

Meet David Osborne, ATC/L, LMP

As a certified licensed athletic trainer and licensed massage therapist, David understands the healing benefits that can be achieved through manual and therapeutic massage techniques. He is thrilled to be joining the Healing Hands team and to be able to add his skillset to that of his colleagues!

Background

David has worked in many types of patient care settings, including: medical/specialty care clinics, collegiate and high school athletic departments, youth sport's camps, on side lines at athletic events, and in physical therapy offices. He has assisted massage patients and athletes of all ages, with varying levels of athleticism.

Education

In 2003, David graduated from Ashmead College of Massage located in Seattle, Washington. Following graduation, he worked as a privately contracted massage therapist and Bel-Red Physical Therapy, where he provided massage, therapeutic modalities, and assisted the physical therapists with rehabilitation exercises. After several years, he was introduced to the field of Athletic Training and became determined to pursue this degree. David was accepted to WSU and moved to Pullman in January 2009. By May 2012, he had received his bachelor's degree in Athletic Training from Washington State University and board certification.

Specialty

While David is trained in several treatment therapies specific to the field of Athletic Training and sports massage, his specialty is deep tissue massage. This type of treatment is especially beneficial for those with chronically tight or painful muscles, postural problems, anyone experiencing repetitive strain, or those recovering from injury.

Massage & Athletic Training Experience

David has been providing massage therapy, cupping therapy, and deep tissue massage since 2003. While obtaining his Athletic Training degree, he continued to keep his massage therapy skills sharp by working as a contracted massage therapist for WSU's Athletic Department. Over the past 4 years, David has worked closely with WSU's baseball, swim, volleyball, and track teams. Certified Athletic Trainers (ATCs) are often the first responders to an athlete's injury and work closely with their athletes to guide them through the recovery process. They focus on: prevention, treatment, rehabilitation, and the documentation of athletic injuries.

Working within the scope of his practice and in combination with other healthcare providers, David has gained a working knowledge of the intricacies that can be associated with a wide variety of injuries and how can assist athletes as they strive to improve performance. Shortly following his graduation in 2012, David accepted a yearlong internship as the lead athletic trainer for the WSU Track & Field Team. In this position, he oversaw the athletic training services and healthcare coordination for over 100 athletes. He worked cooperatively with coaching staff and healthcare professionals throughout the community, and also mentored and assisted in the instruction of athletic training students.

Personal Information & Interests

Even though David is originally from Sammamish, Washington, he's always been a WSU Cougar at heart! David enjoys spending time with family and friends, reading, attending sporting events, and traveling. He also enjoys a wide variety of recreational activities such as: fishing, hiking, rock climbing, and playing most any type of sport.

