

# Curriculum Vitae

**Frank E. Aerts, PT, DSc, OCS, CMP, CMPT, CMET, CCVT**

## Home Address

4531 Riesling Court  
La Porte, IN 46350

## Phone

C: (260) 750- 0919  
H: (219) 326-1411

## E-mail

frankaerts@comcast.net

## Personal Mission Statement

Continuously strive to attain life's fullest potential and help others achieve theirs.

## Education

<b>Degree</b>	Doctor of Science
<b>Concentration of Study</b>	Physical Therapy
<b>Institution</b>	Andrews University
<b>Address</b>	Berrien Springs, MI
<b>Graduation</b>	August 2012

<b>Degree</b>	Licentiate
<b>Concentration of Study</b>	Physical Therapy
<b>Institution</b>	Catholic University of Leuven
<b>Address</b>	Leuven, Belgium
<b>Graduation</b>	August 1990

## Licensure

Licensing Organization	License Number	Dates Valid
Michigan Department of Licensing and Regulatory Affairs	5501017847	8/16/2016 – 7/31/2019
Indiana Professional Licensing Agency	05003416A	4/20/1993 – 6/30/2018

## Certification

### Certifying Organization

American Institute of Balance Vestibular Rehabilitation  
American Physical Therapy Association  
Mulligan Concept Teacher Association  
North American Institute of Manual Physical Therapy  
M.E.T. **M**ethodology Teacher Association  
Indiana Hospital &  
Health Association Management Institute  
Studie Centrum voor Cardiale Kinesitherapie

### Certification

Certified Clinical Vestibular Therapist  
Orthopedic Certified Specialist  
Certified Mulligan Practitioner  
Certified Manual Physical Therapist  
Certified Manual Exercise Therapist  
Certified Health Care Manager  
Certified Cardiac Physical Therapist

## Academic Instruction

**Title** Lecturer  
**Institution** Andrews University  
**Address** Berrien Springs, MI  
**Dates** 8/2012 - present  
**Course** PTH741 - Physiological Basis for Exercise Prescription

**Title** Guest Instructor  
**Institution** Andrews University  
**Address** Berrien Springs, MI  
**Dates** 8/2017 – 12/2017  
**Course** PTH416, 426 - Pathokinesiology

**Title** Lecturer  
**Institution** Purdue University (Northwest campus)  
**Address** Westville, IN  
**Dates** 1/2015 - 2016  
**Courses** HST350 – Kinesiology / Biomechanics  
HST360 - Exercise Physiology

## Professional Experience

**Title** Founder  
**Company** METSeminarsUSA  
**Address** [www.metseminarsusa.com](http://www.metseminarsusa.com)  
**Dates** 9/2011 – present – METSeminarsUSA  
9/2002 – 8/2011 – EDUCON  
**Description** An educational company which furthers the advancement of Medical Exercise Therapy (M.E.T.) principles through a **MET**hology that brings precision to therapeutic exercise design, dosing, and delivery. Completion of the 5 part curriculum leads to certification as a manual exercise therapist (CMET).

**Title** Founder  
**Company** METEquipmentUSA  
**Address** [www.metequipmentusa.com](http://www.metequipmentusa.com)  
**Dates** 5/2011 - present  
**Description** The only distributor in the United States of Steens Physical (Norway) medical exercise therapy equipment. Equipment made to help clinicians design, dose, and deliver therapeutic exercise with precision.

**Title** Founder  
**Company** METConsultingUSA  
**Address** [www.metconsultingusa.com](http://www.metconsultingusa.com)  
**Dates** 8/2015 - present  
**Description** Cultivate value-based rehabilitation services allowing providers to deliver care at the highest levels while achieving sustainable financial success.

## Employment

<b>Title</b>	Executive Director of Orthopedic Service Line Director of Wellness & Rehabilitation Services Physical Therapist
<b>Organization</b>	Indiana University Health La Porte / Starke Hospitals
<b>Address</b>	La Porte / Starke, IN
<b>Dates</b>	6/2014 – 6/2016
<b>Responsibilities</b>	Strategic planning and implementation of service, quality and growth initiatives. Oversight of the day-to-day operations of the service line. Maintained directorship of the Wellness and Rehab Department Maintained an active patient caseload (25%)
<b>Accomplishments</b>	Facilitated the creation and implementation of a continuum-of-care model for orthopedic patients from the physician office, PSA, pre-rehab, surgery, hospital stay, post-surgical care and wellness. Facilitated the opening of a designated orthopedic hospital nursing unit. Improved operational, quality and service outcomes to the 90 <sup>th</sup> percentile.
<b>Title</b>	Director of Wellness & Rehabilitation Services Physical Therapist
<b>Organization</b>	Indiana University Health La Porte / Starke Hospitals
<b>Address</b>	La Porte / Starke, IN
<b>Dates</b>	2/2009 – 6/2014
<b>Responsibilities</b>	Strategic planning and implementation of service and growth initiatives. Directorship and management of day-to-day operations for 2 inpatient and 8 outpatient facilities with 60 FTE colleagues. Maintained an active patient caseload. (50%)
<b>Accomplishments</b>	Facilitated the planning and opening of 4 outpatient facilities. Fully integrated wellness and rehab services. Established a >10% yearly financial growth. Improved operational and quality indicators to the 90 <sup>th</sup> percentile.
<b>Title</b>	Physical Therapist Private Practice Owner
<b>Organization</b>	Woodland Wellness & Rehabilitation
<b>Address</b>	Michigan City, IN
<b>Dates</b>	6/1997 – 7/2008 – POPT 8/2008 – 2/2009 – Private Practice
<b>Title</b>	Director Physical Therapist
<b>Organization</b>	Rehabilitation Hospital of Fort Wayne
<b>Address</b>	Fort Wayne, IN
<b>Dates</b>	1/1995 – 5/1997

*Employment history prior to 1995 available upon request*

## Peer Reviewed Publications

**Role** Author  
**Title of Work** Inter-rater Reliability of Sustained Aberrant Movement Patterns as a Clinical Assessment of Muscular Fatigue.  
**Publication** The Open Orthopaedics Journal, 2016, 10, 125-134.  
**Publication Date** 5/2016  
**Brief Description** This study found moderate inter-rater reliability between therapists in determining the point of muscle fatigue through observation of changes in movement patterns during resisted shoulder internal and external rotation. The assessment of clinical fatigue can be used to establish appropriate therapeutic exercise dose in order to achieve the desired physiological response, correct impairment, and, ultimately, restore function.

**Role** Author  
**Title of Work** Discrepancies between Research Studies of Material Handling and Its Effect on Awareness Campaigns to the Public.  
**Publication** Thesis - Catholic University Leuven  
**Publication Date** 1990  
**Brief Description** This study found that marked discrepancies exist in the content and recommendations presented in materials for public awareness campaigns for safe material handling depending on the referenced research.

## Other Publications

**Role** Co-Author  
**Title of Work** Hand-Held Dynamometry: Guidelines for Daily Clinical Practice  
**Description** This 200 page manual serves as a bridge between research and clinical application of hand-held dynamometry. Standardized postures and positions for provider and client are illustrated. The recommended procedures are selected based on anatomical and biomechanical research as well as clinical feasibility without compromising reliability and validity. Clinical dynamometry measurements are classified into movement bias tests, muscle bias tests, and exercise bias tests.  
**Publication Date** September 2018

**Role** Author  
**Title of Work** The Power of Prevention  
**Publication** Get Healthy – A Publication of The Times (magazine)  
**Publication Date** January 2010

**Role** Author  
**Title of Work** The Chronic Pain Physical Therapist  
**Publication** Herald-Argus (newspaper)  
**Publication Date** 2010

**Role** Author

**Title of Work** The Role of the Physical Therapist in the Multi-disciplinary Pain Center  
**Publication** Woodland Wellness and Rehab (newsletter)  
**Publication Date** 2006

**Professional Presentations**

**Company** KOMEET / EDUCON / METSeminarsUSA  
**Locations** Andrews University Berrien Springs, MI  
 Indiana University Health Michigan City, IN  
 Desert Palms Institute Tucson, AZ  
 OrthoCarolina Charlotte, NC  
 Hand & Rehab Orthopedic Specialists Salt Lake City, UT  
 Memorial Hermann Northwest Hospital Houston, TX  
 Las Colinas Medical Center Irving, TX  
 Woodland SurgiCenter, Michigan City, IN  
 INAPTA, Indianapolis, IN  
 King's Daughters' Health, Madison, IN  
 Acadia Physical Therapy Edmonton, Canada  
 New Mexico Orthopaedics Albuquerque, NM  
**Description** Instructor: Medical Exercise Therapy  
 Level I Fundamentals  
 Level I Clinical Dynamometry  
 Level II Upper Quadrant  
 Level II Lower Quadrant  
 Level II Spine  
**Dates** 1997 - present

**Organization** Indiana Physical Therapy Association  
**Location** Indianapolis, IN  
**Description** Poster presentation: Interrater Reliability of Sustained Aberrant Movement Patterns as a Clinical Assessment of Muscular Fatigue.  
**Date** 2012

**Role** Speaker  
**Title** Manual Therapy for the Lower Cervical Spine  
**Audience** IU Health Orthopedic Rehab Symposium, Indianapolis, IN  
**Date** 2012

**Role** Speaker  
**Title** A Ban on Theraband?  
**Audience** Ivy Tech PTA Program in Gary, IN  
**Date** 2009

**Role** Speaker  
**Title** Joint Supplements: Do They Really Work?  
**Audience** Community of La Porte, IN  
**Date** 2008

**Role** Speaker

**Title** Strength Straining: The Main Strategy Against Aging  
**Audience** Community of La Porte, IN  
**Date** 2008

**Role** Speaker  
**Title** Back Pain: The Naked Truth and Practical Management  
**Audience** Community of La Porte, IN  
**Date** 2007

### **Professional Membership and Activities**

**Association/Society** Indiana Physical Therapy Association  
**Leadership role** Northwest District Chairperson  
**Date** 2014 - 2016

**Association/Society** American Physical Therapy Association  
Chapter: Indiana  
Sections:  
Private Practice Section  
Sports Physical Therapy Section  
Orthopaedic Section  
Section on Health Policy and Administration

**Membership Status** Active  
**Date** 1996 - present

### **Honors and Awards**

**Award** Governmental Prize for Young Software Developers in the Medical Field  
**Description** Co-developer of software program "HEALTH PERFECT to assist in the Cardiac Rehabilitation Phase II and III.  
**Date** 1992

### **Leadership Training**

**Training** Executive Integral Leadership  
**Organization** Notre Dame University – Stayer Center for Executive Education  
**Date** 2015

**Training** Green / Bronze LEAN Training  
**Organization** Simpler Consulting  
**Date** 2014

**Training** Leadership Development Institute  
**Organization** Venture International  
**Date** 2009

### **Community-Based Leadership**

<b>Position</b>	Member
<b>Organization</b>	La Porte Rotary Club
<b>Dates</b>	1998 - present
<b>Position</b>	Board Member
<b>Organization</b>	La Porte YMCA
<b>Dates</b>	2013-2014
<b>Role</b>	Boys Soccer Coach
<b>Organization</b>	Marquette High School
<b>Dates</b>	2008 - 2009
<b>Role</b>	Boys Soccer Coach
<b>Organization</b>	La Porte High School
<b>Dates</b>	1998 - 2006
<b>Title</b>	Boys Soccer Coach
<b>Organization</b>	Westville High School
<b>Dates</b>	1996 - 1997

### **Other Relevant Continuing Education**

2012	Intramuscular Manual Therapy for the Management of the Neuromuscular System: Trigger Point Dry Needling Level I. Kinetacore
2011	Evaluation and Intervention for Musculoskeletal Injuries. Cross Country Seminars
2002	The role of C0-C3 Segmental Dysfunction in Headache: Dean Watson, Sydney Australia
1998	Rehabilitation Seminars: Successfully Operating a CORF: Strategies in Medicare & Managed Care
1997	McKenzie, Part A: Lumbar Spine McKenzie, Part B: Cervical & Thoracic Spine McKenzie, Part C: Problem Solving McKenzie, Part D: Advanced Problem Solving
1997	An Introduction to the Management of Breast Cancer Lymphedema: An Integrated Approach
1996	Manual Therapy with Muscle Energy Technique
1996	Functional Capacity Evaluation, Keith L. Blankenship
1996	BTE Work Simulator in a Functional Rehabilitation Program
1996	McConnell Taping Method for shoulder instability and correction of patella - femoral traction
1995	Spinal Stabilization using the Swiss Gymball, Nancy L. Palumbo, Advanced Physical Therapy