



Meet the MIHP Think Tank

SHERRY MCLAUGHLIN, MSPT, CSCS



President and Founder, MIHP, Inc. and the MoveWell Pain-Free Corporate Program

Sherry is a 1990 graduate of Andrews University in Berrien Springs, MI. In addition to being the founder of MIHP, Inc. and TriPLAYnar Technology, she has instructed Kinesiology and Orthopedic Techniques for the PTA Program at Macomb Community College since 1994.

In 1998, she developed the **Missing Link Seminar Series** (*Solutions to Biomechanical Problems You*

Won't Find in Textbooks) and has presented this as well as the **Real World Seminar Series** to physical therapists nationwide.

In 2005, she developed TriPLAYnar Technology, the methodology of the MIHP Think Tank that is now the basis for the **MoveWellSM Pain-Free Corporate Solution**, MIHP's corporate consulting division. She has served as a consultant to USA Michigan Volleyball and the Detroit Vipers Hockey Organization and is featured on the PBS Shows *Zonya's Health Bites* and *Get Up and Get Out*. She also is a corporate partner with the Health Alliance Plan (HAP).

In 2010, She was appointed adjunct faculty for Army Baylor Physical Therapy Program, presenting seminars and co-authoring research papers for the physical therapy doctoral candidates from all major branches of the military. Her collaboration with these professionals led to the development of the **MoveWellSM Operator's Daily Dozen**, an exercise program designed specifically for Navy Seals deployed in Afghanistan.

She launched the Physical Therapist Technician program at Fitzgerald High School in the Fall of 2011, inspiring and instructing students to explore and engage in the health care field. In conjunction with members of the MIHP Think Tank, the FHS students have developed **MoveWellSM Daily Dozen** Exercise programs for team sports at the high school level.

Sherry is known by her students, peers and seminar participants as a thought leader in biomechanics through her insightful methods in orthopedic rehabilitation, injury prevention and sports-specific conditioning. She is prolific in her ideas of innovative techniques and has captured them in workbooks, videos and articles that she produces to support her practice and teachings.

The latest brainstorm from the MIHP Think Tank can be found on her blog: www.sherrymclaughlin.com as well as www.thinktankblog.mihp.net.

The **Michigan Institute for Human Performance, Inc.**, (MIHP), founded in 1998 by Sherry McLaughlin, MSPT, is based on the principles of human movement and biomechanics. MIHP houses the MIHP Think Tank, a group of innovative Movement Training Specialists that design and implement solutions for the prevention and treatment of musculoskeletal injury. TriPLAYnar Technology is the methodology of the MIHP Think Tank and **MoveWellSM** is MIHP's Corporate Program. MIHP is headquartered in Southeast Michigan and provides:

- Outpatient orthopedic physical therapy services
- Biomechanical Assessments
- Performance Enhancement Training
- Clinical and Corporate Seminars
- **MoveWellSM** The Pain-Free Corporate Solution

Meet the MIHP Think Tank

NICOLE KIDD, DPT

Nicole is a 2005 graduate of the Oakland University Physical Therapy Doctoral Program. Prior to graduating, she completed three clinical rotations in orthopedic rehabilitation, including a rotation at the MIHP Headquarters.

Since joining the MIHP team, she has hit the ground running, contributing her talents and knowledge to helping orthopedic patients reach their rehabilitation goals and improve their daily function. Her strong organizational and problem solving skills are a great addition to the MIHP Think Tank.



CAROL LEMIEUX, PTA, ACE-CPT

Carol is a 2004 graduate of the Macomb Community College physical therapist assistant program. She is also a certified personal trainer through the American Council on Exercise (ACE).

Carol is also the program director for **MoveWellSM**, delivering seminars and organizing screenings for corporations in the Metro Detroit area. Her clinical background combined with 12 years experience in developing fitness programs and leading group exercise classes for the YMCA, adds depth to the MIHP Think Tank.



MARGARET BALES, PTA

"Maggie" is a 2011 graduate of the Macomb Community College physical therapist assistant program. She is also a fitness instructor and ultra endurance athlete.

Maggie is involved in the development of the Fitzgerald High School PT Technician program with Sherry McLaughlin, using her prior teaching experience to help groom the future of our profession.



DIANE RYDA, PTA, CPT

Diane is a 2011 graduate of the Macomb Community College physical therapist assistant program. In addition to her clinical skills, she brings a level of business and marketing experience to the business, ensuring quality service delivery and follow-up.

Diane earned her personal training certification through the World Instructor Training School (WITS) and has been teaching group exercise classes for the past 19 years. She has developed new classes and seminars as an administrator for the Kalosomatics exercise program in Southeast MI.

Diane's enthusiasm for the field and her compassion for individuals makes her an excellent addition to the MIHP Team.

