

# Aaron Hewus PT, DPT

Physical Therapy Board of California License #: 298727

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## Education:

**University of Southern California** (August 2020-August 2021)

- Orthopedic Residency, Doctor of Physical Therapy, class of 2021

**University of Southern California** (August 2017- May 2020)

- Doctor of Physical Therapy, residential class of 2020

**California State University, Long Beach.** (August 2011-May 2014)

- B.S. in Kinesiology: Exercise Science
- Club baseball: Executive board member and player (2012-2014)

**California State University, San Bernardino** (September 2009- June 2011)

- Kinesiology: Exercise Science

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## Experience:

Work: **Licensed Physical Therapist, PT, DPT**

**USC Physical Therapy Associates** at University Park Campus- Instructor of Clinical Physical Therapy, Doctor of Physical Therapy

- Outpatient Orthopedics (LBP, global ligamentous laxity, neurogenic, c/s pain, migraine, TMD, stroke, concussion/vestibular, shoulder, elbow, wrist, and hand, across life span, telehealth)
- USC Ostrow School of Dentistry Ergonomic Assessment Outreach
- Clinical Instructor for USC DPT

**USC Physical Therapy Associates** at University Park Campus- USC Orthopedic Resident, Doctor of Physical Therapy,

- Outpatient Orthopedics (LBP, global ligamentous laxity, neurogenic, c/s pain, migraine, TMD, stroke, concussion/vestibular, shoulder, elbow, wrist, and hand, across life span, telehealth)
- USC Ostrow School of Dentistry Ergonomic Assessment Outreach
- USC Orthopedic Residency, DPT
- Clinical Instructor for 3<sup>rd</sup> year USC DPT (January-May 2021)

## Teaching

**USC Department of Biokinesiology and Physical Therapy-** Lab, Small Group Instructor (January 2021-Present)

- Management of Orthopedic Dysfunction (PT621)
- Develop and guide first year DPT students in treatment techniques and thought process related to general orthopedic dysfunctions of all musculoskeletal regions

**USC PT Analytical Anatomy-** Teaching Assistant (August 2018-May 2019)

- Topography Lab and general course TA/Tutor, Exam review and question development

## Research

**USC Clinical Biomechanics Orthopedic and Sports Outcomes Research (COOR)** (July 2018-May 2020)

-Division of Biokinesiology and Physical Therapy

- Research assistant
  - Assist in data collection of ultrasonographic images of rotator cuff tendons, and image analysis to define macro-morphology changes with shoulder loading

## Previous Experience:

**Los Angeles Angels of Anaheim-** (Tempe Diablo Spring Training Facility)- Physical Therapy Internship

- Sports Medicine, Professional Sports- Baseball
- Literature reviews for pitching/hitting mechanics and sequencing, interprofessional meetings with NBA and NFL about varying diagnosis and treatment strategies

Educational:

**Los Angeles Orthopedic Physical Therapy Seminar Series: Upper Quarter** (January-March 2021)

- Topics in thoracic spine, costal, cervical spine, shoulder, elbow, wrist, and hand lead by Joe Godges

**Los Angeles Orthopedic Physical Therapy Seminar Series: Lower Quarter** (September-December 2020)

- Topics in foot, ankle, knee, hip, and lumbar spine lead by Joe Godges

**Upper Extremity Rotational Athlete: Assessment/Management for Return to Sport- USC** (September 2019)

- Focused assessment/management of baseball, golf, and volleyball

**Los Angeles Angels of Anaheim- Team Physicals- Team member** (March 2019)

- Assisted in performance of team pre-season physicals for pitcher and catcher positions

**USC School of Dentistry Ergonomic Assessment- Team member** (October 2019, October 2020)

- Assisted in performance of student ergonomic assessments and adjustments during SIM Lab

**USC PT Orthopedic Small Group Study- Physical Therapy Student** (October 2018- January 2020)

- Combination of differential diagnosis, manual therapy, and therapeutic exercise with a holistic approach

**Instrument Assisted Soft Tissue Mobilization (IASTM), level 1- KOH education** (December 2018)

**Blood Flow Restriction (BFR) Therapy, level 1- Smart Tools** (June 2018)

**Equity Now! - USC Race and Equity Center** (October 2020)

- increase individual knowledge and capacity for social justice and racial equity, through institutional frameworks, racial literacy, data for equity, and concrete action steps

Research Contribution:

**Rotator Cuff Disorder Rehabilitation- American Academy of Orthopedic Surgeons** (October 2020)

- Co-contributor to authoring a manuscript/chapter regarding rehabilitation for rotator cuff disorders, as part of standardized AAOS orthopedic surgery residency education
  - Lori Michener, Jonathan Sum, Aaron Hewus, Jesse Grullon

**CSM abstract (2020)- Co-contributor** (July 2018-present)

- Repetitive dental hygienist job-related tasks increase the risk of shoulder pain and altered supraspinatus morphology
  - Federico Pozzi, Catarina Sousa, Hillary Plummer, Brittany Andrade, Aaron Hewus, Naoko Kono, Wendy Mack, Shawn Roll, Lori Michener

Volunteering:

**Special Olympics (Fun Fitness) (2018)**

- Fitness assessment/screen for participating athletes

**2019 Sketchers LA Marathon (2019/2021)**

- Medical tent triage for participating marathon runners
- Interdisciplinary with physicians, nursing, fire, EMT

**USC FIT Families (2019)**

- One-on-one community member (adult/child) information intake, fitness assessment, and exercise prescription; group exercise facilitation

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Instrument Assisted Soft Tissue Mobilization (IASTM), level 1 -KOH Education (obtained: 2018)

Blood Flow Restriction (BFR) Therapy, level 1 -Smart Tools (obtained: 2018)

American Heart Association Basic Life Support (BLS) Provider, CPR and AED (July 2021-2023)

**Memberships:** APTA / CAPTA, Orthopedic and Sports section (2017-present)

National Strength and Conditioning Association (NSCA) (2018-present)

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