
Gina M. Pongetti Angeletti MPT, MA, BA, CSCS, ART-Cert.

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Social: Facebook, Instagram, LinkedIn, X (Twitter), Threads

Current Employment/Involvement

Achieve Orthopedic Rehabilitation Institute Sports Medicine

- Physical Therapist, Biomechanics Specialist, Performing Arts Medicine Specialist, Co-Owner
-May 2012-Present
- Director of Sports Medicine Wing/Program- Willowbrook, Naperville, Woodridge and Chicago Locations
- Run 2,000 visit/month, and 30 staff member clinic locations
- Provide elite level sports medicine focusing on a combination of manual therapy and biomechanics, as well as concierge medical services to ancillary medical staff

MedGym, LLC

- Owner/President (2003-Current)
 - Performing Arts Sports Medicine for Gymnastics, Dance, Figure Skating, Cheer, Theater and musicians
 - World-renowned PAM Treatment, speaking, presentation, analysis and gym management
- 2012-2015 Course Presentation: Gymnastics Sports Medicine for You
- 2022 Podcast- "Flip'd"
- 2023 MedGym Course with cull CEU approval for Medical Professionals

NeuroSport Physical Therapy and NeuroTour, Chicago

Current On-Site Medical Provider for Touring Broadway Shows (2008-Current)

Clinic Owner/Manager 2016-2021 (Closed- Covid)

- Co-Owner and Physical Therapist
- Coordinator of Chicago-based performing arts coverage including local and national dance studios, Broadway touring shows

Inside Publications: Medical Editor/Contributor

- Writing, Education for *Inside Gymnastics, Inside Dance, Inside Cheer and Cheer Biz News Publications*
- Work on-site marketing and promotions, meet-and-greets, interaction with subscribers
- Write, blog, cover on-site events FIG Gymnastics (World) and USA Gymnastics (National)

Education:

Marquette University, Milwaukee, WI; 08/16/1999-05/19/2002

Masters in Physical Therapy

Michigan State University, East Lansing, MI; 08/28/2000-05/06/2005

Masters in Communication, Health and Risk Emphasis, Summa Cum Laude

Marquette University, Milwaukee, WI; 08/16/1995-05/23/1999

Bachelor in Communication, Cum Laude

Member Lambda Pi Eta Honor Society, Recipient of Hellmann Achievement Award

Continuing Education (CEU):

APTA-Implicit Bias Training: February 2024

APTA- Sexual Harassment Training: February 2024

US Olympic and Paralympic Training Center: National Governing Body Medical Conference; February 2024

Stanford University Anti-Doping Education for the Health Professional: Health ProAdvantage; September 2023

IMPACT Concussion Training: September 2023

SafeSport: Renewal Training Program, US Center for Safe Sport, September 2023

BLS: CPR Training: August 2023

APTA: Ethics, Jurisprudence and Practice: April 2023

Understanding Maturation: USA Gymnastics U202, March 2023

Concussion Education and Management: USA Gymnastics U201, March 2023

Safe Sport: Renewal Training Program, US Center for Safe Sport, September 2021

Tough Coaching and Emotional Abuse: Safe Sport and USA Gymnastics U112, August 2021

Musculoskeletal Conditions and Care of the Young Athlete, April 2020

Pediatrics: Care of the Young Athlete; Health, Fitness, Training Issues and Orthopedic Diagnosis; January 2020

Female Athlete Triad & Implications for Sports Nutrition Strategies for Recovery, Gatorade Sports Science Institute, 2019

Ethics -PT Clinicians: Dealing with Child Abuse, Legally, Ethically and with Compassion (PTC, Winter 2019)

Owens Recovery Science- Delphi Blood Flow Restriction (BFR) Training; February 2019

Lateral and Medial Epicondylitis (PTC, Winter 2019)
Female Hip and Pelvic: Orthopedic Management (PTC, Fall 2018)
USA Gymnastics Safety and Risk Management (U101: Through July 2021)
US Center for Safe Sport Trained (U110: Through July 2021)
 Mandatory Reporting
 Sexual Misconduct Awareness Education
 Emotional and Physical Misconduct
American Physical Therapy Association (APTA) PT CPI for Student Teaching Certification (2018)
USA Gymnastics Instructor Certification (June 2017)
ART (Active Release Techniques) Re-certification (2016)
Ethics Updates for the Physical Therapist (Spring 2016)
Kinesiotaping Cumulative Master Class
Trigger Point Dry Needling (MyoPain Seminars, Full course), 2013
Cincinnati Sports Medicine – Knee Injuries for Females and Health Prevention, SportsMetrics
Pilates for Health Care – Rehab Connections- Certification Summer 2005
Strain/Counterstrain Certification, Dip 2004
Graston Technique – Certified – 2006
Orthopedic and Spine Problems – Pediatrics and Young Adults – M&M Orthopedic Sponsor, 2004
Functional Orthopedics I- Continuing Education Class
Lumbo-pelvic Integration (LPI) - with Institute of Physical Art
USA Gymnastics Meet Director Certified (2000)
Active Release Technique (ART) – Certified all 6 levels
 Instructor and Biomechanics Certified
 Certified Full Body Instructor, National
 Nerve Entrapments
 Masters Class Completion

Proficiency in:

- use of DorsaVi Movement Analysis Technology and ViMOVE System
- Use of AlterG treadmill and protocols
- Running of and use of CryoUSA CryoSense Cryotherapy Chamber
- Normatec Compression devices

Personal Experience

- USA Gymnastics JO athlete, 14 years, 1982-1995
- Dancer for 2 years, pointe
- Interested in Medical field due to personal injuries and success with rehabilitation and ART
- Current involvement with treating Elite level and National Team Athletes, competing for USA Gymnastics, as well as managing health care for gymnastics gyms locally, over 10,000 athletes from recreation to compulsory top optional through Elite level competition
- Nationally and Internationally recognized Gymnastics/Performing Arts Health Care Speaker
- Current IRONMAN triathlete, 2006 Kona World Championships Finisher and Olympic Distance age-group competitor

USOC Safe Sport Certified (Current)

USA Figure Skating Professional Member and Safe Sport Certified (2018- Current)

USA Gymnastics Professional Member (2001-Current)

USA Gymnastics Instructor Certified

USA Gymnastics Safety Certified

Clinician/ Recent Contributions to USA Gymnastics:

- **USA Gymnastics** National Health Care Network (Active Through May 2010) and Contributor, National Congress (through 2022)
 - USA Gymnastics Congress: 2023, Region 5: Taping Techniques, Spine Pain/Hinge Theory and Medical Gym Management
 - USA Gymnastics Congress, 2022, National: Creating a Successful Gymnastics Medical Gym Management Program
 - USA Gymnastics Congress, ?????
 - USA Gymnastics Congress, 2018, National Presentation on Spine Health and Anatomy of Choreography
 - USA Gymnastics Congress, 2009, Presentations and Conditioning Series Lecture
 - USA Gymnastics Congress, 2008 Presentations- 6 in total
 - USA Gymnastics Congress, 2007 Presenter on “Hinge Theory” – Low Back Pain 5-year research study
 - USA Gymnastics Congress, 2007 Ankle Health, and prevention of lower leg injuries
 - Region 5/USAG Presenter, Hinge Theory 3-part series, unveiling, prevention, and treatment
 - USA Gymnastics Congress, 2006 Presenter on Shoulder Injuries for Men’s and Women’s Gymnastics
 - Region 5 / USA Gymnastics Congress, 2006, Injury Prevention for Spine in Gymnasts
 - USA Gymnastics Congress, 2006 Flexibility Issues with Class to Elite gymnasts
 - USA Gymnastics Congress, 2006 Abs/Back Opposites: Highway to a Healthy Spine

- Region 5/USAG presenter – Core Rehabilitation for Spine injuries
- USA Gymnastics Congress, 2005 Wrist Injuries and Etiology in Artistic Gymnastics
- USA Gymnastics Congress, 2005 LBP- What is it and how to treat in the gym
- USA Gymnastics Congress, 2004 Presenter on Hip Injuries
- USA Gymnastics Congress, 2004 Presenter on Core Muscle Balance,
- USA Gymnastics Congress, 2003 Core Presenter on Shoulder Flexibility and Spine Injury Prevention
- USA Gymnastics Congress, 2003 Presenter on Hip Flexor Flexibility, Over 350 attendees
- USA Gymnastics Congress, 2002 Presenter on Abdominal Bracing for Spine Injury
- USA Gymnastics Congress, 2002 Presenter on Hip Flexor Stretching and Muscle Balance, Over 150 attendees
- Contact with 17 attendees through mail and email about continuing presentation and questions, as peer source of knowledge
- GymCon, USA (www.gymconusa.com), (2013, 2014, 2015)
 - National gymnastics conference, Las Vegas, Nevada
 - Featured speaker on Injury Prevention and Sports Medicine

Other Presentations:

- Beam Queen Bootcamp; 2021-Present
 - Annual presentation and clinic for age group JO gymnasts on self-care, health, injury prevention and mind-body connection through performance
- GymSpiration: Presenter 2022 and 2023
 - Conglomerate of gymnastics experts in an online seminar for thousands of coaches/gyms
 - Presented on Spine Pain, Rehabilitation and Diagnosis of Injury and Roundtable on Athlete Health
- UpLevyl: global leaders in women’s leadership, business, industry development and social justice
 - 2023 Featured Expert Interview: Women’s Health, Athlete Health and Development
- USA Figure Skating (USFSA): Medical Staff Training for Etiology of Lower Spine Injuries and Hinge Theory: 2020
- Physiotherapy Performance Perspectives Podcast: Dancer Health, March 2019
- Dr. Lina Cook: Blog/Interview: January 2019: Young Athlete Burnout
- Loyola University Sports Medicine Conference
 - 2017- Perf Arts Hip and Labral Assessment
- American College of Sports Medicine (ACSM) National Conference
 - 2016 Presentation – Boston- Perf Arts, Shoulder, Hip and Spine Flexibility and Etiology of Injury
 - 2017 Presentation- Denver- Perf Arts Hinge Theory
 - 2018 Presentation- Minneapolis- Performing Arts and Spine Health
- ESPN Radio 2016– Guest, Dr. Brian Cole, Host
- Mind, Body, Green: Joanna Zeiger Interview and Article, June 2016
- Radio, Dr. Robert Weil (2010-Current)
 - Appeared 5 times on Internationally Syndicated radio
 - Ex: Jan 2012 - Interview with John Harmata for Figure Skating Book Publishing
 - Dec 2011 - Spoke about the importance of Physical Therapy in adolescent orthopedic rehabilitation.
- University of Chicago, Sports Medicine Conference, Chicago, IL, (2011-2016, Annual)
 - Presented on rehabilitating the dancer and gymnast from diagnosis to rehabilitation and then to releasing to return to sport
 - Focus on Primary Care MD’s, Physical Therapists, PA’s, ATC’s, and other medical professionals
- Radio, Dr. Robert Weil, The Sports Doctor, 2010
 - General Adolescent injuries in sport
 - Performing Arts Specialist, focus on Doctor Therapist relationship
- American Physical Therapy Association (APTA) Combined Sections (CSM)- February 2010
 - Featured Speaker on Gymnastics Medicine- Return to Sport
 - Part of PASIG Meeting
 - Announcement of Independent Study Course for APTA on Gymnastics Medicine (2010)
- Radio- Featured Speaker, “Kiki Vale Show”, Syndicated Radio, Chicago, IL, October 2009
 - Spoke on the state of healthcare in the USA
 - Opinion segment featured on holistic rehabilitation
- University of Chicago, Sports Medicine Conference, Chicago, IL April 2009
 - Presented to Physicians on Low Back pain and Core Stability in relation to “Hinge Theory” and Primary Care spine orthopedic injury diagnosis
- University of Chicago, Sports Medicine Conference, Chicago, IL March 2008
 - Presented to Primary Care Physicians on Elite Performing Arts Athletes and Core stabilization
 - Teaching differential diagnosis of musculo-skeletal injuries and rehabilitation management of Low back pain
- University of Chicago, Sports Medicine Conference, Chicago, IL Feb 2007
 - Presented to MD’s, PA’s, PT’s, ATC’s, and Orthopedic Surgeons on Common Injuries for Endurance Sports Athletes, how to assess, how to treat, and injury patterns specifically for triathletes
 - Holly Benjamin, MD, Course Director

- Over 100 talks to parent groups, administration, and club owners for sports including soccer, football, gymnastics, dance, lacrosse, rugby, and more; focused on Nutrition, Injury Prevention, Concussions and more.
 - Over 25,000 athletes present over 10+ years of focused, club sports educational seminars
- Cycling Biomechanics Health Talk to 3 Chicagoland bike shops: Downers Grove Cycle, Mission Bay Athletics, Jan-March 2007
- Gymnastics Health and Wellness for Parents and Team, Locations: Naperville Gymnastics, Premier, Gymnastics, BIG, St. Charles Gymnastics, Aerial DG, Spring Hill (2005-2015)

On-Site Health Care:

- 2023 Cup of China: US Figure Skating Delegation- Medical Coverage/Physical Therapy
- 2021-Present: Junior Olympic Meet coverage- various- IL
- 2021 Tokyo (2020) Summer Olympics
 - Medical Consultation; Various Countries and Delegations
 - Inside Publications/Inside Gymnastics Writer
 - NBC, BBC, and other- International News Media Medical Expert Interviews
- 2019 USA Figure Skating Leon Lurje Cup- Sweden
- 2018 USA Gymnastics Nationals, Boston, MA: Recovery Room- Physical Therapist
- 2018 American Cup: USA Gymnastics: Onsite Medical
- USA Gymnastics- Post-Olympic Tour Coverage, 2016
- Rio 2016 Olympic Games
 - On-site physical therapy for various athletes
 - Press credentialed through *Inside Gymnastics Magazine* for web-based reporting, online article submissions, and content production for magazine copy
- Contracted Dance Studios
 - Over 15 in Chicago area, on site education, injury prevention, Medical Studio Management
- USA Gymnastics/Kellogg's Tour of Champions
 - Onsite physical therapist for Chicago Tour Stop for 2012 London Olympic Tour
- World Gymnastics Championships, California, 2003
 - Medical Staff for the practice gym medical care for 14 straight days, over 750 athletes from around the world
 - Triaged injuries to physicians and local emergency staff
 - Provided gymnastics expertise treatment and injury evaluation for on-site management and return to sport
- USA Gymnastics Nationals, Cleveland, Ohio 2002- Health Care Staff
 - Aided existing USA Gymnastics staff providing proper medical care for athletes in both practice and competition throughout weekend
 - Continued care of Illinois Gymnastics Institute gymnasts from primary physical therapy location in IL
- USA Gymnastics Nationals, Milwaukee, WI 2003
 - Aided individual gymnasts in flexibility, injury assessment, and communication with coaches and current medical staff
- **Endurance Sports:**
 - Ironman Madison, 2005-Present, September each year
 - Active Release Techniques Tent, Site Director 2007-2011
 - Batavia Triathlon, Official USAT Sanctioned Event, 2004-2009
 - Official Medical Provider for the event
 - Provide services as well as 15 of my staff for on-site injury management and assessment, post-injury massage and soft tissue
 - Tinley Park Duathlon, Official Medical Coordinator, 2009
 - Chicago Marathon, Health Care Volunteer, 2004, 2005
 - Shamrock Shuffle- Chicago 10k Medical Exhibitor, 2007
- **Timex Racing Team – Endurance Sports- National**
 - Director of the Performance Care program for Ironman North America Events, Ironman World Championships, and 70.3 series for all sponsored Timex Athletes
 - Health care information, education, injury prevention, and medical professional placement

Health Communication (Aug 2000-Current)

- *Michigan Area Local Public Health Conference: Key Note Speaker and Risk Prevention Specialist, -Creating your own risk analysis and prevention program for hospitals and health organizations*
- Clinical Study in process through select NCAA universities
 - *Coach/Athlete Communication Patterns in Relation to Injury Status*
 - University Committee on Human Subjects Approval, July 2001
- Publications pending with editorial board for College Athlete/Coach Communication Patterns and Evaluating Effective Communication Programs for Health Professionals

Work Experience

Diamond Rest and Recovery Room (DR3)- Willowbrook, I, 2016-2020- (Acquired by Achieve Sports Medicine)

- Co-Owner of DR3/Achieve Sports Medicine
- Provider of complete injury prevention and recovery services
- Includes CryoTherapy, Normatec Compression, Kinesiotaping, Trigger Point Rolling and more

Performing Arts Medicine

NeuroTour Physical Therapy

BOOP: The Musical: Chicago On-Site Coverage, 2023

A Wonderful World: The Musical (Pre-Broadway Tour)- Chicago, 2023

Memphis, The Musical

Annie, The Musical (2014)

Motown, The Musical, National Touring Company 2

Anything Goes- Chicago Touring Company

The Book of Mormon, Chicago, Tour Company 2

Billy Elliot Touring Company, Chicago City Origin

Shrek, Musical Touring Company

Mary Poppins Original Broadway Touring Company, Musical, Chicago On-Site Medical

Fiddler on the Roof National Touring Company (June 2009)

A Chorus Line, Broadway National Touring Company, Musical, Chicago On Site Medical Supervisor

Jersey Boys, Chicago, IL (2008-2009)

Owner, OccuSport Physical Therapy, Chicago, IL and Darien/Willowbrook, IL (2004-August 2011), Now Accelerated Rehabilitation Clinics (as of 2009), 01/18/2005- 05/29/2012.

- Owner and Manager of over 10 employees (clinical)
- Merged with Accelerated Rehabilitation Centers (ARC) in 2009
- See patients for sports medicine/orthopedic conditions including overuse, pre-and post-surgical, sports-related, and general musculo-skeletal conditions, specializing in Gymnastics/Performing arts patients and Triathletes/Endurance Sports Med
- Director of Performing Arts Medicine Program
 - Choice treatment facility for local National Team and Elite athletes
- Director, Endurance Sports Medicine Program
 - Ironman, marathon, and short-distance sprint racing rehabilitation for Chicago elite athletes
- Serve as health care provider, primary, for 17 gymnastics and dance facilities in the area, including Premier and BIG, housing Current JO National Team members
- Local expert on gymnastics injuries, seeing patients traveling from out of state
- Provide on-site medical coverage for gymnastics meets from 50 –850 athletes large

Active Release Technique/ IRONMAN Triathlons -05/21/2003- Current

- Certified, including Biomechanics
- Instructor for Biomechanics
- Instructor for primary 3 certifications
- Staff at Ironman World Championships, Kona, HI – 2005, 2006, 2007
- Staff at stateside Ironman Races, including Coeur D’Alene, Madison, Florida, Lake Placid (8 races, multiple years)

Flip Fest Summer Gymnastics Camp, Tennessee, USA, 2005-2008

- Work in direct conjunction with John Macready and John Roethlisberger, Owners, coaches, and former Olympians
- Organizer of Health Care and Sports Medicine for summer camp, weekly
- Hire and educate Athletic Trainers on handling gymnastics injuries as well as ongoing rehabilitation of elite athletes
- Train ATC’s on emergency on-site injury management for camp situation
- Guide in health care screenings of athletes

Owner, Adagio Choreography and Health Care Promotion – 06/01/2002 through Current (Merged with MedGym, LLC)

- Created a company to help coaches, athletes, and parents be aware of health care options for treating gymnasts, dancers, and other performing artists and to individually assess strength programs and guide programs
- Create personalized conditioning programs, including injury prevention, for gymnasts and dancers of all ages, by level and individually
- Work closely with coaches for rehabilitating injured gymnasts, using personal experience and knowledge of the sport to maximize the potential of the injured athlete
- Assess, create, complete, and re-evaluate 45-50 gymnasts for routines per season including IL, MI, WI, OH, AZ, PA and IN

Physical Therapist, Advanced Rehabilitation Clinic, Westmont, IL –06/01/2002 Through 10/29/2004

- Serve as staff physical therapist at outpatient sports medicine facility in Chicagoland suburbs
- Located in same facility as Illinois Gymnastics Institute, serving their athletes in injury prevention and health promotion aspects as well as injury rehabilitation, both acute and post-operative, through to competition
- Serve as emergency injury contact for gymnasts as needed
- Created full strength and conditioning program for 3 local gyms for compulsory and optional gymnasts including individual gymnast strength analysis, flexibility and endurance reports

- Work closely with Chicagoland orthopedic physicians and surgeons for team-centered care for are athletes from pre-operative stages to post-surgical and follow-up including monthly MD visits to gym

Clinician/Coach, Region V Forward Progress Camp, Illinois Gymnastics Institute, Westmont, IL (11/2002)

- Created full day strength and conditioning program for optional-level athletes attending camp (approx 150)
- Used alternative exercises to develop core musculature and strength as well as flexibility training and proper stretching instruction for athletes to take back to implement at home gyms

Coach, Itasca Park District, Itasca, IL (Fall 2000-2003)

- Serve as Optional specialist coach for athletes within the park district program on a part-time basis
- Aid in strength and conditioning for athletes, pre-, and post-workout as well as comprehensive flexibility program
- One-on-one attention to athletes at least once per week for specific muscle dysfunction, as well as routine clean-up

Choreographer, Women's Gymnastics, Michigan State University East Lansing, MI (2001/2002)

- Served as outside choreographer for floor and beam routines

Assistant Women's Gymnastics Coach, Michigan State University, East Lansing, MI (2000/2001)

- Served as assistant coach including practice, competitions, recruiting and travel
- Obtained and applied knowledge of college code, judging standards, policies and procedures of athletic department as well as event hosting
- Prepared team both physically and mentally for competition including event planning, psychological training and conditioning
- Participated in community outreach programs for local grade school children

Clinician/Coach, Region V Women's Gymnastics Camp, Kalamazoo, MI- Fall 2000

- Worked with a 24-coach team for a skill advancement clinic: physical training, conditioning, leadership, injury prevention
- Demonstrated flexibility in lesson planning and daily scheduling as well as peer teamwork

Head Coach, Swiss Turners Gymnastics Academy, Milwaukee, WI (1998-2000)

- National training facility for Men's and Women's gymnastics
- Coached 40 girls and directed the women's level 5-10 Junior Olympic program
- Created workout schedule and conditioning program for compulsory and optional athletes
- Managed team of 5 coaches for workout scheduling
- Organized on-site and traveling meet schedule for competitions and directed on-site meets
- Ran meetings for health education, camp information, meet scheduling

Coach, Lake Owen Gymnastics Training Camp, Cable, WI (1999, 2000)

- Coached and taught clinic on kinesiology of conditioning, general and event-specific

Coach, Karolyi's World Gymnastics Training Camp, Houston, TX, (1996-1999)

- Planned entire week of progression for over 200 athletes as Lead Coach on Balance Beam
- Worked on a team of 4 coaches for productive, progressive and applicable technical skill development, leadership, and injury prevention

Publications

- Book: Figure Skating Anatomy and Health, Contributing Writer with John Harmata and Dr. Robert Weil
- Clarendon Hills Living Magazine: 2022-Current
 - Featured Expert, Columnist and Article Contributor
- *Inside Publications, LLC (2008-Present)*
 - **** See Attached Writing CV****
 - Writer, onsite, media credentialed for all events associated with magazine
 - Website publications daily during National Gymnastics events
- *Inside Dance Magazine*
 - Monthly Medical publication since inception in 2014
 - Medical advisory for magazine, social media
- *Inside Gymnastics Magazine*
 - Over 50 articles published over 2003-2015
 - National and internationally distributed magazine
- *Inside Cheerleading Magazine*
 - Over 35 articles and columns written on cheer health, injury prevention and Q/A
- *Cheer Biz News*
 - Yearly injury prevention guide in coach's magazine
 - Coach/Owner/Administration-focused magazine, National and Internationally distributed
- *Inside Volleyball Magazine, Inside Publications*
 - Explosive Leg Power, January 2012

- Intro article focus on ACL athlete, July 2011
- Volleyball specific strengthening, Fall 2011
- Volleyball specific flexibility, Coming Fall/Winter 2012
- Medical Editor for Magazine
- American Physical Therapy Association (APTA) Orthopedic Section and Performing Arts Special Interest Group (PASIG)
 - The first and only Gymnastics Medicine Independent study course, co-author
- Case study on wrist health and presentation in gymnasts, in APTA Independent Study Course, 2010
- Writer/Contributor- *Technique Magazine*, an official publication of USA Gymnastics (Over 10 articles)
- US Elite Coaches Association (USECA) for USA Gymnastics – Contributor for writing and lectures to yearly series for Elite and National level coaches
- Medical Contributor/Blogger-
 - Shannon Miller Lifestyle, Online, Website and Social Media
- Health and Wellness Editor
 - *Inside Gymnastics and Inside Cheerleading Magazines (over 50 articles)*
 - 2012: Series of 3 on Back Health for Tumbling to include Shoulder strength, Shoulder and hip flexibility, and Explosive leg power
 - Touch your Toes
 - Flexibility
- Writer for *Irish Dance and Culture Magazine*
 - Lead medical contributor, Winter 2007, Injury Prevention for Irish Dancers
 - Multiple Editorials for *Ask the Expert* sections
- Published, *Strength Training for Gymnastics*, Book released in 2006, chapter contributor
- “Hinge Theory: - An approach to spine injury prevention in relation to spondy-categorized injuries, Copyright Applied, Jan 2007
- *Chicago Tribune and Courier News/Fox Valley Living*, Newspaper article on Return to Endurance Sports for Spring, April 2006
- *Neuro-Linguistic Processing for the Creation of Positive Interaction Between Health Professional and Client*, an extension of L. M. Johnson Dissertation, 2001
- *Motor Planning and Learning for Gymnastics: A Neurological Approach to Coaching*, USECA

Community Involvement/Boards

- Wellness House Cancer Center: Board of Directors 2022-Present
 - Involved in a 25 person BOD for a NFP supporting cancer care and support
 - Co-Chair: Wellness House 5k Walk 2022, 2023: Raised \$1.3M over 2 years, participants 2k/year
 - Development Committee Member for events community interaction, media/outreach and fundraising
- Clarendon Hills Chamber of Commerce: 2022-2024 President
 - Leading a business community and enriching the lives of our residents
 - Creating growth and stability programming

Certifications, Membership and Awards – Performing Arts/Gymnastics

- Hinsdale Living Magazine:
 - Top Doctors: 2024, 2022
 - Power Women Feature: October 2022: The Healing Touch; October 2020: Driven to Succeed
- Clarendon Hills Living: Cover- Community Impact and Beyond, Best Version Media, 2023
- Hinsdale Magazine: Cover- Stepping Up for a Cause: Success and Focus in Co-Chairing the Wellness House Walk, 2023
- Cambridge Who’s Who in Women in Health Care, 2015, Emeritus Status
- Cambridge Who’s Who in Professional Women in Health, 2007
- American Physical Therapy Association Member since 1999 (APTA)
- Illinois Physical Therapy Association Member Since 1997 (IPTA)
- Performing Arts Medical Association Member (PAMA)
- USA Gymnastics Member and Safety Certified
- WISE (Women in Sports and Events) Member
- International Dance and Medicine Science Association Member (IADMS)
- National Collegiate Athletic Association Coach and Member
- National Communication Association (NCA) Member and National Conference Attendee, 2001
- Professional Member, USA Gymnastics
- Member- USA Triathlon (USAT)
- Treatment Staff- Team Timex – Sponsored Endurance Sports/Ironman Performance Care
- CPR for Professional Rescuer, Current
- Community Service University Recognition- Hunger Clean Up, May 1999, Milwaukee, WI

ARTICLE LIST- INSIDE PUBLICATIONS

<https://www.insidegymnastics.com/page/2/?s=gina+pongetti>

<https://www.medgym.net/gina-pongetti-angeletti-medgympt-and-inside-gymnastics-magazine-olympic-and-national-team-coverage/>

2024

Anatomy of Artistry: Body Movement, Kinesiology and Motion Demands for Performance (Gymnastics Coach's Resource Guide Feb 2024)

2023

USA Gymnastics Classics and Nationals: Onsite

Bouncing Out: Tumbling, Landing and the Physics of Staying In Bounds (Article)

The Climb: Coming Back: Returning to Sport from Retirement to a Quick Break- Taking Care of the Body and Mind (October/Nov 2023)

The Balancing Act: Can You Be Good and Nice? (Coach's Resource Guide 2023)

2022

USA Gymnastics Nationals-Tampa, FL Onsite Coverage

Can You be Good and Nice? Magazine published [LINK](#)

Artistry in Demand

Balancing Act: NCAA and Olympic Challenge

<https://www.insidegymnastics.com/news-features/balancing-act-chiles-carey-and-wong-prove-you-can-do-both/>

The Athlete Marathon: A Look at the Long Haul

<https://www.insidegymnastics.com/news-features/theathletemarathonalookatthelonghaul/>

Video

2021 Team Finals: Olympic Legends

https://youtu.be/S_fc62Po9ms

2021

Tokyo Olympics- The Entire Reporter's Daily Blog

<https://www.insidegymnastics.com/news-features/reportersbloginsidegymnastics2/>

The Layer of Fear: The Sport of Gymnastics, The Tokyo Olympics and Simone Biles

<https://www.insidegymnastics.com/news-features/thelayeroffear72721-2-2/>

Rise. And Fall. And Rise Again. The Olympic Games: Pressure, Perseverance and Passion of Suni Lee

<https://www.insidegymnastics.com/news-features/pressureandtherise730212-2-2/>

The Amazing Aging Athlete

<https://www.insidegymnastics.com/news-features/theagingathlete-2/>

Artur and the Achilles

<https://www.insidegymnastics.com/news-features/arturandtheachillestokyo2-2-2/>

The Physics of Simone

<https://www.insidegymnastics.com/news-features/thephysicsofsimone/>

Time Change and the Effects on the Body: Traveling to Tokyo

<https://www.insidegymnastics.com/news-features/athletesadapptokyotimechange-2-2-2-2/>

Making the Team: The Weight of the List

<https://www.insidegymnastics.com/news-features/olympictrialstheweightofthelist/>

Individual vs. Team Spot: Where is the Reward

<https://www.insidegymnastics.com/news-features/teamvsindividual/>

The Mental Side of the Mat

<https://www.insidegymnastics.com/news-features/olytrialsmentalsideofthemat/>

Making the Team: Selection Procedures for Olympics and USA Gymnastics Simplified

<https://www.insidegymnastics.com/news-features/olympicselectionprocedures/>

2020

2019

Medals: Stuttgart World Championships

<https://www.insidegymnastics.com/news-features/medals-where-is-your-bling/>

Men in 4th: Where Do We Go From Here

<https://www.insidegymnastics.com/news-features/u-s-men-rally-for-4th-where-do-we-go-from-here/>

World Championships Men's Podium Quest

<https://www.insidegymnastics.com/news-features/the-quest-for-the-podium-mikulak-u-s-men-look-to-end-drought/>

2018

Margzetta Frazier

<https://www.insidegymnastics.com/news-features/margzetta-fraziers-challenging-journey-to-ucla-nationals-and-beyond/>

Ragan Smith: The Return

<https://www.insidegymnastics.com/news-features/ragans-return/>

Sam Mikulak: Here to Stay

<https://www.insidegymnastics.com/news-features/better-than-ever-sams-here-to-stay/>

Riley McCusker: The Life of Riley

<https://www.insidegymnastics.com/news-features/the-life-of-riley/>

Winter Olympics: Understanding Figure Skating Jumps as a Gymnast

<https://www.insidegymnastics.com/news-features/understanding-figure-skating-jumps-as-a-gymnast/>

2017

2017 World Championships: New Skills

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