

Ellen Kolber, MS, MA, OTR, CHT

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Registered Occupational Therapist

Certified Hand Therapist

Corporate Ergonomic Consultant

Professional Experience

- Oct, 2012-present
- ErgonomicsNYC**, Principal, ergonomics consultation practice, www.ErgonomicsNYC.com
- Implement onsite ergonomic assessments for individuals & companies providing recommendations with the goal of reducing injury risk factors
 - Hold group & individual training programs to promote musculoskeletal health & reduce risk factors associated with injury
 - Consult with & advise companies in creating ergonomic policies & procedures that promote musculoskeletal health & wellness
 - Perform worksite assessments, job & product analyses & functional capacity evaluations
 - Provide expert witness opinions & testimony
- Sept, 2018-Aug, 2020
- Occupational Therapist, Certified Hand Therapist**, NYC, Orthology
- Started hand therapy program by helping to create policies & processes, set up space & systems to accommodate splinting & therapy needs at this site
 - Created & carried out plans of care for hand therapy patients with injuries & conditions that include wrist & finger fractures, arthritis, sprains, dislocations, nerve & tendon injuries
 - Designed & fabricated splints for patients on as-need basis, following surgery or after injury
 - Met with physicians, assisted with the creation of marketing strategies to acquire physician referrals

Past Experience

- Dec, 2016-May, 2018
- Hand Therapist**, NYC, The Office of Dr. Salvatore Lenzo
- Ran hand therapy program including the ordering supplies & maintaining relationships with vendors, setting up room to accommodate splinting & therapy needs, creating & carrying out plans of care for patient treatment services; injuries & conditions include wrist & finger fractures, arthritis, sprains, dislocations, nerve & tendon injuries
 - Designed and fabricated splints for patients on as-need basis, following surgery or after injury
 - Coordinated clinical & administrative needs of patients with billing, management & clinical staff in accordance with current health care guidelines & regulations
- July, 2015-Sept, 2018
- Hand Therapist, Manhattan Rehabilitation Group**, NYC part time and coverage
- Provided hand therapy services for acute, post-operative and long-term conditions
 - Fabricated custom made splints for walk-in patients coming directly from the physician's office
 - Maintained the flow of patients and trouble-shoot issues as they arise in this a high volume, demanding practice
 - Responsible for diagnostic & procedure coding & documentation of patients' progress
- Oct, 2012-March, 2016
- Occupational Therapist / Hand Therapist, Mt Sinai Beth Israel Center for Health & Healing**,
Clinical Faculty Practice Position, NYC, part time
- Established the hand therapy practice at this location for the treatment of upper extremity orthopedic conditions in an Integrative Medicine milieu
 - In charge of marketing, creation of marketing materials and assisting in administrative & management of the practice
 - Provided treatment of post-surgical & non-surgical hand, wrist, forearm & elbow injuries & conditions
 - Responsible for custom splint fabrication & splinting and treatment protocols
 - Functional & Work Capacity Evaluations

Feb 1998-
Oct 2012

- Private Practice: Diversified Ergonomics and Rehabilitation Services**, Owner / Director, NYC
- Created hand therapy practice for the treatment of orthopedic injuries & conditions of the hand & upper extremity, including splint fabrication & development of rehabilitation programs
 - Performed Functional and Work Capacity Evaluations for insurance and legal purposes
 - Provided recommendations for worksite & tool modifications & back to work planning & treatment for individuals with long-term functional impairments
 - Assisted in the development of corporate ergonomic policies & training programs for safe computer use

Professional, Academic and Teaching Experience

Jan 2000-
Sept 2002

American Society for Hand Therapy
Co-edited the ASHT Times, the organization's newsletter

Jan 2000-
June 2002

Long Island University, OT Program, Adjunct Professor
Taught and co-taught course in vocational skills and work-related issues in OT

Sept 1993-
Mar, 2002

New York University, OT Program, NYC
Clinical Instructor / Guest Lecturer, 1997-2002,
Presented lectures on ergonomics and work-related issues

Teaching Fellow / Guest Lecturer, 1993-1994
Assisted in placement and counseling of Fieldwork II students, developed workshops for Fieldwork II supervisors, co-authored manual to assist students in adjusting to Fieldwork experience, instructed lab class on the theory and practice of functional skills, provided lecture & designed lab class on return to work issues

Sept 1995-
June, 1997

Touro College, OT Program, Assistant Professor, Dix Hills, NY and NYC
Instructed in academic classes in accredited BS/MS, OT program including splint-fabrication, health promotion, vocational rehabilitation, kinesiology, activity analysis, advised students on Masters thesis projects, contributed as full faculty member to the education of OT & OTA students

Jan 1979-
June 1981

NYC Department of Education, Resource Room / Special Education Teacher, Brooklyn and Queens, NY
Served as classroom and resource room teacher for children with multiple learning challenges & visual impairments in several school-based settings

Grants, Publications, and Professional Writing

Coauthor: Office Ergonomics: Prevention of Work-related Musculoskeletal Disorders Among Computer Users, Dropkin, J, Kolber, E. Chapter in Occupational Medicine Secrets, Bowler, R. and Cone, J. editors, Hanley and Belfus, Inc. Philadelphia, in press.

Author: The Musculoskeletal Health of the Dental Care Worker, Kolber, E. Chapter in: Ergonomics and the Dental Care Professional, Murphy, D., ed., 1998, Washington DC: American Public Health Association.

Coauthor: Upper Extremity Musculoskeletal Disorders Among Dental Care Workers, Herbert R. Gerr F., Dropkin, J., Kolber, E. Chapter in: Ergonomics and the Dental Care Professional, Denise Murphy, D.Ph., ed., 1998, Washington DC: American Public Health Association.

1996-1997 Grant Award recipient sponsored by the OT Network on Smoking and Wellness.

Objective: to assist acutely injured and post-surgical cigarette smokers to limit nicotine intake while healing and to encourage long-term cessation.

Everything You Want To Know About Fieldwork II, Manual for OT Students, co-authored with P. McCreedy, self-published by New York University, 1993.

Article: "Homelessness in New York City: The Modern Urban Nomad", Metropolitan New York District Newsletter, Davis, L., ed., New York City, Vol. II, No. 4, 1985.

Chapter: "Worker Survival in the Shelter System: On Burn Out and Rescue Fantasies", The Shelter Worker's Handbook: A Guide to Identifying and Meeting the Needs of Homeless People, M. Rafferty, ed., New York City: Brookdale Press, Nov., 1983.

Presentations

Wellness in the Digital Age: Strategies that Promote Musculoskeletal Health, To be presented this September, 2016 in Washington DC at the national American Society of Hand Therapists' annual conference.

Anatomic Considerations in the Selection and Use of Hand Tools, Ergonomic course sponsored by Mt Sinai/New York University, Hospital for Joint Disease and the Oxford Research Institute, NYC, September, 1999, September, 2000, January, 2002.

Computerized Offices: Current Ergonomic Issues and Clinical Concepts, 23rd Annual Meeting of The American Society of Hand Therapists, October, 2000.

Materials Handling Tasks at a Chemical Manufacturing Plant and Alternative Keyboards and Input Devices. Presentations offered at two separate ergonomic courses sponsored by New York University, Hospital for Joint Disease and the Oxford Research Institute, NYC, September, 1999, September, 2000.

The Effect of Cigarette Smoking on Wound Healing: Information for the Therapist and Recovering Patient, poster presentation at the 21st Annual Meeting of the American Society of Hand Therapists, New Orleans, September, 1998.

The Application of Ideokinetic Imagery and Motor Learning Theory to Reduce Risk Factors Associated With Computer Keyboard Use, co-author: Ann Barr, PhD, 19th Annual Meeting of The American Society of Hand Therapists, September, 1996.

Therapeutic Management of Cumulative Trauma Disorders, Professional and consumer educational seminar, New York Committee on Safety and Health, December, 1995 and October, 1996.

Conceptual Framework for the Treatment of Cumulative Trauma Disorders, New York State Occupational Therapy Conference, October, 1994.

RSI Self-Management Techniques, patient education seminar, The Kathryn and Gilbert Miller Health Care Institute for Performing Artists, 1992 to August, 1995.

College and University Degrees

New York University, School of Education, Program of Ergonomics and Biomechanics, Master of Arts.

Columbia University, Program in Occupational Therapy, Master of Science.

Dominican College, Bachelor of Art in Psychology and New York State Teaching Certification in Elementary Education & Special Education.