

Dr. Thomas Alexander Sehon PT, DPT, OCS, LAT/ATC, CSCS

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WORK EXPERIENCE

Gravity Physical Therapy	November 2024-Present
The Fitness Lab	January 2024- October 2024
Peak Physical Therapy and Wellness	October 2023- December 2023
Integral Physical Therapy	May 2021-October 2023
Contract Athletic Trainer	2018-Present
Beaufort Academy, Arrupe Jesuit High School, Regis University Club Sports, Prairie View High School, University of Northern Colorado Athletics	

EDUCATION

Residency in Orthopedic Physical Therapy <i>Regis University</i>	December 2022
Doctor of Physical Therapy <i>Regis University</i>	May 2021
B.S. Athletic Training <i>University of Northern Colorado</i>	May 2018
B.S. Sport and Exercise Science <i>University of Northern Colorado</i>	May 2018

Academic Honors

Reisher Scholar
UNC Athletic Training Program Scholar
UNC College of Natural and Health Sciences Sport and Exercise Science Alumni Scholarship
National Society of Collegiate Scholars Member

Research

Narrative Review of Transcutaneous Spinal Cord Stimulation <i>Regis University</i>	2020
Exercise Induced Immune Modulation in Cancer Patients <i>University of Northern Colorado</i>	2017

Clinical Experience

Rezac and Associates Physical Therapy - Colorado Springs, CO	Fall 2020-Spring 2021
The Center at Lincoln SNF- Parker, CO	Summer 2020
Big Country Rehabilitation Douglas/Lusk, WY	Fall 2019
UNCCRI Clinical Cancer Exercise Specialist	Summer 2017
Athletic Training Student Division 1 Sports (Soccer, Baseball, Track and Field, Football, Wrestling, Basketball)	2015-2018

CERTIFICATIONS

Board Certified Clinical Specialist in Orthopaedic Physical Therapy	June 2023
Level 2 Dry Needling -EIM	July 2023
Level 1 Dry Needling RUOPT/ EIM	2022
BOC-Board Certified Athletic Trainer	2018- Present
NSCA-Certified Strength and Conditioning Specialist	2020- Present
UNCCRI-Clinical Cancer Exercise Specialist	2017- Present
American Heart Association-CPR/BLS	November 2021- Present

COURSEWORK

Reconciling Biomechanics with Pain Science	January 2026
Maitland Essential Spinal	October 2025
Maitland Essential Peripheral	May 2025
Institute of Clinical Excellence - Cervical Spine Manual Therapy Management	March 2024
Mulligan Mobilization with Movement for the Upper Quarter	February 2024
Craniofacial CF2 University of St. Augustine	December 2023
Mulligan Mobilization with Movement for the Lower Quarter	November 2023
Barbell Rehab Method Certification	October 2023

LEADERSHIP AND SERVICE

Regis DPT/Canine Companions for Independence Trainer	2018-2020
AAOMPT Student Special Interest Group Representative	2019-2020
Car-Ynne 4 Kids Hippotherapy	2019-2020
Power Punch Parkinsons	2019

