

DR. KIM BYRD-RIDER

EDUCATION



Master of **Psychology**
 Non-Profit **Business Management**
 Doctor of **Physical Therapy**
 Master of **Physical Therapy**
 Bachelor of **Health Science**

Harvard University, 2016-Pending
Harvard University, 2018-2018
Boston University, 2011-2014
University of Oklahoma, 2006-2009
University of Oklahoma, 2003-2006

LICENSES & CERTIFICATIONS

- **Colorado Physical Therapy** 10614, **Florida Physical Therapy** 29269, **California Physical Therapy** 297703.
- **Yoga, Tai-Chi** 1997: Restorative-Judith Lasater, Kripalu, Swatanrya-Doug Keller.
- **Trained in Iyengar**, Forrest, Baptiste, Ashtanga, Anusara and Bikram Yoga.
- **iRest Meditation** 2016: Psychology based, military (PTSD), schools and fertility clinics.
- **Pilates 2007**: All machines and the mat.
- **McKenzie Spine Institute 2007**: Part A: Lumbar spine & Part B: Cervical diagnosis/treatment.
- **Women's/Men's Health: Pelvic Floor** (2yrs-40hrs/wk.), Sports Ortho, Advanced Spine, Manual Therapy.

PHYSICAL THERAPY WORK SETTINGS

1. Outpatient Orthopedic: geriatric, post-surgery, sports injury, orthopedic
2. Inpatient Hospitals: geriatric, neuro, post-surgery, orthopedic, cardiac, oncology, and general medical, ICU intensive care unit
2. Home Health: geriatric, home bound, post-surgery, orthopedic
3. Nursing Home: geriatric, psychiatric, brain injuries, orthopedic
4. Women's Health: pelvic floor diagnoses

California: Physical Therapist, Medical Concierge & Professor

- **California Institute of Human Science**, Jan. 2019-present: Professor, San Diego, CA <https://www.cihs.edu/>
- **Mee Memorial Hospital**, Aug. 2021-Jan. 2022, inpatient/outpatient physical therapist
- **Orthopedic & Neurologic Rehabilitation Nursing Home**, April 2020-Nov. 2020, Director of Rehab
- **Golden Door Lifestyle Spa** (voted #1 spa in the world, 2019 by Conde Nast and Travel + Leisure magazines), Nov. 2019-present: Medical Lecturer and Physical Therapist to international clientele. San Marcos, CA



San Diego

Florida: Physical Therapist

- **Amedisys Home Health**, Jan. 2022-Present, physical therapist
- **JFK Medical Center**, June 2019-Nov. 2019: inpatient hospital physical therapist, Atlantis, FL
- **Select Physical Therapy**, September 2016-August 2017: outpatient physical therapist, Key West, FL
- **Lower Keys Medical Center (Hospital)**, July 2014-July 2016: physical therapist inpatient and outpatient care, Key West, FL, 33040,
- **U.S Navy**, Sept. 2016-Aug. 2017: yoga instructor on three bases in Key West, FL: Navy Air Station- Bocca Chica (Top Gun Unit), Sigsby- Coast Guard Base, Key West, FL



KEY WEST



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Link icon <https://www.firmwaterroad.com/>
<https://byrdriderrehab.com/>

PUBLISHED

- Book 1. [The Therapy Bible on Yoga](#)
 Book 2. [The Evil Arch-Enemy](#): Forward Head
 Book 3. [The Ultimate Guide to Self-Healing Vol II \(one-chapter\)](#)
 Book 4. [The Ultimate Guide to Self-Healing Vol III \(one-chapter\)](#)



DVDs

[56 patient yoga home exercise program DVDs for specific diagnoses](#)



BROADCASTS

[WellWorld.TV](#), [Glewed.TV](#), [Apple TV](#), [Roku TV](#), [Amazon Fire TV](#)



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Articles:

Assortment of articles published in [Research Gate](#):

- "Mindful Staff Boosts Hospital Profits"
- "Break it Down: Forward Head Syndrome"
- "Breaking it down with Yoga: Bed Mobility + Sit-To-Stand = Toileting"


SCIENTIFIC NETWORK

Medical Blog Owner/Writer:

<https://www.firmwaterroad.com/blog>

Philanthropy Founder/Exec, Director:

Byrd Rider's Secret Garden: Seniors and Children, together

<http://byrd-riders-secret-garden.org/>

Keynote Speaker:

[American Physical Therapy Association Educational Conference](#), Washington 10/2019



PHYSICAL THERAPY EXPERIENCE (Continued)

Colorado: Physical Therapist

- **Aspen Valley Hospital**, Oct. 2011-Oct. 2013: physical therapist inpatient and outpatient care Aspen, CO
- **Aspen Ski Company**, Oct. 2011-Oct. 2013: yoga instructor at the top of Aspen Mountain, Oct. 2011-Oct. 2013, Aspen, CO
- **Orthopedic Rehab Associates**, Aug. 2009-Oct. 2011: physical therapist, specializing in pelvic floor, Colorado Springs, CO
- **Woodland Park Hospital**, Aug. 2009-Oct. 2011: inpatient physical therapist PRN, Woodland Park, Co



EXPERIENCE IN EDUCATION, 1997-Present

- **Firm Water Road**, Jan. 2019-present: Founder and CEO. A resilience curriculum company using lifestyle medicine in selfcare for healthcare.
- **California Institute of Human Science**, Jan. 2019-present: Professor, Encinitas, CA. <https://www.cihs.edu/>
- **National Personal Training Institute**, 2019-present: New York territory owner and online education developer & New York therapeutics course instructor, developer, office tasks manager. <https://nationalpti.org/>
- **Byrd Rider Utopian Healthcare**, 2011-present: founder/owner, Key West, FL. 970-306-1163. Live mindful exercise certifications and workshops for health care professionals (PTs/OTs), nationwide & internationally, view more at ByrdRiderUtopianHealthcare.com. Healthcare course instructor and on location student services, office management. <https://www.byrdriderrehab.com/>
- **Byrd Rider's Secret Garden**: 2018-present: Philanthropy Founder/Executive Director: Seniors and Children, together. Intergenerational care activity programs involving seniors in assisted and independent living facilities and including daycare centers for preschoolers. The philanthropy supports therapists who develop and teach integrative activities for the two populations together for developing much needed grandparent/grandchild type relationships. <http://byrd-riders-secret-garden.org/>
- **Cross Country Education**, June 2013-July 2016: Continuing Education Course Instructor, developer, and office manager. Responsibilities: research, brochure, graphics, presentation creation, online education version of presentations, student services, on location office tasks, and presenter. Travel and coordination of presentations in 42 states. This company was sold. Brentwood, TN
- **Health Volunteers Overseas & Private Volunteer**, Oct. 2013-May 2014: International; Bhutan (Tibet-Hospital with HVO), Africa (Kilimanjaro-Catholic Nuns), India (Calcutta-Mother Theresa's disability houses), Colorado (Buddhist Monastery). Healthcare course instructor and on location student services, office management., Washington DC, <https://hvousa.org/>
- **Yoga/Pilates Instructor & Studio Owner**, 1997-2009: Professional yoga teacher for six years before I started PT school I taught 25 classes per week, taught over 12,000 yoga classes during this time, Groups/Private: Nichols Hills Country Club: 2002-2009, Gaillardia Country Club: 2002-2006, University of Central Oklahoma: 1997-2002, Tinker Air Force Base: 1997-2005, plus additional fitness centers and assisted living centers, 2x/wk. each. 2002-2005: House of Yoga, Norman Oklahoma. Duties as sole owner: manage of 7 employees, HR, accounts receivable/payable, customer relations/satisfaction, purchasing, teaching.