## **Orthocarolina**



## Jeff Cayo, MS, ATC, PT

#### Bio

Jeff's clinical experience and background includes sports medicine and orthopedics. His interest lies in helping the athlete and the patient get back to their sports in a healthy manner. He enjoys working with the golf community.

### P: 704.323.3303 LOCATIONS

 Pineville Physical & Hand Therapy

#### **Education**

- Olivet College -- Bachelor of Arts Degree in Athletic Training and Organic Chemistry
- Western Michigan University -- Masters of Arts Degree in Athletic
  Training
- Nova Southeastern University -- Masters of Physical Therapy

#### **CLINICAL SPECIALTIES**

#### **Practice**

- Has 23 years of experience with Physical Therapy
- 33 years as an Athletic Trainer, Certified treating high school, college and professional athletes
- 21 years for OrthoCarolina treating orthopedic injuries and post surgical patients with 8 of that being a clinical coordinator
- Member of the National Athletic Trainers Association
- Has worked closely with the United States Masters Swimming organization in Charlotte providing lectures and workshops on the prevention and treatment of swimming injuries
- Has provided athletic training services for Charlotte area high schools as well as Winthrop University

# Attended multiple continuing education programs in the following

Kinesiology and Kinesio Tapping

- Explain Pain- Management
- (FAKTR) Technique
- Golf Rehabilitation
- Myofascial Trigger Point and Proprioceptive
- ?Mobilization of the Nervous System
- Mulligan Mobilizations
- Maitland Mobilizations

#### **Awards**

- Certified Athletic Trainer in the professional, college, and high school settings as well as management
- Certified in Selective Functional Movement Assessment
- Titleist Performance Institute Level 1, Medical level 2, and Fitness Level 2 certified



