

JASON TUORI

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OBJECTIVE: Improving physical performance testing in the rehabilitation field.

EDUCATION:

Sports Physical Therapy Residency (2021)

University of Rochester Medical Center, Rochester, NY

Doctor of Physical Therapy (2014-2017)

SUNY Upstate Medical University, Syracuse, NY

Bachelor of Arts in Biological Sciences and Health and Wellness Studies (2009-2014)

Binghamton University, Vestal, NY

SPECIALIZATIONS & CERTIFICATIONS:

- NSCA Certified Performance and Sport Scientist (2024-present)
- Teambuildr Sports Science Certification (2023)
- Certified in Personalized Blood Flow Restriction Rehabilitation through Owens Recovery Science (2023)
- Board Certified Sports Clinical Specialist through the ABPTS (2021-present)
- USA Weightlifting Level-1 Coach (2019-present)
- Emergency Response for the Athlete through Cogent Steps LLC (2019-present)
- USA Track & Field Level-1 Coach (2018-present)
- Licensed Physical Therapist in New York State (2017-present)
- NSCA Certified Strength and Conditioning Specialist (2016-present)
- CPR/AED and First Aid (2013-present)

WORK EXPERIENCE:

Performance Physical Therapist

MANA Performance Therapy, Fairport, NY

December 2023 – Present

- Manage a caseload of sports rehabilitation and performance-based clients in an outpatient, one-on-one sports setting
- Clients range from recreational to professional athletes with a majority of ice hockey, lacrosse, and field/court athletes
- Serve in a rehab and sports science role with the Rochester Jr. Americans in the North American Hockey League (NAHL)
- Team physical therapist for the Rochester Royal Ballers in the Women's American Basketball Association (WABA)
- Team performance therapist for the Rochester Kingz in The Basketball League (TBL)

Sports Physical Therapist and Performance Coach

JT Performance Consulting LLC, Rochester, NY

March 2022 – Present

- Business owner of a performance coaching and rehabilitation service
- Remote duties include exercise programming and case management
- Concierge sessions include in-person coaching and rehabilitation management
- Co-instructor of the continuing education course "Dungeons & Dynamometers: A Force Course," a force testing and handheld dynamometry course for sports medicine providers.

The course ranges from basic to advanced use of handheld and fixed-frame dynamometers, as well as force plates.

Data Analyst Consultant

Next Stage, LLC, Ocoee, FL

September 2024 – Present

- Creation and development, integration, training, analysis, and auditing of performance metric data within Next Stage & Next Level for the purposes of tracking and reporting of key performance indicators

Sports Performance Coach / Applied Sports Scientist

University of Rochester Medicine Fitness Science, Rochester, NY

November 2021 – November 2023

- Primary role as the applied sports scientist and performance coach for various athletic performance contracts at the high school, DIII collegiate, and minor league professional level. Responsibilities include management of athletic performance testing and subsequent data analysis with reporting to S&C and sport coaching staff.
- Additional role as the strength coach for the University of Rochester and Nazareth University men's and women's basketball and cross country teams.
- Other responsibilities include overseeing the physical performance testing, data analysis, programming, and leading group and individual strength and conditioning and performance testing sessions across contracts.
- Formerly the Sport Performance Coach for the Rochester NY F.C. 2022 season in the MLS Next Pro.

Outpatient Physical Therapist and Sports Physical Therapy Resident

University of Rochester Medical Center, Rochester, NY

November 2020 – December 2021, October 2023 – November 2023

- Managed a full caseload of patients in an outpatient sports/orthopedics setting with weekly athletic training room and on-field sports coverage in the high school setting
- Member of the running, foot/ankle, and hip rehab teams.

Outpatient Physical Therapist

McCune & Murphy PT, Ithaca, NY

March 2018 – July 2020

- Managed a full caseload of patients in a one-on-one outpatient orthopedic/sports setting.
- Lead therapist for a return to sport testing program and running injury specialist
- Journal club coordinator
- Clinical instructor

Strength & Conditioning Coach

Peak Performance F.C., Dryden, NY

August 2018 – July 2020

- Programmed and instructed group and individual strength and conditioning sessions geared towards the endurance athlete population
- Experience levels ranged from beginner to competitive athletes
- Strength coaching for Dryden High School basketball, soccer, and cross-country teams.

Outpatient Physical Therapist

Guthrie Medical Group, Ithaca, NY

August 2017 – February 2018

- Managed a full caseload of patients in a one-on-one outpatient orthopedic setting.

AWARDS & ACHIEVEMENTS:

American Academy of Sports Physical Therapy New Horizon Award (2025)

PUBLICATIONS:

Greenberg ET, **Tuori, J.** Chapter 34: Running. In: Orthopaedic Physical Therapy Secrets. 4th ed. Elsevier - Health Science; 2024: 323-338.

Tuori, J. (2019, March 6th). Runners Should Be Lifting Heavy Weights. *Ithaca Times*.

AFFILIATIONS:

ClinicalAthlete Member (2020-present)
ClinicalAthlete Group Mentor (2021-2022)
USA Weightlifting (2019-present)
USA Track & Field (2018-present)
American Academy of Sports Physical Therapy (AASPT) (2014-present)
 AASPT Sports Performance Enhancement SIG (2019-present)
 Research Review Content Contributor (2020-present)
 AASPT Running SIG (2018-present)
 Vice Chair (2024-present)
 Education Chair (2023-2024)
 Mobilize Platform Manager (2021-2023)
New York Physical Therapy Association (2014-present)
American Physical Therapy Association (APTA) (2014-present)

SERVICE:

Manuscript Reviewer

International Journal of Sports Physical Therapy (2022-present)
International Journal of Sports Physiology and Performance (2020-present)

Volunteering

Physical performance testing at the NHL Combine (2024)

OTHER PROFESSIONAL WORK:

Co-host and producer of the physical therapy journal club podcast "PT Inquest" (2022-present)
Co-host of the educational physical therapy podcast "The PT Podcast: Sports Edition" (2021-2022)

INVITED PRESENTATIONS:

CONFERENCES:

The Many Faces of Sports Physical Therapy Panel

APTA Combined Sections Meeting, Boston, MA (February 2024)

How to Utilize Research as a Sports PT Clinician

APTA and JOSPT Virtual Sports PT Conference, virtual panel (November 2023)

When Can I Start Running? A Multifaceted Approach to Returning to Run Following Injury

APTA Combined Sections Meeting, San Diego, CA (February 2023)

"I'm Not Trying to Be the Best at Exercising" - Adaptation or Acquisition?

Annual Meeting and Scientific Conference, Indianapolis, IN (September 2022)

Maximizing Tissue Capacity in Runners: Strength Training and Gait Retraining Debated

Annual Meeting and Scientific Conference, Indianapolis, IN (September 2021)

REGIONAL/LOCAL:

The Athletic Hip: Rehab Milestones For Months 2-5 Following Hip Arthroscopy

University of Rochester Medical Center, Rochester, NY (October 2023)

Handheld Dynamometry

Nazareth Performance Therapy Club, Rochester, NY (October 2023)

Unique Sport Performance Considerations in Testing

University of Rochester Medical Center, Rochester, NY (October 2023)

Force Testing in Rehabilitation

University of Rochester Medical Center Sports Physical Therapy Residency, Rochester, NY (September 2023)

Too Slow to Sprint and Too Fast to Go Long: The Middle-Distance Runner

AASPT Webinar, virtual presentation (November 2022)

Handheld Dynamometry

Nazareth Performance Therapy Club, Rochester, NY (October 2022)

Sport Performance Physical Therapy

SUNY Upstate Physical Therapy Club, virtual presentation (July 2022)

Adductor Training for Hip-Related Groin Pain

University of Rochester Medical Center Symposium, Rochester, NY (April 2022)

Running Gait Analysis and Isoinertial Training

Nazareth Performance Therapy Club, Rochester, NY (February 2022)

Does Strength Training Reduce Running Injury Risk?

AASPT Webinar, virtual presentation (December 2020)

The Science of Collegiate Running Injuries

Cornell University Sports Medicine, virtual presentation (May 2020)

The Science of Running Injuries: A Complex System

NYPTA Central District, Syracuse, NY (November 2019)

Rehabilitation of the Running Athlete: The Training Plan

NYPTA Southern Tier District, Ithaca, NY (March 2019)

Periodization in Sport

ZenoLink Human Performance Center, Binghamton, NY (February 2019)

PODCAST APPEARANCES:

Forward Physio Podcast

"Running Related Injuries"

The E3Rehab Podcast

"Dynamometer Testing and Training: Practical Strategies w/ Jason Tuori and Chris Juneau"

The Rethinking Rehab Podcast

"Fireside Chat: Research Icks with PT Inquest"

The E3Rehab Podcast

"Do Running Shoes Reduce Injury Risk and Improve Performance? w/ Jason Tuori"

Force Matters Podcast

"How to Unlock the Secret Power of Your Hamstrings: Revolutionary Insights on Returning to Running and Transforming Patient Care with Jason Tuori"

Adaptabilia

"Jason Tuori: Performance Coaching and Running"

The Everything PT Podcast

"Special Guest Jason Tuori from PT Inquest!"

RLC Podcast

"Jason Tuori - Injury Prevention: A Paradigm"

The E3Rehab Podcast

"Running-Related Injuries, Rehab, & Performance w/ Dr. Jason Tuori"

The Adaptive Zone Podcast

"What Causes Running Injuries?"

The Physical Performance Show

"Mastering the Middle-Distance Runner"

The Knowledge Exchange Podcast

"Reducing Running Injuries"

The [P]rehab Audio Experience

"Choosing the Correct Running Shoes with Dr. Jason Tuori"

ClinicalAthlete

"Jason Tuori - Footwear and the Running Athlete"