# Kathryn M. O'Bright, PT, DPT

Board Certified Orthopedic Physical Therapist

## PROFESSIONAL INFORMATION

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|---|---|
| LinkedIn: | https://www.linkedin.com/in/katie-o-bright-6105b1147/ |
| NPI #: | 1891193322 |
| Licensure: | State of Illinois 070.025842 |

## EDUCATION

January 2016 – Mar 2017
The Army Medical Department Center & School
- Military Musculoskeletal Residency, Certificate

July 2011 – May 2014
Temple University, Philadelphia, PA
- Doctor of Physical Therapy

August 2007 – May 2011
State University of New York at Buffalo, Buffalo, NY
- Bachelor of Science, Exercise Science

## WORK EXPERIENCE

Aug 2022 – present
Redefine Primary Physical Health
*Owner, Physical Therapist*
- Owner and sole clinician of home-based community primary care physical therapy services

Apr 2020 – present
Redefine Health Education, Chicago, IL
*Owner, Educator*
www.redefinehealthed.com
- Company founder and leader specializing in post-professional education, professional consulting, research and advocacy efforts related to the advancement and integration of the primary care PT practice model
- Curriculum developer & educator for primary care education tracks; contributor to imaging tracks
- Developer & overseer of continuing education approval service for rehab disciplines (CEUapproval.com)

Dec 2019 – Mar 2021
Redefine Physical Therapy & Fitness, Pittsburgh, PA
*Owner, Physical Therapist*
www.redefineptpittsburgh.com
- Owner and clinician in a private pay, mobile physical therapy & wellness practice

Jun 2019 – Dec 2019

Sky Physical Therapy, Pittsburgh, PA
*Lead Physical Therapist*

- Developed marketing strategy for clinic; created marketing materials, enhanced social media presence and community provider awareness
- Developed community workshops on topics related to common musculoskeletal problems
- Responsible for direct patient care

Jul 2018 – June 2019
University of Oklahoma HSC, Stephenson Cancer Center, Oklahoma City, OK
*Lead Physical Therapist, Center Coordinator of Clinical Education*

- Co-Supervisor for 2 staff therapists and 2 support staff members
- Responsible for clinic operations optimization which included various projects to improve clinic flow and productivity. Projects include EMR template development, restructuring clinic schedule, productivity data management, and logistical organization.
- Facilitated development of prospective PT programs for various cohorts, including breast, gynecologic, colorectal and hematologic cancers.
- Revitalized DPT student program; developed a standardized approach to introducing a student to the oncology setting; counseled therapists in improving student experience and communication; mentored several DPT students
- Lead consultant in a grant for multi-disciplinary chronic pain management for cancer survivors

August 2017 – Sept 2018
United States Army, Reynolds Army Health Clinic, Fort Sill, OK
*Department Education and Training Coordinator, Staff Physical Therapist*

- Responsible for all department clinical education and in-services; responsible for PT/PTA student placement and clinical rotations
- Organized staff development opportunities, including "Cadaver Day" with University of Oklahoma faculty.
- Responsible for direct patient care of various soldiers, dependents, and retirees.

February 2015 – July 2017
United States Army, Reynolds Army Community Hospital, Fort Sill, OK
*Fires Center Physical Therapist/Officer in Charge*

- Primary Care PT in Soldier Centered Medical Home; responsible for direct access patient care of 4000 soldiers assigned to 75$^{th}$ Fires Brigade and 31$^{st}$ Air Defense Artillery Brigade
- Reconditioning Physical Readiness Training Program Developer and Overseer
- Initiated and completed primary care PT randomized controlled trial.

October 2014 – February 2015
United States Army, Reynolds Army Community Hospital, Fort Sill, OK
*Staff Physical Therapist*

- Responsible for direct patient care of various soldiers, dependents, and retirees.

## RESEARCH AND PUBLICATIONS

**O'Bright K,** Cassel A, Cavanaugh AM, et al. Primary Care Physical Therapy: 2025 Consensus Definition. *Physical Therapy Journal.* Manuscript Pending Peer Review. November 2025.

Cavanaugh A, Wong M, **O'Bright K**, Lewis D. The Value of Integrating Physical Therapists 4 into Primary Care, Including Patient Outcomes and Healthcare Costs: A Scoping Review. *Physical Therapy Journal*. Manuscript Pending Peer Review. November 2025.

**O'Bright K**, Peterson S. Physical Therapists in Primary Care in the United States: An Overview of Current Practice Models and Implementation Strategies. Phys Ther. 2024 Dec 6;104(12):pzae123. doi: 10.1093/ptj/pzae123. PMID: 39223935.

William R. Vanwye, PT, DPT, PhD and William G. Boissonnault, PT, DPT DHSc, FAAOMPT, FAPTA. Primary Care for the Physical Therapist, 4th Edition. Contributing Author to Chapter 1: Primary Care Physical Therapy Models.

**O'Bright KM**, Ojha HA, Rhon DA, Naylor JA. Effectiveness of Two Different Entry Portal Pathways Into Primary Care for Musculoskeletal Injury. Randomized Controlled Trial. Brooke Army Medical Center IRB Approved August 2015. Completed June 2018. Clinicaltrials.gov Identifier: NCT02726802

OJha HA, **Finn KM**, Brandi JA, Wright WG. Cost Effectiveness of a Direct Access Pilot Study for Temple University Employees. *Orthopedic Physical Therapy Practice Journal*. October 2015.

## PROFESSIONAL CERTIFICATIONS AND COURSES

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|---|---|
| Nov 2019 | EIM - Hybrid Learning and Teaching Certification |
| Dec 2017 | APTA Credentialed Clinical Instructor |
| Jul 2017 | Board Certified Specialist, Orthopedic Physical Therapy |
| Aug 2018 | CITI Biomedical Research, Basic Course Certified |
| Mar 2017 | AMEDD C&S Dry Needling Level 2 |
| Jun 2016 | CoHSTAR Health Services Research Summer Institute |
| May 2016 | Mary Lipscomb Hammrick Research Course |
| Nov 2015 | The Colonel Douglas A. Kersey Course, Level 1 Dry Needling |

'12, '13, '15, '16, '19, '20, '22, '23, '24 APTA Combined Sections Meeting

## TEACHING EXPERIENCE

May 2025 - present
Medical University of South Carolina, Department of Physical Therapy
*Lab Faculty*

- Guide students in immersive lab experiences in gross anatomy and musculoskeletal curriculum

Sept 2021 - present
Tufts University School of Medicine, Doctor of Physical Therapy program
*Associated Faculty*

- Guide students in immersive lab experiences in primary care, advanced interventions, musculoskeletal & gross anatomy curriculum

June 2019 – May 2021
University of Pittsburgh, Department of Physical Therapy
*Adjunct Faculty*

- Instruct physical therapy doctoral students in gross human anatomy, patient management, oncology, and case-based learning
- Clinical mentor/supervisor at the Birmingham Free Clinic

Sept 2019 – Sept 2020
O2X Human Performance
*Injury Prevention Specialist, Contractor*
- Instruct tactical athletes, including firefighters, military service members and members of law enforcement, in injury prevention strategies for performance optimization

March 2015 – July 2017
Army Medical Department Center & School, University of Nebraska
Interservice Physician Assistant Program, Academy of Health Sciences
*Adjunct Faculty*

Fall 2013
Temple University Anatomy and Pathology Department
*Lab Instructor*
- Instructed physical therapy doctoral students in gross human anatomy
- Prepared cadaver dissections for laboratory examinations

August 2010 – May 2011
University at Buffalo Anatomy Department
*Teaching Assistant*
- Instructed undergraduate students in human anatomy lab

## PROFESSIONAL MEMBERSHIPS

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| 2026 - present | Member, AAOMPT |
| 2025 - present | Member, APTA Private Practice Section |
| 2012-2018, 2021-p | Member, APTA Federal |
| 2018 - 2019 | Member, Academy of Oncologic Physical Therapy |
| 2017 – 2018 | Member, American Academy of Sports Physical Therapy |
| 2013 – present | Member, Academy of Orthopedic Physical Therapy |
| 2011 – present | Member, American Physical Therapy Association |

## PROFESSIONAL ACTIVITIES

2020-present
The Primary Care PT Podcast
Host, Content Creator
https://podcasts.apple.com/nz/podcast/the-primary-care-pt-podcast/id1566733813

2022 – 2025
APTA Federal Primary Care Special Interest Group
*Education Chair*

2017 – 2019
AOPT Imaging Special Interest Group
*Education Initiative Team Member*

2012 – 2015
American Physical Therapy Association, Federal Section
*Student Liaison*

- Developed goals and objectives as the first student liaison of the section
- Initiated section involvement in National Student Conclave
- Initiated section sponsored student scholarships to Combined Sections Meeting
- Connected physical therapy students with military recruiters and aided in establishing military internships

## PODCAST EPISODES

**2023**

PT Pro Talk – Primary Care PT

In The ED NOW Podcast: Primary Care PT – A MUST in HealthCare
https://theeddpt.com/primary-care-pt-a-must-in-healthcare/

The Official Student Physical Therapy Podcast – Primary Care PT: Katie O'Bright
https://open.spotify.com/show/5Ntc9gAkN5XCg3UJsnKKOs

ThoughtLight – The Future is Primary Care: Why a Physical Therapist Must be Part of your Primary Care Team – Katie O'Bright
https://podcasts.apple.com/us/podcast/the-future-is-primary-care-why-a-physical/id1671357553?i=1000604943819

**2022**

PT Pintcast – How can physical therapists practice primary care?
https://www.ptpintcast.com/2022/11/29/primary-care-pt/

Healthy, Wealthy & Smart Podcast – Episode 602 – The Primary Care Therapist.
https://podcast.healthywealthysmart.com/katie-obright/

**2021**

HealthMe Podcast – Episode 25 – Redefining Healthcare
https://www.youtube.com/watch?v=tndCPUupP3A

**2015**

PT Pintcast – Episode 30 – Military PT Katie O'Bright on serving and treating with honor.
http://www.ptpintcast.com/2015/11/11/ep-30/

## PROFESSIONAL INTERESTS

- Primary Care PT
- Team-Based Primary Care
- Medical Screening & Differential Diagnosis
- Diagnostic Imaging - Education and Advocacy
- Non-Arthritic Hip Disorders
- Lumbopelvic disorders
- Prospective Oncology Care

## MILITARY EXPERIENCE & TRAINING

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| 2014 | U.S. Army - Basic Officer Leader Course, Medical Specialist Corps |
| 2011 – 2014 | Temple University Army ROTC, volunteer instructor |
| 2009 – 2010 | Cultural Understanding & Language Program, Northern India. Specialized training in religions of India and Hindi/Urdu language. |
| 2009 | U.S. Army Airborne Parachutist Badge |
| 2007 – 2011 | U.S. Army Reserve Officer Training Corps, Cadet |

## PERSONAL

- Family – happily married to a fellow Army veteran; 2 beautiful sons
- Hobbies – outdoor activities, hiking, paddleboarding, yoga/pilates, painting
- Interests – military history (specifically 20th century American wars), medical sciences history, international travel and cuisine, genealogy, live music, Buffalo Bills football