

Bob Budai MPT, OCS, CSCS

Bio:

Bob Budai MPT, OCS, CSCS graduated from the University of Michigan- Flint with his Master's degree in Physical Therapy from 1999. Prior to that, he earned his Bachelor's degree in Exercise Science from Michigan State University. Bob has achieved various advanced credentials in orthopedic physical therapy and exercise from the American Physical Therapy Association (OCS), National Academy of Sports Medicine (CPT, PES, CES), National Strength & Conditioning Association (CSCS), Functional Dry Needling, Graston Technique, and multiple others. Bob has taught multiple courses, served as clinical instructor/CCCE, and consulted on topics including exercise, evaluation, and manual therapy for numerous colleges and professional organizations. On a personal level, Bob has competed in a variety of sports himself, including martial arts, CrossFit, Powerlifting, Olympic Lifting, Strongman, marathon/triathlon/obstacle course racing, kettlebell sport, along with "normal" sports like soccer, volleyball, basketball, and lacrosse! Bob's athletic background enhances his ability to treat athletes, fitness enthusiasts, and "weekend" warriors by having practical knowledge and experience, not only in the sports themselves, but also in various injuries that go along with them. Bob is currently the owner of Michigan Orthopedic Rehabilitation Specialists, Functional Strength Training, and Medical Fitness of Michigan.

Candidate Statement:

During my recent term as Director of Professional Development, we helped lay a good foundation during a period of significant expected and unexpected change in our field, as well as the world. I would like to continue to work with our amazing board at APTA Michigan to further progress professional development for all Physical Therapy professionals in our state.