

# EDIE KNOWLTON BENNER PT, PhD, OCS

## BOARD CERTIFIED ORTHOPAEDIC CLINICAL SPECIALIST

Advanced Rehabilitation & Health Specialists

4707 Mill St., Mantua, OH 44255 (330) 274-2747

Mid American Rehab Network (MARN), President

Updated: 7/13/21

[ediebenner@gmail.com](mailto:ediebenner@gmail.com), [www.arhs.us](http://www.arhs.us),

### ACADEMIC EDUCATION

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Ph.D. <b>Kent State University</b> , Kent, Ohio	2005
<i>Doctorate of Philosophy in Health Education and Promotion</i>	
M.A. <i>Master of Arts Degree in Exercise Physiology</i>	1988
B.S. <b>University of Miami</b> , Coral Gables, Florida	1983
<i>Bachelor of Science Degree in Physical Therapy</i>	

### PROFESSIONAL CERTIFICATION

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“American Board of Physical Therapist Specialties” Board Certified Orthopaedic Clinical Specialist	1995, 2005, 2015
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### PROFESSIONAL AWARDS

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Cleveland State University Viking Award: Outstanding contributions to CSU	2015
Rotary International: Hero Award	2012
American Physical Therapy Association Chosen Member Advisory Panel on Practice	2009-2014
American Physical Therapy Association "Outstanding Physical Therapist/ Physical Therapist Assistant Team Award"	2006
Ohio Physical Therapy Association “Direct Access” Certificate of Recognition	2004
Kent State University College and Graduate School of Education “Outstanding Achievement in Service Award”	2004
Crestwood High School Alumni Hall of Fame	2002
Ohio Physical Therapist of the Year	1994

### EMPLOYMENT

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<b>Advanced Rehabilitation &amp; Health Specialists</b> Co-Owner & President	November 1998 - Present
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## EDIE K. BENNER, P.T., PhD, OCS

4707 Mill St., Mantua, Ohio 44255 www.arhs.us

**Cleveland State University Doctorate in Physical Therapy Program** September 1989 – Present  
Euclid Ave. @ E. 22, Cleveland, Ohio

Adjunct Faculty:

Developer & Primary Instructor: *Health Education & Social Responsibility* Present

Co-instructor: *Functional Anatomy, Scientific Inquiry, Therapeutic Exercise, Manual Therapy, Physical Therapy Management of the Spine, Orthopaedic Rehabilitation, Occupational Health and Ergonomics, Gross Anatomy, Soft Tissue Mobilization, Professional Issues*

**Hudson Physical Therapy** October 1997 – August 1998  
5844 Darrow Rd., Hudson, Ohio 44236

**Allied Health Rehab Center/Portage Physical Therapists, Inc.** April 1989 – July 1997  
6560 N. Chestnut St., Ravenna, Ohio 44266  
Clinical Director and Work Hardening Coordinator

**Robinson Memorial Hospital/Portage Physical Therapists, Inc.** August 1986 – April 1989  
6847 Chestnut St., Ravenna, Ohio 44266

**Akron City Hospital** July 1983 – August 1986  
522 E. Market St., Akron, Ohio 44310

## PUBLICATIONS

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Benner, E., Frame, A., Robine, J., & Clester, C. (2012) Enhancing your practice with a running program. *Impact*, (Sept), 34-39.

Benner, E., Spoerl, J., Chippi, D., and Mottice, M. (2012). Evidence-based Soft Tissue Mobilization, ibook. <http://itunes.apple.com/us/book/soft-tissue-mobilization-techniques/id524218524?mt=11>

Benner, E., Spoerl, J., Chippi, D., and Mottice, M. (2011). Evidence-based Soft Tissue Mobilization DVD. OPTP.

Benner, E. (2006). The Theory of Planned Behavior and physical activity among physical therapists. (Doctoral dissertation, Kent State University).

Benner, E. (2005). Healthy Therapists: Are We? *Access: Ohio Physical Therapy Association*, (3), 4, 6-9.

Benner, E., Spoerl, J., and Mottice, M. (1994). *Soft Tissue Mobilization*. Ohio: Communication Station Publications.

Benner, E., Goldberg, D., Mottice, M., and Spoerl, J. (1986). *Soft Tissue Mobilization*. Ohio: Communication Station Publications.

Benner, E. (1994). Ergonomics for seated occupations. *Orthopaedic Physical Therapy Practice*, (6), 2, 9 – 12.

Benner, E. (1991). Customized Sticker Exercise Program. Creator and distributor.

## PRESENTATIONS/LECTURES (2010-present only)

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MARNPeerCONNECT Team Leader, Monthly 2021

Patients or Profits: Which matters more in Workers' Comp?  
Bardavon Panelist with Paul Gaspar DPT, iPTCA and Matt Condon 12/10/20

## EDIE K. BENNER, P.T., PhD, OCS

Facebook Lives entitled “Move Now with Greater Ease” by Edie Benner YourPT4Ever		2020, 2021
Physical Activity to Optimize Population Health and Transform Society Speaker Ohio Physical Therapy Association Fall Conference, Columbus, OH		Fall, 2018
Cleveland State University Key Note Speaker, White Coat Ceremony		2016
Cadaver Lab Anatomy Presentation for OPTA Research Committee	3 Hr	2013, 16, 17
Clinical, practical and Evidence-based Strategies to Manage the Runner across the Lifespan. Ohio Physical Therapy Association Annual Conference, Columbus, OH	2 Hr.	04/22/16
How to enhance your physical therapy practice with exercise classes and a walking/running race series. Ohio Physical Therapy Association Annual Conference, Columbus, OH	1.5 Hr.	04/11/15
What? I’m in pain! How am I supposed to exercise? Utilizing Health Behavior Theory to improve Exercise Adherence. Ohio Physical Therapy Association Annual Conference, Columbus, OH	1.5 Hr.	04/11/15
Managing a Caseload: The PT/PTA Team American Physical Therapy Association Audio Conference	1 Hr.	02/23/12
How a Running Program Can Enhance your Private Practice Private Practice Section Annual Conference: Seattle, WA	1 Hr.	11/3/11
Running Injury Prevention and Training Robinson Memorial Sports Discussion Group	1 Hr.	09/26/11
Ohio Statehouse Testimony on Concussion Legislation	.5 Hr.	08/23/11
Ergonomics & Injury Prevention for the Seated Worker. Northeast Ohio Region of College Career Counselors	1 Hr.	06/06/11
Portage Trail Conference Coaches Clinics: 5 per year Concussions, Injury prevention, Injury management, Safety	3 Hr.	2009-2012
Adolescent Low Back Pain Robinson Memorial Sports Discussion Group	1 Hr.	01/24/11

### **CONTINUING EDUCATION (2010 – present)**

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IDN Foundation Dry Needling Certification Course-Cleveland State University:	27 hr	11/16/18-11/18/18
American Physical Therapy Association Private Practice Section Conference	2010 - 2012, 2015, 2018, 2019, 2020	
Ohio Physical Therapy Association Fall Conference (Virtually: 2020)		2011-2020
Ohio Physical Therapy Association Spring Conference (Virtually: 2020, 2021)		2011, 2013-2021
American Physical Therapy Association Advocacy Day on Capital Hill		6/4 & 6/5/15
American Physical Therapy Association Combined Sections Meeting:		2013 -2016, 2018 - 2020
EIM R-203 Business Management Principles for Physical Therapists, 8 week online course		11/12/ 12

**PROFESSIONAL AFFILIATIONS**


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Mid American Rehabilitation Network, President	2019 - present
Mid American Rehabilitation Network, Board Member	2016 - present
American Physical Therapy Association PT-PAC Ambassador for Ohio	2011- present
American Physical Therapy Association Member	1982 - present
Orthopaedic, Sports, Private Practice, Research, HPA (various sections over the years)	
Ohio Physical Therapy Association Board of Directors	2005- 2009
Nominating Committee Chairperson	2012-2016
Research, Reimbursement, Conference & Membership Committees	
Ohio Physical Therapy Association Research Committee Founder	1998
Ohio Physical Therapy Association Research Committee Co-chairperson	1998 –2005
Eta Sigma Gamma Kent State University	1999
Ohio Physical Therapy Association East Central District Director	2001 - Present
Ohio Association of Rehab Facilities Industrial Committee	1989 - 1997
Ohio Physical Therapy Association Delegate to American Physical Therapy Association House of Delegates	1990 – 2001, 2003 - 2005
Ohio Physical Therapy Association House of Delegates Chief Delegate	1996 - 1999
Ohio Physical Therapy Association Executive Board	
East Central District Chairperson	1990 - 1992
Ohio Physical Therapy Association Conference Planning Committee	1986, 1993, 2003 - 2010
Ohio Physical Therapy Association Student Liaison to Executive Board	1992 - 1997
Ohio Physical Therapy Association Student Research and Conclave Organizer	1993 - 1997
Orthopaedic Study Group Co-chairperson	1988 - 1998
East Central District of the Ohio Physical Therapy Association District Chairperson	1990 - 1992
East Central District Golf Fundraiser Founder and Chairperson	1989 – 2003, 2005 – 2008
(Excluding 2001 & 2004)	
East Central District Ohio Physical Therapy Association Assembly of Representatives	
Annual Meeting (All but one meeting)	1985 - 2005
Semi-Annual Meeting (All but one meeting)	1985 - 2005
Stark Technical College Physical Therapist Assistant Advisory Council	1995 - 1996

**COMMUNITY PRESENTATIONS**


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\*These are primarily 1 – 2 hour presentations to the public.

Advanced Rehabilitation & Health Specialists Mini-clinics:

    Running Injury Free

    Using Health Behavior Theory to Stick to your New Years Resolutions

**COMMUNITY SERVICE**


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Downtown Mantua Revitalization Corporation President	2006-Present
Art On The Hill Committee	2009-Present
Portage Development Board of Directors	2000-Present
Ohio Department of Natural Resources Scenic River Advisory Council	2017-Present
Mantua-Shalersville Area Chamber of Commerce Founding Member & Member	2002-Present
Mantua Potato Stomp Race Committee	1990-Present
Physical Therapist for Crestwood High School Sports Program	2007 – 2016
Boy Scouts of America Adult Leader and Assistant Scoutmaster	2004 --2013

