

# Melinda A. Montoya, PT, DPT, MPH, PRPC

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## ***PROFESSIONAL SUMMARY***

Licensed Doctorate trained Physical Therapist with a Master of Public Health, with an expertise spanning healthcare delivery, health systems, public policy, workforce development and community engagement. More than 10 years of specialty clinical experience working within diverse health systems, including rural and underserved communities, academic health systems, Indian Health Service facilities and the Veteran Health Administration. Experience in interdisciplinary collaboration, healthcare leadership, program development, quality improvement, and public health advocacy.

Passionate about developing future healthcare professional through teaching, mentorship, and applied learning experiences. Served as a clinical instructor, supervisor, mentor, guest lecturer and graduate teaching assistant, supporting students and early-career professionals across multiple healthcare settings. Committed to fostering collaborative learning environments that connect academic concepts with real-world practice and prepare students to address complex healthcare challenges.

Guided by the belief that individuals, families, communities and professionals each bring valuable expertise to the learning process, I strive to build partnerships that support patient success and community well-being. With a strong understanding of New Mexico's healthcare landscape, including the healthcare delivery systems, public health organizations, community partnerships, and policy processes. Dedicated to strengthening workforce development through mentorship, experiential learning, and the development of leaders capable of improving systems of care and advancing health equity.

## ***EDUCATION***

2023-2026

**University of New Mexico – School of Population Health**

Master's in Public Health – Policy Concentration

Special focus on regulatory policy, road safety and its intersection with public health.

2011-2014

**University of New Mexico - School of Medicine**

Doctorate of Physical Therapy – D.P.T

2006-2011

**University of New Mexico**

(Bachelor of University Studies – Emphasis: Health Promotion and Social Welfare) – B.U.S.

## ***RESEARCH/PRESENTATIONS/POSTER***

2024

**ACOG – Eight International Meeting on Indigenous Women’s Health**

Pelvic Floor Therapy – Treatment and Partnership Opportunities

2020

**Northern Navajo Medical Center – 1 Credit Hour CME for Medical Staff**

The 4<sup>th</sup> Trimester – evidence, treatment and programming for facility specific care.

2018

**Northern Navajo Medical Center – 1 Credit Hour CME for Medical Staff**

Women’s Health Physical Therapy – Clinical Indication and Appropriate Referrals. Evidence-based presentation on Women’s Health Physical Therapy – general anatomy review, indications/contraindications, PT evaluation format, treatment available, and appropriateness of referrals.

2017

**Chinle Comprehensive Health Care Facility – 1 Credit Hour CME for Medical Staff**

Gender health presentation regarding strategic initiative, sEMG equipment, and quality of life (QOL) assessment in the Navajo population in regards to pelvic rehabilitation and future plans.

2015

**Chinle Comprehensive Health Care Facility – 1 Credit Hour CME for Medical Staff**

Women’s Health Physical Therapy – Clinical Indication and Appropriate Referrals. Evidence-based presentation on Women’s Health Physical Therapy – general anatomy review, indications/contraindications, PT evaluation format, treatment available, and appropriateness of referrals.

2015/2016/2017

**Diné Community College – Tsaile Branch**

Anatomy & Physiology Guest Lectures (Musculoskeletal System and Neuromuscular System). Evidence-based presentations on current topics in Anatomy.

2014

**Department of Orthopedics – Division of Physical Therapy; University of New Mexico – School of Medicine** Capstone Project – Mentor: Ron Andrews, P.T., Ph.D.

In patients with myoclonus post-anoxic brain injury, does rehabilitation therapies in conjunction with pharmaceutical therapy, compared to pharmaceutical therapy alone, increase functional outcomes?

***ACTIVITIES & SERVICES***

2026 – Current

**Greater Albuquerque Active Transportation Committee**

2021 – Current

**APTA 1<sup>st</sup> District Key Contact**

**APTA NM – Chief Delegate**

## **APTA NM – Legislative Committee Member**

2020 - 2024

### **APTA NM – Board of Directors, Member**

### **APTA Pelvic Health – NM State Representative**

2018 – 2021

### **NNMC – Pelvic Rehabilitation Program**

Lead of Pelvic Floor program at the Northern Navajo Medical Center site to improve health outcomes for men and women with pelvic floor dysfunction at this rural site and to reduce the burden of travel for this specialized treatment. Education, team meetings with women's health group at the site, and management of caseload. In addition, facilitated mentorship and clinical advisement to other IHS sites on the Navajo Nation, to increase their capacity to address pelvic floor dysfunction. Partnership with the Women's Health Department within NNMC to provide prenatal, immediate postpartum and later postpartum services in conjunction with the midwifery team.

2015 - 2018

### **Chinle Strategic Initiative**

Lead on the Strategic Initiative to expand Pelvic Rehabilitation Services with new equipment, software and increased education opportunities to increase additional provider training. QOL impact study when treating pelvic floor conditions within Native populations.

2011-2013

### **UNM Senior Mentor Program**

A voluntary program which pairs students with active 70+ year old adults, to provide an opportunity for future health care providers to learn more about communicating with older adults about the health issues that concern them. Both student and mentor review often controversial topics that surround the care of the aging adult. The purpose of this program is to shift future practitioner's personal beliefs and to dispel stereotypes of the aging population.

2011

### **Class of 2014 UNM DPT – Carrie Tingley Christmas Tree**

Organized class to sponsor a Christmas Tree for Carrie Tingley. Responsible for tree, decorations, transportation and donation collection, completing all the above during the allotted time period. The monies raised went on to sponsor children and families through Carrie Tingley to participate in specialized camps and to receive any addition "fixes" to make their environment more accommodating.

## ***CLINICAL/PRACTICUM EXPERIENCES***

January 2026 – May 2026

### **University of New Mexico – College of Population Health – Teaching Assistant**

Assisted with instruction, student engagement, discussion facilitation, grading and support of graduate students enrolled in Global Health Policy. Contributed to development of learning activities designed to connect policy concepts with real-world public health challenges.

January 2026-February 2026

### **Health Policy Analyst for NM Speaker of the House**

Responsible for analysis of health data, tracking of priority legislation, and advised New Mexico House democratic caucus on core issues and presented findings to support legislation. Core policy focus included health care, transportation and housing.

August 2025 – December 2025

### **New Mexico Public Health Association**

Student intern. Practicum focus was public health policy with the focus on road safety. Responsible for facilitating one of the NMPHA Friday Series Session, developing an infographic, promote NMPHA trainings and advocacy events, participate in NMPHA events and participate in NMPHA initiatives. Completion of NM Train events around public health law. Participate in weekly intern group meetings, attend NMPHA Fridays and Health Council Talks. Completion of projects around public health policy with direct impact in the change in Albuquerque's Traffic code. Highlights of this experience include: health policy analysis, legislative tracking, stakeholder engagement, coalition building, public health advocacy, public communication, program development and community partnerships.

June 2025 – September 2025

### **University of New Mexico Hospital – Outpatient Rehabilitation**

Pelvic Floor Physical Therapist. Examine, evaluate, and treat teens-geriatric patients with a variety of orthopedic, neurological, and urogenital disorders/dysfunction. Provide comprehensive culturally-sensitive patient and family education through kinesthetic, verbal, visual and written communication. Plan and administer treatments that include therapeutic exercises, therapeutic activities, neuromuscular re-education, balance training, and manual therapy, along with administration of various modalities including biofeedback training and functional dry needling; as well as develop home programs to compliment and assist in the patient's rehabilitation. Perform all appropriate documentation to the facility, professional and organizational standards.

March 2023 – June 2025

### **Raymond G. Murphy VA Medical Center**

Home-based primary care physical therapist, primary rural based, part of a larger interdisciplinary team, which focus on aging in place, safety and reducing hospitalizations. Assist with management of acute and chronic orthopedic and neurological conditions, with the home-based veteran community. Provide comprehensive culturally-sensitive education to the patient, family, caregivers and others health care professionals through kinesthetic, verbal, visual and written communication. Evaluation of complex cases through standard and non-standard methods. Utilization of appropriate screening and evaluation techniques required to provide direct patient care. Understanding of differential diagnosis and clinical signs/symptoms to appropriately refer for further medical attention/assessment. Plan and administer treatments that include therapeutic exercises, therapeutic activities, neuromuscular re-education, balance training, and manual therapy, along with administration of various modalities including biofeedback training; as well as develop home programs to compliment and assist in the patient's rehabilitation; as well as appropriately measure, fit and instruct patients/caregivers for the use of complex adaptive equipment and assistive devices. Home safety evaluation and recommendation/support with home remodel grants to improve safety into home environment. Providing pelvic floor education in pertinent situations to help improve function and self-care management in our home-based veteran population. Perform all appropriate documentation to the facility, professional and organizational standards. Clinical site educator for 1 PT Student.

September 2021 – Dec 2022

**Presbyterian HealthPlex**

**Rehabilitation supervisor.** Management of 30+ Physical Therapists and Physical Therapy Assistants, who are part-time, full-time and PRN employees, including therapists in clinical development and implementation of therapeutic rehabilitation services. Analyze and implement new departmental practice guidelines while ensuring that all policies and procedures are followed as set forth by the health care facility. Responsible for supporting patient visit specialists with scheduling and scheduling algorithms. Responsible for staff scheduling for days off, vacation, FML or other leave categories, as well as emergency leave; approves time records. Performs and completes performance appraisals, with clinical input within the discipline as appropriate. Administers policy based disciplinary action when warranted. Promotes communication and problem solving within the team with daily huddles and support of PDSA (plan-do-study-act) program; identifies and diagnosis issues, identifies alternatives, implements plans, evaluations and communicates results. Staff mentorship, especially within the specialty of Pelvic Health and Cancer, and promoting clinical leads to help with mentorship efforts in Neurology and Orthopedic therapy. Rounding with staff to ensure that professional development is met and working with the clinician led Outpatient Patient Clinical Practice Group (OPCPG), to develop and support evidence-based practice. Works collaboratively with outpatient management for program development to support community outreach and development. Onboarded and trained 4 new therapists, with increased support and education for the 2 new Pelvic Floor Therapists.

March 2021 – September 2021

**Raymond G. Murphy VA Medical Center**

Generalist outpatient care, with management of acute and chronic orthopedic and neurological conditions, with greater than 80% of the population in the geriatric demographic. Assist with specialty amputation clinic. Group class treatment for chronic back pain. Provided comprehensive culturally-sensitive education to the patient, family, caregivers and other health care professionals through kinesthetic, verbal, visual and written communication. Evaluation of complex cases through standard and non-standard methods. Utilization of appropriate screening and evaluation techniques required to provide direct patient care. Understanding of differential diagnosis and clinical signs/symptoms to appropriately refer for further medical attention/assessment. Plan and administer treatments that include therapeutic exercises, therapeutic activities, neuromuscular re-education, balance training, and manual therapy, along with administration of various modalities including biofeedback training; as well as develop home programs to compliment and assist in the patient's rehabilitation; as well as appropriately measure, fit and instruct patients for the use of complex adaptive equipment and assistive devices. Perform all appropriate documentation to the facility, professional and organizational standards. Helped to introduce Functional Dry Needling (FDN) to the facility, which is currently moving through the advisory board for approval, although FDN is common for PTs to practice, it will be a 1st at Raymond G. Murphy VA. Clinical site educator for 1 PT Student.

June 2018 – March 2021

**Northern Navajo Medical Center – IHS Facility**

Management of a high-volume and fast-paced outpatient case-load, with specialty-clinic involvement –Pelvic Rehabilitation Lead, walk-in evaluations for DME supplies and rotating inpatient coverage. Examine, evaluate, and treat teens-geriatric patients with a variety of orthopedic, post-surgical, post-amputation, neurological, and urogenital disorders/dysfunction. Provide comprehensive culturally-sensitive patient and family education through kinesthetic,

verbal, visual and written communication on the Navajo Reservation. Plan and administer treatments that include therapeutic exercises, therapeutic activities, neuromuscular re-education, balance training, and manual therapy, along with administration of various modalities including biofeedback training and functional dry needling; as well as develop home programs to compliment and assist in the patient's rehabilitation. Perform all appropriate documentation to the facility, professional and organizational standards. Participated in "Process Improvement" in the clinic and throughout the facility to improve the delivery of care. Provide additional education and CME's to medical staff regarding pelvic floor conditions. Peer mentorship for pelvic floor cases throughout the Navajo Reservation to improve care and access. Clinical site educator for 2 PT Students.

- "4<sup>th</sup> Trimester Care" – process improvement program with midwifery group. At risk women were identified for additional care, PT eval in pregnancy, during inpatient post-delivery, and postpartum. This process improvement was deemed successful, as noted that the patient felt more supported and had less complaints of MSK complaints. Increased referrals from this service with typical pregnancies, drove the service unit to recruit and hire another clinician willing to provide pelvic rehabilitation services.
- Assigned to the Operations Section as a Deputy of our Incident Command for the COVID Pandemic response from late April 2020, until the end of September, at that point being recalled to the Rehabilitation team to return to normal duties. During the assignment was responsible for tracking volunteers, staffing, staging of NNMC and the Alternate Care Site/Isolation Center, data acquisition, data reporting to State and National reporting sites, and assisted in interviewing and onboarding emergency hires.
- Reassigned to Operations Section as a Deputy in November 2020, as the second surge occurred. Responsible for staffing and staging the facility with alternate work schedules and duties for all staff, tracking volunteers and DoD members, and scheduling and distribution of the COVID vaccine, as soon as Emergency Authorization was granted.

June 2015 – June 2018

### **Chinle Comprehensive Health Care Facility – IHS Facility**

Management of a high-volume and fast-paced outpatient case-load, with specialty-clinic involvement –Pelvic Rehabilitation Lead and Brace & Prosthetic Clinic secondary therapist, walk-in evaluations for DME supplies and rotating inpatient coverage. Examine, evaluate, and treat children-geriatric patients with a variety of orthopedic, post-surgical, post-amputation, neurological, and urogenital disorders/dysfunction. Provide comprehensive culturally-sensitive patient and family education through kinesthetic, verbal, visual and written communication on the Navajo Reservation. Plan and administer treatments that include therapeutic exercises, therapeutic activities, neuromuscular re-education, balance training, and manual therapy, along with administration of various modalities including biofeedback training and functional dry needling; as well as develop home programs to compliment and assist in the patient's rehabilitation. Perform all appropriate documentation to the facility, professional and organizational standards. Participated in "Process Improvement" in the clinic and throughout the facility to improve the delivery of care. Provide additional education and CME's to medical staff regarding pelvic floor conditions. Clinical site educator for 2 PT Students, PT graduate, PTA, and Army medic trainees in regards to Physical Therapy and Pelvic Floor treatment.

- Awarded a grant through in-house "Tapestry of Wellness", a Chinle Strategic Initiative to improve current services. Initiative requirements: quarterly reporting, data tracking, ordering equipment and supplies through UFMS, setting up travel for PTs and PT for additional pelvic floor training and biofeedback training, and to complete a case-report that would remain in-house.

August 2014 – June 2015

**Positive Outcomes, Inc./Alberta House Early Intervention**

Split position, 80% outpatient Physical Therapy and 20% early intervention Physical Therapy. Provided early intervention Physical Therapy services for the Alberta House Program, providing individualized skilled therapeutic treatment in the natural environment for children (birth to 3 years old) and their families. Managed the set-up, contracts and credentialing of an Outpatient Physical Therapy clinic for Positive Outcomes, Inc. to be able to provide skilled Physical Therapy Services to individuals in Socorro, NM. Managed and directed PTA, support, office and billing staff. Services provided at this location include women's/gender health, pediatrics, orthopedics and neurological Physical Therapy. Clinical site educator for 2 PTA Students.

**POST-GRADUATE EDUCATION**

***Herman & Wallace – Pelvic Rehabilitation Institute***

|                                                                                   |               |
|-----------------------------------------------------------------------------------|---------------|
| Pelvic Floor Level 1 – PF1                                                        | 8/2014        |
| Pelvic Floor Level 2 – PF2A                                                       | 2/2019        |
| Pelvic Floor Level 2- PF2B                                                        | 4/2018        |
| Pelvic Floor Capstone Series                                                      | 9/2019        |
| Geriatric Pelvic Floor                                                            | 1/2016        |
| Biofeedback for Pelvic Floor Dysfunction                                          | 8/2017        |
| Functional Applications in Pelvic Rehabilitation: Part A                          | 3/2014        |
| Functional Applications in Pelvic Rehabilitation: Part B                          | 3/2014        |
| Care of the Pregnant Patient                                                      | 2/2018        |
| Neurological Conditions and Pelvic Floor Rehab                                    | 9/2018        |
| Breathing and the Diaphragm                                                       | 12/2020       |
| <b>Herman and Wallace Pelvic Rehabilitation Practitioner Certification (PRPC)</b> | <b>5/2021</b> |

***Other***

|                                  |                |         |
|----------------------------------|----------------|---------|
| Lymphedema & Chronic Edema       | PESI Seminars  | 9/2015  |
| Breast Cancer Rehabilitation     | Klose Training | 5/2016  |
| Functional Dry Needling Level I  | Kinetacore     | 3/2018  |
| Functional Dry Needling Level II | Kinetacore     | 11/2018 |
| CSM 2020 – Denver, CO            | APTA           | 2/2020  |
| Virtual CSM 2021                 | APTA           | 2/2021  |
| Virtual CSM 2022                 | APTA           | 2/2022  |

Multiple Online Courses through Medbridge, including the Adult Bladder Control and Urinary Incontinence Certification, Current Concepts in Total Joint Replacements, Pain Neuroscience Education and Endurance Athlete Certification.

National Incident Management System (NIMS) Training: ICS-100, ICS-200, ICS-300, ICS-400, and ICS-800.

Multiple Online/Distance Learning courses through the APTA, most recently on COVID management series and ATPA Pelvic Health 2020/2021/2022 Symposium.

|                                 |        |
|---------------------------------|--------|
| 200-Hour Yoga Teacher Certified | 5/2020 |
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**OUTSIDE ACTIVITIES**

2018-2021 Board Member for the Piñon Project. The Piñon Project is a Family Resource Center that is committed to providing assistance to the residents of Montezuma and Dolores Counties who are in need of a variety of support.

2016 – Current: Site Monitor for the Friends of Cedar Mesa. This program requires annual training to follow updated BLM laws and practices for cultural sites and reporting via app login to each site that is on our roster, to watch for environmental or human changes to a site.

2022-Current: NICA High School Mountain Bike Coach.

2025/26 – Worked with ABQ City Council alongside other community advocacy groups to address the Traffic Code, which passed council unanimously on 11/5. Supported the “Stop for Everyone” campaign -

<https://www.cabq.gov/stop-for-everyone>.

2026 – Worked with Senator Berghman and greater safety coalition for SB 73 to include “vulnerable road users” to new driver education.

## ***INTERESTS***

I am passionate about helping increase health outcomes by providing education and resources to underserved populations, whether it is due to socioeconomic status or culture status, through board participation and community outreach, mentorship, projects, events or donation. Health advocacy and social welfare are an important aspect to providing care to rural, disadvantaged populations.