

Kathryn A. McLeland, PT, DPT, MS, CSCS

EDUCATION & TRAINING

- University of Southern California, Division of Biokinesiology & Physical Therapy;
Los Angeles, CA
Orthopaedic Residency in Physical Therapy 2021
- Northwestern University, Department of Physical Therapy & Human Movement Sciences;
Chicago, IL
DPT, Doctor of Physical Therapy 2020
- California State University, Kinesiology Department; Fullerton, CA
MS, Kinesiology 2015
Thesis: Estimation of Muscle Fiber Composition via Fatigue
Committee Chair: Lee Brown, EdD, FNCSA, FACSM
- Biola University, Kinesiology Department; La Mirada, CA
BS, Kinesiology, Minor: Biblical Studies 2012
- University of Illinois at Chicago, Movement Sciences Department; Chicago, IL
Major: Movement Sciences 2009

CERTIFICATES & LICENSURE

- ◆ Licensed Physical Therapist, Physical Therapy Board of California, #298619
- ◆ Licensed Physical Therapist, Illinois Dept. of Financial & Prof. Regulation, #070026308
- ◆ Certified Strength and Conditioning Specialist (National Strength & Conditioning Assn.)
 - › # 7247884497, Recertified 2017,2020
- ◆ LSVT BIG Global Certified Clinician
- ◆ ORS Personal Blood Flow Restriction Rehabilitation, #02202021A7
- ◆ American Heart Association BLS – Healthcare Provider, 2017 - Present
- ◆ American Red Cross Lifeguarding for the Professional Rescuer/Lifeguard Instructor
 - › 2007-2017

PROFESSIONAL MEMBERSHIPS

- ◆ American Physical Therapy Association (#803557)
 - › California Physical Therapy Association, Current
 - › Illinois Physical Therapy Association, 2017-2020
 - › Academy of Orthopedic PT, Academy of Neurologic PT, & Academy of Research
- ◆ American Academy of Orthopedic Manual Therapists
 - › Northwestern University Manual Therapy Club
- ◆ National Strength and Conditioning Association
- ◆ American College of Sports Medicine
 - › Southwest American College of Sports Medicine

PHYSICAL THERAPY EXPERIENCE

Full Time Employment

Kaiser Permanente, Orange County, CA, Outpatient Orthopedics/Acute Care
Gary M. Souza Physical Therapy & Associates
Diamond Bar, CA, Outpatient Orthopedics/Manual Therapy

Full Time Clinical Experience

Kaiser Permanente
South Sacramento, CA, Outpatient Orthopedics, Total Joint Program
Kaiser Permanente
South Sacramento, CA, Inpatient (various), Total Joint Program
Shirley Ryan Ability Lab
Burr Ridge, IL, Outpatient Complex Neurological
St. Anthony Hospital
Pendleton, OR, Outpatient Orthopedics

Rehabilitative Support

MarianJoy Rehabilitation Hospital	13 months
Wheaton, IL, Day Rehabilitation & Outpatient Services	
Athletico Physical Therapy	8 months
Bartlett, IL, Rehabilitation Aide, Outpatient Orthopedics	
Indian Health Service	1 week
Pinetop, AZ, Observational, Rural Health Clinic	

ACADEMIC TEACHING EXPERIENCE

University of Southern California Division of Biokinesiology and Physical Therapy

- › PT 621 Clinical Management of The Patient with Musculoskeletal Dysfunction
- › PT 521 Basics of Patient Management

Northwestern University Department of Physical Therapy and Human Movement Sciences

- › Foundations in Physical Therapy I

California State University, Fullerton

- › KINES 144 Aerobic Exercise & Weight Control
- › KINES 110A/B/C Beginner/Intermediate/Advanced Swimming
- › Center for Sport Performance Graduate Assistant

Biola University

- › Human Performance Lab Coordinator

LEADERSHIP EXPERIENCE

- ◆ APTA Academy of Neurological Physical Therapy
 - › Spinal Cord Injury Special Interest Group, Lead Social Media Coordinator
- ◆ Illinois Physical Therapy Association
 - › Student Special Interest Group Executive Board Communications Liaison 2018-2019

- › Co-Host National Advocacy Dinner for students throughout Illinois, co-host
- ◆ Northwestern University Department of Physical Therapy and Human Movement Sciences
 - › Social Media Coordinator
- ◆ National Strength & Conditioning Research
 - › Reviewer, Journal of Strength and Conditioning Research, 22 reviews

HONORS AND AWARDS

- ◆ APTA Academy of Physical Therapy Research Biomechanics Special Interest Group (SIG) Student/Post-doc Travel Award (2022)
- ◆ Northwestern Univ Feinberg School of Medicine Dept of Physical Therapy & Human Movement Sciences
 - › 2020 Leadership Award
 - › 2019-2020 Edelsberg Scholar
 - › 2017-2019 Alumni Scholar
- ◆ American Physical Therapy Association
 - › 2019 Foundation for Physical Therapy Marquette Challenge Honorable Mention
- ◆ Northwestern Auxiliary of Delnor and Central DuPage Hospitals
 - › 2019 Scholarship Recipient
- ◆ DuPage Medical Society Foundation
 - › 2018, 2019 Scholarship Recipient
- ◆ National Strength and Conditioning Association
 - › 2014, 2015 Scholarship Recipient
- ◆ Biola University
 - › Magna Cum Laude
 - › Epsilon Kappa Epsilon Honors Society
 - › 2012 Kinesiology Student of the Year
 - › 2010-2011 NAIA Scholar Athlete
 - › 7 x National Qualifier
 - › 800 Freestyle Relay Team Record Holder
- ◆ City of La Mirada
 - › 2012 Outstanding Performance Award
- ◆ University of Illinois at Chicago
 - › 2009 NCAA Scholar Athlete
 - › 800 Free Relay Team Record Holder

PUBLICATIONS

- ◆ Bagley JR, **McLeland KA**, Arevalo JA, Brown LE, Coburn JW, Galpin AJ. Skeletal Muscle Fatigability and Myosin Heavy Chain Fiber Type in Resistance Trained Men. *Journal of Strength and Conditioning Research*, 2017 Mar; 31(3):602-607. doi: 10.1519/JSC.0000000000001759
- ◆ Murach KA, Bagley JR, **McLeland KA**, Arevalo JA, Ciccone AB, Malyszek KK, Wen Y, Galpin AJ. Improving Human Skeletal Muscle Myosin Heavy Chain Fiber Typing

Efficiency. Journal of Muscle Research and Cell Motility, 2016 Apr;37(1-2):1-5. doi: 10.1007/s10974-016-9441-9.

- ◆ **McLeland KA**, Ruas CV, Arevalo JA, Bagley JR, Ciccone AB, Brown LE, Coburn JW, Galpin AJ, Malyszek KK. Comparison of knee extension concentric fatigue between repetition ranges. *Isokinetics and Exercise Science*. 24(1):33-38, 2016.
- ◆ Thurston TS, Coburn JW, Brown LE, Bartolini A, Beaudette TL, Karg P, **KA McLeland**, Arevalo JA, Judelson DA, Galpin AJ. Effects of Respiratory Muscle Warm-up on High-Intensity Exercise Performance. *Sports*. 312-324, (3), 2015.

ABSTRACTS AND POSTER PRESENTATIONS

^NNational Conference

- ◆ **McLeland KA**, Bauer C, Hegarty AK, Long E, Michener LA. Sweet Dreams Are Made of This: Pain Sensitivity & Sleep Quality. *Accepted: APTA Combined Sections Meeting, February 2022*.
- ◆ **McLeland KA**, Bauer C, Hegarty AK, Long E, Michener LA. Relationship between Sleep and Pain Pressure Threshold: Which came first, the chicken or the egg?. Presented at American Society of Shoulder and Elbow Therapists, *Tentative Spring 2022*.
- ◆ LaPeze C, **McLeland KA**, Morozume Y, Rojek KM, McMenamin PJ. Utilization of Hand-Held Dynamometry by Physical Therapists in an Urban Academic Medical Center. Presented at: NUPT Poster Day, 2019
- ◆ Rivera M, Dobbs IJ, **McLeland KA**, Wong MA, Brown LE, Coburn JW, Galpin AJ. No Evidence of Pacing Between a Thirty Repetition and Fifty Repetition Fatigue Test presented at: Southwest American College of Sports Medicine Chapter Meeting, October 21-22, 2016; Costa Mesa, CA.
- ◆ Dobbs IJ, **McLeland KA**, Wong MA, Brown LE, Coburn JW, Galpin AJ. Max Effort Thirty Repetition Isokinetic Fatigue Test Does Not Correlate with Classic Thorstenson Test, presented at: Southwest American College of Sports Medicine Chapter Meeting, October 21-22, 2016; Costa Mesa, CA.
- ◆ Ballon J, Bagley JR, **McLeland KA**, Arevalo JA, Brown LE, Coburn JW, Ciccone AB, Galpin AJ. Reexamining Skeletal Muscle Fatigability and Fiber Type in Resistance Trained Men: 40 Years After Thorstenson and Karlsson presented at: Southwest American College of Sports Medicine Chapter Meeting, October 16-17, 2015; American College of Sports Medicine National Conference, June 1-4, 2016; Boston, MA.
- ◆ ^Y**McLeland KA**, Brown LE, Galpin AJ, Coburn JW. Differences in Fatigue Percentage Based on Leg Extension Repetitions presented at: National Strength and Conditioning National Conference, July 8-12, 2015; Orlando, FL.
- ◆ ^Y**McLeland KA**, Hamamoto SK, Wilson KS. Stuck Like Glue: The Relationship between Cohesion and Psychological Climate presented at: North American Society for the Psychology of Sport and Physical Activity National Conference, June 4-7, 2015; Portland, OR.
- ◆ ^YHamamoto SK, **McLeland KA**, Wilson KS. Working Harder: The Relationship between Psychological Climate and Effort in Exercise presented at: North American Society for the Psychology of Sport and Physical Activity National Conference, June 4-7, 2015; Portland, OR.

- ◆ ^YWilson KS, Hamamoto SK, **McLeland KA**, Stable or Dynamic: Exploring the Dynamics of Groupness during an Activity Class presented at: North American Society for the Psychology of Sport and Physical Activity National Conference, June 4-7, 2015; Portland, OR.
- ◆ ^Y**McLeland KA**, Arevalo JA, Bagley JR, Ciccone AB, Brown LE, Coburn JW, Galpin AJ. A Reexamination of Fatigability and Fiber Composition of Human Skeletal Muscle presented at: American College of Sports Medicine National Conference, May 27-30, 2015; San Diego, CA.
- ◆ **McLeland KA**, Wilson KS. Adding Group Assignments to a Semester-Long Activity Class: Changes in Group Constructs and Fitness presented at: Southwest American College of Sports Medicine Chapter Meeting, October 17-18, 2014; Newport Beach, CA.
- ◆ Arevalo JA, **McLeland KA**, Brown LE, Coburn JW, Galpin AJ. Comparison of Estimated Percent Fast Twitch Between Classic Fatiguability and Peak Torque Tests presented at: Southwest American College of Sports Medicine Chapter Meeting, October 17-18, 2014; Newport Beach, CA.
- ◆ ^Y**McLeland KA**, Brown LE, Galpin AJ, Coburn JW. Quadriceps Cross Sectional Area Correlates with Dynamic Peak Torque but not as a Percent of MVIC presented at: National Strength and Conditioning Association National Conference, July 9-12, 2014; Las Vegas, NV.

OTHER GRADUATE RESEARCH EXPERIENCE

Projects with <12 hours assistance or participating as a subject

- ◆ Biomechanical metrics to improve performance and reduce elbow injuries in baseball (USC COOR Lab)
- ◆ Physical Activity Promotion in college-aged students using group-mediated cognitive behavior theory in a classroom setting
- ◆ Los Angeles Kings Pre-Season Performance Testing with Center for Sport Performance
- ◆ UFC MMA Performance Testing
- ◆ Effects of Caffeine on Aerobic Exercise and Excess Post-Exercise Oxygen Consumption in Trained & Untrained Females
- ◆ Effects of Traditional vs. Alternating Whole-Body Strength Training on Squat Performance
- ◆ Increasing Humidity Affects Thermoregulation During Low-Intensity Exercise in Women
- ◆ Effects of Self-Selected Music on Recovery from a Fatiguing Bout of Isokinetic Leg Extensions - participant

GUEST LECTURES

- ◆ Bradley University, PT 600 *Professional Involvement* 2019
- ◆ Biola University, *Varsity Softball: Nutrition for Sport Performance* 2015

PROFESSIONAL DEVELOPMENT

Since 2012

- ◆ USC Orthopedic Physical Therapy Residency Seminar
 - >60 hr course in orthopedic and manual techniques presented by Dr. Joe Godges, DPT, MA, OCS for clinical decision making, assessment and intervention in physical therapy

- ◆ USC Sports Physical Therapy Residency Seminar
 - › Lecture and lab series on various topics such as concussion, equipment considerations, running analysis, movement components, taping, and imaging through the USC Sports Residency, virtual/with lab partners due to COVID-19
- ◆ American Physical Therapy Association
 - › Combined Sections Meeting: 2019, 2020, 2021
 - Pain Talks: Conversations with Pain Science Leaders on the Future of the Field (1/25/2019)
 - CPG to Recognize Health Conditions that may Necessitate Referral to a Physician (01/26/2019)
 - › NEXT Conference, 2019
 - › National Student Conclave, 2018
 - › California Physical Therapy Association
 - “Fact or Fiction: Physical Therapists are Diagnosticians and Movement Experts” – Dr. Shirley Sahrman, PT, PhD, FAPTA and Dr. Chris Powers, PT, PhD, FAPTA
 - › Illinois Physical Therapy Association
 - Revitalize Conference, 2019
- ◆ National Strength and Conditioning Association
 - › National Conference 2013, 2014, (2015), 2017
 - › Regional/State Conference: Florida* (2020), Midwest* (2020), Illinois (2016, 2019), California (2015, 2019)
- ◆ American College of Sports Medicine
 - › National Conference 2015, 2016
 - › Southwest Regional Conference 2013, 2014, 2015
- ◆ Other
 - › Medical Exercise Therapy: Level 1 – Clinical Dynamometry by MET Seminars USA, 2018
 - › The Barbell Rehab Workshop (in process)
 - › Feinberg Lectures: Sex Trafficking: Recognition in a Clinical Setting
 - › Social Media in Academics by Dr. Margaret K. Danilovich, 2019

TECHNOLOGY/LAB EXPERIENCE

- ◆ Rehabilitative Technology
 - › ZeroG, EXSO Walker, Woodway Splitbelt Treadmill, Zena Walkway, Bioness, Blood Flow Restriction Training, High Intensity Treadmill Training/Body weight support treadmill training, BioSway Balance trainer,
- ◆ Human Performance Laboratory
 - › APTase myosin heavy chain single fiber typing including suction, preservation, pulling, gel preparation and analysis
 - › Isokinetic and hand-held dynamometry, force plates, Wingate anaerobic testing, metabolic testing, body composition measurements (various), pain algometry, biomechanical sensors/motion capture systems
- ◆ MS Office: Word, Excel, Teams, Outlook, PowerPoint
- ◆ Google Suite: Drive, Docs, Sheets, Slides, Classroom
- ◆ Social Media: Facebook, Instagram, Twitter, Canva, Hootsuite

NON-ACADEMIC VOLUNTEER EXPERIENCE

Since 2015

Mariners Church, Newport Beach, CA	2021-Present
Chicago Marathon	2018
Soul City Church, Chicago, IL	2017-2018
Willow Creek Community Church	2015-2019
Sport Participation: Distance running, swimming, strength & conditioning, powerlifting, weightlifting, CrossFit, Yoga,	

References available by request.