

# Samuel E. Franklin, PT, DPT, OCS, CSCS

1018 Euclid St.  
Apt. 100  
Santa Monica, CA  
Cell: (941) 932-1200  
Email: Samuel.FranklinPT@gmail.com

## Professional Profile

- Doctoral-level physical therapist.
- Board Certified Orthopedic Specialist
- Certified Strength and Conditioning Specialist

## Education and Training

- Orthopedic Residency, University of Southern California, 2016.
- Doctor of Physical Therapy, University of Miami, 2015.
- Bachelor of Science Education, Kinesiology/Exercise Physiology, University of Miami, 2012.

## Physical Therapy Professional Experience

**Licensed Physical Therapist**, SportsFit Physical Therapy, Santa Monica, CA, 2017 – present

- Staff Physical Therapist
- Treatment of a predominant orthopedic patient population, including conservative care of spine and extremity disorders as well as post-surgical rehabilitation.
- Sub-focus in CrossFit and weightlifting populations.

**Licensed Physical Therapist**, USC Physical Therapy Associates, Los Angeles, CA, 2015 – 2016

- Orthopedic Resident
- Treatment of a predominant orthopedic patient population, including conservative care of spine and extremity disorders as well as post-surgical rehabilitation.
- Clinical mentor to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> year PT students.
- Access Paratransit Appeals Specialist: Conduct physical function assessments to determine eligibility for Access Paratransit Services.

**Licensure Information/Registration Number:** PT43038

## Academic/Teaching Experience

- **Adjunct Instructor of Clinical Physical Therapy, Course Co-Director**, USC Division of Biokinesiology and Physical Therapy, PT 530a: Therapeutic Exercise, Spring 2019 – present
  - Co-Director for therapeutic exercise class for residential and hybrid learning tracks.
- **Adjunct Instructor of Clinical Physical Therapy, Hybrid Course Translation Team**, USC Division of Biokinesiology and Physical Therapy, PT 530a: Therapeutic Exercise, 2018
  - Participated in translation of residential therapeutic exercise course into hybrid-online format.
- **Adjunct Instructor of Clinical Physical Therapy**, USC Division of Biokinesiology and Physical Therapy, PT 530a: Therapeutic Exercise, Spring 2017 – 2019
  - Adjunct Instructor for therapeutic exercise laboratory sessions including but not limited to: balance training, flexibility, muscle conditioning and power training.

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- **Continuing Education Course Speaker/Instructor: Hypothesis Driven Movement Analysis and Skill Restoration: The Injured CrossFit Athlete**, USC Residency Retreat, 2017; San Gabriel Valley CPTA district meeting, 2017
  - Presented lecture and lead laboratory sessions for continuing education course credit to licensed PT's
- **Continuing Education Course Teaching Assistant: The Athlete Movement System**, Jared Vagy, November 2018, May 2019
  - Assisted in lecture and lab for continuing education course credit to licensed PT's.
- **Faculty Mentor**, USC Orthopedic Residency Program, 2017 - present.
  - Clinical mentor to USC orthopedic residents
- **Faculty Mentor**, USC DPT Student Mentoring Program, 2017 - present
  - Academic, clinical, and professional mentorship to USC DPT students
- **Course Teaching Assistant**, *USC Division of Biokinesiology and Physical Therapy PT 530A: Therapeutic Exercise, Spring 2016*
  - Teaching Assistant for therapeutic exercise laboratory sessions including but not limited to: balance training, flexibility, and power training.
- **Course Teaching Assistant**, *USC Division of Biokinesiology and Physical Therapy, PT 514: Musculoskeletal Anatomy, Fall 2015*
  - Teaching Assistant for laboratory sessions aiding in cadaveric dissections and open lab study sessions.

## Academic Honors and Awards

- Clinical Excellence Award, University of Miami Department of Physical Therapy, 2015.
- Dean's List, University of Miami: Undergraduate: 2010, 2011, 2012; Graduate: 2013, 2014, 2015

## Professional Development – University

- USC Center For Excellence in Teaching, New Faculty Training, Fall 2019 - Spring 2020
  - Series of nine learning modules focusing on pedagogical learning models and evidence-based teaching practices.
- Orthopedic Surgeon shadowing
  - **Seth Gamdradt, MD, Fall 2015**: Primary patient population of arthroscopic knee ligament reconstruction and shoulder arthroplasty.
  - **John Itamura, MD, Spring 2016**: Primary population of shoulder arthroplasty and elbow reconstruction.
  - **Raymond Hah, MD, Summer 2016**: Primary patient population of spine disorders.
- Literature Review, USC Orthopedic Physical Therapy, 2015 - 2016
  - Literature review with weekly emphasis on various musculoskeletal regions and/or orthopedic diagnoses.

## Publications and Research

- Skinner C, **Franklin S**, Chang J, Sum J, Groshen S, Hatch G. Demographics, Activity Level, and Shoulder Health History of Populations Participating in CrossFit: A Descriptive Analysis. *Austin J Orthopade & Rheumatol.* 2017; 4(2): 1052.

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- Bonhomme CA, Bengston LA, Francisco A, **Franklin SE**, Miller S. A Multimodal Approach to Patellofemoral Pain, Including Lumbar Manual Therapy, Motor Control, and Strengthening: A Case Report. Poster Presentation. Orthopedic Physical Therapy Section, APTA Combined Sections Meeting, Indianapolis, IN, February 2015.
- Participated in data collection for the American Orthotic and Prosthetic Associated Pilot research grant, regarding the effects of prosthetic foot designs on functional outcomes, Fall 2014.

## Continuing Education

- **Neuropracticity, Mike Studer PT, MHS, NCS, April 2020**
  - Two-day course on current concepts in motor learning and application of the OPTIMAL Theory in clinical practice.
- **Pain Science and What You Need to Know, Clinical Athlete, April 2020**
  - Online course reviewing current pain-science literature with clinical application.
- **Level 1 Blood Flow Restriction Training, Smart Cuffs, November 2019**
  - One-day course to certify in blood flow restriction training for extremity rehab
- **Complete Management of the Athlete- Upper Quarter: A Movement Systems Approach, Jared Vagy, PT, DPT, OCS, CSCS, January 2019**
  - Two-day lecture and practical course on movement analysis and treatment of the upper quarter athlete.
- **Idiopathic Scoliosis, Ian Leahy, PT, DPT, OCS, SCS, CSCS, FAAOMPT, December 2018**
  - Half day lecture and lab on treatment of idiopathic scoliosis
- **Complete Management of the Athlete- Lower Quarter and Spine: A Movement Systems Approach, Jared Vagy, PT, DPT, OCS, CSCS, March 2017**
  - Two-day lecture and practical course on movement analysis and treatment of the lower quarter athlete.
- **Biomechanical Orthotics Course, Greg Wolfe, CPED and Jason Cozby, PT, DPT, OCS, March 2016**
  - One-day practical course in foot orthotic prescription and fitting.
- **Management of the Temporomandibular Joint, Sally Ho, PT, DPT, OCS, March 2016**
  - Two-day lecture and practical course involving the management of temporomandibular joint and cervical spine based on evidence based approach. The course included overview of the temporomandibular joint and cervical spine anatomy, mobilization and manipulation of the TMJ and cervical spine, and EMG activity of the TMJ musculature and cervical spine in various functional activities.
- **Essentials of Spinal Manipulation, Peter Gibbons, MB, BS, DO, DM-SMed, MHSc and Philip Tehan DO, Dip. Physiotherapy, MHSc, March 2016**
  - Two-day lecture and practical course on spinal manipulation. Legal ramifications, educational rationale, evidence-based research, and treatment techniques were applied to the manual treatment of the spine, especially the cervical, thoracic, and lumbar regions.
- **Update on Lumbar Spine, “Low Back Pain and the Hip: Interactions and Evidence”, Shirley Sahrman, PhD, PT, FAPTA, February 2016**
  - Two-day lecture and practical with focus on movement analysis examination and treatment for the lumbar spine.

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- **Osteopathic Manual Therapy, Laurie Hartman, DO, PhD, November 2015**
  - Two-day practical course regarding manual techniques for treatment of orthopedic dysfunction.
- **Tissue Healing in Musculoskeletal Conditions: Application of Basic Science in Clinical Decision Making, Steve Reischl, PT, MS, DPT, OCS and Michael O'Donnell, PT, DPT, OCS, FAAOMPT, MTC, November 2015**
  - Lecture regarding evidence-based physiologic tissue healing as it relates to clinical practice.
- **Orthopedic Physical Therapy Upper Quarter Seminar Series, Joe Godges, DPT, MA, OCS, October 2015**
  - Eight-day lecture and practical course regarding orthopedic examination and treatment of the cervical/thoracic spine, shoulder, elbow, wrist, and hand.
- **Orthopedic Physical Therapy Lower Quarter Seminar Series, Joe Godges, PT, DPT, OCS, August 2015**
  - Eight-day lecture and practical course regarding orthopedic examination and treatment of the lumbar spine, sacroiliac joint, hip, knee, ankle, and foot.

## Other Professional Experiences

**USA Weightlifting, World Weightlifting Championships**, Physical Therapist, Anaheim, CA, 2017  
**YMCA**, Sarasota, FL – 2009 - 2012

*Fitness Instructor*

Conducted new member orientation and led introductory training sessions.

## Physical Therapy Education Clinical Affiliations

**Healthsouth Rehabilitation Hospital, Sarasota, FL. March- May 2015**

- Worked as SPT in fulfillment of the UMDPT curriculum.
- Integrated all aspects of inpatient physical therapy in managing a full patient caseload with an emphasis on neurological and complex orthopedic patients.
- *CI: Meghan Eckhart, PT, DPT, NCS*

**Cedars-Sinai Medical Center, Los Angeles, CA. January – March 2015**

- Worked as SPT in fulfillment of the UMDPT curriculum.
- Implement a multitude of orthopedic physical therapy interventions in the outpatient setting with a focus on cancer rehabilitation and lymphedema therapy.
- Presented an in-service presentation of the clinical crossover between orthopedic PT and cancer rehab.
- *CI: Mary Rosenberg, PT, CT-LANA*

**Novacare Rehabilitation, Philadelphia, PA. October - December 2014**

- Worked as SPT in fulfillment of the UMDPT curriculum.
- Executed evaluations, assessments, and treatment plans independently for approximately half of a full patient load, consisting primarily of orthopedic patients with a large portion of worker's compensation cases.
- Gained experience in differential diagnosis and treatment plan design regarding vestibular and post-concussive syndromes.

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- Presented an in-service presentation on the latest research regarding manual therapy treatment for adhesive capsulitis.
- *CI: Scot Foster, PT, DPT*

## **Doctor's Hospital Outpatient Rehab, Miami, FL. August - October 2013**

- Worked as SPT in fulfillment of the UMDPT curriculum.
- Gained experience in all aspects of outpatient physical therapy including evaluation, assessment, PT diagnosis, treatment, and billing for a variety of patients with diverse musculoskeletal impairments. Demographics ranged from adolescent and professional tennis athletes to complex geriatric patients.
- Conducted an in-service presentation to all clinic colleagues on power training for elderly populations.
- *CI: Noel Gressner, PT, DPT, OCS, CSCS*

## **Professional Organizations**

American Physical Therapy Association

Orthopedic Sections Member

National Strength and Conditioning Association

## **Certifications**

NSCA *Certified Strength and Conditioning Specialist*

2011

## **Professional Development**

Combined Sections Meeting, Anaheim, California

2016

Combined Sections Meeting, Indianapolis, Indiana

2015

## **Community Services**

USA Weightlifting Volunteer Medical Staff

2017

Movement Alliance, Advisory Board Member

2017

- Non-profit Organization providing movement-based education to community coaches/teachers.

Athletic Screening for local community colleges, Los Angeles, CA, August 2015

## **Interests**

CrossFit, Gymnastics, Yoga, Olympic Weightlifting, Powerlifting, Meditation.

**References Available Upon Request**