


# J. PAUL TUCKER, PT, DPT

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## Skills

Goal-Oriented  
Driven  
Resilient

Highly Experienced in  
Sport and  
Performance  
Movement Analysis

Highly Experienced in  
Complex Pain Care

Experienced  
developing and  
working with  
multidisciplinary  
teams

Experienced in  
Clinical and  
Laboratory Research

Experienced in  
Creative Thinking and  
Innovative Approach  
to Care

Experienced in  
screening for medical  
management

## EXPERIENCE

Kaiser Permanente Health Innovation Studio, Tustin, CA 2017 — present  
Physical Medicine and Pain Management  
Clinical Specialist II Physical Therapist

Kaiser Permanente Baldwin Park Medical Center 2010 — present  
Physical Medicine and Pain Management  
Clinical Specialist II Physical Therapist

Azusa Pacific University, Azusa, CA 2022 — present  
Adjunct Professor

Azusa Pacific University, Azusa, CA 2009 — 2021  
Guest Lecturer, Teaching Assistant

Kaiser Permanente Baldwin Park Medical Center Baldwin Park, CA 2010  
Clinical Specialist I Physical Therapist

Kaiser Permanente Harbor City Medical Center Harbor City, CA 2009  
Clinical Specialist I Physical Therapist: Movement Science Fellow

Kaiser Permanente Woodland Hills Medical Center Woodland Hills, CA 2008  
Orthopaedic Clinical Specialist Resident

## POST GRADUATE EDUCATION

Dynamic Neuromuscular Stabilization- Certified Practitioner 2013  
Prague School of Rehabilitation Charles University, Prague, Czech Republic

Movement Science Fellowship (Kaiser Permanente) 2009

Orthopedic Physical Therapy Residency (Kaiser Permanente) 2008

## EDUCATION

Azusa Pacific University, Azusa, CA 2019 — present  
PhD Rehabilitation and Movement Science

Azusa Pacific University, Azusa, CA 2007  
Doctorate of Physical Therapy (DPT)

Azusa Pacific University, Azusa, CA 2004  
Bachelor of Science, Applied Health

## **TEACHING EXPERIENCE**

Kaiser Permanente (Virtual Learning Course) 2021- present  
Motivational Interviewing (Continued Education)

Azusa Pacific University, Azusa, CA 2022 — present  
Adjunct Professor

**Biomechanics and Clinical Movement Analysis — Baseball,** Running, Olympic Lifting, Golf, Swimming

Courses: Orthopedics, Pain Science, Pediatrics, Neurological Rehabilitation, Professional Relationships

Azusa Pacific University, Azusa, CA 2009 — 2021  
Guest Lecturer, Teaching Assistant

## **RESEARCH EXPERIENCE**

### **Submitted for Publication:**

The Effects of Dynamic Neuromuscular Stabilization Based Training Protocols on EMG Activity in Minor League Pitchers

Computer-Human interface Technology in Stroke Recovery with Gameification of Rehabilitation (In Process)

### **Electromyography, Muscle Strength Training, Nutrition**

Petrofsky, J., Batt, J., Suh, H., Jones, R., Ushak, N., Tucker, J., Gentry, L., Billings, T., Kambe, V. "Muscle use during isometric co-contraction of agonist-antagonist muscle pairs in the upper and lower body compared to abdominal crunches and a commercial multi gym exerciser." *Journal of Applied Research* 6.4 (2006): 300-329.

Petrofsky, J., Batt, J., Jones, R., Kambe, V., Ushak, N., Tucker, J. P., Gentry, Billings, T., L., Gunda, S. (2007). Muscle strength training and weight loss from a combined isometric exercise and dietary program. *Journal of Applied Research*, 7(1), 77-86.

Unpublished case series: Evaluation and Treatment of Patients with Ipsilateral Low Back Pain and Gluteus Medius Weakness using 3D Motion Capture and Surface Electromyography. Powers, C., Hook, E., Tucker, J. P., Kurihara, D., Toma, L.; 2009.