

*Hands On Health*  
*Ann Wilkinson D.T.M.S*

**Osteopathic Physical Therapist**  
**17 Bullock Rd.**  
**Landenberg, Pa. 19350**  
**[www.HandsonHealthDe.com](http://www.HandsonHealthDe.com)**  
**302-275-4198**

**OBJECTIVE:**

*I have created a sacred space for healing on all levels, the physical (cellular and structural), mental and spiritual aspects. Utilizing nature, sound, light, intension as well as manual technique I offer myself and my farm as an instrument to those who do not respond to conventional forms of treatment. Using this purely osteopathic foundation, I provide the highest quality manual physical therapy services and education to patients with chronic pain and/or complex dysfunction. As an advocate for people with complex injuries, I provide access to the complimenting aspects of conventional and alternative medical services and networking. I am dedicated to teaching osteopathy globally to medical professionals and the public.*

**EDUCATION:**

Certificate in Osteopathy-March, 2008 Osteopathic School of Ontario/Osteopathic Health and Wellness Institute, Wilmington, DE.

Master in Science Health Administration and Supervision – Leadership, Education and Development, May 2003 University of Pittsburgh, PA.

Bachelors Degree in Arts and Science – Certificate in Physical Therapy – June 1982  
University of Delaware, Newark, DE.

**LICENSURE:**

Delaware #J-0000713, Pennsylvania #PT001049

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**ORGANIZATIONAL MEMBER:**

Humanity in Unity  
National Center for Homeopathy  
International Society for Subtle Energies  
American Physical Therapy Association  
Horneblende Farmhouse School/Rudolph Steiner and Biodynamic Farming

**SKILLS:**

**CLINICAL**

Myofacial Release Techniques  
Craniosacral Therapy  
Extremity And Spinal Joint Mobilization  
Proprioceptive Neuromuscular Facilitation  
Watsu/Jahara Hydrotherapy Technique  
Therapeutic Riding Instructor  
Manual Lymphatic Drainage  
Strain Counter-Strain  
McKenzie Approach

**ADMINISTRATIVE**

Strategic Planning  
Creative Thinking  
Professional Communication  
Community Education and Public  
Speaking

**AWARDS:** Faculty/Alumni Scholarship, Newark H.S. ('78)  
Outstanding Young Women of America ('84)

**PROFESSIONAL EXPERIENCE:**

Hands on Health: Director/Founder of this private practice providing highly sophisticated manual techniques for patients with spine and extremity joint dysfunction. Known for treating complex patients that do not respond to conventional Physical Therapy. (1992-present)

Reflex Staffing Services: Per Diem for outpatient, long term care, skilled nursing and home care facilities. (Jan. 2009 - present)

Privately contracted home care, school district, and nursing home physical therapy while apprenticing in advanced orthopedics of the spine and extremities for elite athletes and highly involved patients (1983-1992)

One year experience as a full-time hospital staff physical therapist, (1982).

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**TEACHING EXPERIENCE:**

**Clinical Instructor** (1993-present), University of Delaware Technical College, Shenandoah University, and Widener College.

**Continuing Education Instructor:** Developed and taught Exceptional Therapy (ET), Wilmington, Del. Feb 2002, San Francisco, California, May 2003.

**Assisted John Barnes teaching Myofascial Release I**, April, '93, Wilmington, DE; July, '93 Myrtle Beach, SC; July, '94 Ocean City, MD; May, '95 Pittsburgh, PA; December, '97 Harrisburg, PA; May, '98, Princeton, NJ; May, '99 New York, NY.

**TEACHING EXPERIENCE continued:**

**Assisted John Barnes teaching Myofascial Unwinding** August, '94 Ocean City, MD; July, '96 Ocean City, MD; April '97, Philadelphia, Pa.

**Anatomy instructor**, Pittsburgh Center for Massage Therapy: Jan 1989-Aug 1990.

**Yoga and Relaxation Training Instructor:** Aug 1986-Present. Private Instructor. Myofascial Release and Manual Therapy for the International College of Complimentary Medicine, Tel Aviv, Haifa, Jerusalem, Tiberis, Israel October 1999, and February 2000, June 2000.

**How to Treat your Horse with Myofascial Release**, Bet Sheva, Israel June 2000; Kennett Square, PA, August 2000

**Osteopathic Physical Therapy**-Newark, Delaware November 2007

**ATHLETIC TRAINING EXPERIENCE:**

Pittsburg Triathlon; Athletic Trainer, 1997

Pittsburg Marathon; Athletic Trainer, 1987,1988

Nativity High School; Athletic Trainer football, basketball and track 1982-1983

Delaware All-Star Football Camp and Game; Athletic Trainer, 1982

University of Delaware; Athletic Trainer, 1979-1982

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**CONTINUING EDUCATION:**

Pre season Sports Medicine Seminar; Reading Hospital, Reading, Pa; August 1983  
Evaluation & Treatment of Temporo-Mandibular Joint and Cervical Spine; Robin McKenzie, Stoney Brook, N.Y., October 1983  
McKenzie Approach to the Lumbar, Thoracic & Cervical Spine; Robin McKenzie, Stoney Brook, October 1983  
Orthopedic Assessment & Joint Mobilization-Upper Extremity; Ken Flowers & Tom Shaw, Philadelphia Pa December 1983  
First Aid & Special Application to Athletes; Pamela Chlad, Ursinus Collegeville, Pa., Spring Semester 1984  
Lumbo-Pelvic Function and Dysfunction; Carla DeRose & Jim Porterfield, Pittsburgh, Pa., March 1985  
Spinal Manipulation; Ace Neame, Philadelphia Pa., May 1985  
Extremity Mobilization; Freddie Kaltenborn, Pittsburgh, Pa., October 1985  
Pennsylvania PTA Conference; Seven Springs Pa., November 1985  
Proprioceptive Neuromuscular Facilitation; Pat Morency, Philadelphia Pa. November 1986  
Thoracic Outlet Syndrome; Sandy Burkhardt, Pittsburg, Pa., January 1987  
Biomechanical Analysis & Treatment of the Foot; Jim Gray, Pittsburgh, Pa., March 1987  
TMJ; Craniomandibular Complex; Steve Krauss, Pittsburg, Pa., May 1987  
Shoulder Rehabilitation in Sports; Bob Engle, Wyomissing Pa; June 1987  
The Patellofemoral Joint; Bob Mangine, Atlantic City, N.J., June 1987  
Musculoskeletal Pain Associated with Cranial Fascial Syndromes; Dr. Janet Travell & Dr. Viola Fryman, Pittsburg, Pa., March 1989  
Myofascial ReleaseIII ; John F. Barnes, Sedona, AZ., November 1992  
Grand Opening Therapy on the Rocks; John F. Barnes, Sedona, AZ., September 1993  
Myofascial Release Clinical Training: John F. Barnes, Sedona, AZ., February 1994  
Mastery Level Cervico-Thoracic Region, Myofascial Release: John F. Barnes, Sedona, AZ., February 1994  
Myofascial Release Advance Clinical Training: John F. Barnes, Sedona, AZ., 1994  
Advanced Unwinding: John F. Barnes, Sedona, AZ., 1994  
Myofascial Rebounding: John F. Barnes, Sedona, AZ., October 1995  
Equine Myofascial Release II: Mark F. Barnes, P.T. Boulder, CO September 1996  
Remembrance of Self, Shalanda Mayi, Shepardtwn, W.V., December 1996

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Remembrance of Self an Ancient Perspective: Shalanda Mayi, Egypt, February 1997  
Lumbar Functional Stabilization Training: Beverly Biondi, Ben Salem, PA., May 1997  
Cervical Functional Stabilization Training: Beverly Biondi, Ben Salem, PA., May 1997  
Intentional Healing: Vicki Mullin, P.T. & Barbara Allen M.T. Traeger, Clearfield, PA., May 1997  
Craniosacral Therapy I: Nina Chernick B.A., R.M.T., November 1998  
Herbs, Hormones and the Mind: William P. Gordan Ph. D., November 1998  
Advanced Meditation Seminar: Shalanda Mayi, CA., May 1999  
Advanced Meditation Seminar: Shalanda Mayi, Brewster, N.Y., September 1999  
Thorncroft Certificate in Therapeutic Riding Program: September 1999 to May 2000  
Instructor of Myofascial Release for the Reidman College of Complimentary Medicine, Tel Aviv, Israel October 1999  
Spiritual Meditation Journey of Israel, November 1999  
Manual Lymphatic Drainage: Upledger Institute, FL, December 1999  
Paula Technique: Rashel Eshed, 5 hours, Galilee, Israel, February 21, 2000  
Feldenkrais: Sholomo Efrat, 8 hours, Galilee, Israel, February 19, 2000 res  
Alexander Technique: 2 hours, Galilee, Israel, February 21, 2000  
Feldenkrais: 2 hours, Lea Vagner, Galilee, Israel, February 19, 2000 and June 2000  
Spiritual Journey through India, Puttiparti (Sai Baba/Medical Education/Homeopathy /Bet Lar, Himilayas, March, 2000.  
Watsu/Jahara Technique, Tova, Tel Aviv, Israe,l June 2000  
Survival Strategies Business Seminar, Los Angeles, CA., September 2000  
Therapy for the Therapist: John Barnes, Sedona, AZ., February 2001  
Proprioceptive Experience: John Barnes, Las Vegas, NV., May 2001  
Developing a Holistic Learning Center: Omega Center, Rhinebeck, N.Y., June 2001  
Days of Grace: A Spiritual Meditation Seminar with Shalanda Mayi, New York, N.Y., August 2001  
Days of Grace: A Spiritual Meditation Seminar with Shalanda Mayi, Asbury Park, N.J., September 2001  
Days of Grace: A Spiritual Meditation Seminar with Shalanda Mayi, Washington, DC., December 2001  
Preparation for Doctorate in Philosophy: Dissertation in Spiritual application to physical medicine.  
National Center for Facial Paralysis Mandatory Training, San Antonio, TX., January 2002  
Myofascial Release III (2<sup>nd</sup> time): John F. Barnes, Sedona, AZ., October 2002

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Spiritual Journey through India and Medical Education/Homeopathy Bet Alar, Himalayas, March-April, 2003

Spiritual Maturity: Shalanda Mayi, Indianapolis, IN., May 2003

Journey of Love: Omega Institute, August 2003.

Dialogues in Contemporary Rehabilitation, Sharon Weiselfish Giammatteo, Ph.D.,P.T,I.M.P.,C. Cherry Hill N.J., Dec 2003

Spiritual Maturity: Shalanda Mayi, Boulder and Vail, Co., April and May 2004.

Book Release: Petals of Grace, Sai Maa Lakshmi Devi, Guest Speakers; Marianne Williamson, Barbara Marx Hubbard and Barbara DeAngelis, Aspen, Co. August, 2005

Osteopathic Certificate Program of The Osteopathic College of Ontario , Quantum I; Neurophysiology, Trigger Point and Positional Release, Dr. Steven Sanet, D.O. Wilmington Del. Sept 2004.

Osteopathic Certificate Program of The Osteopathic College of Ontario, Quantum II; Muscle Energy and Myofascial Release, Dr. Steven Sanet, D.O. Wilmington Del. Sept 2004.

Osteopathic Certificate Program of The Osteopathic College of Ontario, Quantum III; Lumbosacral, Dr. Steven Sanet, D.O. Wilmington Del. Dec 2004.

Osteopathic Certificate Program of The Osteopathic College of Ontario, Quantum IV; Cranial, Dr. Steven Sanet, D.O. Wilmington Del. March 2005.

Osteopathic Certificate Program of The Osteopathic College of Ontario, Quantum V; Visceral, Dr. Steven Sanet, D.O. Wilmington Del. Aug 2005.

How to live to 100+ with Vibrant Health and Vitality, Vail, Co. Dr. Mikio Sankey; Esoteric Acupuncture, Dr. Malcolm Smith ; Homeopath, Dr. Debra Carter Miller; obesity and diabetes physician, Dr. Pankaj Naram; ayurvedic physician, Oct 2005

Osteopathic Certificate Program of The Osteopathic College of Ontario, Quantum VI; Visceral, Dr. Steven Sanet, D.O. Wilmington Del. Sept 2005.

Integration of Spiritual Health, Vail, Co. Sai Ma and Dr. Pankaj Naram; ayurvedic physician, October 2005.

Osteopathic Certificate Program of The Osteopathic College of Ontario, Quantum VII; Sacral and Cranial, Dr. Steven Sanet, D.O. Wilmington Del. Sept 2005.

Osteopathic Certificate Program of The Osteopathic College of Ontario, Quantum VII; Sacral and Cranial, Dr. Steven Sanet, D.O. Wilmington Del. March 2006.

Osteopathic Certificate Program of The Osteopathic College of Ontario,QuantumVII;Thoracic, Dr. Steven Sanet, D.O. Wilmington Del. May 2006.

IMT of the Pelvis and Sacrum, Chantilly, Va. DCR @ Physiotherapy Assoc. Feb 2007

Osteopathic Certificate Program of The Osteopathic College of Ontario, Clinical,

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Dr. Steven Sanet, D.O. Wilmington Del. January – present 2007  
Humanity in Unity Wellness and Longevity-Vail Colorado, May 2008  
Pregnancy and Pelvic Floor Considerations-Elkton Md, Physiotherapy Assoc. Cont. Educ.  
The Sexual Body and the Yoga of Light- David Deida, The Omega Institute, Rhinebeck, N.Y.  
August 2008  
Integrated Body Awareness 36 hrs, Landenberg, Pa., Flo Calhoun, August 2008.  
Sexuality and Spirituality-One year teleconference, David Deida- Novemeber 2008-2009.  
Spiritual Healing, Dr. Sha,. Hawaii, USA, November, 2008.  
Application of Love to Medicine, Her Holiness Sai Maa, psychotherapist, Vail Co. April 2009  
Applied Kinesiology, Gabrell Carroll Dipl. ABT, LMT, (NCBTMB)July, 2009-present.  
Application of Love to Medicine, Her Holiness Sai Maa, psychotherapist, Vail Co. April 2009  
Teaching; Awareness of the Fascia: Energy Blockage, Efficiency of the Body and Release of  
Traumatic Memories. 20 participants, 35 hours each week, September 2009, December 2009,  
February 2010.

**REFERENCES:**

- \* Dr. Steven Sanet, M.D. (302) 477-1422
- \* John F. Barnes, L.P.T. (610) 644-0136
- \* Dr. Jim Ferraro, D. C. (302) 593-8687