FocusNYC

Rich O.
DPT, CPT, PN -1, CF-L2, HLC-1

Rich's experience as a Doctor of Physical Therapy, a holistic health practitioner, and a fitness and nutrition coach gives him the ability to work with a wide variety of individuals looking to reach their health and fitness goals. His purpose is to create unity by developing communities through physical, mental, emotional, and spiritual health, which motivates him to support his clients in any way he can.

Originally from California, Rich studied at California State University - Fresno where he received two Bachelor degrees: one in Exercise Science, and the other in Deaf Studies (American Sign Language and Culture), before moving to North Carolina to attend Campbell University for his Doctorate in Physical Therapy (DPT). Rich has wanted to become a DPT since 2003 at age 11 because of his fascination with how the body works, especially in relation to movement. His passion for Physical Therapy, movement, and health in general has continually grown as he has seen how impactful these aspects are to a person's life.

Rich has personal and professional experience with a variety of sports including: running, wrestling, gymnastics, weightlifting, throwing and swinging sports, as well as everyday activities like caretaking, yard work, etc. So he is excited to get you back to (or keep you) doing the things you need and want to do.

Education

DPT - Doctor of Physical Therapy, Campbell University
BS - Kinesiology - Exercise Science, California State University - Fresno
BA - Communicative Disorders and Deaf Studies - Deaf Studies, CSU - Fresno

Certifications

C.H.E.K. Institute Holistic Lifestyle Coach Level 1 (HLC-1)
CrossFit Level 2 Trainer (CF-L2)
Precision Nutrition Level 1 (PN1)
American Heart Association BLS Provider (CPR/AED)

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Interval Training for Clients and Athletes (Mike Boyle, ATC)

Functional Training (Juan Carlos Santana, M.Ed, CSCS)

Joint Friendly Strength Training (Nick Tuminnello)

Assess and Correct (Eric Cressey, Bill Hartman, Mike Robertson)

Joint by Joint Approach to Training (Mike Boyle, ATC)

CrossFit Scaling Course- (Crossfit)

CrossFit Running Course (Crossfit)

Dynamic Medicine Ball Training (Paul Check, C.H.E.K. Institute)

Program Design (Paul Check, C.H.E.K. Institute)

Scientific Core Conditioning (Paul Check, C.H.E.K. Institute)

Scientific Shoulder Training (Paul Check, C.H.E.K. Institute)

Scientific Back Training (Paul Check, C.H.E.K. Institute)

Advanced Swiss Ball Training (Paul Check, C.H.E.K. Institute)

Equal But Not The Same Training (Considerations for Training Females) (Paul Check, C.H.E.K. Institute)

Healing Parasite and Fungal Infections (Paul Check, C.H.E.K. Institute)

Primal Pattern Eating (Paul Check, C.H.E.K. Institute)

Program Design for Unhealthy Clients (Paul Check, C.H.E.K. Institute)

Primal Pattern Movements (Paul Check, C.H.E.K. Institute)