Personal Information

Emily Scherb, PT, DPT
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www.puremotionphysicaltherapy.com
www.thecircusdoc.com

Education

Washington University Program in Physical Therapy

St. Louis, MO

- · 2006 2009
- Doctor of Physical Therapy

Washington University in St. Louis

St. Louis, MO

- · 2001 2005
- A.B. Physical Anthropology
- Minor Modern Dance

Licensure

Licensed Physical Therapist in Washington since 2009 Licensed Physical Therapist in Oregon since 2019

Awards

Washington University in St. Louis School of Physical Therapy 2020 Alumni Achievement Award

Employment History

Owner

Pure Motion Physical Therapy, PLLC

Seattle, WA

- 6/2013 Present
- Specializing in the care and treatment of circus artists
- Presenting education to circus artists, instructors, and physical therapists on the unique challenges and stresses on circus bodies as "The Circus Doc"

Fellowship Regional Mentor

Washington University Program in Physical Therapy

- 8/2015 Present
- Active during the academic year 2015/2016
- Mentor for Movement System Clinical Fellowship teaching others to effectively diagnose and treat movement impairment syndromes

Company Physical Therapist

Acrobatic Conundrum

Seattle, WA

- 2016 Present
- Available for consult while the company is on tour and for in person care of performers when they are in Seattle.

Resident Physical Therapist School of Acrobatics and New Circus Arts(SANCA) Seattle, WA

- 6/2013 Present
- · Lecturer for the Pre- Professional Program

• On site physical therapist for staff and student needs

Aerial Arts and Flying Trapeze Coach

- 5/1998 Present
- Various locations including SANCA(2009- present), Trapeze School New York(multiple locations 2003-8), Circus Center (San Francisco 2007), Circus Harmony (St. Louis 2002-3), Sports and Arts Center at Island Lake (1998 - 2001)

Physical Therapist Active Physical Therapy Seattle, WA

 \cdot 1/2011 - 5/2013

Physical Therapist Action Reaction Physical Therapy Seattle, WA

• 7/2009 – 12/2011

Flying Trapeze School Manager Trapeze School New York New York, NY

• 8/2005 – 7/2006

Management of staff education, scheduling, and inventory

<u>Publications</u>

Applied Anatomy of Aerial Arts North Atlantic Books August 2018

• An Illustrated Guide to Strength, Flexibility, Training, and Injury Prevention

<u>Lectures and Workshops</u>

Evaluation and Treatment of the Shoulder Girdle of Aerial Artists from a Movement Systems Perspective

Presented at the Combined Sections Meeting of the APTA

Denver, CO

- 2/2020
- Lecture on the specific demands on the shoulder in aerial artists

Evaluation and Treatment of Circus Artists: The Hanging Athlete

- Various Dates 4/2017 Present
- Locations including; Boston, MA, Portland, OR, Los Angeles, CA
- Continuing education course for Physical Therapist continuing education on assessment,
 common injuries and treatment of circus artists

Hanging Analysis of Aerial Artists IADMS Montreal, Quebec

- 10/2019
- Lecture/Workshop on the specific demands on the shoulder in aerial artists
- International Association of Dance Medicine and Science (IADMS) consists of medical and dance professionals who are invested in furthering the knowledge surrounding the care of performing artists

Evaluation of Aerial Artists

PAMA Symposium

Orange, CA

- 6/2018
- Lecture/Workshop on the specific demands on the shoulder in aerial artists
- The Performing Arts Medical Association (PAMA) consists of medical professionals who are invested in furthering the knowledge surrounding the care of performing artists

Circus Anatomy and Injury Prevention Workshops

- 2014 Present
- Various circus schools around the country including Fly Circus Space (New Orleans 2/2018), Esh Circus Arts (Boston 4/2017), Cirque School LA (Los Angeles 8/2016) SANCA (Seattle 3-4 x annually), Versatile Arts (Seattle annually), Bumbershoot (St. Louis 10/2015, 11/2017), Aloft (Chicago 9/2014)

Teacher Training Aerial Anatomy and Biomechanics

Versatile Arts

Seattle, WA

- Annually 2017 2020
- Anatomy and biomechanics of aerial artists with common movement faults presented to instructors and instructors in training at Versatile Arts

Perform Forever: From Hanging to Handstands

Seattle, WA and Atlanta, GA

- 12/2016 Seattle 7/2017 Atlanta, GA
- A full day workshop for aerial artists, circus instructors, and hanging athletes that focused on education to enable safe sustainable training and injury prevention

Teaching Circus with the Body in Mind American Circus Educators Conference San Francisco, CA

- · 10/2016
- Presentation for top circus instructors from around the United States on recognizing common postural alignments, injuries, and movement faults with education on how to improve the language and cues used to improve teaching methods

Circus Anatomy

Circus Now at Chicago Contemporary Circus Festival

Chicago, IL

- 3/2013
- Anatomy lecture for professional and pre-professional circus performers and circus instructors

Functional Circus Anatomy

American Circus Educators Conference

Seattle, WA

- 9/2012
- Day long functional anatomy workshop for circus educators gathered from around the United States

<u>Membership</u>

Seattle Dance and Performing Arts Medicine

- 2010 Present
- Board Member 2019 2021

American Physical Therapy Association

- Orthopedic Section
- Performing Arts Special Interest Group

International Organization of Dance Medicine and Science

• 2012 – present

Performing Arts Medicine Association

• 2013 – present