

Clayton Powers, DPT

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Education & Certifications

Utah Physical Therapy License: 8014264-2401	
Certification in Trigger Point Dry Needling - Utah	9/2021
Certificate of Competency in Vestibular Rehabilitation - Emory/Duke Universities	5/2018
Doctor of Physical Therapy - University of Utah	5/2017
B.S. in Business Management - Brigham Young University	4/2012

Clinical & Work Experience

Bateman Horne Center – Director of Education & Strategic Partnerships	7/2026–Present
Elevate Care Institute, LLC DBA Dysautonomia School – Co-Founder, Chief Operating Officer	3/2026–Present
Powers Wellness, LLC – Physical Therapy Clinic Owner – Riverton, UT	2/2024–Present
University of Utah Health – Advanced Specialist Physical Therapist – South Jordan, UT	8/2024–Present
University of Utah Health – Physical Therapist – South Jordan, UT	5/2017–8/2024
Bateman Horne Center – Education & Training Liaison	2/2023–7/2026
Luna Care Physical Therapy – Physical Therapist – Herriman, UT	4/2022–11/2022
Physical & Sports Therapy Services – PRN Inpatient Physical Therapist – Orem, UT	6/2017 – 7/2017
Professional Physical Therapy & Sports Medicine – PRN Physical Therapist – Alpine, UT	6/2017

Leadership Experience

Bateman Horne Center Coffee with a Clinician (monthly patient webinar), Moderator/Coordinator	10/2025–Present
U of Utah Long COVID ECHO Education Series (monthly provider webinar), Moderator/Coordinator	10/2025–Present
Bateman Horne Center Clinician Rounds (weekly provider meeting), Moderator/Coordinator	8/2025–Present
U of Utah Long COVID ECHO Education Series, Mentor	10/2023–10/2025
U of Utah Long COVID Interdisciplinary Committee, Creator/Coordinator	12/2022–3/2024
University of Utah Health South Jordan Vestibular/Concussion Clinic, Lead Therapist	10/2017–7/2026
Utah Dysautonomia Journal Club, Creator/Coordinator	3/2022–9/2022
University of Utah Health Concussion Interdisciplinary Committee, Leader/Coordinator	8/2021–4/2024
Utah Physical Therapy Association, Treasurer	1/2019–1/2021

Volunteer Experience

Utah Chronic Dizziness Collaborative, Educational Content Developer – Salt Lake City, UT	8/2021–10/2025
Vestibular Rehabilitation: A Competency-Based Course, Volunteer – Salt Lake City, UT	11/2021
Coach2Move Chronic Pain Study, Research Clinician – South Jordan, UT	1/2021–3/2024
Optimize Chronic Pain Study, Research Clinician – South Jordan, UT	2/2019–3/2024
University of Utah Student-Run Pro Bono Physical Therapy Clinic, Volunteer - Midvale, UT	2014 – 2016
Maliheh Free Clinic, Physical Therapy Volunteer - Salt Lake City, UT	11/2016
Human Performance Institute, Physical Therapy Aide - American Fork, UT	6/2013 – 9/2013
Professional Physical Therapy & Sports Medicine, Physical Therapy Volunteer - Lehi, UT	7/2013
Intermountain Healthcare, Emergency Department Assistant - American Fork, UT	2012 – 2013
Intermountain Healthcare, Medical-Surgical Assistant - American Fork, UT	2010 – 2011

Relevant Presentation Experience

Dysautonomia International Conference – Houston, TX	7/2026
Educational Session: A Gentle Start: Initiating Exercise Rehab With a Homebound or Bedridden Patient with Dysautonomia	
Make Visible Podcast – Online	7/2026
Episode: Pacing is Power - POTS, PEM, EDS & MCAS Strategies	
Awareness for POTSies (A4P) Conference – Online	6/2026
Educational Session: Navigating Physical Therapy for POTS	
SJHC U of Utah Physical Therapy - South Jordan, Utah	6/2026
Educational Session: ME/CFS Care and Lymphatic Drainage Lab	
Asia-Pacific SILC ECHO – Online	4/2026
Educational Session: Physical Therapy & Long COVID	
POTS Forum at Shirley Ryan AbilityLab – Online	4/2026
Educational Session: The Fragile Threshold: Navigating PEM in Bedridden Patients with ME/CFS	
APTA Combined Sections Meeting – Anaheim, CA	2/2026
Educational Session: Pacing, Not Pushing: A Physical Therapist's Guide to Post-Exertional Malaise	
Evolvinn Therapy & Consulting – Online	2/2026
Educational Session: PT for POTS & M.E.	
Panelist on Long COVID and Fatiguing Illness Recovery Program ECHO - Online	12/2025
Educational Session: Long COVID in Children	
Panelist on Long COVID and Fatiguing Illness Recovery Program ECHO - Online	12/2025
Educational Session: Long COVID in Children	
Long COVID and Fatiguing Illness Recovery Program ECHO - Online	11/2025
Educational Session: Physical Therapy and Long COVID Snapshot	
IACFSME Annual Conference - Online	10/2025
Educational Session: Case-based Clinical Foundations for ME/CFS and Long COVID	
APTA Colorado Fall Conference - Golden, CO	10/2025
One-Day Course: Colorado & Utah Resources for Autonomic & Orthostatic Disorders	
University of Utah Long COVID Rehab Course - Salt Lake City, UT	9/2025
Educational Session: Rehab Management of Long COVID Patients	
Long COVID and Fatiguing Illness Recovery Program ECHO - Online	9/2025
Educational Session: Physical Therapy and Long COVID Snapshot Part 2	
APTA Academy of Cardiovascular & Pulmonary Physical Therapy Fall Conference - Salt Lake City, UT	9/2025
Educational Session: Interdisciplinary Management of Long COVID: Considerations for the Hospital and the Clinic	
Long COVID and Fatiguing Illness Recovery Program ECHO - Online	8/2025
Educational Session: Physical Therapy and Long COVID Snapshot	
Dysautonomia International Conference – Raleigh, NC	7/2025
One-Day Dysautonomia Rehab Course	
University of Utah Family Practice Medical Residents Lecture – Salt Lake City, UT	7/2025
Educational Session: Chronic Fatigue Syndrome/Fibromyalgia Management	
Panelist on Solve ME: EmPOWER M.E. Main Session - Online	6/2025
Educational Session: Pacing - Power in Slowing Down	
University of Utah Long COVID ECHO Series – Salt Lake City, UT	6/2025
Educational Session: Clinical Considerations: Hypermobility	
University of Utah Long COVID ECHO Series – Salt Lake City, UT	4/2025
Educational Session: Back to the Basics: Improving Patient Care	
Panelist on Long COVID and Fatiguing Illness Recovery Program ECHO - Online	3/2025
Educational Session: PEM and Long COVID	
APTA Combined Sections Meeting – Houston, TX	2/2025
Educational Session: Long Covid Grand Rounds 2025: Case Studies of Emerging Technologies & Practices for Physical Therapy	
Long COVID Podcast – Online	2/2025
Episode: The Art of Listening & Validating in Healthcare	
U of U Physical Therapy Program – Salt Lake City, UT	10/2024
Educational Hybrid Course: Personal Finance for PT Students	
SJHC U of Utah Physical Therapy - South Jordan, Utah	9/2024
Educational Session: Craniocervical Instability and Dysautonomia	

Bateman Horne Center Clinician Group – Salt Lake City, UT	7/2024
Educational Session: POTS & Exercise Review of the Literature	
SJHC U of Utah Physical Therapy - South Jordan, Utah	5/2024
Educational Session: Autonomic Nervous System Quieting - Utah Pain Summit Recap	
Balance & Mobility Clinic U of Utah Physical Therapy - Salt Lake City, Utah	5/2024
Educational Session: Expanding Your Therapeutic Toolkit for Managing Neuroimmune Conditions	
IHC Neuro Rehab Clinics Presentation – Murray, UT	5/2024
Educational Session: Expanding Your Therapeutic Toolkit for Managing Neuroimmune Conditions	
Utah Pain Summit Conference – Salt Lake City, UT	5/2024
Educational Session: Starving for Oxygen: Breathing New Life into Care for Those with Metabolic Stress and Chronic Pain	
Unite2Fight World Conference – Online	5/2024
Educational Session: Introductory Guide to Post-Exertional Malaise and Pacing for PEM	
VA Salt Lake City Healthcare System Physical Therapy - Salt Lake City, Utah	4/2024
Educational Session: Long COVID Rehabilitation for Patients with PEM	
Bateman Horne Center YouTube Videos – Online	4/2024-Present
Educational Online Video Series: The Basics for Patients	
Active Lifestyles Physical Therapy – Draper, UT	3/2024
Educational Session: Long COVID Rehabilitation for Patients with PEM	
American Physical Therapy Association Combined Sections Meeting – Boston, MA	2/2024
Educational Session: A Deep Dive into Differential Diagnosis of Chronic Dizziness & Dysautonomia	
IHC Neuro Rehab Clinics Presentation – Murray, UT	1/2024
Educational Session: Dysautonomia Rehab for Patients with Post-Exertional Malaise	
University of Utah Long COVID ECHO Series – Salt Lake City, UT	12/2023
Educational Session: Post-Viral Syndromes: When Exercise Doesn't Help	
Balance & Mobility Clinic U of Utah Physical Therapy - Salt Lake City, Utah	12/2023
Educational Session: Long COVID Rehabilitation for Patients with PEM	
California Physical Therapy Association Annual Conference – Long Beach, CA	10/2023
Educational Session: Safe Rehab Practices for People with Long COVID & Myalgic Encephalomyelitis (ME/CFS)	
Leadership Networking Meeting for Hospital Administrators in the Mountain West Region	9/2023
Educational Session: Long COVID with ME/CFS Rehabilitation	
GHC U of Utah Physical Therapy - Midvale, Utah	9/2023
Educational Session: Long COVID Rehabilitation for Patients with PEM	
Utah Pelvic Floor Therapy Special Interest Group Presentation	8/2023
Educational Session: Screening & Treating Patients with ME/CFS, Orthostatic Intolerance, MCAS, & HSD	
Homecare & Hospice Associations 4-State Southwest Virtual Conference	8/2023
Educational Session: Occupational & Physical Therapy for Myalgic Encephalomyelitis & Long COVID	
Bateman Horne Center Clinician Group – Salt Lake City, UT	6/2023
Educational Session: Physical Therapy for PEM	
Orthopedic Center U of Utah Physical Therapy - Salt Lake City, Utah	5/2023
Educational Session: Long COVID Rehabilitation for Patients with PEM	
SHC U of Utah Physical Therapy - Sugarhouse, Utah	4/2023
Educational Session: Long COVID Rehabilitation for Patients with PEM	
FHC U of Utah Physical Therapy - Farmington, Utah	4/2023
Educational Session: Long COVID Rehabilitation for Patients with PEM	
Bateman Horne Center – Salt Lake City, UT	3/2023
Educational Online Video Series: Physical & Occupational Therapy for ME/CFS and Long COVID	
Bateman Horne Center Clinician Group – Salt Lake City, UT	2/2023
Educational Session: Long COVID & Persistent Postural-Perceptual Dizziness	
APTA Combined Sections Meeting – San Diego, CA	2/2023
Poster Presentation: Physical Therapy Management of POTS Using a Pacing Approach	
POTS and Beyond Conference – Salt Lake City, UT	10/2022
Educational Session: Screening and Management of Post-Exertional Malaise in Patients with POTS	
U of Utah Pain Management Center Physical Therapy - Salt Lake City, UT	9/2022
Educational Session: Long COVID Rehabilitation for Patients with PEM	

SJHC U of Utah Physical Therapy – South Jordan, Utah Educational Session: Complex Patient Management	8/2022
Utah Chronic Dizziness Collaborative – Salt Lake City, UT Educational Session: Screening for Post-Exertional Malaise in Patients with Chronic Dizziness	7/2022
University of Utah Health Concussion Committee – Salt Lake City, UT Educational Session: Screening for Post-Exertional Malaise in Patients with Post-Concussion Syndrome	7/2022
SJHC U of Utah Physical Therapy – South Jordan, Utah Educational Session: POTS Rehabilitation	10/2019

Research Activities

Author:

Gabriel AS, Tsai TY, Reategui-Rivera CM, et al. Feasibility Assessment of a Wearable App to Manage Symptoms of Postural Orthostatic Tachycardia Syndrome Using Real-Time Heart Rate Monitoring. *AMIA Jt Summits Transl Sci Proc*. 2025;2025:159-166. Published 2025 Jun 10.

Cortez M, Aikins K, Arnold AC, et al. Impact of exercise to treat postural orthostatic tachycardia syndrome: A systematic review. *Frontiers*. April 24, 2025. <https://www.frontiersin.org/journals/neurology/articles/10.3389/fneur.2025.1567708/full>.

Powers CD, Miranda NA, Davenport TE. Physical Therapy Management of Postural Orthostatic Tachycardia Syndrome Using a Pacing-Forward Clinical Approach: A Case Report. *The Internet Journal of Allied Health Sciences and Practice*. 2025 Apr 15;23(2), Article 29.

Finkelstein J, Gabriel AS, Tsai T. -Y., Reategui-Rivera CM., Rocco P, Smiley A, **Powers C**, Brown JP. A Wearable Solution for Managing POTS: Patient Perspectives on Real-Time Heart Rate Monitoring and Activity Pacing. *Studies in Health Technology and Informatics*. 323: 226–230. doi:10.3233/shti250083.

Finkelstein J, Tsai T. -Y, Smiley A, **Powers C**, Brown J. Development and Implementation of an Interactive App to Manage Symptoms of Postural Orthostatic Tachycardia Syndrome Using Real-Time Heart Rate Monitoring. *2024 IEEE 6th Eurasia Conference on Biomedical Engineering, Healthcare and Sustainability (ECBIOS)*, Tainan, Taiwan, 2024, pp. 44-49, doi: 10.1109/ECBIOS61468.2024.10885516.

Peer Reviewer:

Lee D, Stevens S, Davenport T, Stevens J, Dowell T, VanNess M. Blood Flow To The Head Is Reduced In A Patient With Myalgic Encephalomyelitis With Confirmed Post-exertional Malaise. *Medicine & Science in Sports & Exercise*. 2024;56(10S):894-895. doi:<https://doi.org/10.1249/01.mss.0001060360.80310.99>

Select Continuing Education Attended

Dysautonomia international Conference – Houston, TX	7/2026
The Perrin Technique Training Seminar (Lymphatic Drainage Technique for ME/CFS) - Minneapolis, MN	3/2026
APTA Combined Sections Meeting – Anaheim, CA	2/2026
Dysautonomia international Conference – Raleigh, NC	7/2025
TeleBACK Study Training - Telehealth for Low Back Pain - Salt Lake City, UT	4/2025
APTA Combined Sections Meeting – Houston, TX	2/2025
PT Integrated with Mindfulness Research Study (PT-IN-MIND) - Mindfulness Training - Salt Lake City, UT	5/2024-8/2025
APTA Combined Sections Meeting – Boston, MA	2/2024
APTA Utah Fall Conference – Provo, UT <i>Attended "Effective Management of Traumatic Brain Injury"</i>	10/2023
APTA Combined Sections Meeting – San Diego, CA <i>Attended courses on Long COVID, hypermobility/EDS, dysautonomia, concussion, and vestibular therapy</i>	2/2023
Opioid Misuse Training at University of Utah - Salt Lake City, UT	10/2022-11/2022
POTS & Beyond Conference - Salt Lake City, UT	10/2022
POTS & Beyond Conference - Salt Lake City, UT	10/2021
Coach2Move Study Motivational Interviewing Training – Salt Lake City, UT	5/2021 – 9/2021
Functional Dry Needling Level 2, Evidence in Motion - Salt Lake City, UT	1/2021
Utah Physical Therapy Association Fall Conference - Salt Lake City, UT <i>Attended "Concussion: A Diagnostic and Management Dilemma. An Emphasis on Cervical and Vestibular Contributors."</i>	10/2020
Utah Physical Therapy Association Spring Conference, St. George, UT	2/2020
Utah Physical Therapy Association Fall Conference, Salt Lake City, UT	10/2019

Attended *"The Science of Falls Prevention"*

Functional Dry Needling Level 1, KinetaCore, Salt Lake City, UT

6/2019

Utah Physical Therapy Association Spring Conference, St. George, UT

3/2019

Optimize Chronic Pain Research Training, Salt Lake City, UT

2/2019

Vestibular Rehabilitation: A Competency-Based Course, Emory University, Salt Lake City, UT

Miscellaneous

Award: Utah Physical Therapist of the Year 2024 – American Physical Therapy Association of Utah

Award: University of Utah Health Staff Performance Award 2025

Co-author of Bateman Horne Center Clinical Care Guide for ME/CFS, Long COVID, & IACCs

Coordinated and edited chapter introductions and wrote 2 chapter introductions for the book *"What Is Myalgic Encephalomyelitis Like?: Patient & Caregiver Perspectives"*

Media Interviews: interviewed and quoted in 3 National Geographic article,, guest on ME/CFS and Long COVID podcasts

Languages: Portuguese: limited working proficiency (speaking, reading, writing), Spanish: limited working proficiency