

PRI Interdisciplinary Studies Summit 2024



Tim Dempsey, CSCS, PRT

San Jose, CA

Presentation Title: *Unlocking Performance Potential-Applying PRI Techniques for Wheelchair and Amputee Athletes*

Tim Dempsey is an accomplished fitness professional with a rich background in sports training covering over 4 decades. Tim holds certifications from PRI, DNS, CSCS, MovNat, USA Track and Field, and USA Weightlifting, showcasing his dedication to staying at the forefront of the industry. He was a 3-sport athlete in college while serving as a student athletic trainer. As a social work major, Tim spent several years working in the nonprofit sector primarily with inner city gang prevention programs. These experiences set Tim apart and have allowed him to create a unique training style so he can successfully work with a diverse range of clients. His expertise has not gone unnoticed, as he has been invited to speak at prestigious organizations such as the San Francisco 49ers sports medicine staff, USA Olympic Training Center, and Blazesports Atlanta, among many others.

Tim's global perspective comes from his six years of living and coaching in Puebla, Mexico and several months working on development projects in Nigeria. Fluent in Spanish, he is not only able to offer services in both English and Spanish but also is professionally trained in Spanish Medical Interpretation. Tim is frequently sought after for consultations and conferences south of the border, contributing his insights to organizations like the Universidad Popular Autónoma del Estado de Puebla, Universidad de las Américas Puebla in Mexico, and Costa Rica Olympic Committee, Universidad Autónoma de Centro America in Costa Rica, as well as various professional and university teams. Currently employed by Competitive Edge Physical Therapy in San Jose, California, and as an independent contractor for Bayfront Fitness in Redwood City, California, Tim continues to inspire and educate others on the transformative power of holistic fitness.