

Rebecca Abeles Sverdlov

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EDUCATION

2022 DPT, Division of Biokinesiology and Physical Therapy, University of Southern California (GPA: 4.0)

Honors: Merit Scholarship Award recipient 2019, 2020, 2021

National Physical Therapy Student Honor Society

Outstanding Scholarly Achievement Award

Order of the Golden Cane

Awarded to graduating USC DPT students who have demonstrated outstanding accomplishments in academic coursework, scientific research, and clinical practice. It is the highest honor awarded to students of the division.

2018 Certificate, Pre-Health Professions Post-Baccalaureate, San Francisco State University (GPA: 4.0)

2014 BA, Cognitive Science, College of Letters & Sciences, University of California, Berkeley (GPA: 3.94)

Honors: Highest Distinction in General Scholarship, *summa cum laude*

Phi Beta Kappa

Dean's List (top 4% of students in the College of Letters and Sciences)

CLINICAL EXPERIENCE

USC Physical Therapy Associates – Health Sciences Campus, Los Angeles, CA

Sept. 2022 – present

Instructor of Clinical Physical Therapy

CLINICAL AFFILIATIONS

USC Physical Therapy Associates – Health Sciences Campus, Los Angeles, CA

Jan. 2022 – Apr. 2022

- Co-treated or independently treated patients in the pelvic health setting
 - Conditions: urinary and fecal incontinence; constipation; vaginismus; dyspareunia; pelvic pain; cystocele and rectocele; post-operative prolapse repair, prostatectomy, cystectomy with neobladder; pre- and post-partum needs
 - Treatment: used biofeedback training (pelvic floor), visceral mobilization, abdominal massage, myofascial release, internal and external pelvic floor cueing, pelvic wand and dilator training, as well as orthopedic treatment techniques
- Education:
 - Led preoperative prostatectomy and cystectomy class, coordinating with urology team to teach patients about what to expect with rehabilitation after surgery
 - Presented to bladder cancer support group about benefits of pelvic health physical therapy
 - Collaborated with and mentored urology fellows and MD residents shadowing physical therapy
 - In-service provided: “Contribution of the Vocal Diaphragm to Pelvic Floor Physical Therapy”

Reiss Physical Therapy and Rehabilitation, Los Angeles, CA

Aug. 2021 – Dec. 2021

- Independently evaluated and treated 25-30 patients, 3 days per week, in outpatient orthopedic private practice
- Mentored second-year students during their 2-week rotation at this clinic
- Implemented new skills and clinical reasoning processes learned during Integrated semester to patient treatment
- Honed time-management skills and clarity of documentation to optimize billing accuracy and care for patients
- In-service provided: “Applicability of Blood Flow Restriction Training in the Outpatient Orthopedic Setting”

Elite OrthoSport, Los Angeles, CA

May 2021 – June 2021

- Integrated blood flow restriction, AlterG treadmill, weight machines, electrical stimulation, GameReady vasopneumatic device, and instrument-assisted soft tissue mobilization in treatment of acute and chronic post-op and general orthopedic patients ages 10-85

California Rehabilitation Institute, Los Angeles, CA

Dec. 2020

- Gained experience utilizing Bodyweight-Assisted Treadmill Training, upright suspension-based gait trainers, FES cycling, and NMES for upper extremity in the supervised treatment of patients with neurologic conditions

Physical Therapy Partners, Reno, NV

Oct. 2020 – Nov. 2020

- Received direct mentorship from Mechanical Diagnosis and Therapy-certified instructor and applied learning to clinical care in the treatment of orthopedic and post-operative conditions
- In-service provided: “The Impact of Diet on Pain due to Osteoarthritis”

Benchmark Physical Therapy, Greensboro, NC

Mar. 2020

- Gained exposure to fast-paced clinic setting and independently instructed therapeutic exercise for patients with thoracic and lumbar impairments and gait and balance training for older adult patients

RESEARCH EXPERIENCE

Clinical Biomechanics Orthopedic and Sports Outcomes Research (COOR) Lab

2017 – present

Research Assistant

- Developed and co-manage virtual visit protocol, exercise implementation, and follow-up surveys for individuals with rotator cuff tendinopathy for a pilot study investigating effects of exercise on shoulder pain
- Performed data inspection and analysis for electromyography of the shoulder in support of a 12-week intervention investigating the effect of closed chain exercise on full thickness rotator cuff tears
- Designed REDCap database and surveys for study investigating the effect of spinal manipulation on shoulder pain
- Coded 260 videos to collect data on 24 angles of movement for each study participant for a study examining the relationship between hip abductor strength and upper extremity injuries in professional baseball players
- Abstracts:
 - Michener LA, Plummer HA, **Abeles R**, Waldman E, Kindstrand N, Hostetter G, Li B. “Shoulder External, Internal and Total Range of Motion Relationship to Injury Incidence in Professional Baseball Players.” NATA Annual Symposium; New Orleans, LA; June 2018.
 - Plummer H, Michener L, **Abeles R**, Waldman E, Kindstrand N, Hostetter G, Li B. “Risk Factors Associated with Upper Extremity Injuries in Baseball: A Preliminary Investigation.” AOSSM Sept 2017.

Neuroplasticity and Imaging Laboratory (NAIL)

Aug. 2020 – Aug. 2021

Research Assistant

- Participated in monthly journal club discussions of current relevant literature
- Assisted Alex Garbin, PhD with data collection for study utilizing TMS to identify connectivity of motor cortex and muscles in participants with Alzheimer’s disease

TEACHING EXPERIENCE

Extracurricular Pelvic Group

Jan. 2022 – May 2022

- Provide mentorship and case examples for second-year students during monthly meetings

Extracurricular Orthopedic Group

Oct. 2020 – May 2022

- DPT Year 2 – Actively participate in weekly meetings with Dr. Kenny Kim to enhance clinical reasoning process, practice manual skills, and expand therapeutic exercise repertoire
- DPT Year 3 – Lead patient case studies and teach therapeutic exercise implementation and manual skills to current second-year students during the meetings

Anatomy Tutor for PT514

Sept. 2020 – Dec. 2020

- Designed interactive educational tools to augment anatomy learning for first-year students, incorporating images, memory games, drawing, mnemonics, true/false questions, and multiple choice questions

SERVICE & OTHER EXPERIENCE

Interprofessional Geriatric Curriculum, USC DPT Program

Sept. 2020 – present

- Forged personal relationship with older adult in community with weekly check-ins calls relating to physical health and mental well-being
- Multidisciplinary monthly meetings of geriatric care with MD, Pharmacy, Social Work, and PA students

Class Representative, USC DPT Program Class of 2022

Aug. 2020 – May 2022

- Collaborate with other class reps and president, students, and administration to plan events for our class, including financial education talk and new grad info night with recent graduates
- Coordinate communication between classmates and faculty for streamlined interaction process

Israel Defense Forces, Israel

Jan. 2015 – Jan. 2017

Combat Fitness Instructor

- Completed training course in anatomy, physiology, and nutrition
- Trained 350 combat soldiers 2x/week through TRX, bodyweight strength, and running workouts
- Coached 90 soldiers in basic training with workouts 6x/week to prepare them for combat service
- Personalized recovery workouts and worked individually with injured soldiers to return them to full service
- Shadowed physical therapist on base and assisted with treatment of 100+ soldiers

University of California, Berkeley

Aug. 2010 – May 2014

*Copy Editor, The Daily Californian**Member, Cal Women's Lightweight Crew Team**President, Israel Discussion and News Group***PROFESSIONAL EMPLOYMENT**

Clinical Education at USC, Los Angeles, CA

Feb. 2020 – May 2022

Assistant to Clinical Education Administrators

- Perform administrative work for Clinical Education Team

Stonestown Family YMCA, San Francisco, CA

Sept. 2017 – June 2019

Personal Trainer and Wellness Coach

- Worked 10-15 hours per week in the gym, helping members use equipment properly, counseling new members in wellness orientations, and training 15 clients in one-on-one sessions

Student Fitness Experts, Los Angeles, CA

Feb. 2017 – May 2017

Fitness Instructor

- Trained elementary school students with private and group classes involving running and strength games

Pressman Academy, Los Angeles, CA

Feb. 2017 – May 2017

Preschool Teaching Assistant

- Shadowed 5-year-old child to prevent his violent, impulsive actions and collaborated with other teachers to encourage cooperative behavior among the children

Lawrence Hall of Science, Berkeley, CA

June 2013 – May 2014

Maker Corps Member

- Designed engineering challenges for 5-18-year-olds visiting the museum

CONTINUING EDUCATION

- APTA Pelvic Health Webinars; Virtual, Jan. 2022 – present
- Combined Sections Meeting, American Physical Therapy Association; San Antonio, TX; February, 2022
- Combined Sections Meeting, American Physical Therapy Association; Denver, CO; February, 2020

CERTIFICATIONS & PROFESSIONAL ORGANIZATIONS

- American Physical Therapy Association and Pelvic Health Special Interest Group, Member
- California Physical Therapy Association, Member
- American Heart Association CPR/BLS for Healthcare Providers Certification
- National Academy of Sports Medicine (NASM), Certified Personal Trainer
- Certificate in Food, Nutrition, and Health by ALLEGRA Learning Solutions, LLC
- Sports Injuries NASM recertification

MISCELLANEOUS

- Fluent conversational Hebrew
- Enjoy experimenting with recipes, including baking healthy desserts and cooking whole-food meals