,
Physical Therapy Co-op Student January 2010–June 2010

- Modified and supervised exercise routines for patients ranging from age 5–93
- Applied modalities such as electrical stimulation and ultrasound.
- Executed administrative duties.

Kennedy Brothers Physical Therapy at Copley Square, Boston, MA *Physical Therapy Aide* January 2009–September 2009, *Physical Therapy Co-op Student* July 2008–December 2008

- Performed modalities on patients such as heat, ice, ultrasound, and electrical stimulation.
- Administered PNF manual resistance exercises on patients.
- Supervised patients' exercise routines.

PROFESSIONAL AFFILIATIONS

National Strength and Conditioning Association (NSCA) Member, 2026-present

American Academy of Sports Physical Therapy (AASPT) Member 2025-present

American Academy of Orthopedic Manual Physical Therapist (AAOMPT) Member and Fellow 2020-present

American Physical Therapy Association (APTA) Member 2013–present

Massachusetts APTA Chapter Member 2015–present

Rhode Island APTA Chapter Member 2013–2014

RESEARCH EXPERIENCE

- Presented a poster at the 2022 APTA of MA Annual Conference: Physical Therapist Role in Facilitating Home Discharge Following Total Joint Arthroplasty at a Hospital Based Outpatient Surgical Center.
- Presented a poster at the 2019 APTA of MA Annual Conference: Cervicogenic Management of Post Concussion Syndrome.
- Studied the effects of inspiratory muscle training on the performance of women's Division I crew athletes September 2010–May 2011.
- Presented a poster at the 2011 Northeastern University Research Expo: Prediction of Division I Women's 2K Rowing Performance Using a Maximal Incremental Ergometry Rowing Test.

VOLUNTEER EXPERIENCE

United States Olympic and Paralympic Committee

- Sports Medicine Volunteer Program, approved volunteer awaiting assignment

Head Of The Charles Regatta, October 2025 - present

- Emergency Services - First Aid

International Journal of Sports Physical Therapy, July 2024 - present

- Peer Reviewer

Boston Athletic Association, November 2023-present

- Medical Volunteer BAA Half and Full Marathons 2023-present

Boston Public Schools, September 2022-June 2024

- Contributed to Yearly Pre-Participation Examination Event for upcoming Athletic Season, 2023-2024
- Provided more than 100 hours of Athletic Venue Medical Coverage, October 2022-May 2023

Northeastern University Young Alumni Advisory Board, July 2019–June 2022

- Alumni Commencement Speaker, May 13th 2022, Fenway Park
- Chair Fiscal Year 2021-2022, Vice Chair Fiscal Year 2020-2021