

Wellness Summer Bingo WEEK 1: Physical

To attend, click on link here: [Midday Stretching and Mobility](#)

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Workshop: Midday Stretching and Mobility

Presenter: S Jacob Melnick PT, DPT, DHSc

Doctor of Physical Therapy Director of Clinical Education,
Assistant Professor of Physical Therapy of Graduate College of Health Sciences -
Department of Physical Therapy

Workshop Date/Time: Tuesday, 7/1/2025 from 11:30 AM - 12:00 PM (HST)

Workshop Description: Do you sit at a desk for most of your day? Want to feel more relaxed and refreshed at the end of your morning? Then join us for a brief stretching and mobility session. Our focus will be on the legs, lower back, and upper back.

What You'll Need:

- Athletic clothing is preferred but not required.
- Something to assist with stretching. This could be a yoga strap, dog leash, or bed sheet.
- A foam roller, or a large beach towel that can be rolled.
- Something to lie down on, such as a yoga mat or a towel, is recommended.

About the Presenter: Dr. Jacob Melnick lives in Honolulu, HI, and serves as Director of Clinical Education and Assistant Professor in the DPT program at Hawai'i Pacific University. Prior to HPU, Dr. Melnick practiced as a physical therapist at Tripler Army Medical Center and was the Functional Restoration Program Director in the Interdisciplinary Pain Management Center.

During his years of clinical practice, Dr. Melnick has served the general population as well as active duty members, their dependents, and retirees at two large military hospital systems. He was the Director of the military's largest Doctor of Physical Therapy Internship Program while at Keesler Air Force Base. He continues to practice locally, with a specific

focus on distance runners, triathletes, surfers, and other common orthopedic conditions. He also serves in a consultative and mentorship role at OrthoSport Hawaii.

Dr. Melnick has additional training as a Certified Strength and Conditioning Specialist, a dry needling practitioner, and as a USA Track and Field Level 1 Coach. He is also a Board-Certified Clinical Specialist in Orthopedic Physical Therapy.

Dr. Melnick has served the physical therapy profession as a leader in the American Physical Therapy Association as the Public Relations Chairman for APTA Mississippi, and currently serves on both the education and legislative committees for APTA Hawaii. He has presented at state, regional, and national conferences on topics such as running injury and prevention, dry needling, clinical education and student performance, and clinical practice guidelines.