

Tedi Zimbeck, RMT, CSCS

Current Offices: **Advanced Massage Specialists**
3333 S. Wadsworth Blvd. Suite D-215, Lakewood, CO 80227 phone: 303-763-9175

Crowning Touch Healing Arts Medical Center
18425 Pony Express Dr. #107, Parker, CO 80134 Phone: 303-805-2282

Cell: 303-475-9057 e-mail: tediz@restorellc.net web: www.restorellc.net

Education

1990-1994 **Colorado State University, Fort Collins, CO**
B.S. Degree – Major: Exercise and Sport Science, Concentration: Sports Medicine
Minor: Anatomy and Neurobiology

1996 **Boulder School of Massage, Boulder, CO**
CMT – 1000 Hour Massage Therapy Certificate

1997 – present **Continuing Education Courses** as required by my certifications. The list follows.

Professional Organizations

1997- Present **American Massage Therapy Association – Member # 53770**

1997- Present **Certified by the National Certification board for Therapeutic Massage and Bodywork**
Certificate # 048994-00

2003-Present **National Strength and Conditioning Association – Member # 03-01-28-003**
Certified Strength and Conditioning Specialist, (CSCS) Certificate # 200320432

2009-Present **Registered by the State of Colorado Department of Regulatory Agencies**
Registration # 86

Related Work Experience

05/2011 – Present **Massage Therapist – Advanced Massage Specialists, LLC. Lakewood, CO**
Private Practice Massage Therapist in a Massage Clinic (Tuesday & Friday)
Clientele focus includes relaxation, surgery, injury, & MVA rehabilitation

05/2011 – Present **Massage Therapist – Crowning Touch Healing Arts Medical Center, Parker, CO**
Private Practice Massage Therapist in a Wellness Clinic (Monday & Wednesday)
Clientele focus includes relaxation, surgery & injury rehabilitation

03/2000 – 05/2011 **Massage Therapist – Integrated Wellness Services, Inc. Lakewood, CO**
Private Practice Massage Therapist in a Wellness Clinic
Clientele focus includes relaxation, surgery, injury & MVA rehabilitation

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- 04/1998 – 08/2008 **Massage Therapist** – Ascent Therapy Clinics, Littleton and Greenwood Village, CO
Massage Therapist in an Outpatient Physical Therapy Clinic
Clientele focus included surgery, injury, & MVA rehabilitation
- 10/1996 – 09/2001 **Massage Therapist** – Performax Physical Therapy, Littleton, CO
Massage Therapist in an Outpatient Physical Therapy Clinic
Clientele focus included relaxation & injury rehabilitation
- 02/1997 – 03/2000 **Massage Therapist** – Academy Park Family Massage, Lakewood, CO
Private Practice Massage Therapist in a Massage Clinic
Clientele focus included relaxation, surgery, injury & MVA rehabilitation
- 1996 – 1997 **Volunteer Massage Therapist** – Boulder Community Hospital, Boulder, CO
1 day per week, Maternity & Cancer Care wards primarily
Provided massage for hospital inpatients as permitted by their doctors.
- 06/1994 – 12/1995 **Physical Therapy Aide** – Southwest Physical Therapy Clinic, Littleton, CO
Assisted PTs with patient care including exercise instruction & setting up a
Variety of modalities.
- 1993 – 1994 **Physical Therapy Volunteer** – Several hospitals in the Denver area
Assisted PTs with patient care in different inpatient settings
Hospitals included: Spalding Rehabilitation, Mediplex Rehabilitation & Craig Hospital
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Continuing Education Classes/Seminars: (most recent listed first)

- 1/26/2012 6 hours – “Effective Examination of the Shoulder Complex: New Advances”
Cross Country Education, P.O. Box 200, Brentwood, TN 37024
1-800-397-0180, www.crosscountryeducation.com Approval # D1035
Held @ Marriott Colorado Springs, CO
Presented by: Joe Mullins, M.Ed. LAT. ATC. ACI
CEUs: NSCA (.6)
- 12/15/2011 6 hours – “Facilitation & Training Techniques for Core Stability”
Cross Country Education, P.O. Box 200, Brentwood, TN 37024
1-800-397-0180, www.crosscountryeducation.com BOC Provider # P3097
Held @ the Summit Conference & Event Center, Aurora, CO
Presented by: William Hanney, PT. DPT. ATC/L. MTC. CSCS
CEUs: NSCA (.6)
- 12/2/2011 6 hours -- “22nd Annual Colorado Spine Symposium”
Panorama Research & Education Foundation
Douglas C. Wong, M.D. Program Chair
CEUs: NSCA (.6)

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- 03/27/2011 8 hours – “Denver Fitness Conference”
Exercise Etc., Ft Lauderdale, Fl (www.exerciseetc.com)
Provider # B 1009
Held at The Hilton Garden Inn, Denver Tech Center
(2 hours) – “Exercise for Special Populations: Strategies to Manage Chronic Knee Pain”
Randy Kaiser, M.Ed CEUs: NSCA (.2)

(2 hours) - “Exercise for Chronic Disabilities: Training with Chronic Shoulder Conditions”
Randy Kaiser, M. Ed CEUs: NSCA (.2)

(2 hours) – “Training the Core: Integrated Hip & Core Training”
Steve Bannerot, MA, CSCS CEUs: NSCA (.2)

(2 hours) – “Exercise for Chronic Diseases: Modifications for Low Back Disorders”
Steve Bannerot, MA, CSCS CEUs: NSCA (.2)
- 03/25/2011 6 hours – “Are you Boomer Ready? Joint Replacement Rehabilitation”
Cross Country Education, 9020 Overlook Blvd, Suite 140 Brentwood, TN 37027
1-800-397-0180
Presented by: John O'Halloran, PT, DPT, OCS, cert MDT, ATC, CSCS
Class held in Denver, CO Provider # D1035
CEUs: NSCA (.6)
- 08/18/2010 6 hours – “Rotator Cuff Syndrome: From Impingement to Post-operative Rehab”
Cross Country Education, 9020 Overlook Blvd, Suite 140, Brentwood, TN 37027
1800-397-0180
Presented By: Terry Trundle, PTA, ATC, LAT
Class held in Colorado Springs, CO Provider #D1035
CEUs: NSCA (.6)
- 04/23/2010 6 hours – “37th Spring Orthopedic Day”
Panorama Research Foundation, Golden, CO
Thomas Frierhood, M.D. Program Chair
CEUs: NSCA (.6)
- 11/20/2009 6 hours – “20 th Annual Colorado Spine Symposium”
Panorama Research Foundation, Golden, CO
Douglas C. Wong, M.D. Program Chair
CEUs: NSCA (.6)
- 8/5/2009 6 hours – “Recent Trends in ACL Rehabilitation”
Cross Country Education, Brentwood, TN
Presented by: Vincent Hudson, PhD, DPT, MBA, ATC
Class held in Colorado Springs, CO Provider # P3097
CEUs: NSCA (.6)

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- 5/8/2009 6 hours – “36th Annual Spring Orthopedic Day”
Panorama Research Foundation, Golden, CO
Thomas Frierhood, M.D. Program Chair
CEUs: NSCA (.6)
- 3/3/2009 2 hours – “Dealing With Ethical Gray Areas in Massage Therapy”
Authored by Jean Middleswarth
License Number 00000, Online course thru AMTA
- 12/6/2008 7 hours – “Advanced Myofascial Techniques, Leg, Knee & Foot part I”
Advanced Trainings.com, Lafayette, CO
Til Luchau, instructor Provider # 296360-00
- 10/31/2008 7 hours – “19th Annual Colorado Spine Symposium”
Panorama Research Foundation, Golden, CO
Courtney Brown, M.D. Program Chair
CEUs: NSCA (.7)
- 3/1-2/2008 8 hours - “Denver Fitness Conference”
Exercise Etc., Ft Lauderdale, Fl (www.exerciseetc.com)
Provider # B 1009
Held at the Embassy Suites, DTC, Denver, CO
(2 hours) – “Designing Practical Programs: A Strong and Healthy Back”
Irv Rubenstein, Ph.D, CEUs: NSCA (.2)

(2 hours) – “Designing Practical Programs: Exercise to Prevent Knee Pain”
Irv Rubenstein, Ph. D, CEUs: NSCA (.2)

(2 hours) – “Exercise for Special Populations: Exercise & Women’s Health Concerns”
Scott Josephson, MS, RD, CEUs: NSCA (.2)

(2 hours) – “Designing Practical Programs: Healthy Shoulders/Happy Clients”
Irv Rubenstein, Ph. D, CEUs: NSCA (.2)
- 9/29/2007 8 hours – “Russian Medical Massage for Fibromyalgia”
Held at the Boulder College of Massage Therapy
Zhenya Wine, instructor.
Kurashova Institute (www.kurashova.com), Rock Island, IL
Provider # 020544, or 022084-00
- 8/10/2007 5.5 hours – “Colorado Sports Medicine Symposium”
Panorama Research and Education Foundation, Golden, CO
Charles A. Gottlob, M.D. & James T. Johnson, M.D. Program Chairmen
Provider # P750 CEUs: NSCA (.55)
- 6/2007 24 hours – “Stone Massage” Spa Elements Program (Module 2)
Boulder College of Massage Therapy, Boulder, CO
Ann Berwick, CMT & Sara Cunningham, CMT
Provider # 020544

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- 8/11-12/2006 16 hours – “Hockey Training Symposium”
NSCA National Headquarters, 1885 Bob Johnson Dr., Colorado. Spgs, CO
CEUs: NSCA (1.6), NATA (16)
-Metabolic Training using HR – Paul Robbins, MS
-Concussions in Hockey – Richard Quincy, MS, PT, ATC
-Nutrition – Dave Ellis, RD, CSCS
-Plyometrics for Hockey – Mike Sanders, MS, CSCS
-Off-Ice Conditioning – Mark Stephenson, CSCS*D, ATC
-Eating on The Road – Paul Goldberg, MS, RD, CSCS
-Unilateral Training – Joel Rather, MS, CSCS
-Steroid Education – Physiology – Greg Haff, PhD, CSCS
-Steroid Education – Awareness – Mike Barnes, MEd, CSCS*D, NSCA-CPT*D
-Explosive Training in the wt room – Shane Domer, MEd, CSCS*D, NSCA-CPT*D
-On-Ice Conditioning – Katie Krall, CSCS
- 4/2006 3 hours – “Taking a Look Under the Hood: a New approach to the Psoas muscle”
Boulder College of Massage Therapy, Boulder, CO
Elaine Calenda, CMT
Provider # 020544-00
- 4/2006 4 hours – “Professional Ethics”
Boulder College of Massage Therapy, Boulder, CO
Melanie Russell, CMT
AMTA – CO Chapter meeting. Provider # 020544-00
- 12/2005 20 hours – “Functional Training: Breaking the Bonds of Traditionalism”
Desert Southwest Fitness, DSWfitness.com, Tucson, AZ (home study course)
Juan Carlos Santana, Med, CSCS
CEUs: NSCA (2.0)
- 2/2005 7 hours – “Foot Reflexology”
Boulder College of Massage Therapy, Boulder, CO
Dee Dee Roberts, B.A. CMT
- 2/2005 20 hours – “Somatic Patterning”
Boulder College of Massage Therapy, Boulder, CO
Mary Ann Foster, B.A.
- 1/2005 2 hours – “Prevention of Medical Errors – A Comprehensive Guide”
The Institute for Advanced Therapeutics, Inc (home study course)
Pembroke Pines, FL 33084
NCTMB provider # 154019-00
- 1/2005 4 hours – “Professional Ethics for the Massage Therapist and Bodyworker”
The Institute for Advanced Therapeutics, Inc (home study course)
Pembroke Pines, FL 33084
NCTMB provider # 154019-00

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- 4/2004 5.5 hours – “31st Annual Spring Orthopedic Day”
Panorama Research and Education Foundation, Golden, CO
Provider # P750
Eric Stahl, M.D. Program Chairman
- 8/2003 5.25 hours – “Colorado Sports Medicine Symposium”
Panorama Research and Education Foundation, Golden, CO
Provider # P750
Mitchell Seemann, M.D. Program Chairman
- 4/2003 C.S.C.S. Certification Exam Taken & Passed in Denver, CO
(Certified Strength and Conditioning Specialist)
National Strength and Conditioning Association, Colorado Springs, CO
- 1-2/2003 6 hours – “Personal Power through Awareness”
Rishi’s Crossing, Lakewood, CO www.rishiscrossing.com
Drew Overholster - instructor
- 4/2003 5.25 hours – “30th Annual Spring Orthopedic Day”
Panorama Research and Education Foundation, Golden, CO
Eric Stahl, M.D. Program Chairman
- 8/2002 5.5 hours – “8th Annual Colorado Athletic Trainer’s Symposium”
Panorama Research and Education Foundation, Golden, CO
Mitchell Seemann, M.D. Program Chairman
- 2/2001 2 hours – “Ethics and Professionalism for Massage Therapists”
CEU online, www.ceuonline.org
- 7/1999 24 hours – “Spectrum of Athletes” Orthopedic and Sports Massage (module 4)
Boulder College of Massage Therapy, Boulder, CO
Elaine Calenda, CMT & Clint Chandler, CMT
- 4/1999 24 hours - “Neurovascular Compression Syndromes of the Upper and Lower Extremities”
Orthopedic and Sports Massage (module 2)
Boulder College of Massage Therapy, Boulder, CO
Elaine Calenda, CMT & Clint Chandler, CMT
- 1/1999 24 hours – “Sports Injuries and Dysfunctions of the Cervical Spine and Upper Extremity, Including Frozen Shoulder.” Orthopedic and Sports Massage (module 5)
Boulder College of Massage Therapy, Boulder, CO
Elaine Calenda, CMT & Clint Chandler, CMT
- 10/1998 4 hours – “Rotator Cuff and Frozen Shoulder”
Boulder College of Massage Therapy, Boulder, CO
Elaine Calenda, CMT

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- 5/1998 1 hour – “A Manual Therapy Approach to Thoracic Outlet Syndrome and Cervical Dysfunction” - Jeff Giddings, PT, Ron Adams, PT, & Mark Frasier, MS
Fort Collins, CO NATABOC Accepted Provider P2249,
- 11/1997 AMTA National Convention, Salt Lake City, UT
6 hours – “How to Regenerate Muscle, Nerve and Bone through Massage and Movement”
Meir Schneider, Ph. D
8 hours – “Focused Approach to Musculoskeletal Dysfunction” - James Doran