

Jennifer Chudy Shepherd, MSPT, CFMT, FFMT, FAAOMPT, IFMCP

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EDUCATION

2022 Goldman Sachs 10,000 Small Businesses Graduate
Cuyahoga Community College

1999 Master of Science in Physical Therapy, The University of Colorado Health
Sciences Center, Denver, CO

1997 Bachelor of Science, Biology, Cum Laude, The University of Dayton, Dayton, OH

FELLOWSHIP

2008 American Academy of Orthopedic Manual Physical Therapists
The Institute of Physical Art, Steamboat Springs, CO

CERTIFICATIONS

2023 Institute for Functional Medicine Certified Practitioner

2006 Certified Functional Manual Therapist, The Institute for Physical Art

LICENSES

Colorado #6837

Ohio #PT016167

CLINICAL POSITIONS

The Shepherd Center for Integrative Health, Cleveland, OH

2018-present

Owner, Specializing in whole person restorative health

Shepherd Physical Therapy, PLLC, Denver, CO

2008-2018

Owner, Treating individuals with acute and complex chronic pain

Johnson and Johnson Physical Therapy, Steamboat Springs, CO

2007-2008

Fellow, Contract Therapist, Clinical Instructor, Treating individuals with acute and complex chronic pain

The Children's Hospital, Denver, CO

2001-2007

Acute care, rehab, ortho, developmental, chronic pain, IRB

Jefferson County Public Schools , Golden, CO

2000-2002

Motor therapist, IEPs

Northwest Physical Therapy, Arvada, CO

1999-2000

Outpatient orthopedics

PRESENTATIONS

“Integrating Functional Medicine and Manual Therapy in the Clinic”

Crossroads of Collaboration; Expanding the Vision for Visceral and Manual Therapies - The Barral Institute

September 2025

TEACHING

Fellowship Mentor, The Institute of Physical Art

2010

Instructor, The Institute of Physical Art

2009-2010

Clinical Instructor, Johnson and Johnson Physical Therapy

2007-2008

Clinical Instructor, The Children’s Hospital

2003-2006

PROFESSIONAL MEMBERSHIPS

Institute for Functional Medicine

2020-present

International Association of Healthcare Practitioners

2010-present

American Academy of Orthopedic Manual Physical Therapists

2007-present

American Physical Therapy Association

1997-present, **Orthopedic Section, Pelvic Health, Member**

INSTRUCTOR

An Integrative Manual Therapy Approach to Complex Cases”

Nov 2021

Mountain Springs Physical Therapy, Steamboat Springs, CO

Functional Mobilization for Pediatrics

Sept 2012
Mapleton Hospital, Boulder

Functional Gait, IPA
Nov 2010
Pembroke Pines, FL

Functional Mobilization I, IPA
Oct 2010
Denver, CO

Functional Gait, IPA
Aug 2010
Denver, CO

Functional Mobilization I, IPA
Apr 2010
Fruita, CO

Proprioceptive Neuromuscular Facilitation, IPA
Apr 2009
Denver, CO

LAB ASSISTANT

Functional Mobilization Lower Quadrant
Mar 2018
Functional Mobilization II
Sept 2017
Proprioceptive Neuromuscular Facilitation
Aug 2017
Core First Strategies
May 2017
Core First Strategies
Jul 2013
Visceral Mobilization
Oct 2012
Resistance Enhanced Manipulation
Dec 2011
Functional Mobilization Upper Quadrant
Jun 2010
Functional Mobilization Lower Quadrant
Aug 2009
Functional Orthopedics I
Oct 2008

PROFESSIONAL PUBLICATION

“The Evolution of Pediatric Physical Therapy” Spring 2006, Vol 9, Issue 2
PM&R Update, The Children’s Hospital, Denver, CO

PROFESSIONAL PRESENTATIONS

“Chronic Pain in Children” The Children’s Hospital, Denver

Sept 2006

“Functional Mobilization for Pediatrics” Mapleton Hospital, Boulder

Sept 2012

COMMUNITY PRESENTATIONS

“Relationship of plantar fasciitis and pelvis dysfunction in runners”

Feb 2017

“Knee Pain in Cyclists”

August 2011

COMMUNITY SERVICE

2024-2025 Fremont IceWolves Hockey - injury assessments treatment

2024 Buckeye Elite Travel Baseball Team - injury assessments treatment

Feb 2017 Women’s Professional Cycling Team TIBCO-SVB assessments, treatments, fitting

Jan 2016 Divine Awakenings - community assessments and treatments

Jan 2014, Mar 2015 Women’s Professional Cycling Team TIBCO-SVB assessments, treatments, fitting

Aug 2011, Aug 2012 US Pro Challenge - community assessments and treatments

CONTINUING EDUCATION

Neural Manipulation 5:

July 2025 Alan Crobier, DO, MRO The Barral Institute

Manual Approach to the Brain 3

July 2024 Jean Pierre Barral, DO, MRO(F), RPT The Barral Institute

Neural Manipulation 4: Cranial Nerves

Feb 2024 Jean Anne Zollars, PT, DPT, MA The Barral Institute

Environmental Health Advanced Practice Module

Institute for Functional Medicine

2022

Hormone Advanced Practice Module

Institute for Functional Medicine

2022

Immune Advanced Practice Module

Institute for Functional Medicine

2021

Cardiometabolic Advanced Practice Module

Institute for Functional Medicine

2021

GI Advanced Practice Module

Institute for Functional Medicine
2020

Bioenergetics Advanced Practice Module
Institute for Functional Medicine
2020

Applying Functional Medicine in Clinical Practice
Institute for Functional Medicine
2020

Gynecologic Visceral Manipulation
October 2023 Gail Wetzler PT, DPT, EDO, BI-D, APTA

Manual Approach to the Brain 2
July 2023 Jean Pierre Barral, DO, MRO(F), RPT The Barral Institute

Beyond the Dura Conference

2023 Upledger Institute

Neural Manipulation 3: Peripheral Nerves; Lower Body
November 2021 The Barral Institute, Lisa Polec, DC, BI-D

AAOMPT Annual Conference Cleveland
October 2021

Advanced Visceral Manipulation: The Brain
Dec 2020 Jean Pierre Barral, DO, MRO(F), RPT
The Barral Institute

Barral Institute Symposium; New Foundations - New Partnerships
July 2020 The Barral Institute

Clinical Interventions: Concussion Recovery; Barral Manual Therapy
Jan 2020 Gail Wetzler, PT, DPT, EDO, BI-D
The Barral Institute

Continence Reproduction and Sex
Dec 2019 Miranda Harvey, PT, DPT, FFMT, FAAOMPT
The Institute of Physical Art

CranioSacral Therapy 1: Assessment of Central Nervous System and Fascia for Full Body Treatment Protocol
Nov 2019 Michael Morgan
Upledger Institute

Visceral Vascular Manipulation Lower Body
Sept 2019 Gail Wetzler, PT, DPT, EDO, BI-D

18 Hours

Alzheimer's Intensive Program

June 2019 Gail Wetzler, PT, DPT, EDO, BI-D
Upledger Institute

Visceral Vascular Manipulation Upper Body

Mar 2018 Gail Wetzler, PT, DPT, EDO, BI-D
The Barral Institute

Neural Manipulation 2: Peripheral Nerves Upper Body

Nov 2018 Lisa Brady Grant, DC, BI-D
The Barral Institute
18 Hours

Integrated Systems Model Series and Clinical Mentorship

Mar, Jun, Sept 2018 Diane Lee, PT,FCAMT, IMS
96 Hours

Visceral Manipulation: Listening Techniques 2; An Integrative Approach to Evaluation

Feb 2018 Gail Wetzler, PT, DPT, EDO, BI-D
The Barral Institute
18 Hours

Neural Manipulation: Neuromeningeal Manipulation; An Integrative Approach to Trauma

Oct 2017 Lisa Polec, DC, BI-D
The Barral Institute
18 Hours

Functional Mobilization II

Sept 2017 Dean Hazama, MPT, CFMT, FFMT, FAAOMPT
The Institute of Physical Art
32 Hours

Visceral Emotional 6

Jul 2017 Gail Wetzler, PT, DPT, EDO, BI-D
The Barral Institute
18 Hours

Listening Techniques

Jun 2017 Gail Wetzler, PT, DPT, EDO, BI-D
The Barral Institute
18 Hours

Lymphatic Drainage Techniques Lower Extremity -D'Ambrogio Institute

Sept 2016 Kerry D'Ambrogio
D'Ambrogio Institute
20 Hours

Medicine of Cycling Conference-Bike Fit

Aug 2016 Colorado Springs, CO

14 Hours

Manual Thermal Evaluation

Jan 2016 Gail Wetzler, PT, DPT, EDO, BI-D

The Barral Institute

24 Hours

Manipulation

Nov 2015 Laurie Hartmann, DO

Private Course

15 Hours

Visceral Manipulation-The Thorax

Aug 2014 Gail Wetzler, PT, DPT, EDO, BI-D

The Barral Institute

24 Hours

Medicine of Cycling Conference -Bike Fit

Aug 2014 Colorado Springs, CO

14 Hours

Core First Strategies

July 2013 Vicky Saliba Johnson

The Institute of Physical Art

20 Hours

Functional Manual Therapy Foundations

Jan 2012 Kent Keyser PT MS OCS COMT ATC LAT CKTP FFFMT FAAOMPT

CrunKeyser, LLC

25 Hours

Visceral Manipulation The Pelvis

Jan 2011 Gail Wetzler, PT, DPT, EDO, BI-D

The Barral Institute

24 Hours

Visceral Manipulation 2

Jan 2010 Gail Wetzler, PT, DPT, EDO, BI-D

The Barral Institute

24 Hours

Functional Manual Therapy Forum

Jan 2010

The Institute of Physical Art

Visceral Manipulation 1

Dec 2009 Dec Ahern, PT

The Barral Institute
24 Hours

Vestibular

May 2011 Nicole Miranda, PT DPT
University of Colorado

Proprioceptive Neuromuscular Facilitation II

July 2007 Michael Baum, PT
Institute of Physical Art

Functional Manual Therapy Symposium

July 2006 Denver, CO
The Institute of Physical Art

Functional Mobilization Upper Quadrant

July 2006 Gregg Johnson, PT, FFCFMT
The Institute of Physical Art

Functional Gait: Component Assessment and Treatment

Dec 2005 Dean Hazama MPT, CFMT, FFMT, FAAOMPT
The Institute of Physical Art

Back Education and Training

Jun 2005 Vicky Saliba Johnson, PT, FFCFMT
The Institute of Physical Art
20 hours

Functional Mobilization Upper Quadrant

July 2006 Gregg Johnson, PT, FFCFMT
The Institute of Physical Art

IF You Can't Breathe You Can't Function: Integrating the Pulmonary, Neuromuscular and Musculoskeletal Systems

Mary Massery

Cervico-Thoracic Integration

May 2005 Kent Keyser, MS, PT, OCS, COMT, CFMT, FAAOMPT
Integrative Manual Solutions
30 hours

Lumbo-Pelvic Integration

2005 Kent Keyser, MS, PT, OCS, COMT, CFMT, FAAOMPT
Integrative Manual Solutions

Biomechanics of the Cyclist: Fit, Function and Pathology

Oct 2004 Jacqui Lockwood, PT
North American Seminars, Denver CO
15 hours

Functional Mobilization Lower Quadrant

Mar 2004 Gregg Johnson, PT, FFCFMT

31 hours

Functional Orthopedics II

Jan 2004 Gregg Johnson, PT, FFCFMT

The Institute of Physical Art

31 hours

Functional Orthopedics I

Aug 2003 Jim Beazell, MSPT, OCS, FAAOMPT

The Institute of Physical Art

30 hours

Prioprioceptive Neuromuscular Facilitation I

Mar 2003 Vicky Saliba Johnson, PT FFCFMT

The Institute of Physical Art

28 hours

Muscle Energy Techniques for the Lumbar Spine & Pelvic Girdle

Feb 2003 Peter Szymanski, PT, IOC, CFMT

Body Tune-Up Physical Therapy

15 hours

Muscle Energy Techniques for the Thoracic Spine and Rib Cage

Jan 2003 Peter Szymanski, PT, IOC, CFMT

Rehabilitation and Performance Medicine Specialists

16 hours

Pediatric Treatment and Functional Outcomes Course

Nov 2002 Marjorie Adams, MSPT

The Children's Hospital, Arapahoe Community College

154 hours

Muscle Energy Techniques for the Cervical Spine

Nov 2002 Peter Szymanski, PT, IOC, CFMT

Rehabilitation and Performance Medicine Specialists

16 hours

Spasticity Management: Focus on Rehabilitation

Oct 2002 Nikki Morton, MPT

Medtronic

4 hours

Dynavox Training

Jan 2001

Lumbar Local

Mark Comerford

Lumbar Global
Mark Comerford