

## **Erica Meloe P.T., C.O.M.T., M.B.A., M.A.**

Erica is the co-founder and Director of Velocity Physiotherapy/Meloe & Gow P.T., PLLC. She is an innovative therapist who combines her knowledge of orthopedic and neurological assessment and applies this model to treating pain in all areas of the body. Her unique approach to movement and performance analysis to restore optimal function has earned her the respect of her patients, as well as her professional colleagues.

In treating her patients, Erica uses a series of specialized skills that include osteopathic joint mobilization, neural mobilization, myofascial release, functional mobilization and neuromuscular re-education in the treatment of low back pain, cervical and thoracic/rib dysfunction and upper/lower extremity disorders.

Erica serves on the Marketing and Public Relations Committee of the American Physical Therapy Association, and is actively involved in her local and national association's lobbying efforts. She has lobbied state and national government on behalf of her patients and on issues affecting the physical therapy profession.

Erica earned a bachelor's degree in Physical Therapy from the State University of New York at Stony Brook and an M.A. in Exercise Physiology from Adelphi University. She is also one of 10 physical therapists in New York City to hold the high level Certified Orthopedic Manual Therapist (C.O.M.T.) designation.

Her extensive continuing education includes certification in performing Functional Capacity Assessments (FCAs) and Job Function Matching. She has also taken several post-graduate manual therapy courses (see below) and volunteered as a Physical Therapist for the Avon Breast Cancer Crusade and the New York City Triathlon.

Prior to her career as a Physical Therapist, Erica earned an M.B.A. at New York University and subsequently spent 10 very successful years on Wall Street as Vice President of International Fixed Income Sales at Deutsche Bank. She also holds a bachelor's degree in Mathematics from Manhattanville College.

Outside of physiotherapy, Erica's passions include running and playing tennis. She is an avid sports fan, loves to travel and can often be found exploring the outdoors. She is also fluent in Spanish.

### **Post-Professional Education**

#### **Evidence in Motion**

- Evidence Based Examination and Selected Interventions for Patients with Cervical/Thoracic Disorders (2007)
- Evidence Based Examination and Selected Interventions for Patients with Lumbo-Pelvic Disorders (2006)

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**Erica Meloe P.T., C.O.M.T., M.B.A., M.A.** *(continued)*

### **Maitland-Australian Physiotherapy**

- MT-1: Basic Spinal (2001)
- MT-2: Basic Peripheral (2004)
- MT-3: Intermediate Spinal (2006)
- MT-4: Differential Diagnosis and Clinical Reasoning (2006)
- MT-R: Review Course for the Maitland-Australian approach including clinical reasoning, differential diagnosis and treatment technique selection (2007)
- MT-5: Certified Orthopedic Manual Therapy Exam (2007)

### **Institute of Physical Art/Integrated Manual Therapy Solutions**

- Back Education and Training (2004)
- Proprioceptive Neuromuscular Facilitation (2001)
- Cervico-Thoracic Integration (2005)
- Lumbar-Pelvic Integration (2004)
- Introduction to Motion Diagnostics of the Spine, Costal Cage, Pelvic Girdle (2006)

### **North American Insitute of Orthopedic Manual Therapy**

- Principles of Differential Diagnosis in Orthopedic Manual Therapy (2005)
- Principles of Clinical Reasoning – Erl Pettman (2009)
- Headaches and Dizziness – Jim Meadows (2007)
  
- Discover Physio: The Sports Pelvis (2008), Discover the Thorax (2010)
- Carl Steele: Somatic Basis for Differential Diagnosis (2009)
- Alan Weismantel: Functional Manual Therapy (2009)
- APTA: Home Study Course-Current Concepts Orthopaedic Physical Therapy (2003, 2006), Disorders of the Knee (2001)
- The Complicated Patient – Kevin Wilk (2002)
- Being in Balance – Therapeutic Ball (2002)
- David Butler: Mobilization of the Nervous System (2002), Explain Pain (2007, 2011)
- Movement System Impairment Syndromes – Shirley Sahrmann (2001, 2005)
- Mulligan: Mobilization with Movement-Lower Quarter (2001)
- Advances in the Management of the Athletes Knee – Hospital for Special Surgery (2001)
- Sports Medicine for the Young Athlete - Hospital for Special Surgery (2004, 2005)
- Evaluation and Treatment of the Overhead Athlete – Hospital for Special Surgery (2008)
- Functional Capacity Evaluation Training Course – Isernhagen Work Systems (2001)
- Ergonomic & Injury Management Course – Isernhagen Associates (1999)
- Functional Capacity Assessments, Job Function Description/Testing – DSI Work Systems (2011)
- Lorimer Moseley: Pain, The Brain and the Neuromatrix (2010)



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## **Annie T. Gow P.T., M.C.S.P.**

*About*

Annie Gow is co-founder and Director of Velocity Physiotherapy/Meloe & Gow P.T., PLLC., specializing in orthopedics, sports medicine and treatment of the spine. She is also co-owner and Director of Physio Sports Center West/Utstein & Gow P.T., P.C. Her passion for what she does, along with her genuine care and concern for her patients, and her contributions to her patients' success, make her one of the most highly recommended and sought after physical therapists in the New York metropolitan area.

Annie is a manual therapist who brings more than 25 years of experience to her work, both in the U.S. and internationally. By looking at the body as a whole and focusing on biomechanics, Annie is able to pinpoint the source of her patients' problems and, in turn, apply the best and most appropriate therapy to address them.

Specifically, her thorough clinical reasoning process enables her to identify the root cause of their condition and successfully architect their recovery. Throughout this process, Annie ensures that her patients are receiving the best possible care. This commitment, along with her proven track record in successfully treating a wide range of conditions, has earned her the trust and admiration of her patients and of New York's top doctors.

Annie opened Velocity Physiotherapy in 2010 after having successfully opened and operated Physio Sports Center West since 1994. She now divides her time between her two practices. Prior to that, she spent three years as Director of Physio Sports Center in Manhattan and, from 1987–1990, maintained a highly successful private practice at the Tokyo Medical & Surgical Clinic in Tokyo, Japan. From 1985–1987, Annie served as a Senior Physical Therapist at Hammersmith Hospital in London. She began her career as a Staff Physical Therapist at Kingston Hospital in Surrey, England, in 1984.

In addition to her daily work, Annie has taken extensive post-professional education courses. (See page 2).

Annie graduated as a Physical Therapist from Guy's Hospital, London, in 1984. She is a member of the Chartered Society of Physiotherapists in the UK and is also a licensed physiotherapist in Melbourne, Australia.

In her spare time, Annie enjoys tennis, skiing, working out, entertaining and traveling. She also has a passion for real estate.

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**Annie T. Gow P.T., M.C.S.P.** *(continued)*

## **Post-Professional Education**

### **Evidence in Motion**

- Evidence Based Examination and Selected Interventions for Patients with Cervical/Thoracic Disorders
- Evidence Based Examination and Selected Interventions for Patients with Lumbar-Pelvic Disorders

### **Institute of Physical Art**

- Back Education and Training
- Proprioceptive Neuromuscular Facilitation I and II
- Functional Orthopedics I and II
- Cervico-Thoracic Integration
- Lumbar-Pelvic Integration
- Functional Manual Therapy of the Upper Quadrant

### **Mckenzie**

- Mckenzie Part A: Mechanical Diagnosis and Therapy of the Lumbar Spine

### **McConnell**

- Patello-Femoral Treatment Plan
- Advanced Patello-Femoral Treatment Plan
- Approach to the Problem Shoulder

### **David Butler**

- Mobilization of the Nervous System

### **Mulligan**

- Mobilization with Movement – Lower Quarter

### **Peter Boyle**

- Cervical Spine
- Lumbar-Sacral Spine

### **LJ Lee**

- Discover the Role of the Thorax in Total Body Function
- Introduction to the Thorax Ring Approach