



## DAWN SZELOG, DPT, ATC, OCS

### EDUCATION

- University of New Hampshire, *BS, Kinesiology/Athletic Training, 2001*
- Franklin Pierce University, *DPT, Physical Therapy, 2008*

### EXPERIENCE

- 14 Years PT
- 20 Years ATC
- Exeter Hospital Sports Medicine Team

### SPECIALTY LICENSES/CERTIFICATIONS/ADVANCED SKILLS

- Orthopedic Clinical Specialist 2018
- Integrative Dry Needling 2017
- Board Certified Athletic Trainer, *since 2002*

### RECENT CLINICAL COURSES/SEMINARS COMPLETED

- Integrative Dry Needling
- Boston Sports Medicine Symposium
- Maitland Australian Physiotherapy Seminars MT-2: Basic Spinal
- *Maitland Australian Physiotherapy Seminars MT-1: Basic Peripheral*
- *Graston Technique M1 Basic Training*
- *Evidence Based Evaluation and Treatment of the Shoulder*
- *The Shoulder Algorithm of Special Tests*
- *Institute of Orthopedic Manual Therapy: Cervical Spine*
- *Perform Better Seminars*

### SPECIAL SKILLS/PROFICIENCY AREAS

- Specializes in Return to Sport Rehab
- Graston Technique
- Functional Movement Screenings
- Evaluation of upper and lower extremity orthopedic pathologies
- Evaluation of spine conditions/disorders
- Joint mobilizations for cervical spine, shoulder, knee, hip, ankles
- Taping techniques for shoulder, knee, ankle, foot
- Agility, speed, power, plyometric, balance running and gait training
- Manual cervical and lumbar traction
- MET therapy for shoulder, knee, hip, and ankle

### EXTRACURRICULAR ACTIVITIES:

- UNH Women's Lacrosse Division I Athlete: 1997-2001
- Girls Lacrosse Coach
- Enjoys Running and the outdoors
- NH Special Olympics Volunteer