

Marla Ranieri BIO SHEET



MARLA RANIERI, PT, DPT, OCS

Bachelors Degree in Human Biology and Economics, Stanford University, 2005

Doctorate in Physical Therapy, Columbia University, 2009

Specialized Residency Training in Orthopedics and Adolescent Athletes, Hospital for Special Surgery, New York, NY

Passed the American Physical Therapy Board's Orthopedics Specialist Certification Examination (OCS)

GYMNASTICS ACCOLADES

Senior International Elite Gymnast

USA VISA Gymnastics Championships Qualifier

USA Gymnastics National Team Member

Level 10 J.O. National Qualifier

Awarded NJ's Athlete of the Year in 1999

Received a Gymnastics Scholarship to Division I, Stanford University

BACKGROUND

Throughout my gymnastics career, I suffered numerous injuries and surgeries, 7 surgeries to be exact, and I continued to perform gymnastics because I loved the sport. It was tough battling injuries and coming back, and it was tough working with physical therapists that didn't understand the sport. Therefore, it was my goal to become a physical therapist and help gymnasts recover from injuries with my sport-specific knowledge and high-level education. In addition, I aim to advance the field of physical therapy by helping gymnasts from having injuries in the first place. This is done by performing an injury prevention assessment to find out what strength, range of motion and biomechanics deficits a gymnast has that may put them at risk for certain injuries. My goal is to keep your gymnast on the floor competing to achieve their dreams.

PUBLICATIONS & PRESENTATIONS

I have spoken at many conferences including Hospital for Special Surgery's Current Concepts in Sports Medicine Symposium. I have covered topics on Core Stability in the Adolescent Athlete, Dynamic vs. Static Stretching, Injury Prevention in Dancers & Gymnasts, Strength Training for the Young Athlete and Managing Low Back Pain in the Athlete. I am in the midst of publishing an article on treating Spondylolysis (back fracture) in the Adolescent Gymnast. I am also collecting data for multiple research studies. This data will be collected through the injury prevention assessments that I am performing; therefore, your child can be one of the individuals helping to better the research in the field of physical therapy pertaining to gymnastics.



CONTACT INFO

Flanders Center • 244 Route 206 South • Flanders, NJ 07871

P: 973-598-3077 • E: mranieri@drayerpt.com