

# Crystal Lyn Seamon, PT, DPT, OCS, ATC

578 South Fifth Street, Columbus, OH 43206 • (614) 832-9783 • crystalseamon@gmail.com

## PROFESSIONAL EDUCATION

<b>Orthopaedic Physical Therapy Residency</b> The Ohio State University Sports Medicine Center, Columbus, OH	2007-2008
<b>Doctor of Physical Therapy</b> The Ohio State University College of Medicine and Public Health, Columbus, OH	2004-2007
<b>B.S. Athletic Training, Magna Cum Laude with Distinction</b> The Ohio State University College of Medicine and Public Health, Columbus, OH	2000-2004

## PILATES EDUCATION

<b>Comprehensive Teacher Training</b> Power Pilates	5/2013 - 9/2014
<b>Core Mat I and II</b> Power Pilates	2013
<b>Reformer I &amp; Movement Principles, II, and III</b> Balanced Body Education	2012
<b>APPI Pilates for Rehabilitation: Matwork Level I</b> The Australian Physiotherapy & Pilates Institute	12/2011
<b>Foundation and Intermediate Reformer and Matwork</b> Pendleton Pilates, Cincinnati OH	8/2011-12/2011

## LICENSURE & CERTIFICATIONS

<b>Board Certified Orthopaedic Physical Therapist, APTA</b>	7/2009-Present
<b>Physical Therapist, OTPTAT Board</b>	9/2007-Present
<b>Athletic Trainer, OTPTAT Board</b>	6/2004-Present
<b>Athletic Trainer Certification, Board of Certification, Inc.</b>	8/2004-8/2014

## PROFESSIONAL EXPERIENCE

<b>The Body Haus, Owner Pilates Instructor/Physical Therapist</b>	9/2014 - Present
<b>Ohio Vein &amp; Vascular Inc, Medical Practice Administrator</b>	8/2013 - Present
<b>The Athletic Club of Columbus, Pilates Instructor</b>	7/2013 - Present
<b>The Breathing Room, Pilates Instructor</b>	7/2012-4/2013
<b>Pendleton Pilates, Pilates Instructor</b>	12/2011-6/2013
<b>Comprehensive Physical Therapy Center, Physical Therapist</b>	7/2011-5/2013
<b>OSU Sports Medicine Center, Physical Therapist</b>	1/2008-5/2011
<b>OSU Sports Medicine Center, Orthopaedic Physical Therapy Resident</b>	9/2007-12/2008

## RESEARCH/PUBLICATIONS

**Seamon CL, Merrick MA.** A Comparison of Intramuscular Temperature of the Thigh during Treatments with the Grimm CRYOpress and the Game Ready Accelerated Recovery System. *Journal of Athletic Training*. 2005;40:S-99.

## PRESENTATIONS

<b>Conference Presentation, Pilates: What it can do for the EDS patient</b> Ehlers-Danlos National Foundation Cincinnati, OH	8/2012
<b>Guest Lecturer, Anatomy for the Pilates Instructor</b> Pendleton Pilates	8/2012

Cincinnati, OH		
<b>Guest Lecturer, Pilates &amp; Injury Modification</b>		2/2012
Pendleton Pilates		
Cincinnati OH		
<b>Guest Lecturer, Cycling: Weight Loss, Training &amp; Nutrition</b>		6/2010
Miami Valley Mountain Bike Association		
Columbus, OH		
<b>Guest Lecturer, Cycling: Weight Loss, Training &amp; Nutrition</b>		6/2009
Roll: at Easton		
Columbus, OH		
<b>Guest Lecturer, Cycling Injuries &amp; Prevention</b>		5/2009
Roll: at Easton		
Columbus, OH		
<b>Guest Lecturer, Muscle Energy Techniques: Cervical, Thoracic, Lumbar Spine Lecture &amp; Lab</b>		12/2008
The Ohio State University Department of Physical Therapy		
Columbus, OH		
<b>Guest Lecturer, Cycling Injuries &amp; Prevention</b>		7/2008
Roll: at Easton, Roll: at Polaris		
Columbus, OH		
<b>Guest Lecturer, The Temporomandibular Joint: Biomechanics, Diagnosis, and Treatment</b>		5/2008
The Ohio State Department of Physical Therapy		
Columbus, OH		
<b>Guest Lecturer, Softball Injuries &amp; Prevention</b>		4/2008
Grove City, OH YMCA		
<b>Guest Lecturer, Core Stability and Its Relationship to Lower Extremity Injury</b>		2/2008
OSU Sports Medicine Physicians Fellowship Conference		
Columbus OH		
<b>Panel Member, "The Role of the Health Sciences in Building a World Class University"</b>		6/2005
OSU Alumni Advisory Council		
Columbus, OH		
<b>Poster Presentation, A Comparison of Intramuscular Temperature of the Thigh during</b>		6/2005
Treatments with the Grimm CRYOpress and the Game Ready Accelerated Recovery System.		
National Athletic Training Convention		
Indianapolis, IN		

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## TEACHING ACTIVITIES

<b>Faculty Member, OSU Sports Medicine Center Orthopaedic Physical Therapy Residency</b>		2009-2011
<b>Teaching Assistant, Anatomy 600</b>		SU QTR 2008
The Ohio State University Department of Physical Therapy		
<b>Teaching Assistant, Clinical Applications Special Topics</b>		WI QTR 2008
The Ohio State University Department of Physical Therapy		
<b>Teaching Assistant, Clinical Applications Lower Quarter Lab</b>		WI QTR 2007
The Ohio State University Department of Physical Therapy		
<b>Teaching Assistant, Clinical Applications Upper Quarter Lab</b>		Fall QTR 2007
The Ohio State University Department of Physical Therapy		

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## PROFESSIONAL MEMBERSHIP & ACTIVITIES

<b>Secretary</b>	<b>Executive Board of Directors, Ohio Physical Therapy Assoc</b>	2011-2012
<b>Chair</b>	<b>Central District, Ohio Physical Therapy Assoc</b>	2009-2011
<b>PAC Coordinator</b>	<b>Central District, Ohio Physical Therapy Assoc</b>	2007-2009
<b>Liaison</b>	<b>State of Ohio, American Physical Therapy Assoc</b>	2007-Present
<b>Member</b>	<b>Orthopedic Section, American Physical Therapy Assoc</b>	2007-Present
<b>Member</b>	<b>American Physical Therapy Assoc</b>	2004-Present

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## HONORS/AWARDS

<b>Dean's List, The Ohio State University</b>		2000-2007
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<b>Undergraduate Poster Winner</b> , NATA Foundation Student Research Competition	2005
<b>President's Salute to Undergraduate Academic Achievement Award</b>	2004
<b>Alpha Lambda Delta &amp; Phi Eta Sigma Honoraries</b>	2000-2001

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**SERVICE/COMMUNITY INVOLVEMENT**

<b>Board of Trustee</b>	Village Connections	2013-Present
<b>Board of Trustee</b>	German Village Society	2010-2011
<b>Chair</b>	Civic Relations, German Village Society	2010-2011
<b>Volunteer</b>	Ohio State Fair, Ohio Physical Therapy Assoc	2010
<b>Co-Chair</b>	Technology Committee, German Village Society	2009-Present
<b>Co-Chair</b>	Prost!, German Village Society	2009-2011
<b>Co-Chair</b>	Go Grun, Go Green, German Village Society	2008-2011
<b>Member</b>	Long Range Planning Committee, German Village Society	2008-2010
<b>Member</b>	Wilkomen Wagon Committee, German Village Society	2008-2010
<b>Volunteer</b>	Sports Pre-Participation Physicals, Columbus Public Schools	2008
<b>Member</b>	German Village Society	2006-Present
<b>Life Member</b>	Ohio State Alumni Association	2006-Present
<b>Chair</b>	APTA Pittsburgh-Marquette Challenge, The Ohio State University	2005
<b>Volunteer</b>	Physician's Free Clinic Physical Therapy Student	2005
<b>Class President</b>	OSU Doctorate of Physical Therapy	2004-2007
<b>Volunteer</b>	Majority One	2004
<b>Treasurer</b>	OSU Athletic Training Club	2003-2004
<b>Member</b>	OSU Women's Club Rowing, The Ohio State University	2000-2002
<b>Volunteer</b>	Community Commitment, The Ohio State University	2000, 2001
<b>Volunteer</b>	The Ohio State University Hospital	2000

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