

Z Altug Presentations



Z Altug, PT, DPT, MS, OCS, CSCS is a speaker, author, and physical therapist with 30 years of experience. He is a board-certified orthopedic clinical specialist with a doctorate in physical therapy.

Z Altug provides seminars, webinars, and workshops with actionable and practical content in an engaging format. His talks focus on lifestyle medicine, integrative physical therapy, pain management, wellness, mind-body medicine, fitness, sports medicine, and sports performance. He is based in Los Angeles, California.

Please contact Z Altug at zaltug13@gmail.com if you would like him to speak at your live or online event or workshop.

The following are a list of some of his most recent seminars, webinars, and workshops:

Event Host	Title	Location	Date
Pacific University School of Physician Assistant Studies for "PA 667: Professional Practice Seminar III" online lecture, (www.pacificu.edu/academics/colleges/college-health-professions), Forest Grove, Oregon	<i>Introduction to Integrative and Lifestyle Medicine for Pain Management (3 hours)</i>	Webinar	September 24, 2020
Audience: Physician Assistants			

International Association for the Study of Pain <https://www.iasp-pain.org> [Integrative and Lifestyle Medicine Strategies for Pain Management](#) Webinar (recorded) September 16, 2020
Audience: Healthcare professionals, Researchers (1.5 hours)

UCLA Center for East-West Medicine guest lecturer for "MED 185: Introduction to Integrative East-West Medicine" online summer session course (<https://cewm.med.ucla.edu/>) *Integrative Physical Therapy and Pain Management* Online class August 26, 2020
Audience: UCLA and non-UCLA students (1 hour)

APTA Virtual NEXT Conference
<http://learningcenter.apta.org>
 Audience: Physical Therapists, Physical Therapy Assistants

Introduction to Integrative Pain Management (1 hour)

Webinar (recorded)

June 3, 2020

APTA Learning Center
<http://learningcenter.apta.org>
 Audience: Physical Therapists, Physical Therapy Assistants

Integrative Lifestyle Medicine for Disease Management (2 hours)

Webinar (recorded)

May 6, 2020

APTA Learning Center
<http://learningcenter.apta.org>
 Audience: Physical Therapists, Physical Therapy Assistants

Integrative Pain Management for Knee Osteoarthritis (2 hours)

Webinar (recorded)

April 16, 2020

Emperor's College, School of Traditional Oriental Medicine (www.emperors.edu)
 Audience: Doctor of Acupuncture and Oriental Medicine (DAOM) Program

DS110: Orthopedics - Orthopedic Care and Integrative Pain Management (6 hours)

Online course

April 16, 2020

APTA Learning Center
<http://learningcenter.apta.org>
 Audience: Physical Therapists, Physical Therapy Assistants

Lifestyle Medicine and Integrative Pain Management for Low Back Pain (2 hours)

Webinar (recorded)

March 9, 2020

INR (Institute for Natural Resources)
www.inrseminars.com

Audience: Healthcare professionals

Integrative Pain Management (6 hours per day)

([for healthcare providers](#))
 ([for dentists and dental hygienists](#))

Los Angeles, CA
 Los Angeles, CA

November 15, 2019
 November 17, 2019

UCLA Center for East-West Medicine guest speaker
[\(https://cewm.med.ucla.edu/\)](https://cewm.med.ucla.edu/)
 Audience: Global Perspectives of Integrative Medicine Training Program for the Hubei University of Chinese Medicine visiting faculty

*Adapted
 Integrative
 Physiotherapy
 for Healing and
 Managing Pain
 (2 hours)*

Los Angeles, CA

June 11, 2019

Summit Professional Education
www.summit-education.com
 Audience: Healthcare professionals

[Pain Management: Using an Integrative, Mind Body Approach](#)
 (6 hours per day)

Alpharetta, GA
 Decatur, GA
 Burbank, CA
 Thousand Oaks, CA
 Santa Barbara, CA

June 7, 2019
 June 8, 2019
 March 7, 2019
 March 8, 2019
 March 9, 2019

Summit Professional Education
www.summit-education.com
 Audience: Healthcare professionals

[Pain Management: Using an Integrative, Mind Body Approach](#)
 (6 hours per day)

San Diego, CA
 Torrance, CA
 Anaheim, CA

November 1, 2018
 November 2, 2018
 November 3, 2018

Marina Spine Center
www.marinaspinecenter.com
 The Spine Injured Athlete: From Injury to Return to Play
 Audience: Healthcare professionals

[Integrative Spine Care](#)
 (1 hour)

Los Angeles, CA

June 9, 2018

Chapman University
 Audience: Third year physical therapy students

*An Introduction to Soft Tissue Mobilization Techniques
 (2 hours)*

Irvine, CA

April 3, 2016

UCLA Community Practice Network Physicians Audience: Physicians	<i>Approach to LBP: The Physical Therapy Perspective</i>	Los Angeles, CA	February 11, 2009 June 1, 2009
UCLA Donald W. Reynolds Mini-Fellowship Program Audience: Physicians	<i>Gait and Balance Dysfunctions</i>	Los Angeles, CA	2005 2006