Table of Contents

Rehabilitation and Therapy

Occupational Therapy ................................................................. 2
Physical Therapy ........................................................................ 2
Index ......................................................................................... 5
## Rehabilitation and Therapy - Occupational Therapy

### Katina Ann (Kat) Holland-Rhudy, OTR/L, CHT

**Specialty:** Rehabilitation and Therapy  
**Subspecialty:** Rehabilitation and Therapy - Occupational Therapy  
**Bachelor of Science:** East Carolina University  
**Area:** Occupational Therapy  
**Certification:** Hand Therapy

Wayne UNC Health Care  
Orthopedic Physical Therapy  
2808 McLamb Place  
Goldsboro, NC 27534  
**Phone:** (919) 587-3169  
**Fax:** (919) 583-8503  
**Website:** [www.waynehealth.org/our-services/rehabilitation/orthopedic-physical-therapy](http://www.waynehealth.org/our-services/rehabilitation/orthopedic-physical-therapy)

## Rehabilitation and Therapy - Physical Therapy

### Scott Ethan DeCarlo, DPT

**Specialty:** Rehabilitation and Therapy  
**Subspecialty:** Rehabilitation and Therapy - Physical Therapy  
**Special Interests:** Blood flow restriction rehabilitation, trigger point dry needling, athletic injuries, chronic pain, Kinesio Taping, and manual therapy techniques including spine/extremity manipulation and instrument-assisted soft tissue mobilization  
**Bachelor of Science:** East Carolina University  
**Area:** Exercise Physiology  
**Doctorate:** Winston-Salem State University  
**Area:** Physical Therapy  
**Certification:** Physical Therapy

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**Website:** [www.waynehealth.org/our-services/rehabilitation/orthopedic-physical-therapy](http://www.waynehealth.org/our-services/rehabilitation/orthopedic-physical-therapy)
## Douglas Scott (Scott) Gibson, PT, OCS, LAT

**Director, Wayne UNC Health Care Orthopedic Physical Therapy**

| Specialty: | Rehabilitation and Therapy |
| Subspecialty: | Rehabilitation and Therapy - Physical Therapy |
| Special Interests: | Blood flow restriction rehabilitation, trigger point dry needling, industrial rehabilitation, sports rehabilitation, pre-employment/post-offer screens and functional capacity evaluations |
| Bachelor of Science: | Guilford College |
| Area: | Sports Medicine |
| Master of Physical Therapy: | Slippery Rock University |
| Certifications: | Athletic Training, Physical Therapy, Physical Therapy-Orthopaedics |

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## Meredith Alyse Kelly, DPT

| Specialty: | Rehabilitation and Therapy |
| Subspecialty: | Rehabilitation and Therapy - Physical Therapy |
| Special Interests: | Blood flow restriction rehabilitation and trigger point dry needling |
| Bachelor of Science: | Greensboro College |
| Area: | Exercise Science |
| Honors: | Member, Alpha Chi; Presidential Scholar Athlete |
| Doctorate: | Elon University |
| Area: | Physical Therapy |
| Honors: | Member, Phi Kappa Phi |
| Certification: | Physical Therapy |

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Website: [www.waynehealth.org/our-services/rehabilitation/orthopedic-physical-therapy](http://www.waynehealth.org/our-services/rehabilitation/orthopedic-physical-therapy)
<table>
<thead>
<tr>
<th>Name</th>
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<th>Subspecialty</th>
<th>Special Interests</th>
<th>Bachelor of Science</th>
<th>Doctorate</th>
<th>Certification</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angelo Thompson, DPT</td>
<td>Rehabilitation and Therapy</td>
<td>Rehabilitation and Therapy - Physical Therapy</td>
<td>Blood flow restriction rehabilitation, trigger point dry needling, various forms of myofascial release, orthopedic manual therapy, manipulation of extremities and spine, and Kinesio/Rock Taping</td>
<td>Winston-Salem State University</td>
<td>Evidence in Motion</td>
<td>Physical Therapy</td>
<td>Wayne UNC Health Care Orthopedic Physical Therapy 2808 McLamb Place Goldsboro, NC 27534</td>
<td>(919) 587-3169</td>
<td>(919) 583-8503</td>
<td><a href="http://www.waynehealth.org/our-services/rehabilitation/orthopedic-physical-therapy">www.waynehealth.org/our-services/rehabilitation/orthopedic-physical-therapy</a></td>
</tr>
</tbody>
</table>
Index

D
Scott Ethan DeCarlo, DPT .......................... 2

G
Douglas Scott (Scott) Gibson, PT, OCS, LAT ... 3

H
Katina Ann (Kat) Holland-Rhudy, OTR/L, CHT ... 2

K
Meredith Alyse Kelly, DPT ......................... 3

S
Michael Loren Smith, DPT ........................... 4
Marvin Lee Spicer, DPT ............................... 4

T
Angelo Thompson, DPT .............................. 4