

DR. KIM BYRD-RIDER



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

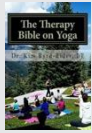
PUBLISHED

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](#)



WellWorld.tv

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, **Alaska Physical Therapy** 201052, Virginia PT, New York PT, Virgin Islands PT
- **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
5. Pediatrics

Virgin Islands

- **Department of Education**, pediatric physical therapist, Aug 2024-Present, St. Thomas, VI

New York

- **West Point Military Academy**, Army Cadet physical therapist, sports medicine, June 2023-Present, West Point, NY

Alaska & Virginia: Physical Therapist

- **Yukon Kuskokwim Health Corp.**, Nov. 2022-, inpatient/outpatient/wound care

California: Physical Therapist, Medical Concierge & Professor

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

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



New 21st-Century
BIO-PSYCHO-SOCIAL
Medical Models
& How to Reach Them...

**THANK YOU FOR
ATTENDING!!**

SPEAKER:
Dr. Kim Byrd-Rider

SESSION:
New 21 Century
Bio-Psycho-Social
Medical Models:
How to Reach Them...

Byrd Rider UTOPIAN
HEALTHCARE

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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”

Philanthropy Founder/Exec, Director:

Byrd Rider’s Secret Garden: Seniors and Children, together
<https://www.firmwaterroadphilanthropies.org>

Keynote Speaker:

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

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PHYSICAL THERAPY EXPERIENCE (Cont’d)

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



BUSINESS MGMT FOR HOLISTIC EDUCATION & EVENTS

- **Firm Water Road**, Jan. 2021-present: **founder, owner, program director, travel coordinator, event producer, customer relations, and presenter**. A resilience curriculum company using holistic lifestyle medicine activities for self care in healthcare. Yoga, Meditation, and Tai Chi certifications and workshops for healthcare professionals and others: nationwide & internationally. <https://www.firmwaterroad.com>
- **Firm Water Road Philanthropies**: 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. <https://www.firmwaterroadphilanthropies.org>
- **California Institute of Human Science**, Jan. 2019-2021-Present **Adjunct Professor**, Encinitas, CA. <https://www.cihs.edu/>
- **National Personal Training Institute**, 2019: New York territory owner and online education developer & New York therapeutics **course instructor, course developer, office tasks manager**. <https://nationalpti.org/>
- **Cross Country Education**, June 2014-July 2017: Continuing Education Course Instructor, developer, and office manager. Responsibilities: **research, brochure designer, presentation creation, online education version of presentations, student organization, 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). **PT professor, researcher, and curriculum developer**, Washington DC, <https://hvousa.org/>
- **Yoga/Pilates Instructor & Studio Owner**, 1997-2009: Professional yoga teacher for six years before starting physical therapy school. Teaching 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: Owner of House of Yoga, Norman Oklahoma. Duties as sole owner: **manage 7 employees, HR, accounts receivable/payable, customer relations/satisfaction, purchasing, teaching, scheduling, program director**.