



Rob Townsend has been treating injured workers as a clinician since he earned his MS in Exercise Physiology from Benedictine University in 1997. In addition to his experience and education, he also has certifications in musculoskeletal care, including a CEAS II (Certified Ergonomic Assessment Specialist) and CSCS (Certified Strength and Conditioning Specialist).

Rob joined Bardavon Health Innovations in 2017. As the company's senior clinical consultant, Rob trains Bardavon's network therapy providers to perform quality effort assessments, assists with data analytics, and interprets customer, clinical, and claims outcomes.

With his background in higher education, he has also assisted in developing and teaching continuing education unit (CEU) programs for Bardavon clients nationwide.

Prior to joining Bardavon, Rob was a faculty member at the University of Memphis in the School of Health Studies, teaching courses in cardiopulmonary and neuromuscular exercise physiology, exercise programming for special populations, testing and measurement, as well as physiological adaptations to resistance training.

He has served as Director of Research and Education with WCS Occupational Rehabilitation in the Chicago area from 2000 to 2012. Rob has trained staff therapists in performing work conditioning, Functional Capacity Evaluations (FCEs), post-offer employment testing, job site analysis, and ergonomic assessments. While at WCS, he was also the architect for analyzing treatment outcome data.

Rob is a published researcher and author on the topics of assessing the effort of injured workers and human performance. He has presented to the Missouri Physical Therapy Association, Mid-South Workers' Compensation Association, Illinois Podiatric Medical Association, Indiana Workers' Compensation Institute, and the Great Lakes Athletic Training Association, as well as many NSCA state events. Most recently, Rob has spoken at the WCI 2022 Conference and the 2022 Florida RIMS Education Conference.

Rob lives in Kansas City with his family and enjoys the sport of weightlifting and coaching his daughter in track and field throwing events.