

**Karen Hurley, MSPT**  
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**Work Experience**

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|---------------------------------|---|---------------------------------|
| <b>April 2025-Present</b>       | <b>ABL Fitness Inc</b>  | <b>Wellesley, Massachusetts</b> |
|                                 | <ul style="list-style-type: none"><li>• Executive Director ABL Fitness Inc</li><li>• Inclusive and Adaptive Fitness for Kids, Teens and Adults with disabilities specializing in neurodiversity</li><li>• Creator of Peak Performance Playbook for Athletes with Neurodiversity</li><li>• Coach classes for kids, teens and young adults with Autism, ADHD, Anxiety and Processing challenges</li></ul>   |                                 |
| <b>July 2023-Present</b>        | <b>AIM Therapy, LLC</b>   | <b>Needham, Massachusetts</b>   |
|                                 | <ul style="list-style-type: none"><li>• Founder and CEO of AIM Therapy</li><li>• Neuro affirming physical therapy and Inclusive fitness clinic</li><li>• Perform physical therapy and individual fitness sessions for kids, teens and adults of all abilities specializing in individuals with neurodiversity</li><li>• Coach classes for kids, teens and young adults with Autism, ADHD, Anxiety and Processing challenges</li></ul>   |                                 |
| <b>January 2023-Present</b>     | <b>UMASS Chan Medical Center</b>  | <b>Worcester, MA</b>            |
|                                 | <ul style="list-style-type: none"><li>• Clinical evaluator for FDA drug trials for Neurology department including Duchenne Muscular Dystrophy and Becker's Muscular Dystrophy</li></ul>   |                                 |
| <b>Feb 2015- July 2023</b>      | <b>Norwood Public Schools</b>   | <b>Norwood, Massachusetts</b>   |
|                                 | <ul style="list-style-type: none"><li>• Perform evaluations, direct and indirect services for students on Individualized Educational Plans in elementary through high school settings. Work with Special Education staff including occupational therapists, speech and classroom teachers and other team members to help students achieve their functional mobility benchmarks so they can access the curriculum.</li><li>• Co-teach High School Unified Wellness. Designed a new inclusive curriculum focussing on the five factors of health and implementing inclusive design for students with and without disabilities</li><li>• Created and implemented the " Move of the Month" for the sub-separate programs.</li><li>• Implemented Unified Champions Program District wide and oversee liaisons at 7 schools</li><li>• Designed and utilized 5<sup>th</sup> Grade Leadership Program with the Gross Motor Program for kindergarten to 2nd graders.</li><li>• Instructed teachers and students in the " Let's Get Moving Program"</li><li>• Invented and taught the 1<sup>st</sup> Grade Cornerstone Program to increase postural strength for all first graders.</li><li>• Designed, built and educated students and staff on Sensory Motor Walks.</li><li>• Utilized Timed Up and Go Test, Timed Floor to Stand test, Timed Up and Down Flight of Stairs test for evaluations to assess functional abilities within the school.</li></ul> |                                 |
| <b>September 2022-June 2023</b> | <b>CrossFit New England</b>   | <b>Natick, Massachusetts</b>    |
|                                 | <ul style="list-style-type: none"><li>• Assist and lead coach for Kids CrossFit Classes. Design and program weekly class plans, instruct kids in proper techniques in lifting and fitness.</li></ul>  |                                 |
| <b>March 2022-August 2022</b>   | <b>The Phoenix</b>  | <b>Boston, Massachusetts</b>    |
|                                 | <ul style="list-style-type: none"><li>• Designed weekly adaptive bootcamp for members of all abilities and disabilities, instructed the class and organized weekly volunteers to help with members during exercises</li></ul>   |                                 |
| <b>March 2012-March 2015</b>    | <b>North Hill</b>   | <b>Needham, Massachusetts</b>   |
|                                 | <ul style="list-style-type: none"><li>• Perform evaluations and treatments in a skilled nursing facility for orthopedic and neurological disorders. Established balance and gait assessments tracking forms to monitor patients' progress.</li></ul>  |                                 |

- Sept 2014- 2015                      Wingate at Needham                      Needham, Massachusetts**
- Per Diem. Perform evaluations and treatment in an assisted living facility. Responsible for overseeing PTA's and working with occupational, speech, social work and nursing to establish the best care for orthopedic, neurologic patients, and general medicine patients.
- Sept 2013-Dec 2014                      Riverside Early Intervention                      Needham, Massachusetts**
- Twenty hours a week. Perform evaluations and treatment in early intervention working with newborns to 3 year olds. Populations include working with children with neurological conditions, orthopedic conditions and children with general delays.
- August 2012-2015                      LaSalle House Rehabilitation                      Newton, Massachusetts**
- Per Diem. Perform evaluations and treatment in an assisted living facility. Responsible for overseeing PTA's and working with occupational, speech, social work and nursing to establish the best care for orthopedic, neurologic patients, and general medicine patients.
- October 2000-February 2002                      Back on Track Physical Therapy                      Lexington, Massachusetts**
- Staff Physical Therapist. In an outpatient sports orthopedic clinic, performed therapeutic exercise programs for specific injuries as well as total body conditioning programs
- June 1999- 2000                      Burdenko Water & Sports Therapy Institute                      Lexington, Massachusetts**
- Staff Physical Therapist. Certified and trained in the Burdenko Water Therapy Method. Evaluated and treated orthopedic and neurological patients using traditional and water therapy. Responsible for creating, organizing, promoting, and running monthly back conditioning classes.
- 1997- June 1999                      Rusk Institute Of Rehabilitation Medicine, New York University Medical Center                      New York, New York**
- Staff Physical Therapist. Evaluated and treated neurologically and orthopedically involved patients using manual therapy, aquatic therapy and group ambulation classes.
  - Worked in ICU, General medicine inpatient, outpatient, rehabilitation, and New York Times and Chest Therapy departments.
  - Awards: NYU Physical Therapist on the Horizon Award Oct 1997. NYU Clinical Initiative Excellence Award Oct 1998.

## **Education**

- 1994- 1997                      Boston University                      Boston, Massachusetts**
- Master of Science Physical Therapy, Sargent College, January 1997.
- 1989- 1993                      Brown University                      Providence, Rhode Island**
- Bachelor of Arts Degree May 1993. Educational Studies Major.
  - Member of Brown University Women's Gymnastics Team, four years, Captain 1993.
- 2019-2020                      Integrative Institute of Nutrition**
- Graduated with certification in Health Coaching in September 2020

## **Certifications and Continuing Education Courses**

- Autism Fitness Certified Professional
- Crossfit Level 1 Trainer
- CrossFit Level 2 Trainer
- Crossfit Tilt Internship May-July 2022
- Adaptive and Inclusive Fitness Instructor 2022 Adaptive Training Institute
- A Primer for Physical Therapists on Autism Spectrum Disorders (ASD)- Part II, APTA, September 2017