

DR. JANICE C. YING, PT, DPT, OCS

EDUCATION

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| Glendale Adventist Medical Center – Orthopedic Residency | January-December 2011 |
| University of Southern California, Los Angeles, CA Doctor of Physical Therapy | 2007 - 2010 |
| Pepperdine University, Malibu, CA Bachelor of Arts in Music Major: Music Education, Piano Performance Areas of Concentration: Violin Performance, Sports Medicine | 2001 - 2005 |

LICENSURE/CERTIFICATIONS

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| Physical Therapist: California #36919 | Exp: 01/31/2022 |
| Physical Therapist: Missouri #2020035245 | Exp: 1/31/2022 |
| Orthopedic Clinical Specialist (OCS): #42227 | Exp: 6/30/2022 |
| BLS for Healthcare Providers (CPR & AED) | Exp: 06/2023 |
| APTA Credentialed Clinical Instructor | |
| Certified Ergonomics Assessment Specialist (CEAS) | |
| Certified Kinesio Taping Practitioner (CKTP) | |
| Certified Graston Provider | |

CLINICAL/PROFESSIONAL EXPERIENCE

Invested Musician

Faculty – Physical Therapy July 2020 – Present
A member of the world-renowned music faculty comprising of principle musicians of the Los Angeles Philharmonic, arts administrators and movement educators. Provides courses on musician health, anatomy, injury prevention and performance training.

University of Southern California

Adjunct Instructor of Clinical Physical Therapy May 2021-Present
Course assistant for DPT @USC Hybrid entry-level Physical Therapy DPT program immersion weeks for the following courses: Basics of Patient Management (PT521), Therapeutic Exercise (530A), Special Topics in Therapeutic Exercise (530B), Clinical Management of the Patient with Musculoskeletal Dysfunction (PT621), Hybrid Integrated Patient Management Clinical Skills (PT640b).

Instructor August 2019 – December 2020
Instructor for DPT@USC Hybrid entry-level Physical Therapy DPT program. Assisted in lab instruction and testing for the following courses: Basics of Patient Management (PT521), Therapeutic Exercise (530A), Special Topics in Therapeutic Exercise (530B), Clinical Management of the Patient with Musculoskeletal Dysfunction (PT621), Hybrid Integrated Patient Management Clinical Skills (PT640a).

Opus Physical Therapy and Performance Inc.

CEO, Physical Therapist August 2019 – Present
Opus Physical Therapy and Performance Inc. is a mobile outpatient physical therapy practice serving the Greater Los Angeles area and providing telehealth services to patients located throughout California, and Missouri. Opus PT specializes in the functional treatment of orthopedic conditions and is internationally recognized for their specialization in providing rehabilitation and injury prevention treatments for performing artists.

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The Colburn School – Conservatory of Music

Wellness Professor August 2021 - Present

Primary instructor for mandatory core course – The Healthy Musician (SEM 010) taken by all incoming undergraduate, graduate and certificate students. Coordinates guest speakers and develops course lecture content. Topics include anatomy, musculoskeletal injury prevention, mental health, hearing health, nutrition and other related topics.

Head Physical Therapist August 2019 – Present

Member of the Wellness Team, providing preventative and rehabilitative services to undergraduate and graduate students at the Conservatory of Music utilizing a collaborative, multi-disciplinary approach with music professors, nurses, massage therapists and psychologists. Provides educational sessions and lectures to students of the Conservatory of Music, Music Academy and music faculty on injury prevention techniques and wellness. Serves as consultant for visiting faculty and guest artists.

American Contemporary Ballet – Los Angeles, CA

Company Physical Therapist September 2017-Present

Providing on-site pro bono services to professional ballet company with backstage support, emergency backstage care, remote consultations, pre-performance treatments and injury prevention interventions.

Elsevier Inc. – Atlanta, GA

Clinical Expert (CLE) July 2014 – Present

Content writer for Elsevier Inc. Mosby's Skills – Physical Therapy project. Conducting literature searches to provide the most current information on clinical assessment techniques in an in-patient or home health setting.

Adventist Health - Glendale - Therapy and Wellness Center, Eagle Rock, CA

Senior Physical Therapist February 2014 – October 14, 2019

Member of the Spine Team, specializing in treatment of conditions involving cervical, thoracic and lumbar spine. Upper quarter specialist, including shoulder, elbow and wrist. Developed a musician-specific sub-specialty within the clinic, thus increasing musician referrals throughout the Los Angeles area. Specializes in treating/prevention of playing-related injuries amongst instrumental musicians, assessment and treatment of various diagnoses within the upper quarter and spine. Assists with administrative duties when manager is not on-site. Mentor and lecturer in the Glendale Adventist Medical Center Orthopedic Residency on treatment strategies of the elbow, wrist and hand, as well as topics regarding ergonomics and performing arts medicine. Serves as preceptor for new clinical staff.

Physical Therapist September 2010 – February 2014

Successful completion the APTA accredited orthopedic residency. Provided physical therapy services and patient care, specializing in conditions of the spine and upper quarter. Supervised support staff, including PTA's, PT aides and volunteers.

RESEARCH EXPERIENCE

Graduate Research Assistant, University of Southern California, Los Angeles, CA 2008 - 2010

Departments of Physical Therapy (Ostrow School of Dentistry) and Music Education (Thornton School of Music)

AWARDS/RECOGNITION

American Physical Therapy Association – Academy of Orthopedic Physical Therapy – 2021 Emerging Leader Award

PRESENTATIONS/PUBLICATIONS

PUBLICATIONS

Ying JC. *Case Report: Violist with Left Arm Pain.* Orthopedic Physical Therapy Practice. 2016;28(1):71-74.

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PRESENTATIONS

- Ying JC.** *Train like you play: Developing a functionally relevant assessment and training program for musicians.* Performing Arts Medicine Association International Symposium – Weill Cornell Medical Center, New York – Presbyterian, New York, NY – June 24-27, 2021. (accepted)
- Ying JC.** *Physical Therapy and the Arts: Helping the World's Creatives Keep Creating.* California Physical Therapy Association – California Student Special Interest Group (CASSIG). September 19, 2020
- Ying JC,** Hayden E, Michener L. *Movement Assessment and Return to Playing for the Instrumental Musician.* American Physical Therapy Association – Combined Sections Meeting – Denver, CO – February 14, 2020.
- Nguyen CW, Hayden EM, **Ying JC.** *Pilot musculoskeletal screen for collegiate instrumental musicians.* Tri-State Physical Therapy Conference – Las Vegas, NV – October 11-13, 2019.
- Winder BR, **Ying JC.** *Empowering Performing Artists During Injury Healing and Wellness: How can the Healthcare Practitioner Serve as a Facilitator?* - Performing Arts Medicine Association International Symposium – University of California Los Angeles – Los Angeles, CA – June 29, 2019.
- Ying JC.** *Clinical Concepts for the Elbow, Wrist and Hand.* Loma Linda University – Physical Medicine & Rehabilitation Residency – Loma Linda, CA – April 19, 2019.
- Ying JC,** Yang J, Patterson, M. *Joint Hypermobility Syndrome and the Performing Artist.* Performing Arts Medicine International Symposium – Orange, CA – July 2, 2018.
- Ying JC.** *Advanced Functional Assessment Skills in Ergonomics and Performing Arts Medicine.* Glendale Adventist Medical Center – Therapy and Wellness Center Orthopedic Residency, Eagle Rock, CA – June 24, 2018 (recurring lecture - 2012- 2019).
- Ying JC.** *Management of the Elbow, Wrist and Hand.* Glendale Adventist Medical Center – Therapy and Wellness Center Orthopedic Residency, Eagle Rock, CA – June 21, 2018 (recurring lecture – 2016-2019).
- Ying JC,** Louw A, Hayden E. *Out of Tune: A Guide to Upper Extremity Nerve Entrapments Syndromes in Musicians.* American Physical Therapy Association – Combined Sections Meeting – San Antonio, TX – February 17, 2017.
- Hayden E, **Ying JC,** Kanengiser B. *Break Out of That Slump: Posture and Movement Awareness for Musicians.* University of Southern California, Thornton School of Music – Los Angeles, CA – November 1, 2016.
- Ying JC,** Hayden E. *Clinician's Guide to Musicians: Playing Posture and Movement Analysis.* Performing Arts Medicine Association International Symposium – New York, NY – July 7, 2016.
- Ying JC.** *Differential Diagnosis for the Lumbar Spine.* Cheng Hsin General Hospital – Taipei, Taiwan – April 13, 2016.
- Ying JC.** *Injury Prevention Techniques for the Performing Artist.* Chinese Culture University – Taipei, Taiwan – April 13, 2016.
- Ying JC,** Hayden E. *Nerve Entrapment Syndromes In the Upper Extremities: A Case-based Approach to Understanding the Diagnoses & Treatment in Musicians.* Healthy Approaches in the Training of Performing Artists – Medical Issues and Applied Practices - Chapman University, Orange, CA – September 12, 2015.
- Ying JC.** *The Healthy Musician Series: Overused and Abused: Repetitive Stress Injuries in Performing Artists.* Glendale Adventist Medical Center- Therapy and Wellness Center, Eagle Rock, CA – April 22, 2014.
- Ying JC.** *Overused and Abused: Repetitive Stress Injuries in Performing Artists.* MusiCares, The Recording Academy, Santa Monica, CA – July 30, 2013.
- Ying JC,** Spirtos PN, Fujinaka L, Cole K. *Immediate Effects of Internal Rotation Stretching for Shoulder Impingement.* Platform Presentation. Kaiser Permanente Residency/Fellowship Research Day Los Angeles, CA – November 19, 2011.

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Ying JC, Spirtos PN. *Differential Diagnosis for the Lumbar Spine and Hip*. Glendale Adventist Medical Center, Eagle Rock, CA – July 29, 2011.

Woodward SC, Hayden EM, Sum JC, Fresen JL, **Ying JC**, Dylla JM. *The physiological characteristics of jazz guitarists*. Symposium on Medical Problems of Musicians & Dancers. Snowmass, CO – July 29-August 1, 2010.

Furumasu J, Shanfield K, Levin D, (**Ying JC**). *Considerations for mobility and technology needs in children and adults with spinal cord injuries*. International Symposium on Quality of Life Technology (post-conference). Las Vegas, NV – June 30, 2010. – Course Assistant.

Ying JC. *“The Painful Pianist: A Clinical Perspective on Treating Playing-Related Injuries Among Musicians”*. Glendale Adventist Medical Center Therapy and Wellness Center, Eagle Rock, CA – December 3, 2009.

PROFESSIONAL MEMBERSHIPS/POSITIONS HELD

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| American Physical Therapy Association (APTA) | 2007 – present |
| Orthopedic Section | |
| Performing Arts Special Interest Group | |
| Secretary (appointed) | 2019 – present |
| Independent Study Course Committee Chair (appointed) | 2017 – 2019 |
| Performing Arts DASP Revalidation Committee (appointed) | 2015 – 2019 |
| Nominating Committee Member (elected) | 2014 – 2017 |
| Orthopedic Section Membership Committee Member | 2009 – 2011 |
| Private Practice Section | 2018 – present |
| California Physical Therapy Association (CPTA) | 2007 – present |
| Nominating Committee Member (elected) | 2018 – 2019 |
| American Academy of Manual Physical Therapists (AAOMPT) | 2009 – 2018 |
| Performing Arts Medicine Association (PAMA) | 2006 – present |

CONTINUING EDUCATION/CONFERENCES ATTENDED (SELECTED)

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| Neurotour – Backstage: Injury Prevention & Management | January, 2020 |
| Essential Wrist/Hand Orthotic Fabrication Skills: For New and Intermediate Therapists | July, 2019 |
| Dynamic Neuromuscular Stabilization (Course A) | February, 2019 |
| American Red Cross: Emergency Medical Responder | April, 2018 |
| Graston Technique: M1 – Basic Training | December, 2015 |
| CEAS I: Ergonomics Assessment Certification Workshop | February, 2015 |
| The Back School of Atlanta | |
| High Velocity Low Amplitude Techniques for Spinal Manipulation | March, 2014 |
| University of Southern California (Peter Gibbons, Philip Tehan) | |
| Kinesiotex: Clinical Concepts and Advanced Whole-Body Applications of the Kinesio Taping Method (KT3) | September, 2013 |
| Mulligan Concept: Upper Quadrant | September, 2012 |
| Kinesiotex: Fundamental Concepts (KT1), Advanced Concepts and Corrective Techniques (KT2) | June, 2012 |
| Understanding Pain and Clinical Applications – Lorrimer Mosely | May, 2011 |
| APTA Clinical Instructor Education and Credentialing | January, 2011 |
| Manual Therapy for the Upper and Lower Quadrant – (AAOMPT pre-conference) | October, 2010 |
| Biomechanical Laboratories – Orthotics Fabrication course – Los Angeles, CA | March, 2010 |