

Marilyn Miller von Foerster
Licensed Physical Therapist
Born Salem, Oregon August 3, 1946

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Oregon License 2190

Education:

M.A. Physical Education and physiology of Aging, San Francisco State University; 1983
Certificate in Physical Therapy, Duke University School of Medicine, 1969
B.S. Pre-Physical Therapy, Physical Education, University of Oregon, 1968

Professional Experience:

1999- present: Private Practice, onsite rehabilitation and education. www.marilynvonfoerster.com
School district consultant for improved movement habits, seating and posture. Health segment aired on FOX 49 TV, 2001.

2002-2006: Instructor, Pacific University School of Physical Therapy

1999-2000: Elderhostel, Lincoln City, Oregon. "Movement and Posture for Healthy Aging"

1997-1999: Physical Therapist, Tillamook Hospital Home Health

1993-1997: Physical Therapist, North Lincoln Hospital Outpatient and Home Health

1980-1985: Independent Consultant specializing in back injury prevention. Clients have included: San Francisco Fire Department; Western Airlines; The Institute of Health Research; Fitness Instructor Training; Macy's Distribution Center, San Francisco; Woodruff-Sawyer & Co., Insurance Brokers; and others

1973-1984: Clinical Faculty, Division of Physical Therapy, Stanford University

1977-1980 and 1988-1990: Physical Therapist, The Orthopaedic Group of San Francisco, Inc.

1974-1977: Physical Therapist, Home Kare Inc. and the Visiting Nurse Association of San Francisco, Inc.

1972-1973: Palo Alto Medical Clinic, Palo Alto, California

1971-1973: Stanford University Medical Center, Stanford, California

1970-1971: Santa Clara Valley Medical Center, San Jose, California

1970-1973: Initiated, planned, and conducted a rehabilitation program for Chronic Obstructive Lung Disease, Santa Clara County Lung Association

Related Professional Business Experience:

2005-present: Creator/Owner BackTpack LLC www.backtpack.com

Publications, Research, and Presentations:

American Physical Therapy Association, Combined Section Meeting, New Orleans, Louisiana; Poster Presentation "Student Assessment of Backpack Alternative", February 2005

Orthopaedic Physical Therapy Practice, "Our Kids, Backpacks and the Back Epidemic", Vol.15, No.8, 2003

Journal of Oregon Association of Health, Physical Education, Recreation and Dance, "Posture: the Foundation of Fitness", March, 2000

Journal of the American Physical Therapy Association, "Recruitment of Internal Oblique and Transversus Abdominis Muscles During the Eccentric Phase of the Curl-up Exercise", Vol.67, No.8, August, 1987

- Preventive and Occupational Physiotherapy*, Butterworth/Heinemann Oxford, U.K., “Trunk Coordination Training as a Basis for Back Health and Injury Prevention”, Accepted for Publication September, 1986
- The 1984 Olympic Scientific Congress*, Eugene, Oregon; “Abdominal Muscle Recruitment: Another Look at the Curl-up”, July, 1984
- Back Pain Monitor*, American health Consultants, Inc., Atlanta, Georgia; “Doing Sit-ups Correctly Helps to Ensure a Pain-Free Back”, June, 1984
- The Executive Fitness Newsletter*, Rodale Press, Emmaus, Pennsylvania; “Will the Real Sit-up Please Stand Up”, March, 1984
- Master’s Thesis*, San Francisco State University; “Abdominal Muscle Response to Sensory Cue Training for Eccentric Curl-ups”, December, 1982; Microform Publications, College of Human Development and Performance, University of Oregon, October, 1985
- The Episcopal Diocese of California*; Workshop of Removing Physical Barriers to Worship, February, 1982
- The American Physical Therapy Association*, Mid-Winter Section Meeting, New Orleans, Louisiana; “Healthy Aging in Denmark”, February, 1980
- Journal of the American Physical Therapy Association*, Question and Answer Section: “The Physical Therapist’s Role in Treatment of the Dying Patient”, March 1973

Professional Organizations and Activities:

- World Confederation of Physical Therapy, 1970-present
- American Physical Therapy Association, 1969-present
- American Alliance of Health, Physical Education, Recreation and Dance, 1980-present
- Western Pain Society, 2012-present
- Consultant Committee, Oregon Governor’s Council for Health, Fitness, and Sport, 1984-1986
- Advisory Board, Sports and Fitness Research Institute, San Francisco, California, 1981-1984
- Advisory Board, Future Physical Therapy Program, College of Human Development and Performance, University of Oregon, 1984-1986
- Association for Fitness in Business, 1983-1990
- International Association of Chartered Physiotherapists in Industry (Prevention Forum), 1977-1990

Professional Foreign Travel:

- The Netherlands: World Confederation for Physical Therapy Congress, Spring 2011
- British Columbia: World Confederation for Physical Therapy Congress, Spring 2007
- Nepal: analyzed Himalayan carrying systems and their relationship to back health in that culture; February, 1985
- Sweden: World Confederation for Physical Therapy Congress; continued travel and study in Denmark, England and France; Spring, 1982
- Denmark and England: studied “Healthy Aging” programs and Physical Therapy in Industry, October, 1978

Professional Focus:

- Healthy aging through education of proper movement and postural habits throughout life
- Social, environmental, and economic consequences of society’s movement and postural habits
- Physical the Spiritual connectedness through posture and purposeful movement