

**Speaker:** Jon Herting, PT, DPT, CSCS, ACSM CE-P, USAW

Jon Herting, PT, DPT, CSCS, ACSM CE-P, USAW is a dynamic clinician who has been involved in rehabilitation and strength and conditioning for 10 years and has built a reputation among athletes as a clinician who promotes quick results and optimal outcomes. As a Doctor of Physical Therapy and Certified Strength and Conditioning coach he has worked with athletes of all levels from adolescent to Olympic level and is a part of USA Weightlifting's Medical staff. Jon believes in a holistic approach to rehab and believes that the ultimate goal of the rehab process is patient autonomy. He believes that there is not a distinct line between rehab and the training process.

Jon currently serves as adjunct faculty at Widener University and has developed several continuing education courses for clinicians and certified strength and conditioning professional based around assessment and rehabilitation techniques.

**Speaker:** Nick Perugini, PT, DPT

Nick Perugini graduated from Temple University in 2015 with a bachelor's degree in Kinesiology. During his time at Temple, Nick served as an Intern for Temple University's Strength and Conditioning department, assisting in the development of 18 Division-1 athletic teams. Prior to graduation, Nick began his coaching development in the CrossFit community, where he has accumulated over six years of coaching athletes, ranging from novice to the regional level. After receiving a degree from Temple University in 2015, Nick attended Widener University's Doctor of Physical Therapy program where he earned his Doctoral degree in 2018. Throughout his time in school, Nick dedicated himself to furthering his education in the management of active populations demonstrated by his pursuit of certifications and courses which allow him to provide the highest quality of care for those competing, moving, and performing at a high level.

Nick also has a passion for treating his patients using a holistic approach, ensuring that all systems of the body are addressed to ensure optimal outcomes while considering patient values and the latest evidence-based research. Outside of the clinic, Nick also enjoys competing in CrossFit, Olympic Weightlifting, Powerlifting, and distance running to stay active.