

Physical Therapy & Pilates Practice Owner
Board Certified Physical Therapist in California/ Croce Rossa Svizzera
PMA/NCPT Certified Pilates Instructor/ Pilates Suisse

Education

Dec 2004- Ellie Herman Studios, San Francisco, CA
Pilates instructor certification completion

March 2003- Samuel Merritt College, Oakland, CA
Masters in Physical Therapy

June 1994- University of California Davis, Davis, CA

Bachelor of Arts in Psychology

- Deans honor list
- Leadership certificate
- Honor Society

Experience

November 2022-present- Synergy di Zeina Asfour-Grifoni Pilates Studio Ticino, Switzerland

Owner, Physical therapist, Certified Pilates Instructor

Opened studio to provide specialty service in Pilates for wellness, Pilates-based orthopedic and sports rehab, injuries, physical fitness, and exercise programming. The studio provides both physical therapy and Pilates services, Instructor training programs and Rehabilitation certification programs.

September 2005- present - Synergy+ Physical Therapy and Pilates Studio, San Rafael, CA

Owner, Physical Therapist, Certified Pilates Instructor

Opened studio to provide specialty service in Pilates based physical therapy orthopedic rehab, including sports injuries, physical fitness, functional mobility, and exercise programming. The studio provides both physical therapy and Pilates services, Instructor training programs and Rehabilitation certification programs.

July 2004- August 2005 – Marin Movement Center, Larkspur, CA

Physical Therapist and Certified Pilates Instructor

Work as a Per Diem Physical Therapist as well as Pilates Instructor in an outpatient setting with a diverse range of patients, including both orthopedic and neurologic impairments.

July 2004- July 2005 - CPMC Davies Campus, San Francisco, CA

Physical Therapist

Work as a Per Diem Physical Therapist in an outpatient setting with a diverse range of patients, including both orthopedic and neurologic impairments.

May 2003- 2005 - Mt. Tam Orthopedics, Larkspur, CA

Physical Therapist

Work as a part-time Physical Therapist in an outpatient setting with a largely post-surgical population of patients.

March 2003-2005 - Asher Clinic, Larkspur, CA

Physical Therapist

Work as a per diem Physical Therapist in an outpatient setting with a diverse patient population, including patients with both orthopedic and neurological impairments. Worked as Pilates instructor for continuing rehab post PT.

Professional Memberships

Pilates Method Alliance – PMA
American Association of Physical Therapists-APTA

Other Certifications

Nationally Certified Pilates Instructor
Pink Ribbon Certified Pilates Instructor
TRX suspension Instructor Training Course 8 hours
BLS (Basic Life Support for the Health Care Professional)

Speaking Experience

-Pilates for PT

CPMC Davies, San Francisco, CA – Presented a series of 4 lectures on integrating Pilates into a physical therapy setting.

-Pilates for PT

Asher Clinic, Larkspur, CA – Presented a series of 4 lectures on integrating Pilates into a physical therapy setting.

-Pelvis Workshop

Studio 64 Pilates – Oakland, CA – Presented workshop for Pilates Instructors on anatomy, function, and dysfunction of the pelvis.

-Posture Workshop

Synergy+ Studio – San Anselmo, CA – Presented to the general public lecture on postural analysis, basic anatomy, and the importance of exercise.

-Foot Clinic

Synergy+ Studio – San Anselmo, CA – Presented to the general public lecture on gait foot function and dysfunction.

-Bike Fitting Workshop

Synergy+ Studio – San Anselmo, CA – Presented to the general public lecture on bike fitting.

-Gait Workshop

Synergy+ Studio – San Anselmo, CA – Presented to the general public lecture on.

-Mat Pilates for Rehab

Cross Country Education- various locations- Presented to Physical Therapists, PT assistants, and Personal Trainers.

-Pilates for the Physical Therapist

Grand Cayman- Presented a 3-day course covering Mat Pilates to local Physical Therapists.

-Pilates Teacher Certification Courses

Synergy+ Studio
2007, 2010, 2012, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024

-Posture and Gait Workshops for Pilates Instructors

Synergy+ Studio
2017, 2018, 2019, 2020, 2022

-Running Workshop for Pilates Instructors

Synergy+ Studio
2017

-Pilates for Rehab Course for Pilates Instructors

Synergy+ Studio/online
Ongoing course taught weekly in 6 modules on each region of the body, bringing awareness and best practices to Pilates Instructors.
Initiated 2018 – present

-Neurological rehabilitation for Pilates Instructors

Synergy+ Studio/online

Ongoing course taught weekly in 3 modules: Neurological basic anatomy, neurological dysfunctions, and the best practices for Pilates instructors with such clients.

Initiated 2020 – present

-Elongate your spine- creating length without the roll-down

Presenter at the Pilates Method Alliance Conference to Pilates Instructors and attendees.

2021

-Growing Taller- lengthening the spine and correcting posture with Pilates exercises

Presenter at the Pilates Method Alliance Conference to Pilates Instructors and attendees.

2022

-Advocating for your client- how to help your clients who are in pain navigate with medical system

Presented in San Rafael, CA, for Pilates Instructors- 2022

-EDS and Hypermobility Spectrum Disorders

4-part series on understanding, navigating, reviewing case studies, and practical applications for the hypermobile population 2022

Workshops for patients with EDS, exercise specialists, and Physical Therapists on specific areas of the body (ongoing)

Continuing Education Courses:

Orthopedic non-spine related

- An introduction to Osteoarthritis 1.5 hours
- Basic Musculoskeletal Radiology and Imaging 4 hours

Shoulder

- Evidenced-Based Examination of the Shoulder 7.25
- Shoulder Dysfunctions
- Upper Extremity Osteoarthritis 1.5 hours

Hip

- Hip Osteoarthritis 1.5 hours
- Non- Arthritic Hip Pain 1.5 hours
- The Gluteals and their Link to Lower Quarter Dysfunction 2 hours

Knee

- Differential Diagnosis & Conservative Management of Lateral Knee Pain 2 hours
- Case Studies of the Knee: Stability Impairments and Osteoarthritis 2 hours
- Conservative Management of the ACL Deficient Knee 1.5 hours
- Assessment of Muscle Impairments Related to Knee Disorders 1.25
- Stability of the Knee: Management of Common Ligamentous Pathology 2 hours
- Differential Diagnosis & Management of the Anterior Knee Pain 2 hours
- Clinically Relevant Meniscus Pathology: Evaluation and Treatment 2 hours
- Treatment of the Patient with Knee Osteoarthritis 2.5 hours
- Differential Diagnosis & conservative Management of Lateral Knee Pain 2 hours
- Treatment of Meniscal Injuries

Foot/Ankle

- Richard Jackson: When the Foot Hits the Ground 8 hours
- Utilizing ICF Clinical Practice guidelines Update: Lateral Ankle Sprains 1.5 hours
- ICF Best Practice Recommendations: Lateral Ankle Sprain Interventions 1.5 hours
- Orthopedic Case Studies of the Foot and Ankle 1 hour
- Foot and Ankle Mechanics 2 hours
- ICF Clinical Practice Guidelines: Heel Pain & Plantar Fasciitis 1.5 hours
- Common Foot Problems 2 hours

Spine/Sacrum/Pelvis

- Evidenced-Based Examination of the Cervical Spine 5.5
- Cervicothoracic Integration 12 hours
- Manual Therapy for the Thoracic Spine 6.5
- Cervical-Thoracic Spine Management 2 hours
- Evidenced-Based Examination of the Thoracic Spine 5.25
- Evidenced-Based Examination of the Thoracic Spine (2) 4 hours
- Evidenced-Based Treatment of the Thoracic Spine 4 hours
- Evidenced-Based Examination of the Lumbar Spine 5.5 hours
- Understand the Pelvic Floor 4 hours

Fascia/Biotensegrity

- Postural Assessment and Myofascial Length Testing 3.5
- Fascia-Focused Pilates 2hours
- Biotensegrity of Movement 2 hours
- Alignment, Load, and Tempo 2 hours
- Postural Assessment and Myofascial Length Testing 3.5 hours
- Fascia and Davis'Law 2 hours

Ehlers-Danlos Syndrome

- Introduction to HSD/EDS
- General Rehab Strategies for HSD/EDS
- Hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders
- HSD/EDS, MCAS, and POTS

Neurological

- Neuroanatomy Part 1: The Brain
- Neuroanatomy Part 2: The Spinal Cord
- Advanced Physical Therapy Examination of Individuals with Amyotrophic Lateral Sclerosis

Pain Management/Chronic Pain

- Pain Management Part1: Foundational Information .5 hours
- The Neuroscience of Pain 1.5 hours
- Application of Pain Neuroscience Education 1.5 hours
- When the Pain Won't Go Away: Persistent Pain Management .75hour
- Mind Over Matter: Managing Pain Without Medications 1 hour
- The Experience of Pain 3 hours

Scoliosis

- Adult Scoliosis: Evaluation and Treatment
- Adolescent Idiopathic Scoliosis Part1: Definition & Diagnosis
- Adolescent Idiopathic Scoliosis Part 2: Clinical & Radiological Evaluation
- Adolescent Idiopathic Scoliosis Part 3: Indications, Guidelines & Goals of Treatment
- Adolescent Idiopathic Scoliosis Part 4: Specific Exercises to the Condition

Sports

- Clinical examination of the Runner: Assessment, Testing, Gait Correlations, and Corrections 3.5
- The Running Athlete: Part A- Biomechanics and Analysis
- Emergency Management: Athlete Care, Spinal, and Visceral Injuries 1.75 hours
- Concussion Basics: Assessment, Screening, and Risk Factors 3 hours
- The Running Athlete 5 hours
- Run Better: Strength and Power Development for Endurance Athletes 2 hours
- Achieving the Athletic Edge 2 hours
- Unity: Pilates for Runners 2 hours
- Pilates for Golf 8 hours
- TRX Instructor Training Course 8 hours

Laws/Ethics/Business

- Outpatient Therapy: Coding, Billing, and Payment 5.5 hours
- Business, Education, Employment, Health & Labor Law Topics for Rehabilitation 3 hours
- Creating and Evidence-Based Practice 2.25 hours
- Evidence-Informed Practice for the Clinical Specialist 2 hours
- Promoting Legal and Ethical Awareness 4 hours
- California Physical Therapy Ethics, Laws, and Regulations 2 hours
- A therapist's guide to becoming an expert witness 1 hour
- Ethics in Practice: Resources for PTs and PTAs (2022) 1.5 hours
- Ethics for Physical and Occupations Therapy Professionals (2023) 2 hours

Osteoporosis

- Clinical Management of the Older Adult with Osteoporosis 6 hours
- Osteoporosis: Concise Clinical Review 1 hour

Scoliosis

- Adolescent Idiopathic Scoliosis Part 1: Definition & Diagnosis 2 hours
- Adolescent Idiopathic Scoliosis Part 2: Clinical & Radiological Evaluation 2 hours
- Adolescent Idiopathic Scoliosis Part 3: Indications, Guidelines, & Goals of Treatment 2 hours
- Adolescent Idiopathic Scoliosis Part 4: Specific exercises to the Condition 2 hours
- Adult Scoliosis: Evaluation and Treatment Considerations 2.5 hours
- Pilates for Scoliosis 2.5 hours
- Initial Scoliosis Lesson 3 hours
- Skilled Intervention in De-Rotating the Curves of Scoliosis 2 hours

Other:

- Myth and Science of Breath 2 hours
- Work Smarter, Not Harder 3 hours
- Sitting is the New Smoking 1.5 hours
- Common Fallacies about Cancer Pain 1 hour
- Intra-Articular and Intra- Lesions Aspirations and Injections 1 hour
- Breast Cancer Pilates Certification Pink Ribbon Program 12 hours