



Dr. Alec Kay

President of American Physical Therapy Association
Alaska, Orthopedic Clinical Specialist

Anchorage, Alaska – USA

Information:

Alec has been practicing physical therapy for over 25 years and currently works full time in a clinical practice at United Physical Therapy in Anchorage, Alaska. He is the current president of that organization.

Working as an athletic trainer prior to PT school, he continues to enjoy working with athletes as his interest in sports rehabilitation continues to evolve.

His post-graduate studies included completion of a Master of Orthopedic Manual Therapy in 1997 and a Doctor of Manual Therapy degree in 2000, with a dissertation on the lumbar multifidus, leading to multiple publications. After completion of his DMT, Alec was appointed to the faculty of the Ola Grimsby Institute Post-Professional Consortium and is currently teaching advanced techniques in manual orthopedic physical therapy locally and in other states, as well as presenting as an invited speaker both nationally and internationally.

In addition to teaching, Alec shares his expertise working as a clinical mentor for residency, fellowship students in both manual therapy and Family Practice Medicine.

Experience and Education:

Alec initially began his career working in sports medicine at the University of California, Davis as an undergraduate where he received a Bachelors of Science in Exercise Physiology and was Certified as an Athletic Trainer in 1988.

He was also a four year letterman in basketball as an undergraduate. He continues to enjoy working with athletes as his interest in sports medicine continues.

Alec was awarded a Masters of Science in Physical Therapy from the University of the Pacific in 1990.

He attended a 6 month full time residency in Proprioceptive Neuromuscular Facilitation (PNF) in Vallejo, CA, after working for several years in acute care and neurological rehabilitation.

His additional post-graduate studies included completion of a Master of Orthopedic Manual Therapy in 1997 and a Doctor of Manual Therapy degree in 2000, with a dissertation on the lumbar spine. After completion of his DMT, Alec was appointed to the faculty of the Ola Grimsby Institute Post-Professional Consortium and is currently teaching advanced techniques in manual orthopedic physical therapy locally and in other states, as well as presenting as an invited speaker.

He is the Director of the OGI Fellowship program in manual therapy.

Additionally, Alec is the current president of American Physical Therapy Association Alaska. Alec has an operational use of the spanish language. He is board certified as an Orthopedic Clinical Specialist.

Licences and Certifications:

Certified Orthopedic Clinical Specialist

Certified Atheltic Trainer

University of California

Issuing date: 1988

Languages:

English: mother tongue

Spanish: operational