

Curriculum Vitae
Pamela Donlan, PT, DPT, EdD, CLT-LANA

Department of Physical Therapy, Movement, and Rehabilitation Sciences
Northeastern University
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EDUCATION

2011-2016 Northeastern University; College of Professional Studies
Doctorate in Education; Concentration in Higher Education Administration

Doctoral thesis: "Faculty Lived Experiences Integrating Technology-
Assisted Educational Practice into an Entry Level Physical Therapy
Curriculum: An Interpretative Phenomenological Analysis."

2003-2005 Widener University; School of Human Service Professions
Doctorate in Physical Therapy

1983-1985 New York University, School of Education, Health, Nursing, and Arts Professions
Bachelor of Science in Physical Therapy

1980-1983 University of Rhode Island
Undergraduate studies in biological science

CURRENT LICENSURE

2004- Present- Commonwealth of Massachusetts, License # 16863
1997- Present (Inactive status)- Commonwealth of Pennsylvania, License# PT010341L
1989- Present (Inactive status)- State of New Jersey, License # QA 04391
1985- Present (Inactive status)- State of New York, License # 008844

CERTIFICATIONS

2002-Present **CLT-LANA Certification:** Certified Lymphedema Therapist- Lymphology
Association of North America. Nationwide Examination administered by the
Lymphology Association of North America to all eligible certified lymphedema
therapists- initial certification, 2002; most recent recertification, 2020.

PROFESSIONAL EXPERIENCE

Academic Appointments

Northeastern University, Department of Physical Therapy, Movement, and Rehabilitation Sciences, Boston MA

2017- Assistant Clinical Professor, Department of Physical Therapy, Movement, and Rehabilitation Sciences- appointed August 2017.

Educate entry-level doctor of physical therapy students at both graduate and undergraduate levels, in laboratory, lecture and recitation settings. Oversee participation and activity of lab instructors, and progress of all students. Engage with students and incorporate student feedback to ensure that learning activities are meaningful. Participate in departmental committee work, service on a departmental level, and professional development and scholarship activities.

2008-2017- Adjunct faculty/Part-time Instructor- Educate entry-level doctor of physical therapy students at both graduate and undergraduate levels, in laboratory, lecture and recitation settings. Lab coordinator or lead instructor roles included overseeing content and delivery of course and laboratory material, with an emphasis upon promoting and creating meaningful teaching and learning experiences, overseeing the participation and activity of lab instructors, and overseeing activity, participation, and progress of all students enrolled in these courses.

2015/2016/2017- Massachusetts College of Pharmacy and Health Sciences; Department of Physical Therapy; Worcester, MA. Visiting lab instructor for Neurological Management- Vestibular Rehabilitation module

Professional Employment Experience

2005-2019

Physical Therapist- sub-acute care

Treatment of sub-acute and long term care patients with a focus upon the geriatric population, as well as participation in team and family meetings, and family training.

Countryside Healthcare of Milford
Milford, MA

2004-2012

Physical Therapist- outpatient care

Experience obtained treating outpatients with orthopedic, integumentary, and neurological impairments, with a focus on vestibular rehabilitation.

Milford Regional Medical Center
Milford, MA

2007-2009;1999-2001 **Traveling Physical Therapist- acute care inpatient, subacute and long term care, and outpatient care**

Experience obtained treating a wide variety of patients in settings including skilled nursing facilities, acute care hospitals, and outpatient clinics, initially in the greater Philadelphia and Allentown areas, and subsequently in the greater Boston area.

General Healthcare Resources, Inc.
Plymouth Meeting, PA

2001-2004 **Physical Therapist and Lymphedema Specialist, Outpatient and Inpatient Acute Care**

Experience obtained treating outpatients with primary and secondary lymphedema of the upper and lower extremities, as well as the trunk and head and neck, utilizing the MLD/CDT protocol: Vodder technique. Experience was also obtained treating inpatients in an oncology based setting. Educational opportunities included moderating and presenting for monthly lymphedema support groups, as well as participation in journal club.

Fox Chase Cancer Center
Philadelphia, PA

2000-2002 **Physical Therapist- Outpatient Care**

Experience obtained treating outpatients with neurological, neuroendocrine, and orthopedic impairments, as well as outpatients with primary and secondary lymphedema of the trunk, extremities, face, and neck, utilizing the MLD/CDT protocol: Vodder technique.

Grandview Hospital
Sellersville, PA

1995-1996 **Physical Therapist- Outpatient Care**

Experience obtained treating orthopedic and neurological outpatients in a private practice setting

Oakland Physical Therapy
Oakland, NJ

1989-1995 **Physical Therapist- Outpatient Care**

Experience obtained treating post-operative orthopedic outpatients

Engle St. Physical Therapy

Englewood, NJ

1985-1989

Staff Physical Therapist- Inpatient Acute Care

Experience obtained treating inpatients in an acute care, multicultural urban hospital setting

New York Infirmery Beekman Downtown Hospital
NY, NY

SCHOLARSHIP & PUBLICATIONS

Peer-Reviewed Publications

- **Donlan, P**, Cohn, Y, Doukas, N. “Exploring the Physical Therapy Experience Among People Living with Lymphedema: A Biopsychosocial Perspective.” *Rehabilitation Oncology*. 2020: Published ahead of print; July 2, 2020.
- **Donlan,P**. “How the physical therapy experience promotes quality of life among people living with lymphedema.” *Physical Therapy, APTA annual conference abstracts*. June 2020.
- **Donlan, P**, Greenwood, K, Kiami, S. A Qualitative Exploration of Simulation as a Tool for Learning in Physical Therapist Education. *Journal of Acute Care Physical Therapy*. April 2020: 11(2): 84-92.
- **Donlan, P**. A Biopsychosocial Perspective on How Patients with Chronic Pain Experience Physical Therapy: A Preliminary Metasynthesis. 2019: Abstract. *Proceedings of World Confederation of Physical Therapy*.
- **Donlan,P**. Use of the Online Discussion Board in Health Professions Education: Contributions, Challenges, and Considerations. *Journal of Continuing Education in the Health Professions*. 2019: 32(2): 124-129.
- Kiami S, **Donlan P**. “Usability and Efficacy of Neurologic Digital Case Studies to Promote Clinical Decision Making Skills among Physical Therapist Students.” *Journal of Allied Health*. 2019: 48(1): 31-37.
- **Donlan, P**. “Developing Affective Domain Learning in Health Professions Education.” *Journal of Allied Health*. 2018: 47(4):289-295.
- **Donlan P**, Alpert S. “Faculty Lived Experiences Integrating Technology-Assisted Educational Practice into an Entry-Level Physical Therapy Curriculum: An Interpretative Phenomenological Analysis.” *Journal of Physical Therapy Education*. 2018: 32(1): 87-93.
- Hayward L, Ventura S, Schuldt H, **Donlan P**. (2018). “Student Pedagogical Teams: Students as Course Consultants Engaged in Process of Teaching and Learning. *College Teaching*. Jan-Mar. 66(1); 37-47.

Invited Presentations

- **Donlan, P. “The Art of the Dialogue: Fostering Adherence, Reciprocal Communication, and Collaborative Goal Setting”:** Regional presentation at Virginia Commonwealth University, February 22, 2020. Presented as part of a continuing education series associated with the VCU-Marquette challenge that works to raise money for the Foundation for Physical Therapy Research.
- **Donlan, P. “Exploring the Psychosocial Impact of Physical Therapy Intervention on People Living with Lymphedema.”** Research Proposal Presentation to the Massachusetts Chapter of the Lymphedema Education and Research Network (LEARN), April 27, 2019.
- **Donlan, P. “Multiple Sclerosis, Exercise, and the Brain: Highlights of CSM presentation “ Exercise, Walking, and Cognition in Multiple Sclerosis: a Lifespan Perspective.”** Presented to the APTA of Massachusetts, Neurological Special Interest Group. April 3, 2018.

Peer-Reviewed International Presentations

- **Donlan, P. “A Biopsychosocial Perspective on how Patients with Chronic Pain Experience Physical Therapy: A Preliminary Metasynthesis.”** Poster Presentation, World Confederation for Physical Therapy, Geneva, Switzerland, May, 2019.
- Hayward, L.Schuldt, H., **Donlan, P. “Student Pedagogical Teams: Students as Course Consultants Engaged in the Process of Teaching and Learning.”** Poster Presentation, World Confederation for Physical Therapy, Geneva, Switzerland, May, 2019.
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Peer-Reviewed National Presentations

- **Donlan, P, Fitzpatrick, D. “How a Geriatrics Interprofessional Learning Module Impacts Perception of Elder Care among Health Professions Students.”** Presented as a virtual poster, Education Leadership Conference, virtual, 2020.
- **Bangs, D, Donlan, P, Hayward, L. “Teaching Cultural Humility using an Innovative Poster Hall Approach.”** Presented as a virtual poster, Education Leadership Conference, virtual, 2020.
- **Donlan, P. Fitzpatrick, D. “Embracing Core Values: Student Perceptions on Elder Mistreatment Before and After a Geriatrics Learning Module.”** Poster Presentation, APTA: NEXT Annual Conference, June, 2019.
- **Donlan, P., Greenwood, K., Kiami, S. “The Effect of Neurologic Acute Care Simulation Experience upon Clinical Decision Making in a Physical Therapy Curriculum.”** Platform Presentation, APTA Combined Sections Meeting, January 2019.
- **Donlan P. “An Exploration of Faculty Experiences Integrating Technology-Assisted Educational Practice into an Entry-Level Physical Therapy Curriculum.”** Poster Presentation, APTA Combined Sections Meeting, February 2017.

- Kiami S, **Donlan P**, Greenwood K. **“Teaching Acute Neurologic Physical Therapy Management through Interprofessional Simulation.”** Poster Presentation, Education Leadership Conference, October, 2017.

Peer Reviewed Regional Presentations

- **Donlan, P. “Do More Than Dream: The Importance of Sleep on Physical Well-Being and how Physical Therapy can Make a Difference.”** Poster presentation- Presented at the APTA of MA Annual Conference, Norwood, MA, October, 2019.
- Hayward, L., **Donlan, P.**, Schuldt, H. **“Student Pedagogical Teams: Students as Course Consultants Engaged in the Process of Teaching and Learning.”** Platform Presentation at the Annual Conference of the Center for Teaching and Learning through Research, Northeastern University, April 30, 2019.
- Maxwell, J., **Donlan, P.** **“Are You Ready for Primary Care?”** Educational Presentation-Presented at the APTA of MA Annual Conference, Norwood, MA, October, 2018.
- **Donlan, P. “How Patients with Chronic Pain Experience Physical Therapy: A Preliminary Metasynthesis.”** Poster presentation- Presented at the APTA of MA Annual Conference, Norwood, MA, October, 2018.
- **Donlan, P. “Affective Domain Learning Through Motivational Interviewing.”** Poster presentation-Presented at New England Faculty Development Consortium, LaSalle College, June, 2018.
- **Donlan, P. “Faculty Experiences Integrating Technology-Assisted Educational Practice into an Entry-Level Physical Therapy Curriculum.”** Poster presentation-Presented at College of Professional Studies Poster and Scholarship Gallery, Northeastern University, July, 2016.

Non-Peer Reviewed Regional Presentations

- **Donlan, P. “Dizzy No More.”** Clinical Highlights of Vestibular Rehabilitation. Educational Presentation-Presented to Milford Visiting Nurses Association at Milford Regional Medical Center. 2010.

Awards

- Northeastern University Department of Physical Therapy, Movement, and Rehabilitation Sciences ***Excellence in Teaching Award***: recognizes part-time faculty who demonstrate excellence in clinical teaching, dedication, enthusiasm, commitment to student learning, and to continuous improvement as a clinical instructor. 2015.

TEACHING and ADVISING

- 2020:** PT 5160 Psychosocial Aspects of Health Care: Lead Instructor/Section Leader: worked to redesign learning modules to incorporate contemporary issues Healthcare including cultural humility and the role of the PT in working with the LGBTQ community. Revised during the summer of 2020 for effective online delivery.
- PT 6243 Health, Education, and Wellness: Course co-coordinator. Revised content for effective online delivery
- PT 5230 Pediatric/Geriatric Lifespan Management; Recitation Leader and co-instructor; helped to design IPE learning module with PA students
- PT 6222 Neurological Rehabilitation II, Lab Instructor; worked to improve assessment rubrics
- 2019:** PT 5450 Introduction to Therapeutic Activities; Lead Instructor and Section Leader; Redesigned the syllabus to reflect best practices in assessment; re-designed the aquatic module to include pool based learning
- PT 5230 Pediatric/Geriatric Lifespan Management, Recitation Leader; expanded elder abuse module
- PT 6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Vestibular Rehabilitation
- PT 5229 Physical Therapy Project: facilitated and served as principal investigator for a research proposal as part of student capstone project. Facilitated creation of a poster presentation for NU RISE 2019.
- PT 6243/44 Health Education and Wellness. Course Coordinator. Expanded content to include the principles of health promotion on an individual level.
- PT 5516 Integumentary System /Advanced Modalities Lab, Lab Instructor
- PT 5140 Pathology. Presented revised oncology module, with creation of contemporary lectures to reflect evidence-based guidelines for the role of physical therapy in oncologic rehabilitation
- 2018:** PT 5230 Pediatric/Geriatric Lifespan Management, Recitation Leader; presented module on Financial Abuse Among the Elderly
- PT 6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Vestibular Rehabilitation
- PT 5102 Foundations of Physical Therapy Lab; Lab Instructor

PT 6243/44 Health Assessment and Wellness, Course Co-Coordinator; re-designed course to integrate the PRECEDE-PROCEED theoretical framework as an evidence-based model for creating a health promotion project. Designed online lectures on designing a health promotion project.

PT 5210 Neurological Management Lab; Lab Instructor

PT 5450 Introduction to Therapeutic Activities; Course Co-Coordinator for a collaboratively designed a new therapeutic activities course. Developed online lectures on the topics of Balance, PNF, aquatic therapy, and functional activities. Designed lab activities that prompted generative engagement. Designed a syllabus with appropriate learning objectives and assessments. Served as a mentor to new adjunct faculty and session leaders in the course.

2017: PT 5209 Neurological Management 1- Course Co-coordinator, re-designed and presented lectures on vestibular function, coordination, balance, neurologic gait, neuroplasticity, memory and learning, and recovery and compensation

PT 5210 Neurological Management Lab- Course Coordinator- oversaw the restructuring and subsequent implementation of lab content and activities, skill checks and final practical. An emphasis was placed upon promoting and creating meaningful teaching and learning experiences, overseeing the participation and activity of lab instructors, and overseeing activity, participation, and progress of all students enrolled in these courses.

Student Advising

2018/2019 Cohn, Y. Doukas, N. Exploring the psychosocial impact of physical therapy intervention on people living with lymphedema. Capstone project. Faculty Advisor.

2019/2020 Corsetti, E. Exploring the influence of an early intervention simulation activity on affective domain learning. Capstone project. Faculty advisor.

2008-2017

2017: PT 5145 Introduction to the Healthcare System, Recitation Leader

PT 5516 Integumentary System /Advanced Modalities Lab, Lab Instructor

PT 5160 Psychosocial Aspects of Healthcare, Lead Instructor

PT 6221/6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Vestibular Rehabilitation

- 2016:** PT 5160 Psychosocial Aspects of Healthcare, Lead Instructor
 PT 6243/6244 Health Assessment and Wellness, recitation leader; Presented lecture on Motivational Interviewing
 PT 5150/5151 Motor Control, Development, and Learning, Lab Instructor
 PT 5210 Neurological Rehabilitation I, Lab Instructor
- 2015:** PT 6221/6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Vestibular Rehabilitation
 PT 5230 Pediatric/Geriatric Lifespan Management, Recitation Leader
 PT 6243/6244 Health Assessment and Wellness, Recitation leader
 PT 5150/5151 Motor Control, Development, and Learning Lab instructor
 PT 6000 Leadership, Administration, and Management, Recitation leader
 PT 5145 Introduction to the Healthcare System, Recitation Leader
 PT 5209 Neurological Rehabilitation I; Presented lecture on Movement Dysfunction: Coordination and the Vestibular system
- 2014:** PT 6221/6222 Neurological Rehabilitation II, Lab Coordinator, Presented lectures on Cerebellar Disorders and Ataxia, Multiple Sclerosis, Vestibular Dysfunction and Vestibular Rehabilitation
 PT 5145 Introduction to the Healthcare System, Recitation Leader
 PT 5515/5516 Integumentary System and Advanced Modalities, Lab instructor
 PT 5150/5151 Motor Control and Human Development, Lab Coordinator
 PT 6200 Leadership, Administration and Management, Recitation Leader
- 2013:** PT 6221/6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Vestibular Rehabilitation
 PT 5516 Integumentary System and Advanced Modalities, Lab instructor
 PT 5230 Pediatric/Geriatric Lifespan Management, Recitation Leader
 PT 5145 Introduction to the Healthcare System, Recitation Leader
 PT 6200 Leadership, Administration and Management, Recitation Leader
- 2012:** PT 6221/6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Rehabilitation
 PT 5230 Pediatric/Geriatric Lifespan Management, Recitation Leader
 PT 5976 Directed Study, Lead Instructor for 3 students in a directed study in anatomy and kinesiology
 PT 5145 Introduction to the Healthcare System, Recitation Leader
 PT 5515/5516 Integumentary System and Advanced Modalities, Lab instructor; Presented lecture on an Overview of Lymphedema
 PT 5170/5171 Motor Control, Lab Coordinator
 PT 5210 Neurological Rehabilitation I, Lab Instructor

- 2011:** PT 6221/6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Rehabilitation
 PT 5171 Motor Control, Lab Instructor
 PT 5515/5516 Integumentary System and Advanced Modalities, Lab instructor; Presented lecture on an Overview of Lymphedema
 PT 6219 Physical Therapy Administration; Recitation Leader
 PT 5210 Neurological Rehabilitation I, Lab Instructor
- 2010:** PT 6221/6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Rehabilitation
 PT 5515/5516 Integumentary System and Advanced Modalities, Lab instructor; Presented lecture on an Overview of Lymphedema
 PT 5171 Motor Control, Lab Instructor
 PT 5210 Neurological Rehabilitation I, Lab Instructor
- 2009:** PT 6221/6222 Neurological Rehabilitation II, Lab Instructor; Presented lectures on Vestibular Dysfunction and Vestibular Rehabilitation; re-designed vestibular rehabilitation lab content
 PT 5171 Motor Control, Lab Instructor
 PT 5515/5516 Integumentary System and Advanced Modalities, Lab instructor; Presented lecture on an Overview of Lymphedema
 PT 5210 Neurological Rehabilitation I, Lab Instructor
- 2008:** PT 5102 Foundations of Physical Therapy, Lab Instructor
 PT 5515/5516 Integumentary System and Advanced Modalities, Lab instructor; presented lecture on an Overview of Lymphedema
 PT 5210 Neurological Rehabilitation I, Lab Instructor

SERVICE

Service to Northeastern University

- **Northeastern University Interdisciplinary Capstone Project Development**—Served as a faculty mentor to engineering students in the development of their capstone project on the creation of a novel assistive device for elderly community dwelling adults; 2018.
- **Northeastern University Faculty Marshal**- Served as a faculty marshal for undergraduate commencement ceremonies. May 2019; May 2018.

Service to Bouve College

- **Interprofessional Research and Practice Committee-** served as a member; tasked with cultivating and improving interprofessional practice throughout Bouve College. 2020
- **Northeastern University- Bouve College Innovations in Health Professions Program-** Served as a faculty mentor and panelist on an interprofessional forum designed to introduce high school students from around the nation to careers in health professions. July, 2018; July 2019.

Served as a faculty facilitator in a “hack-a-thon” that was designed to encourage teamwork and innovation among students. July, 2018.

Service to the Department

Merit Committee chair; 2019-2020

Assessment Coordinator; 2019-2020

Merit committee member; 2018-2019

Graduate Admissions Committee member; 2017-2018; core committee member 2019-2020

Curriculum Committee member; 2017-2018;

2020

Alumni and Social Media Committee member; 2017-2018

Service to the Profession

APTA of MA Educational Committee-

2020- Assumed the role of chair of the educational committee for the annual APTA of MA regional virtual conference.

2019-Assumed role of co-chair of the educational committee for the annual APTA of MA conference. Participated in peer review of educational submission, platforms, and posters, and assisted in coordination of all educational opportunities and outreach for the conference.

2018-Served as an educational committee member for the annual APTA of MA conference. Participated in peer review of educational submissions, platforms, and posters.

APTAMA Advocacy Day on the Hill, worked to promote the practice of physical therapy by advocating for APTA initiatives and positions on pending legislation in the Commonwealth of Massachusetts. April 2019; April, 2018; May, 2017.

Professional Organizations

American Physical Therapy Association

Current member, initial membership initiated in 1985

2016- member- Education section

National Lymphedema Network: 2005-2012

Directory of LANA Certified Lymphedema Therapists: 2012- Present

Advocacy Organizations

Department of Developmental Services; Contributor to Residential Services Planning Workshop. Provided collaborative input on a project designed to redesign and improve residential housing models for adults with disabilities, 2019-present.

Special Education Parent Advisory Council, Franklin, MA, 2004-2010

Served as a liaison to the director of special education, Franklin Public Schools. Assisted families with special education advocacy, and assisted the director of special education in development of the Franklin Special Education Parent Advisory Council.

PROFESSIONAL DEVELOPMENT (Since 2000)

- **APTA of MA Virtual Regional Conference-** Virtual, November 7, 2020.
- **APTA Education Leadership Conference-** Virtual, October 2020.
- **Dr. Vodder International School-** Review/Update of Professional Training in Manual Lymphatic Drainage/ Complete Decongestive Therapy. Twenty contact hours. June, 2019.
- **World Confederation for Physical Therapy Conference-** Geneva, Switzerland, May 2019.
- **Combined Section Meeting of the American Physical Therapy Association-** Washington DC, January, 2019.
- **Achieving Affective Domain Learning in Higher Education-** New England Faculty Development Consortium, June, 2018.
- **Difficult Conversations in Healthcare: An Interprofessional Workshop.** Children's Hospital, Boston, June, 2018.
- **Entrustable Professional Competencies-** April, 2018. APTA webinar.
- **Combined Sections Meeting of the American Physical Therapy Association,** New Orleans, LA, February, 2018. 1.8 CEU's.
- **Combined Sections Meeting of the American Physical Therapy Association,** San Antonio, TX, February, 2017. 1.8 CEU's.
- **New Directions and Considerations in Neurorehabilitation-** October, 2016. American Physical Therapy Association Online learning. .90 continuing education units.

- **Advances in Motor Control and Learning for Neurological Rehab-** January, 2014. Six continuing education hours.
- **Expanding Neurologic Expertise: Advanced Practice in Vestibular Physical Therapy-** October 2011. Sixteen hours of post-graduate training on the topic of vestibular rehabilitation.
- **Spinning Beyond the Basics- An Advanced Vestibular Rehabilitation Course-** September 2008. Sixteen hours of post-graduate training on the topic of vestibular rehabilitation.
- **Improving Balance and Decreasing Fall Risk Using Tai Chi-** November 2006. Six contact hours.
- **Annual Conference of the American Physical Therapy Association, Boston, MA,** June, 2005. Two contact hours.
- **Lymphedema Management Conference: Skill Building Workshops and Presentation for Certified Lymphedema Therapists-** April 2003. Advance lymphedema presentation and clinical problem solving sessions for certified lymphedema therapists.
- **Visceral Manipulation 1A-** May 2002. Part one of Dr. Upledger's visceral manipulation series.
- **Controversies in Wound Healing, October, 2001-** Category 1 of the AMA Physician's Recognition Award-6.5.
- **Manual Lymphatic Drainage/Complete Decongestive therapy-** Oct.-Dec. 2000. Klose Norton Training and Consulting-LLC. One hundred and twenty five contact hours. A comprehensive 130 hour curriculum, with certification following a written and practical examination in MLD/CDT- Vodder Technique.
- **Multiple Sclerosis: Issues in Rehabilitation Management,** May, 2000.- Six continuing education credits.
- **Craniosacral Therapy I-** Jan. 2000. Dr. Upledger's level one ten-step protocol.