

ANDREW TAI

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EDUCATION

MPT	University of Utah, Physical Therapy	May 1999
BS	University of Utah, Exercise and Sports Science Minored in Psychology	May 1996

TEACHING EXPERIENCE

California State University at Long Beach, Long Beach, CA Jan 2014 to May 2014
Lecturer, Department of Kinesiology

- Taught ATEP 306 Medical Aspects of Athletic Training, an undergraduate course averaging 30 students per semester, covering the following topics: clinical pathology, pathophysiology, cardiovascular and hematological systems, pulmonary system, gastrointestinal and hepatic-biliary systems, renal and urogenital systems, endocrine and metabolic systems, neurological systems, immune system, oncology, eyes/ears/nose/throat/mouth/teeth, dermatological conditions, differentiation of signs and symptoms, nutritional aspects, and psychological disorders.
- Supervised a weekly lab with students
- Administered quizzes, exams, and homework

PRESENTATIONS AND LECTURES

Paper Presentation, “Short-Term Compliance with Home Exercise Programs,” Utah State Annual Physical Therapy Conference, November 1998

PROFESSIONAL TRAINING

Companies and Organizations:

University of Southern California, Rehabilitation Coordinator, Athletic Medicine, Sept 2016 – Present

- Provided rehabilitation services to student athletes
- Primary athletic trainer for women’s rowing, October 2017 – May 2021
- Primary athletic trainer for men’s volleyball, May 2021 - Present

Cypress College, Volunteer and Consultant, Athletic Training Department, July 2013 – Present

- Assist with implementing team physicals
- Consultation on athletic rehabilitation

AYA Healthcare and Host Healthcare, Travel Physical Therapist, Out-patient orthopedic department at various locations: Ridgecrest Regional Hospital, Sonora Regional Medical Center, and The Center for Sports Medicine in Walnut Creek, October 2014 – September 2016

- Contract physical therapist
- Provided physical therapy services in an out-patient orthopedic setting

Minnesota Timberwolves, Rehabilitation Coordinator, Assistant Athletic Trainer, September 2010 – July 2011, December 2011 – July 2013.

- Provided physical therapy and athletic training services to professional basketball players

John Muir Hospital, Physical Therapist, Orthopedic Physical Therapy, September 2011 – December 2011

- Provided physical therapy services in an out-patient orthopedic setting

Campus Commons Physical Therapy, Physical Therapist, October 2006 – August 2010

- Provided physical therapy services in an out-patient orthopedic setting

Sacramento Kings, Physical Therapists and Assistant Athletic Trainer, Sept 2004 – June 2006

- Provided physical therapy and athletic training services to professional basketball players

Stanford University, Physical Therapist and Assistant Athletic Trainer, Stanford University Sports Medicine, September 2002 – September 2004

- Provide rehabilitation services to student athletes
- Primary athletic trainer for men's and women's swimming, diving, and crew, September 2002 – September 2003
- Primary athletic trainer for men's basketball and women's softball, September 2003 – September 2004

Restor Physical Therapy, Physical Therapist, March 2002 – September 2002

- Provided physical therapy services in an out-patient orthopedic setting

White Memorial Medical Center, Physical Therapist, Orthopedic Physical Therapy, August 2000 – February 2002

- Provided physical therapy services in an out-patient orthopedic and neurological setting

Certifications:

Certified Athletic Trainer

National Athletic Trainers' Association, April 11, 1999

Personalized Blood Flow Restriction Rehabilitation

Owens Recovery Science, USC Health Science Campus, July 2018

Corrective Exercise Specialist (CES), Certified

NASM (National Academy of Sports Medicine), Home-study course, August 2011
Required by all athletic trainers working in the NBA. Evaluation of common movement dysfunction through common movement patterns.

ASTYM, Certified

Augmented Soft Tissue Mobilization, February 2007

National Academy of Sports Medicine – Performance Enhancement Specialist (PES), Certified

NASM (National Academy of Sports Medicine), Home-study course, February 2006
Required by all athletic trainers working in the NBA. Treatment of common movement dysfunction patterns.

American Physical Therapy Association Clinical Instructor Education and Credentialing Program Certified

APTA, White Memorial Medical Center, April 2001

PNF Level I & II Certified

White Memorial Medical Center, December 2000

Seminars:

Virtual NATA National Conference 2020

NATA, Virtual Asynchronous Home Study, June 2020

Hamstring Return-to-Play

Running Mechanics Professional, On-line Face-to-Face, June 2020
Running based approach for rehabilitation of hamstring strains

Dealing with Rib Injuries

Karen Calara, On-line Face-to-Face, May 2020
Approaches to managing rib injuries among competitive rowers

COVID-19 Contact Tracing

Johns Hopkins University, Coursera Home Study. December 2020

Current Concepts in Lumbar Spine: Diagnosis and Interdisciplinary Management of Lumbar Dysfunction

USC Division of Biokinesiology and Physical Therapy, USC Health Science Campus, November 2019

Leadership Fundamentals

Center for Creative Leadership, San Diego, CA, June 2019

SMT-1: High-Velocity Low-Amplitude Thrust Manipulation of Cervical, Thoracic, Lumbar Joints

American Academy of Manipulative Therapy, Portland, OR, August 2018

The UCSF Running Course: Clinically Applied Biomechanics

The UCSF Running Course Level 2: See It, Now Treat It

USCF, USCF campus, November 2016

Evaluation of running mechanics and treatment of common running injuries

MF1: Myofascial Manipulation

University of St. Augustine, Health Science Campus, September 2015

S3: Advanced Evaluation and Manipulation of the Cranio-Fascial Region, Cervical and Upper Thoracic Spine

University of St. Augustine, Health Science Campus, September 2012

Full Body Kinesiology Taping

Sacramento, CA, April 2010

Speed Agility Conditioning Seminar I

Dick Vermeil, Stanford University Athletic Department, May 2003

The Pelvic Girdle

Richard Jackson Seminars, San Francisco, CA, November 2002

Evaluation of pelvic dysfunction. Treatment for pelvic rotations, up-slips, in and out-flares.

Advanced Evaluation and Manipulation of the Pelvic, Lumbar and Thoracic Spine

University of St. Augustine, White Memorial Medical Center, January 2002

S1: Introduction to Spinal Evaluation and Manipulation

University of St. Augustine, White Memorial Medical Center, October 2001

PROFESSIONAL AFFILIATIONS

APTA – American Physical Therapy Association, 2002-Present

NATA – National Athletic Trainers Association, 2004-Present

LANGUAGES

English: Native Language

Mandarin: Intermediate Listener, Novice Speaker, Beginner Reading and Writing

COMPUTER SKILLS

Applications: Microsoft Word, Microsoft Excel

INTERESTS/HOBBIES

Ballroom, Latin, and swing dancing
Dance rehabilitation
Strength & Conditioning (the science of)
Leadership Development
Mentoring
Drawing
Hiking and camping
Reading
Pop culture

REFERENCES

Dr. Seth Gamradt, MD, Director of Orthopaedic Athletic Medicine for USC Athletics
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