

Dr. Peter Mitchell PT, DPT, MS, CSCS

Institute of Clinical Excellence Certified Specialist in Orthopedics
Certified Clinical Athlete Provider

Physical Therapist and Educator

pkmitchelldpt@gmail.com
209-507-6424

Education

South College - Knoxville, TN - Doctor of Physical Therapy, December 2022

California State University, Fullerton - Master of Science, Kinesiology, May 2020

California State University, Monterey Bay - Bachelor of Science, Kinesiology, May 2014

Licenses, Certifications, and Awards

California Physical Therapy License

- License Number PT303395

Certified Clinical Athlete Provider

- Certification: October 2025

Institute of Clinical Excellence Certified Specialist in Orthopedics

- Certification Date: November 2023

Physical Rehab Network Southern California Standout Award

- Awarded for being 1 of 5 physical therapists to achieve the best objective patient outcomes in the Southern California region, which is among the largest in the company

Certified Strength and Conditioning Specialist - NSCA

- Certification Date: July 2014

South College's Class of 2022 Dean's Award

- Awarded for surpassing academic achievement and clinical aptitude during attendance at South College's Doctor of Physical Therapy program.

Research

Publications

- Injury and Performance Related Biomechanical Differences Between Recreational and Collegiate Runners
 - Frontiers in Sports and Active Living, DOI: 10.3389/fspor.2023.1268292
 - September 2023
- Running Kinetics and Femoral Trochlea Cartilage Characteristics in Recreational and Collegiate Distance Runners
 - Journal of Sport Sciences, DOI: 10.1080/02640414.2021.1976492
 - January 2022

Abstract Presentations

- Association Between Femoral Cartilage Characteristics and Running Biomechanics in Collegiate Distance Runners
 - ACSM Southwest Regional Chapter Meeting
 - October 2019
- Run to the Hills: The Effects of Academy Training on the Physical Fitness of Law Enforcement Recruits Across Three Classes
 - ACSM Southwest Regional Chapter Meeting
 - October 2018

Teaching Experience

Chapman University

- Courses Taught: HSCI 210L (Anatomy Lab), HSCI 366B L (Physiology Lab)
- Appointment Dates: February 2026 to Current

Stanbridge University

- Course Taught: Sci 1070L (Human Anatomy Lab)
- Appointment Dates: August 2023 to February 2025

Institute of Clinical Excellence

- 16 hour weekend courses performed regularly throughout the year
- I aide the primary instructor in teaching evidence based treatment of the cervical and lumbar spine to healthcare professionals for continuing education units
- Both lecture based information and hands on skills are taught in the courses

Physical Therapy Student Clinical Instruction

- I regularly act as clinical instructor for physical therapy students from a variety of universities
- I provide extensive mentorship on implementation of physical therapy plans of care to improve students competency as a physical therapy student

Professional History

Physical Rehabilitation Network

Mission Viejo, CA

Outpatient Per Diem Physical Therapist

April 2024-Current

- Responsible for providing physical therapy services within a gym setting
- Provided scheduling and other clerical duties to aid in front office administration

Chapman University

Orange, CA

Instructional Assistant Professor

February 2026-Current

- Instruct Human Physiology Lab course to undergraduate students studying health sciences
- Perform all administrative duties related to courses including inter-professional interactions with lab staff, grading, student communication, lab set-up and utilization of teaching software

Institute of Clinical Excellence**Courses Taught Nationally***Teaching Assistant*

February 2024-July 2026

- Teach evidence-based principles of treating spine pain through providing instruction via lecture content and psychomotor skills
- Assist lead faculty in logistics of providing continuing education courses

Stanbridge University**Irvine, CA***General Education Instructor-Anatomy*

August 2023-February 2025

- Instruct content in gen. ed. courses to students in Associates of Vocational Nursing Program
- Perform all administrative duties related to courses including inter-professional interactions with lab staff, grading, student communication, lab set-up and utilization of teaching software

Coury and Buehler Physical Therapy**Lake Forest, CA***Outpatient Staff Physical Therapist*

March 2023 – April 2024

- Responsible for providing physical therapy services for various patient conditions
- Provided scheduling and other clerical duties to aid in front office administration

Spine and Sport Physical Therapy**Palm Desert, CA***Temporary Outpatient Staff Physical Therapist*

January 2023 – March 2023

- Responsible for providing physical therapy services for various patient conditions
- Provided scheduling and other clerical duties to aid in front office administration

California State University, Fullerton College of the Arts Dean's Office**Fullerton, CA***Graduate Assistant*

August 2018 - March 2020

- Responsible for performing university and department specific tasks to maintain the efficiency of department functions
- Performed general clerical duties for the dean as well as the administrative manager

Mount Hermon Outdoor Science School**Felton, CA***Health Supervisor*

August 2016 – August 2018

- Responsible for admitting, organizing and administering all prescription medications
- Implemented new systems to streamline paperwork intake and medication administration
- Provided first aid to visitors and staff

Mizkan America**Stockton, CA***Seasonal Emergency Medical Technician*

June 2016 – August 2016

- On site emergency medical responder
- Provided basic first aid and performed medical office clerical duty
- Responsible for monitoring job site to ensure proper safety procedures were being followed

Freedom Medical Transport**Seaside, CA***Emergency Medical Technician*

February 2016 – July 2016

- Responsible for both emergency and non-emergency medical facility transportation
- Provided basic care to patients in route to medical facility

In-Shape Health Clubs**Carmel, CA***Personal Training Manager*

June 2014 – February 2016

- Manage client retention by providing excellent customer service and a welcoming atmosphere
- Conduct fitness evaluations to develop appropriate exercise prescription for clients
- Grew personal training services by 33% through client retention and sales

Continuing Education

Clinical Athlete Provider Certification

- Provider: Clinical Athlete
- Completion: October 2025
- CEUs: 38

ICE Sampler-Clinical Pearls

- Provider: Institute of Clinical Excellence
- Completion: April 2025
- CEUs: 16

Blood Flow Restriction Certification Course

- Provider: What the Cuff
- Completion: December 2024
- CEUs: 6

Physical Therapy Ethical Practices

- Provider: Medbridge
- Completion August 2024
- CEUs:1

Addressing Micro-aggressions and Bias in Healthcare

- Provider: Medbridge
- Completion: August 2024
- CEUs: 1

Clinical Running Health; Applied Biomechanics

- Provider: Integrated Movement Health
- Completion: April 2024
- CEUs: 6.5

Myofascial Decompression Level 1

- Provider: Myofascial Decompression
- Completion: February 2024
- CEUs: 8

Total Spine Thrust

- Provider: Institute of Clinical Excellence
- Completion: November 2023
- CEUs: 16

Extremity Syndrome Management

- Provider: Institute of Clinical Excellence
- Completion: July 2023
- CEUs: 16

Cervical Spine Management

- Provider: Institute of Clinical Excellence
- Completion: May 2023
- CEUs: 16