

CURRICULUM VITAE

Marisa Giangrasso Hentis PT, DPT, OCS, CSCS

January 2022

I. BIOGRAPHICAL INFORMATION

PERSONAL INFORMATION:

University Office: Ostrow School of Dentistry of USC
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UNIVERSITY EDUCATION:

Saint Louis University, Doctor of Physical Therapy, 2014

Saint Louis University, Bachelor of Science in Exercise Science, 2012

Saint Louis University, Minor in Psychology, 2012

Saint Louis University, Certificate in Interprofessional Education, 2012

POSTDOCTORAL TRAINING:

MGH Institute of Health Professions, Clinical Residency Program in Orthopaedic Physical Therapy, 2015

Academy of Pelvic Health of APTA, Certificate of Achievement in Pelvic Health PT (CAPP-Pelvic), 2017

Credentialed Clinical Instructor, American Physical Therapy Association, 2021

Pilates Technique, Pilates Teacher Training Online Levels 1 – 5, 2019

CITI Program Training: Human Research - Biomedical Human Subjects and GCP - Social and Behavior Best Practices for Clinical Research, valid through March 2024

OTHER PREVIOUS EMPLOYMENT:

2020 – Current Saint Louis University, Orthopaedic Residency Adjunct Faculty
Saint Louis, MO

2019 – Current	NeuroTour Physical Therapy, Physical Therapist Los Angeles, CA
2019 – Current	Backstage Independent Contractor, Physical Therapist Backstage medical coverage for professional level theatres Los Angeles, CA
2016 – 2020	MGH Institute of Health Professions, Orthopaedic Residency Faculty Charlestown, MA
2014 – 2018	MGH Institute of Health Professions, Term Lecturer Charlestown, MA
2016 – 2019	Spaulding Outpatient Center, Advanced Clinician Physical Therapist Framingham, MA
2014 – 2016	Spaulding Outpatient Center, Staff Physical Therapist Framingham, MA

BOARD CERTIFICATION AND/OR LICENSURE:

Board Certified Specialist in Orthopaedic Physical Therapy, American Board of Physical Therapy Specialties, American Physical Therapy Association, 2016: #48561

Certified Strength and Conditioning Specialist, National Strength and Conditioning Association, 2013: #7247877192

Licensed Physical Therapist, PT #296175, Physical Therapy Board of California

Licensed Physical Therapist, PT #037794, New York State Education Department, Office of Professions, Physical Therapy

Licensed Physical Therapist, State Licensure PT #021354, Commonwealth of Massachusetts, Board of Allied Health Professionals, Physical Therapy – Expired

Licensed Physical Therapist, State Licensure PT #12008, Connecticut State Department of Public Health, Physical Therapy – Expired

ACADEMIC APPOINTMENTS:

May 2019 – Current	Clinical Instructor of Clinical Physical Therapy Division of Biokinesiology and Physical Therapy, University of Southern California
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May 2019 – Current Instructor of Dance
Kaufman School of Dance,
University of Southern California

HONORS, AWARDS, FELLOWSHIPS:

2017 Nominee of John Means Spencer Caregiver Award,
Spaulding Rehabilitation Network

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:

2014 – Current American Physical Therapy Association

2014 – Current Academy of Orthopedic Physical Therapy of the American
Physical Therapy Association

2015 – Current Performing Arts Special Interest Group of the American
Physical Therapy Association

2015 – Current International Association of Dance Medicine and Sciences

2013 – Current National Strength and Conditioning Association

II. ADMINISTRATIVE AND SERVICE ACTIVITIES

ADMINISTRATIVE APPOINTMENTS:

University of Southern California Glorya Kaufman School of Dance:

2019 – Current Dance Medicine Program

- Developed and collaborated with multidisciplinary dance medicine program to include Medical Physicians, Physical Therapy, Occupational Therapy, Dietetics, Psychology, Athletic Training
- Developed, planned, organized the Annual Wellness Fair for all BFA Dance Major Students to include a 90-minute multidisciplinary screen plus optional stations to include: Physical Therapy, Occupational Therapy, Dietetics, Psychology, Medical Physicians, Pointe Shoe Fittings, and Costume Measurements
- Managed communication between dance medicine and wellness team, faculty, and students
- Developed algorithms for triage of manage acute injuries
- Developed algorithms for wellness appointments and formal rehabilitation appointments

- Organized physical wellness screen at the end of Spring semester for outgoing graduates prior to joining the professional world
- Managed 100 students per academic year on past medical history, injury prevention, and rehabilitation programs
- Assisted in organizing Wellness Outreach Program
- Developed biweekly #FeelGoodFridays as community outreach for USC website and social media outlets (e.g Instagram, Facebook, Twitter)
- Created and edited weekly newsletters for BFA Dance, BFA Musical Theater, Dance Minor, and Dance Elective Students
- Created comprehensive conditioning program for BFA Dance and BFA Musical Theater Students
- Created comprehensive summer conditioning program for admitted and incoming USC Kaufman BFA Dance students
- Participated with Meet and Greet for admitted students and family members
- Participated with Meet the Faculty for Parent’s Weekend

UNIVERSITY SERVICE:

University of Southern California, Division of Biokinesiology and Physical Therapy:

2021 – Current	DPT Student Lead Performing Arts Interest Group Faculty Mentor
2021 – Current	USC Orthopedic Residency Interview Committee
2021 – Current	DPT Service-Learning Experience Organizer
2021 – Current	Gender Affirming Care Team Member - Engemann Student Health
2020 – Current	DPT Extracurricular Group Faculty Mentor – Performing Arts
2019 – Current	USC Physical Therapy Co-coordinator for Volunteer Program
2019 – Current	USC Physical Therapy Pelvic Health Team Member
2019 – Current	DPT Faculty Mentor in Mentoring Program – 3 students / year
2019 – Current	Dance Medicine Literature Committee

University of Southern California, Glorvia Kaufman School of Dance:

2019 – Current	Dance Wellness Initiative Committee
2019 – Current	BFA Dance Faculty Mentor

- 2021 Vision and Voices: Dance as Radical Self Care – Coordinator / Faculty Mentor
- 2021 USC Academic Programs Research and Fellowship Week: New Movement: Research in the World of Dance – Presenter

MGH Institute of Health Professions, Doctor of Physical Therapy Program:

- 2017 – 2018 Performing Arts Special Interest Group Faculty Mentor

EDITORIAL ACTIVITIES:

- 2021 – Current PLOS one – Blind Peer Reviewer as Content Expert
- 2021 – Current Medical Problems of Performing Artists – Blind Peer Reviewer as Content Expert

SERVICE TO PROFESSIONAL ORGANIZATIONS:

- 2021 – Current Performing Arts Screening Chair for Performing Arts Special Interest Group of the American Physical Therapy Association
- 2019 – Current Outreach Committee Member for Performing Arts Special Interest Group of the American Physical Therapy Association
- 2019 – Current Research Committee Member for Performing Arts Special Interest Group of the American Physical Therapy Association
- 2020 – 2021 Nominating Committee Chair Member for Performing Arts Special Interest Group of the American Physical Therapy Association
- 2018 – 2020 Nominating Committee Member for Performing Arts Special Interest Group of the American Physical Therapy Association
- 2021 Dance Medicine Specialist Q & A Panel for Students Networking - International Association of Dance Medicine and Science
- 2021 Pelvic Floor Residency Discussion Panel for Academy of Pelvic Floor Physical Therapy American Physical Therapy Association

OTHER SERVICE ACTIVITIES:

- 2019 - 2021 Ostrow School of Dentistry Dental Sim Lab Instructor University of Southern California, Los Angeles, CA

2019 – 2020	Center for Excellence in Teaching New Faculty Institute Program University of Southern California, Los Angeles, CA
2016 - Current	Presented Inservice Presentations <ul style="list-style-type: none"> • 2020 – Pelvic Health Dysfunction in Performing Arts • 2018 – Administering and utilizing wellness screens in a heterogenous population of non-professional dancers • 2018 – Normative values of AROM ankle dorsiflexion in weight bearing • 2017 – Pelvic Health Physical Therapy Part 1 and Part 2, lecture and lab portion included • 2017 – Updated Clinical Practice Guidelines for Cervical Spine • 2016 – Motor Control and Higher-Level Rehabilitation for Dancers • 2016 – Rehabilitation for Professional Musical Theater Dancer
2017 – 2019	Dance/USA Freelance Dancers Screening <ul style="list-style-type: none"> • 2019 for Dance Resource Center, Los Angeles, CA • 2017 – 2018 for Boston Dance Alliance, Boston, MA • 2017 for Dance Source Houston, Houston, TX
2016 – 2019	Ehlers Danlos Syndrome Committee Member, Spaulding Rehabilitation Network
2015 – 2019	Performing Arts Special Interest Group Committee, Spaulding Rehabilitation Network
2016 – 2018	Dance for World Community Festival Community Outreach for Dance Medicine in Cambridge, MA
2015 – 2017	Dance/USA Professional Dancers Post Hire Annual Screen <ul style="list-style-type: none"> • 2017 Jose Mateo Ballet Company in Cambridge, MA • 2015 Urbanity Dance Company in Boston, MA
2016 – 2017	Super User for transition to Epic Electronic Medical Record Documentation System <ul style="list-style-type: none"> • Additional training and proctor for training classes throughout Partners Healthcare Network • Developed tip sheets for Spaulding Rehabilitation Network to improve confidence with Epic System • Developed “Smart Phrases” to increase efficiency and decrease errors with documentation
2015 – 2017	Physical Therapist Volunteer, Boston Marathon

- Provided post-marathon medical evaluation and treatment of injuries for Running for Rehab Team
 - Triageed athletes to determine need for referral to on-site medical physician
- 2016 – 2017 ACL injury risk screening for New England Football Club and Striver’s Running Club
- 2015 – 2018 Running Clinic for Spaulding Rehabilitation Network
- Developed Home Exercise Program Handouts
 - Developed / Updated Home Exercise Program Handouts
- 2015 Functional Movement Screen (FMS) Screening for Natick Varsity Soccer Team
- Developed Home Exercise Program Handouts

III. SCHOLARLY ACTIVITIES

PUBLICATIONS

Peer Reviewed Publications

- 2019 **Hentis ME.** Successful outcome in prolonged post-partum hip pain with focused pelvic health physical therapy. *Orthopedic Physical Therapy Practice*. 2019; 31(2): 84-90. (Non-indexed Magazine/Journal)

Non-Peer Reviewed Publications

- 2021 **Hentis M.** “Ankle sprains: Epidemiology, Injury Risk and Rehabilitation in Performing Artists.” Performing Arts Special Interest Group of the Academy of Orthopedic Physical Therapy of American Physical Therapy Association. Citation Blast. Nov 2021.
- 2021 **Hentis M,** Winder B. “Common Injuries in Dancers.” Performing Arts Special Interest Group of the Academy of Orthopedic Physical Therapy of American Physical Therapy Association. https://www.orthopt.org/uploads/content_files/files/Common%20Injuries%20in%20Dancers_PASIG_2020.pdf

Published Abstracts

- 2021 **Hentis M,** Winder B, Marulli T. “Treating and Inspiring Wellness in University Level Dancers in a Post COVID-19 World: What have we learned and where do we go from here?” International Association of Dance Medicine and Sciences 31st Annual Conference Abstract Book, Denver, Colorado.

- 2019 **Hentis M.** OPO96 Pelvic health physical therapy after failure of orthopedic physical therapy. *J Orthop Sports Phys Ther.* 2019; 49 (1): CSM101. doi:10.2519/jospt.2019.49.1.CSM63.
- 2018 **Hentis M, Elson L, Cotton K.** Administering and utilizing wellness screens in a heterogeneous population of non-professional dancers” 2018. *International Association of Dance Medicine and Sciences 28th Annual Conference Abstract Book, Helsinki, Finland*
- 2018 **Hentis M.** Pelvic health physical therapy after failure of orthopedic physical therapy for low back pain in a previous recreational dancer” 2018. *International Association of Dance Medicine and Sciences 28th Annual Conference Abstract Book, Helsinki, Finland*
- News Releases
- 2018 **Hentis M.** Metrowest Daily Newspaper Flexible Fitness Article. “Dancers vs Athletes: The Similarities and Differences”
- 2017 **Hentis, M.** Metrowest Daily Newspaper Flexible Fitness Article. “No Pain, No Gain?”
- 2016 **Hentis, M.** Metrowest Daily Newspaper Flexible Fitness Article. “How much Physical Activity is Enough?”

PUBLIC PRESENTATIONS

Peer Reviewed Presentations

- 2022 Winder B, **Hentis M**, Marulli T, Schuyten K. “Performing Arts Care in a New World: Re-Imagining Our Approaches to Training, Rehabilitation, and Resilience-Building.” *APTA 2022 Combined Sections Meeting, San Antonio, TX.*
- 2021 **Hentis M**, Winder B, Marulli T. “Treating and Inspiring Wellness in University Level Dancers in a Post COVID-19 World: What have we learned and where do we go from here?” *31st Annual Conference for International Association of Dance Medicine and Sciences, Denver, CO*
- 2018 **Hentis M, Elson L, Cotton K.** “Administering and utilizing wellness screens in a heterogeneous population of non-professional dancers” at *IADMS 28th Annual Conference in Helsinki, Finland*
- 2015 Elson L, et al. “Dance Screening for Physicians” *AAPM&R Annual Conference in Boston, MA*

- Developed handout on Dance Specific Objective Measures

Invited Presentations

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| 2021 | Sixth Annual Southern California Pre-Physical Therapy Conference – Guest Speaker as PT Specialties Panel for Pelvic Health and Performing Arts in Los Angeles, CA |
| 2019 | “IADMS Duels – Technology Good or Evil?” at IADMS 29 th Annual Conference, Montreal, Canada |
| 2018 | “Injury Prevention Workshop” at Jose Mateo Ballet Theatre, Cambridge, MA |
| 2018 | “Dynamic Warm Up for Dancers” at American College Dance Conference at Boston University, Boston, MA |
| 2016 | “Proximal Control for the Management of Distal Impairments for Clinicians” at Spaulding Rehabilitation Hospital, Charlestown, MA |
| 2016 | “Proximal Control for Management of Distal Impairments for Dancers” at Mass Ballet, Framingham, MA |
| 2016 | “Recreational Dancer Wellness Consultation and Motor Control for Dancers” Dance for World Community Festival, Boston, MA |
| 2015 | “Performing Arts Physical Therapy” at Orthopedic Seminar Series at MGH Institute of Health Profession, Charlestown, MA |

Scientific Poster Presentations

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| 2019 | Hentis M. “Pelvic health physical therapy after failure of orthopedic physical therapy” at APTA 2019 Combined Sections Meeting, Washington, DC |
| 2018 | Hentis M. “Pelvic health physical therapy after failure of orthopedic physical therapy for low back pain in a previous recreational dancer” at IADMS 28 th Annual Conference, Helsinki, Finland |

GRANTS

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| 2021 | Vision and Voices presents Radical Self-Care: Dancing for Health \$9000 Grant to address physical and mental health through dance |
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RESEARCH

Principal Investigator

- 2021 – Current Retrospective analysis of medical management of dancers at a university level dance program
- University of Southern California Protocol #: UP-21-00940
 - The purpose of this study is to use data from annual wellness screening tool to develop standards of fitness in university level dancers. Lastly, we will compare physical impairments of university level dancers to professional level dancers to determine the similarities and differences between these cohorts.
- 2018 – 2019 Boston Dance Alliance Health Fair Study on heterogenous population of non-professional dancers
- Partners Health Care, Boston, MA Protocol #: 2017P001744
 - Goal: To identify common orthopedic impairments among non-professional independent dancers in the Boston area that could lead to future orthopedic injuries
- 2017 – 2019 Normative Values for Weight Bearing Dorsiflexion Range of Motion in the General Population
- Partners Health Care, Boston, MA Protocol #: 2017P001955
 - Goal: To establish normative values for weight bearing dorsiflexion active range of motion with the knee extended and the knee flexed in the general population without lower extremity impairments

Co-Primary Investigator

- 2021- Current Qualitative Assessment of Exertion in Dancer Sautes Case Study
- University of Southern California Protocol #: UP-20-00991
 - Goal: to provide a dance-specific movement analysis tool that will allow clinicians, with a physical therapy background and dance professionals without a physical therapy or biomechanics background, to detect signs of exertion

Co-Investigator / Site Investigator

- 2018 – 2021 Injury patterns and rates in the different circus arts
- Samuel Merritt University, Oakland, CA
 - Goal: To better understand what injuries occur in circus artists to develop evidence-informed injury prevention

CURRENT RESEARCH INTERESTS

- Current Research interests include baseline data for multi-genre collegiate dancers, pelvic health in performing artists, changes in musculoskeletal presentation throughout collegiate years in performing artists, and hypermobility syndromes

MAJOR SCHOLARLY MEETINGS ATTENDED

2019 – 2021	Attendance to American Physical Therapy Association Combined Sections Meeting
2017 – 2021	Attendance to International Association of Dance Medicine and Sciences Annual Conference

IV. TEACHING ACTIVITIES

COURSES DEVELOPED AND/OR PRESENTED

University Southern California Division of Biokinesiology and Physical Therapy:

2021	PT 625: Emerging Topics – Course Instructor [1] 3 credits, [2] 96 students, [3] 2 hours lab
2020 – Current	Clinical Instructor for DPT III 16-week clinical affiliations [1-2 DPT III students/year]
2020 – Current	PT 640a Immersion 9: Cervical Spine and Upper Quarter
2021 – Current	PT 640b Immersion 10: Thoracic Spine and Lower Quarter

University Southern California Gloria Kaufman School of Dance:

2020 – Current	DANC 105: Dance Science – Course Coordinator [1] 4 credits, [2] 30 students, [3] 4-hour lecture/lab
2021	DANC 495: Dance Internship – Course Instructor / Faculty Mentor [1] 1 credit, [2] 1 student
2021	DANC 149: Summer Bridge – Course Instructor [1] 0 credits, [2] 18 students, [3] 4 hour lab
2019	DANC 103: Conditioning for Dancers – Course Coordinator [1] 2 credits, [2] 36 students, [3] 2-hour lecture/lab
2020 - Current	DANC 103: Conditioning for Dancers – Guest Lecturer Injury Prevention and Conditioning Principles
2019 – Current	DANC 110: Dance Technique I – Guest Lecturer Conditioning Principles: Dynamic Warm Up and Cool Down
2019 – Current	DANC 210: Dance Technique II – Guest Lecturer Injury Prevention and Conditioning Principles

2019 – Current DANC 310: Dance Technique III – Guest Lecturer
Injury Prevention and Conditioning Principles with Whacking

2019 – Current DANC 410: Dance Technique IV – Guest Lecturer
Injury Prevention and Conditioning Principles

2019 – Current DANC 200L: Dance Technique for Musical Theatre – Guest
Lecturer
Injury Prevention and Conditioning Principles
Dance Specific Conditioning for Performances
Movement Analysis with Dance Specific Movements

Saint Louis University Clinical Residency in Orthopedic Physical Therapy

2020 – Current Performing Arts Physical Therapy – Adjunct Faculty

- Including 2-3 hours of online lectures and interactive labs including description, examination, assessment, and treatment for performing artists

Utah Valley University BFA Dance Program

2020 Injury Prevention and Dance Medicine Pathway – Guest Lecturer

MGH Institute of Health Professions Clinical Residency in Orthopedic Physical Therapy

2017 – 2020 Elevated Orthopaedic Physical Therapy: Lower Extremity: Foot
and Ankle – Faculty / Course Coordinator

- Including 8 hours of online lectures and 8 hours of interactive lab including examination, assessment, manual interventions, and therapeutic exercises

2016 – 2018 Elevated Orthopaedic Physical Therapy: Lower Quarter Module –
Lab Instructor

2016 – 2018 Elevated Orthopaedic Physical Therapy: Upper Quarter Module –
Lab Instructor

2015 – 2018 Elevated Orthopaedic Physical Therapy: Spine Module –
Lab Instructor

MGH Institute of Health Professions Doctor of Physical Therapy Program

2017 – 2018 Patient/Client Management: Upper Extremity – Lab Instructor /
Anatomy Instructor including dissection in anatomy lab

2017 – 2018	Patient/Client Management: Head/Neck – Lab Instructor / Anatomy Instructor including dissection in anatomy lab
2017 – 2018	Patient/Client Management: Hip/Lumbopelvic – Lab Instructor / Anatomy Instructor including dissection in anatomy lab
2017 – 2018	Patient/Client Management: Lower Extremity/Gait – Lab Instructor / Anatomy Instructor including dissection in anatomy lab
2016 – 2018	Fundamentals of Patient/Client Management 1 and 2 – Lab instructor / Seminar Leader
2017 – 2018	Fundamentals of Patient/Client Management 3 – Lab Instructor
2018	Patient/Client Management: Balance – Lab Instructor
2018	Patient/Client Management: Cardiovascular/Pulmonary 1 and 2 – Lab Instructor
2018	Patient/Client Management: Degen/Lifespan – Lab Instructor
2017	Advanced Therapeutic Exercise – Term Lecturer
2016	Clinical Management of Musculoskeletal Disorders: Spine Course – Term Lecturer / Lab Instructor <ul style="list-style-type: none"> • Term Lecturer on Lumbopelvic Manual Therapy & Interventions • Term Lecturer on Cervicothoracic Spine Manual Therapy • Term Lecturer on Temporomandibular Joint Mechanics and Dysfunctions
2016	Health Promotions Project- Spring and Summer Semester – Group Facilitator / Term Lecturer
2015	Functional Anatomy – Lab Instructor
2015	Gross Anatomy – Lab Instructor
2015 – 2016	Advanced Therapeutic Exercise – Lab Instructor
2015	Clinical Management Musculoskeletal Disorders: Extremities Course – Lab Instructor
2014	Fundamentals of Physical Therapy - Lab Instructor

MENTORING ACTIVITIES

2019 – Current	USC Orthopedic Residency Mentor, USC Division of Biokinesiology and Physical Therapy
2019 – Current	USC Sports Residency Mentor, USC Division of Biokinesiology and Physical Therapy
2019 – Current	Faculty Mentor, DPT Student Mentor Program, USC Division of Biokinesiology and Physical Therapy
2020 – Current	Faculty Mentor, DPT Performing Arts Extracurricular Program, USC Division of Biokinesiology and Physical Therapy
2021 – Current	Faculty Mentor, DPT Performing Arts Special Interest Group, USC Division of Biokinesiology and Physical Therapy
2015 – 2019	Orthopaedic Residency Clinical Mentor, MGH IHP Clinical Residency Orthopaedic Physical Therapy
2016	Orthopaedic Residency Teaching Mentor, MGH IHP Clinical Residency Orthopaedic Physical Therapy

CONTINUING EDUCATION COURSES

2021	Webinar: PT-CPI/WEB Assessment Training Course, APTA
2021	Webinar: The Clinical Application of Blood Flow Restriction Exercise
2020	Webinar: Pelvic Floor Dysfunction in Runners
2020	Webinar: Keck Transgender Health Training
2020	Webinar: Equity Now! – USC Race and Equity Center
2020	Backstage: Injury Prevention and Management, Neurotour Physical Therapy
2019	Pilates Teacher Training Online Levels 1-5, Pilates Technique
2017	CAPP-Pelvic Certified Level 3: Pelvic Health Dysfunction for Male, Neurological Disorders, and Pediatrics
2017	CAPP-Pelvic Certified Level 2: Pelvic Health Dysfunction on Pelvic Pain and Bowel Dysfunction

- 2017 CAPP-Pelvic Certified Level 1: Pelvic Health Dysfunction with emphasis on Underactive Pelvic Floor
- 2016 Harkness Center for Dance Injuries: Clinical Expertise and Evidence in Dance Medicine
- 2015 Harkness Center for Dance Injuries: Webinar Series for Dance Medicine