

Sara Wallenrod, P.T., D.P.T., O.C.S.

sara.wallenrod@pt.usc.edu

Education

University of Southern California Orthopedic Residency, Los Angeles, CA

- Graduate certificate in Orthopedic Physical Therapy, August 2014

University of Southern California, Division of Biokinesiology and Physical Therapy, Los Angeles, CA

- Doctor of Physical Therapy (DPT), Graduated May 2013

University of San Francisco, San Francisco, CA

- Bachelor of Science (BS) in Exercise Science (Kinesiology), Graduated May 2010
- Minor, Gerontology

Licensure and Certification

Physical Therapy Board of California, Sacramento, CA

- July 2013 – present
- Licensed physical therapist in the State of California
- License number: 40397

American Board of Physical Therapy Specialists, Alexandria, VA

- May 2014 – present
- Board Certified Orthopedic Clinical Specialists

Professional Experience

Rancho Los Amigos National Rehabilitation Center, OP Orthopedics, Downey, CA

- August 2013 – present, Physical Therapist (II)
- Currently treating patients with a variety of orthopedic conditions with complex medical histories and neurologic comorbidities.
- Developed a standard of clinical practice for therapists treating patients' status-post total knee arthroplasty. Continue to assist with transition of post-surgical patients from inpatient therapy to outpatient services.
- Clinical director of the USC orthopedic residency at Rancho Los Amigos Rehab Center
- Provide mentoring for physical therapy residents and contribute to collaborative treatments along with other clinicians.
- Assisting in the development and coordination of a continuing education course for clinical staff furthering orthopedic skills for the management of neurologic patients.
- Worked in an acute care setting treating patients' status-post total joint replacement.

Rancho Los Amigos Rehabilitation Institute, Downey, CA

- June 2016 – present, Physical Therapist
- Participating in clinical research.

Clinical Education Affiliations

USC Physical Therapy Associates (University Park Campus), Los Angeles, CA

- January 2013 – May 2013, Student Physical Therapist
- Assisted USC staff, faculty and students recover from a wide variety of orthopedic issues such as cervicogenic headaches, post surgical injuries, and chronic pain.

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California Rehabilitation & Sports Therapy, OP Orthopedics, Huntington Beach, CA

- September 2012 – December 2012, Student Physical Therapist
- Worked with an athletic population with a variety of sports related injuries.
- Created and implemented plans of care for return to sports and functional activities.

Rancho Los Amigos National Rehabilitation Center, IP Mixed, Downey, CA

- May – July 2012, Student Physical Therapist
- Worked with patients with a wide variety of neurological impairments such as strokes, spinal cord injuries and traumatic brain injuries.
- Assisted with wheelchair fittings, orthotics, and pressure mapping.

Hallmark Rehabilitation, Skilled Nursing Facility, Garden Grove, CA

- March – April 2012, Student Physical Therapist
- Worked on a multidisciplinary team to care for older adults ages 65-95.
- Provided group therapy to patients with a variety of balance dysfunctions.

Glendale Adventist Medical Center, OP Pediatrics, Glendale, CA

- October – November 2011, Student Physical Therapist
- Worked with children age 2-8 with an array of neurologic disease and motor delays.
- Provided school based therapy to elementary school students two days a week.

Knight Physical Therapy, OP Orthopedics, Anaheim, CA

- June – July 2011, Student Physical Therapist
- Attended to patients age 17-85 with a variety of orthopedic issues and comorbidities.
- Exposed to a combination of eastern and western pain treatment philosophies.

Ho Physical Therapy, OP Orthopedics, Beverly Hills, CA

- March 2011, Student Physical Therapist
- Attended to patients at risk of fall, post joint replacements, and others with neurologic impairments such as Parkinson's disease.
- Exposed to specialized treatment of temporomandibular dysfunction.

University of San Francisco Athletic Training Department, San Francisco, CA

- August 2008 – May 2010, Student Athletic Trainer
- Assisted with rehabilitation and exercise programs.
- Administered different treatment modalities to facilitate the healing process.

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Continuing Education

Idiopathic Scoliosis

- Instructor: Ian Leahy, PT, DPT, OCS, SCS, CSCS, FAAOMPT
- Objective: Understand the pathoanatomy of Idiopathic scoliosis and the treatment algorithm of adolescent scoliosis based on Scoliosis Research Society. Understand basic evaluation skills and exercise progression of a patient with adolescent idiopathic scoliosis.

Complex Regional Pain Syndrome

- Instructor: Michele S. Jang, PT
- Objective: Understanding work related complex regional pain syndrome, risk factors, prevention, diagnosis, and treatment.

Chronic Pain – Extensive Medical Treatment Guidelines

- Instructor: Michele S. Jang, PT
- Objective: Understand medical treatment guidelines, and different types of treatment for patients suffering from chronic pain,

Hip and Knee Osteoarthritis Non-Surgical Management

- April 2017
- Objective: Review clinical practice guidelines that provide treatment options, including; pharmacological, non-pharmacological, complementary and alternating medicine as well as options for referral for surgical consultation in the department of veteran affairs and department of defense.

Red Flags and Red Herrings: Clinical Decision Making in the Assessment and Treatment of Headaches.

- Instructor: Michael O'Donnell, PT, DPT, OCS, FAAOMPT, MTC and Lyssa Cleary, PT, DPT, OCS
- Objective: Understand different classification of headaches and identify red flags and red herrings that assist in diagnostic triage.

Orthopedic Physical Therapy Seminar Series, Los Angeles, CA

- Instructor: Joseph Godges DPT, MA, OCS
- Objective: Integrate improvement in the areas of data collection and interpretation with practice in the application of manual therapy, therapeutic exercises, and patient education. Sixteen day course, Module I – Evaluation, Assessment, and Treatment of Lower Quarter Rehabilitation, Module II – Upper Quarter Rehabilitation.

High Velocity Low Amplitude Technique for Spinal Manipulation, Los Angeles, CA

- Instructors: Philip Tehan DO, Dip. Physiotherapy, MHSc. and Peter Gibbons MB, BS, DO. DM-SMed, M.H.Sc.
- Objective: Two-day course focusing on introduction to HVLA techniques that can be used in the treatment of spinal pain and dysfunction.

The Spine: An Osteopathic Approach to Manipulations, Los Angeles, CA

- Instructor: Laurie Hartman, DO, Ph.D.
- Objective: Comprehensive one-day course covering the cervical, thoracic, and lumbar spine. In-depth explanations and demonstrations of osteopathic treatment for the neck, thoracic spine, lumbar spine and sacroiliac joint.

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Continuing Education (Continued)

An Osteopathic Approach to Pain and Dysfunction in the Cervical and Lumbar Spine: Minimal Leverage Manipulations, Los Angeles, CA

- Instructor: Laurie Hartman, DO, Ph.D.
- Objective: Comprehensive two-day course covering the cervical, thoracic, and lumbar spine. In-depth explanations and demonstrations of minimal leverage manipulations for the neck, thoracic, lumbar spine, sacroiliac joint, and upper and lower extremity.

Physical Therapy Management of Patients with TMJ Disorders and Associated Symptoms, Los Angeles, CA

- Instructor: Sally Ho, PT, DPT, OCS
- Objective: One-day course on management of temporomandibular disorders covering evaluation and treatment techniques for the TMJ.

Dr. Perry Gait Rounds Series 001- Kinematics, Rancho Los Amigos National Rehabilitation Center Physical Therapy Professional Education Institute, Downey, CA

- Instructor: Rancho Gait Instructors
- Objective: Twelve-week course designed to practice observational gait analysis skills. Utilization of the Rancho Los Amigos Observational Gait Analysis Form and systematic approach to recognize gait deviations and common patterns during ambulation.

Professionalism Module 1: Introduction to Professionalism, Los Angeles, CA

- May 8th, 2016
- Objective: APTA learning center course focusing on the concepts of professionalism and autonomous practice.

Introduction to Interpreting Ethics and Roles in Healthcare, Downey, CA

- June, 2016
- Objectives: Identify strategies to navigate ethical dilemmas when working with Limited English Proficient (LEP) patients. Identify roles and boundaries of the healthcare interpreters and the collaboration with clinicians. Describe the Federal & State requirements for qualified interpreters to improve communication and quality of care in a healthcare setting.

Teaching

Adjunct Instructor of Clinical Physical Therapy - USC Dept. Biokinesiology and Physical therapy

Hybrid Integrated Patient Management Seminar, PT 642a

- September 2021
- Live session instructor for third year physical therapy student. Utilizing problem-based learning, and team learning format, to facilitate integration and application of knowledge, skills and abilities acquired in the first two years of the entry-level Doctor of Physical Therapy (DPT) program to optimize physical therapy evaluation and management of patients across the lifespan with concurrent musculoskeletal, medical, cardiopulmonary and/or neurologic disorders.

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Teaching (Continued)

Clinical Instructor of Clinical Physical Therapy - USC Dept. Biokinesiology and Physical therapy

Basics of Patient Management, PT 521

- December 2018
- Participated in a one week immersion course for first year USC physical therapy students in the DPT@USC hybrid program, emphasizing the development and further refinement of psychomotor skills and clinical decision making skills associated with basic patient examination and evaluation for the upper extremity

Clinical Instructor of Clinical Physical Therapy - USC Dept. Biokinesiology and Physical therapy

Basics of Patient Management, PT 521

- October 2018
- Participated in a one week immersion course for first year USC physical therapy students in the DPT@USC hybrid program, emphasizing the development and further refinement of psychomotor skills and clinical decision making skills associated with basic patient examination and evaluation for the lower extremity.

Orthopedic Integration for the Neurologic Physical Therapist and Physical Therapy Assistant

- July 2017 – January 2018, January 2018 – July 2018
- Developed and coordinated a continuing education course for neurologic physical therapist and physical therapy assistants geared towards developing an integration of musculoskeletal physical therapy within the construct of a neurologic setting.

Adjunct Instructor of Clinical Physical Therapy - USC Dept. Biokinesiology and Physical therapy

Integrated Management of The Upper and Lower Extremity, PT 630, 631

- August 2015 – May 2017
- Provided a learning centered approach for third year USC physical therapy students, emphasizing the development and further refinement of psychomotor skills and clinical decision making skills associated with patient examination, evaluation, and treatment. Independent lecturer of the distal upper extremity (elbow, wrist, and hand). Co-lecturer of the knee. Coordinator of pediatric and trunk training day.

Lecturer - USC Dept. Biokinesiology and Physical therapy

Integrated Patient Management Seminar and Integrated Management of the Upper and Lower Extremity, PT 632, PT 631

- One-day lecture on the management of shoulder pain in the complex patient for third year physical therapy students. Assisted with patient presentation and the instruction of evaluation and treatment techniques for the patient with shoulder pain.

Teaching Assistant - USC Dept. Biokinesiology and Physical therapy

Analytical Anatomy, PT 554L, Spring 2014

- January 2014 – May 2014
- Created and presented power point lectures for clinical radiology labs.
- Assisted with manual skills during topographical anatomy laboratory.

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Teaching Assistant - USC Dept. Biokinesiology and Physical therapy Clinical Imaging, PT 606

- August 2013 – December 2013
- Created and presented UE and LE clinical imaging cases to first year physical therapy students.

Scholarly Activity

Publication in Translational Journal of the ACSM

- February 2019
- “Effectiveness of a Fall Prevention Exercise Program on Fall Risk in Community-Dwelling Older Adults” by Christian Thompson, Taylor Harrington, Sarah Simunovich, Sara Wallenrod, and Rodney Corn

Submission of Musculoskeletal Imaging Article in JOSPT

- May 2014
- “Incidental finding of Multiple Sclerosis in a patient with Lower Extremity Pain” by Sara Wallenrod, P.T., D.P.T., Jason Cozby P.T., D.P.T., O.C.S.

Poster presentation at the American College of Sports Medicine Annual Meeting, Baltimore, MD

- June 1-5, 2010
- “Effects Of A 12-week Exercise Intervention On Falls Risk In Community-Dwelling Older Fallers” by Christian Thompson Ph.D., Sarah Simunovich, Sara Wallenrod, and Rodney Corn

Research Activities

Pathokinesiology Laboratory, Rancho Los Amigos National Rehabilitation Center,

- October 2013 – Present
- Conducting research on the development of shoulder impingement in patients’ status post spinal cord injuries.
- Conducting research on effectiveness of functional foot orthoses vs custom AFO’s in mobility.

Rancho Los Amigos Rehabilitation Institute Participation in Robo camp

- June 2016, June 2017, June 2018
- Participation in camp for children s/p cerebral hemispherectomy

Research Assistant, Exercise Physiology Laboratory, University of San Francisco

- January 2009 – May 2010
- Participated in research examining the effect of a TRX based strengthening program combined with multi-planar stretching and range of motion to decrease the risk of falls.
- Participated in research examining the effects of a 12-week community based exercise program on older adults at risk for falls.

Speaking Engagements

Presented at MEDS Unwrapped USC, regarding the field of health care and the role of physical therapy, *January, 2013*

Community Service

Life Rolls On

- 2011 – 2016
- Assist participants in adapted surfing. Promote spinal cord injury awareness.

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Umthombo, Durban, South Africa

- May 2008
- Assisted with the reintegration process of “street children” into society.

Skills and Interests

Certifications: CPR (active), AED (active), Basic Water safety Certified

Language: Spanish intermediate, conversational