

Maryann Herklotz, PT, RCST

Skills & Abilities

PATIENT CARE IN A PRIVATE PRACTICE SETTING

- Provide care using an individualized, holistic approach
- Compassionate, relational-based approach with clients
- Currently focused on providing manual therapy, osteopathic and myofascial treatments, to help clients heal from injury, surgery, acute and chronic conditions
- Well versed in working within a diverse population throughout all services, settings and across the continuum of care
- Communication/Teamwork/Collaboration- listen openly and share ideas with team members, when indicated, to foster discussions in a solutions-based, improvement-focused manner
- Prioritize and strategize goals to successfully deliver outcomes
- Quality focused- adapt care to address the needs of each individual

Work Experience

OWNER/WHITE PINE PHYSICAL THERAPY, PLLC/MARCH 2022-CURRENT

- Own and successfully operate a private practice as a sole provider where clients are seen 1:1 for holistic manual therapy
- Work with a diverse range of treatment diagnoses including, but not limited to: acute and chronic injury; pre-post-surgery; concussion/post-concussion syndrome; TMJ; headaches; spine concerns; mixed connective tissue disease; oncology-pre, post; and during treatment; autoimmune disorders, trauma.
- Focused on providing care for all age populations, infants to older adults

INDEPENDENT CONTRACTOR/INSTITUTE OF PINE PHYSICAL THERAPY/MARCH 2022-CURRENT

- Private practice, working 1 day week where clients are seen 1:1 for holistic manual therapy
- Work with a diverse range of treatment diagnoses including, but not limited to: acute and chronic injury; pre-post-surgery; concussion/post-concussion syndrome; TMJ; headaches; spine concerns; mixed connective tissue disease; oncology-pre, post; and during treatment; autoimmune disorders, trauma.
- Focused on providing care for all age populations, infants to older adults

PHYSICAL THERAPY INPATIENT SUPERVISOR | MEMORIAL SLOAN KETTERING CANCER CENTER| 2007-DECEMBER 2021

- Directly supervise upwards of 16 staff, supporting their development from initial orientation throughout their advancement through the clinical ladder.

- Oversee PT services in several clinical units including the ICU, SACU, mixed surgical services, and surgical short stay/outpatient units. Lead and oversee all staff training for competency in working with these populations.
- Strategize with fellow management team members to adapt guidelines, programs, policies, and operations.
- Program supervisor for Inpatient Physical Therapy Resident. Guide MSK PT staff serving as mentors to resident in developing clinical and didactic modules to sequentially build upon the content in a clear, concise, thorough fashion. Provide oversight for assigned mentors and ensure success of this recently accredited program.
- Safe Patient Handling (SPH) Committee member responsible for leading and supporting Rehabilitation Services safe mobilization of patients to prevent staff and patient injury.
- Partner with multidisciplinary team members to gather and assess data to develop and implement new programs, improve existing programs, and ensure compliance. Such programs include and not limited to: ICU Early Mobility, multiple Postoperative Pulmonary programs (POPP), Thoracic Expedited Recovery After Surgery (ERAS) program, Breast and Plastic surgery length of stay (LOS) initiatives.
- Build relationships with team members of other services to meet unified goals and operations of existing programs.
- Assist in acquiring and onboarding talented staff, either directly training or overseeing their mentorship provided by senior frontline staff.
- Update existing policies under direction of managers and director to meet the departmental needs for a growing staff. Such policies include time off, staff assignments, peer review, billing compliance, orientation, students and volunteers.
- Oversee and organize opportunities for observers, volunteers, and students. Have planned and directly coordinated full-day oncology lectures provided by staff and senior PT's to students from local universities in their final year of their DPT program.
- Assist in budget planning in regards to staffing, capital, and non-capital needs.

SENIOR PHYSICAL THERAPIST | MEMORIAL SLOAN KETTERING CANCER CENTER | 2004-2007

- Evaluated and treated patients of all age ranges throughout the acute care setting on surgical units, medical units, ICU.
- Evaluated and treated pediatric and adult patients in an outpatient setting following surgical or medical management of their cancer.
- Provided yearly educational inservices and/or SIGs to fellow staff.
- Provided oncology lectures to students in physical therapy programs regarding general oncology knowledge, breast cancer, bone cancer, and lung cancer.

STAFF PHYSICAL THERAPIST | MEMORIAL SLOAN KETTERING CANCER CENTER | 2001-2004

- Carried out evaluations and interventions on an average caseload of 8 patients throughout the inpatient hospital setting
- Provided yearly educational inservices to fellow rehabilitation staff.
- Clinical Instructor (CI) for 2 PT students on their final acute care affiliation

Publications

- Herklotz, Maryann. "The Gift of Body Awareness: A way to clear tension and find ease in your body." *Healthy for Life: Foundational skills for parents, teachers, mentors, and the kids they love*, Zabloski-Amir, Ilana, Brave Healer Productions, 2025, pp. 201-210.
- Hsu, S; Campbell, C; Weeks, A; Herklotz, M; Kostelecky, N; Pastores, S; Halpern, N; Voigt, L; (2019) "A pilot survey of ventilated cancer patients' perspectives and recollections of early mobility in the intensive care unit", Supportive Care in **Cancer**.
- Odell, M; Stubblefield, M; (2009) Bone Metastasis. *Cancer Rehabilitation: Principles and Practice* (pp. 773-784). New York, NY: Demos Medical Publishing, LLC.
- Babiy, M; Stubblefield, M; Herklotz, M; Hand, M (2005) "Asterixis Related to Gabapentin as a Cause of Falls", *American Journal of Physical Medicine & Rehabilitation*. 84(2) 136-140.

Speaking Engagements

FORMAL IN-HOUSE LECTURES:

- First Annual Rehab Symposium speaker, 2014, Acute Post Surgical Education for Patients with Breast Cancer
- Nursing Grand Rounds speaker regarding the role of rehabilitation in the SACU, 2013
- Stony Brook student oncology lectures, 2002-2007

OUTSIDE LECTURES INCLUDE:

- Ostomy Association of NY (OANY) Activity following Ostomy, 2012 & 2013

Education

BACHELOR/MASTERS OF SCIENCE, PHYSICAL THERAPY, 2000
RUSSELL SAGE COLLEGE/SAGE GRADUATE SCHOOL

Continuing Education

CERTIFIED CRANIOSACRAL THERAPIST (RCST):

- Biodynamic Craniosacral therapy- Stillpoint, Fall 2021-Spring 2023

IAHE COURSES 2008- PRESENT, INCLUDING:

- Visceral Manipulation – Abdomen 1 and 2, Thorax, Pelvis, Advanced Thorax, Pediatrics, Listening Techniques, Manual Thermal Evaluation, Manual Therapeutic Approach to the Brain
- Visceral Vascular Manipulation- Upper Body and Lower Body
- Strategic Crossroads of the Body
- Manual Articular of the Upper Extremity
- Healing from the Core
- Craniosacral 1, 2, Somatic Emotional Release 1, Advanced Cranial- Interacting with the Glial Interface, Immune Response
- Neural Manipulation 1, 2, 3, and 4
- Joint Balancing Upper Quarter
- Feldenkrais

BCST/NA SPONSERED COURSES:

- Multiple online learning programs on topics including and not limited to: concussions, scoliosis, and the spiritual heart.

OTHER RECENT TRAINING:

- CEAS I Workplace Ergonomics Certification
- AOEAS Advanced Office Ergonomics Assessment Specialist Certification

Memberships

- International Alliance of Healthcare Practitioners (IAHP) Medallion Member
- Biodynamic Cranial Therapy Association of North America (BCTA/NA)