

**Vivian Eisenstadt, M.A.P.T., O.C.S.**  
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[Vivian@preventthepain.com](mailto:Vivian@preventthepain.com)

**Professional  
Certifications  
and Degrees:**

Physical Therapy Board Certified Orthopedic Specialist – Nationwide Certification  
Educated in Pilates based Physical Therapy - Long Beach Dance Company,  
Long Beach, California  
Masters of Arts in Physical Therapy - Touro College School of Health Sciences,  
Dix Hills, NY  
Bachelor of Science in Health Science - Touro College School of Health  
Sciences, Dix Hills, NY  
Bachelor of Arts in Physical Education - Brooklyn College, Brooklyn, NY  
Health/Fitness Instructor Certification - American College of Sports Medicine

**Licensure:**

Physical Therapist – Board Certified in the State of California  
Certified Level 2 Radiance Technique practitioner  
Certified Lifestream Energy Practitioner

**Professional  
Appearances:**

**Postural Specialist, “10 Things I Hate About Myself”, Style Network – *in production***

**Experience:**

2/03 to Present:

**Proprietor/Physical Therapist, Prevent The Pain Therapy, Inc, Los Angeles, CA–**  
Outpatient Orthopedic Physical Therapy clinic specializing in manual therapy, integrating  
Pilates based physical therapy, nutritional counseling, ergonomic evaluations and postural  
alignment. Emphasis of therapy encompasses the mind body connection and education  
with the goal to empower patients to avoid future injuries and maintain body alignment.  
Affiliated with Veloworx bicycle racing team as professional biomechanical consultant for  
racers and post injury rehabilitation.

12/03 6/04:

**Director/Physical Therapist, Skysport & Spa Therapy, Inc, Beverly Hills, CA–**  
See Above

2/92 to 1/04

Seminar Coordinator, Computer analyst and Fitness Testing Assistant to Exercise  
Physiologist and world record holder for ultramarathons, **Stu Mittleman**, including:  
Fitness seminars for the **Robbins Research Mastery Seminars** - includes fitness testing  
and lectures to over 1000 people/seminar on creating fitness programs and improving body  
awareness and fitness performance.

5/02 to 2/03:

**Director of Physical Therapy, Rapid Rehab International, Beverly Hills + Brentwood,**  
**CA** – Outpatient orthopedic physical therapy clinic specializing in manual therapy,  
integrating Pilates based physical therapy in addition to traditional physical therapy.

6/00 to 5/02:

**Physical Therapist, Cedars-Sinai Spine Center, Beverly Hills, CA - Orthopedic clinic**  
specializing in spinal injuries, pre and post operative patients as well as chronic spinal  
diagnoses.  
**Physical Therapist, Cedars-Sinai Medical Center Outpatient Rehabilitation Center,**  
**Beverly Hills, CA - Orthopedic Team** - Patients vary from pre and postoperative surgery

(primarily orthopedic diagnosis) to chronic pain, including low back pain, neck pain, sprains and strains, repetitive stress injuries, and postural dysfunction's.

11/98 to 3/00

**Physical Therapist, Physio Sports Center, New York, NY** - Patients vary from pre and postoperative surgery (primarily orthopedic diagnosis) to chronic pain, including low back pain, neck pain, sprains and strains, repetitive stress injuries, fibromyalgia and postural dysfunction's in addition to general orthopedic rehabilitation with emphasis on manual therapy techniques (joint and soft tissue mobilization, myofascial release).

6/98 to 10/98

**Physical Therapist, Advanced Orthopedic Rehabilitation, New York, NY** - see patient profile as above.

10/97 to 6/98

**Physical Therapist, Sheepshead Bay Physical Therapy, Brooklyn, NY** - Patients varied from geriatric to general orthopedic and neurological diagnosis.

9/94 to 5/96

**Personal Trainer, Bodyworks, The Fitness Club, East Northport, NY**

1/91 to 9/94

**Personal Trainer/ Co-Director, Physiology Lab, Equinox Fitness Club, New York, NY**

**Published Articles:**

**“All Shook Up** Whole body vibration brings a new buzz to routine rehab” – Advance for Directors in Rehabilitation and Advance for Physical Therapists and PT Assistants - Both Editions January, 2008 vol. 17 No. 1

**“Shaking Things Up** Vibration Therapy gives aging baby boomers another option in the fight to stay fit” – Advance for Directors in Rehabilitation - May, 2008, vol. 17 No. 5

**Professional Affiliations:**

Physical Therapist for contestants of **“The Biggest Loser - Australia”**

Expert Witness Experience for Legal Matters

Member, American Physical Therapy Association

Member, Orthopedic Section of the American Physical Therapy Association

Previous Physical Therapy Affiliate for Veloworx Bicycle Racing team, Brentwood, CA

**Community Service:**

Guest Speaker for LA Leggers Monday Night Training Group

Volunteer Physical Therapist for participants in the 2004 LA Marathon

Volunteer - Cedars-Sinai Health Fair, Beverly Hills, CA 4/01

Volunteer - Muscular Dystrophy Rollerblade, New York, NY 7/99

Volunteer Athletic Trainer, N.Y.C. Marathon Medical Corps; 11/91

Athletic Trainer, Brooklyn College Sports Teams 1991-1993.

07/08