

Hands On Health
Ann Wilkinson P.T.M.S., D.O.M.T.P.

Osteopathic Physical Therapist
17 Bullock Rd.
Landenberg, Pa. 19350
www.HandsonHealthDe.com
302-275-4198

PURPOSE:

I have created a sacred space for healing on all levels, physically (cellular and structural), mentally and spiritually. Utilizing nature, sound, light, and intension, along with 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 at large.

EDUCATION:

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

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

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

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
McKenzie Approach

ADMINISTRATIVE

Strategic Planning
Creative Thinking
Professional Communication
Community Education
Public Speaking

AWARDS:

Faculty/Alumni Scholarship, Newark H.S., 1978
Outstanding Young Women of America, 1984

PROFESSIONAL EXPERIENCE:

Hands on Health Inc.: 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. (January 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)

Hands On Health
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TEACHING EXPERIENCE:

Clinical Instructor - University of Delaware Technical College, Shenandoah University, and Widener University, 1993 - Present

Awareness of the Fascia - Energy Blockage, Efficiency of the Body and Release of Traumatic Memories Instructor - Milwaukee, WI, September 2009; Seattle, WA, December 2009; Arvada, CO, February 2010

Continuing Education Instructor - Developed and taught Exceptional Therapy (ET), Wilmington, DE, February 2002, San Francisco, California, May 2003.

Myofascial Release Instructor - Reidman College of Complimentary Medicine, Tel Aviv, Israel, October 1999

Assisted John Barnes teaching Myofascial Release I - Wilmington, DE, April 1993; Myrtle Beach, SC, July 1993; Ocean City, MD, July 1994; Pittsburgh, PA, May 1995; Harrisburg, PA, December 1997; Princeton, NJ, May 1998; New York, NY, May 1999

Assisted John Barnes teaching Myofascial Unwinding - Ocean City, MD, August 1994; Ocean City, MD, July 1996; Philadelphia, PA, April 1997

Anatomy Instructor - Pittsburgh Center for Massage Therapy, January 1989 - August 1990

Yoga and Relaxation Training Instructor - Private Instructor, August 1986 - Present

Myofascial Release and Manual Therapy - International College of Complimentary Medicine, Tel Aviv, Haifa, Jerusalem, Tiberis, Israel, October 1999, February 2000, and June 2000

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

Osteopathic Physical Therapy: Newark, DE, November 2007

Teaching - Awareness of the Fascia: Energy Blockage, Efficiency of the Body and Release of Traumatic Memories. September 2009, December 2009, and February 2010

ATHLETIC TRAINING EXPERIENCE:

Pittsburgh Triathlon - Athletic Trainer, 1997

Pittsburgh Marathon - Athletic Trainer, 1987, 1988

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

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

University of Delaware - Athletic Trainer, 1979-1982

Hands On Health
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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, NY, October 1983
- McKenzie Approach to the Lumbar, Thoracic & Cervical Spine** - Robin McKenzie, Stoney Brook, NY 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 Burkhart, 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, NJ, June 1987
- Musculoskeletal Pain Associated with Cranial Fascial Syndromes** - Dr. Janet Travell and Dr. Viola Fryman, Pittsburg, PA, March 1989
- Myofascial Release I II** - 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, Sheperdstown, WV, December 1996
- Remembrance of Self an Ancient Perspective** - Shalanda Mayi, Egypt, February 1997
- Lumbar Functional Stabilization Training** - Beverly Biondi, Bensalem, PA, May 1997

Hands On Health
Ann Wilkinson P.T.M.S., D.O.M.T.P.

Cervical Functional Stabilization Training - Beverly Biondi, Bensalem, 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, NY, September 1999
Thorncroft Certificate in Therapeutic Riding Program - September 1999 - May 2000
Spiritual Meditation Journey through Israel, November 1999
Manual Lymphatic Drainage - Upledger Institute, FL, December 1999
Paula Technique - Rashel Eshed, Galilee, Israel, February 2000
Feldenkrais - Sholomo Efrat, Galilee, Israel, February 2000
Alexander Technique - Galilee, Israel, February 2000
Feldenkrais - Lea Vagner, Galilee, Israel, February 2000 and June 2000
Spiritual Journey through India - Sai Baba Medical Institute, Puttiparti, India, March, 2000
Watsu/Jahara Technique - Tova, Tel Aviv, Israel 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, NY, June 2001
Days of Grace: A Spiritual Meditation Seminar - Shalanda Mayi, New York, NY
August 2001
Days of Grace: A Spiritual Meditation Seminar - Shalanda Mayi, Asbury Park, NJ
September 2001
Days of Grace: A Spiritual Meditation Seminar - 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 - John F. Barnes, Sedona, AZ, October 2002
Spiritual Journey through India and Medical Education/Homeopathy - Bet Alar, Himalayas,
March and April 2003
Spiritual Maturity - Shalanda Mayi, Indianapolis, IN, May 2003
Journey of Love - Omega Institute, August 2003

Hands On Health
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- Dialogues in Contemporary Rehabilitation** - Sharon Weiselfish Giammatteo, Ph.D.,P.T.I.M.P.,C. Cherry Hill, NJ, December 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, DE, September 2004
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Quantum II: Muscle Energy and Myofascial Release*** - Dr. Steven Sanet, D.O., Wilmington, DE September 2004
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Quantum III: Lumbosacral*** - Dr. Steven Sanet, D.O., Wilmington, DE, December 2004
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Quantum IV: Cranial*** - Dr. Steven Sanet, D.O., Wilmington, DE, March 2005
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Quantum V: Visceral*** - Dr. Steven Sanet, D.O., Wilmington, DE, August 2005
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Quantum VI: Visceral*** - Dr. Steven Sanet, D.O., Wilmington, DE, September 2005
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Quantum VII: Sacral and Cranial*** - Dr. Steven Sanet, D.O., Wilmington, DE, September 2005
- How to live to 100+ with Vibrant Health and Vitality** - Dr. Mikio Sankey, Vail, CO, October 2005
- Esoteric Acupuncture** - Dr. Malcolm Smith, Vail, CO, October 2005
- Homeopath** - Dr. Debra Carter Miller, Vail, CO, October 2005
- Obesity and Diabetes** - Dr. Pankaj Naram (Ayurvedic Physician), Vail, CO, October 2005
- Integration of Spiritual Health** - Sai Ma and Dr. Pankaj Naram (Ayurvedic Physician) Vail, CO, October 2005
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Quantum VII: Sacral and Cranial*** - Dr. Steven Sanet, D.O., Wilmington, DE, March 2006
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Quantum VII: Thoracic*** - Dr. Steven Sanet, D.O., Wilmington, DE, May 2006
- IMT of the Pelvis and Sacrum** - Physiotherapy Associates, Chantilly, VA, February 2007
- Osteopathic Certificate Program of The Osteopathic College of Ontario - *Clinical*** - Dr. Steven Sanet, D.O., Wilmington, DE, January 2007

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Humanity in Unity Wellness and Longevity-Vail CO, May 2008

Pregnancy and Pelvic Floor Considerations - Physiotherapy Associates Continuing Education, Elkton, MD, July 2008

The Sexual Body and the Yoga of Light - David Deida, The Omega Institute, Rhinebeck, NY August 2008

Integrated Body Awareness - Flo Calhoun, Landenberg, PA, August 2008

Sexuality and Spirituality (*One year teleconference*) - David Deida, November 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 C), April 2009

Profound Healing Journey, Chicago, IL, May 2010

Profound Healing Journey, Crestone, Colorado, June 2010

The Sexual Body & the Yoga of Light - Daid Deida, September 2011

Light Era - Her Holiness Sai Maa, Psychotherapist, Denver, CO, September 2011

Awareness Journey - Her Holiness Sai Maa, Psychotherapist, Denver, CO, September 2011

Transformational Healing - Her Holiness Sai Maa, Psychotherapist, Denver, CO September 2011

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