

jgrullon@usc.edu

## EDUCATION

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### **ATI Upper Extremity Fellowship**

Upper Extremity Fellow, August 2021-September 2022

### **University of Southern California**

Sports Physical Therapy Resident, August 2020-August 2021

Doctor of Physical Therapy, May 2020

### **Montclair State University**

Bachelor of Science in Athletic Training, May 2014

MSU Henry Schiener Award for Excellence in Athletic Training, Spring 2014

## CERTIFICATIONS

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<b>Sports Clinical Specialist</b> Certification # SP220123	September 2020-Present
<b>California Licensed Physical Therapist:</b> License # 298714	September 2020-Present
<b>S. Carolina Licensed Physical Therapist:</b> License # 10937	September 2021-December 2022
<b>AHA Basic Life Support Certification</b>	July 2019-July 2023
<b>CSCS Certification</b>	April 2019-Present
<b>NJ Licensed Athletic Trainer:</b> Lic # 25MT00202800,	October 2014-January 2019
<b>NY Licensed Athletic Trainer:</b> Lic # 003318	October, 2014-January 2019
<b>BOC Certified Athletic Trainer:</b> Certification # 2000017909,	July 2014-Present

## RESEARCH/PUBLICATIONS

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Fellowship Research Component August 2021

### **Co-Author**

- Contributor in authoring a research article comparing injuries rates pre and post COVID-19 in Major League Baseball. Awaiting Publication.

Residency Research Component September 2020-Current

- Contributor in research collection and organization for a manuscript/chapter on Rotator Cuff Disorder Rehabilitation as part of standardized AAOS (American Academy of Orthopedic Surgeons) orthopedic surgery residency education. Awaiting publication.

I-CORE Lab at USC August 2018-May 2020

### **I-Core Research Assistant**

- Responsible for administering exercise interventions for cancer research.
- Involved in meetings with an interdisciplinary team of PhD candidates, medical students, and supervising advisors to address study design, data collection and intervention implementation.

## WORK EXPERIENCE

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ATI Upper Extremity Fellowship February 2021-September 2022

### **Colorado Rockies Physical Therapist**

- Responsible for evaluation, diagnosis, treatment, plan of care and documentation of injured athletes.
- Worked with physicians, athletic trainers, strength and conditioning coaches and pitching coaches to design and implement an individual plan of care for each rehab player.

**Upper Extremity Physical Therapy Fellow** September 2021-September 2022

- Weekly literature reviews discussing implementation of best practices in overhead athletes.

- 6 hours of weekly physician shadowing and observation.

USC Physical Therapy-UPC

September 2020-August 2021

**Sports Physical Therapy Resident**

- Responsible for 40 hours of patient care per week, including 4 hours of club sports injury screening and wellness program development. .
- Weekly mentoring and literature reviews
- Experience in treating sports-related injuries, post-surgical intervention, return to sport testing and rehabilitation and management of concussions and headaches.
- USC Ostrow School of Dentistry Ergonomic Assessment and Intervention Outreach.

USC Club Sport Coverage

March 2018- January 2020

**Athletic Trainer**

- Tape athletes for practices and games, conduct injury assessments, referral and make return-to-play/referral decisions.

Air Jordan Sports Performance Lab

September 2018-December 2019

**Sports Performance Lab Consultant**

- Exposure to state-of-the-art technology used in the sports performance world, including, but not limited to, motion capture analysis software, smart speed timing gates, and force vector plates.

Professional Physical Therapy

August 2016-August 2017

**Athletic Trainer .**

- Work in conjunction with a physical therapist to provide optimal patient experience and care.

Hudson Catholic High School

November 2014-August 2016

**Head Athletic Trainer**

- Established athletic training programs within the school; including, but not limited to, budget planning, creating and implementing policies and procedures, ordering and maintaining supplies, creating and organizing documentation, implementing protocols, managing all medical needs of athletic teams and providing updates to coaches on the medical status of athletes.
- Set up cardiac pre-screening and baseline concussion testing for over 350 student-athletes.

Montclair State University

August 2014-November 2014

**Assistant Athletic Trainer**

- Instructed, coordinated, and supervised clinical ATEP students.
- Assisted in taping athletes for practices and games, field preparation, injury assessment, and preventative and post-surgical rehabilitation.

New York Giants, Metlife Stadium

August 2013-January 2014

**Athletic Training Student Intern**

- Assisted in taping athletes for practices, field preparation, injury assessment, and preventative and post-surgical rehabilitation

Montclair State University

August 2014-November 2014

**Assistant Athletic Trainer**

- Instructed, coordinated, and supervised clinical ATEP students.
- Assisted in taping athletes for practices and games, field preparation, injury assessment, and preventative and post-surgical rehabilitation.

CLINICAL SITES/ INTERNSHIPS

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<b>Tustin Physical Therapy</b> ■ Dr. Nathan Kindstrand ATC, DPT, OCS, CSCS	January- April 2020
<b>Los Angeles Angels Minor League Facility</b> ■ Dr. Andrew Hawkins, DPT, OCS, CSCS	August - November 2019
<b>Repair Sports Institute</b> ■ Dr. Der-How Huang, DPT, OCS	August - September 2018
<b>Montclair State University</b> ■ John Davis BS, MS, ATC	July 2013 - October 2014
<b>New York Giants</b> ■ Dr. Leigh Weiss ATC, DPT	2013 Season

## TEACHING EXPERIENCE

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### ATI Upper Extremity Fellowship

- Lectured on multiple topics, including UE injuries, injury management, and clinical reasoning based on evidence-based practice and manual skills.
- Assisted in teaching and proctoring exams for students in the ATI Sports Residency program for all upper extremity course work.

### USC Immersion for Residential and Hybrid Students

- Assisted in teaching and proctoring exams for students in Therapeutic Exercise Course and Exercise Physiology Course at USC 2020-2021

### LifeSpan Motor Control Course

- Content expert responsible for reviewing and giving feedback to students on sport specific treatment and exercise intervention and return to sport testing.

## CLINICAL INSTRUCTOR/MENTORING EXPERIENCE

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### USC Upper Extremity Fellowship Mentoring

- Mentor of USC Upper Extremity Fellow. Sep. 2022

### ATI Residency Mentoring

- Mentor of ATI Residents Sports and Orthopedic Residents, Sep. 2022-January 2022

### Clinical Instructor Experience

- Secondary mentor for physical therapy students in USC DPT Program. Sep. 2020-August 2021
- Clinical instructor for athletic training students in Montclair State University. Nov. 2014-August 2016

## INVITED PRESENTATIONS

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### Ulnar Collateral Ligament Injury and Management

- ATI Upper Extremity Portion of Residency, 2021

### Biomechanics of a Baseball Swing

- ATI Upper Extremity Portion of Residency, 2021

## CONTINUING EDUCATION COURSES

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### ■ **American Society of Shoulder and Elbow Therapists Virtual Meeting**

- Focused on the most recent research and evidence in treating upper extremity athletes. (April 2022)

### ■ **Bridge Seminar**

- Conference designed to bridge the knowledge base between pitching coaches, medical professionals, biomechanists, data analysts, and strength coaches in the treatment of baseball athletes. (December 2021)

### ■ **Content Expert Fellowship Lectures**

- Lectures followed by discussions with leading experts in the field of medical management of upper extremity athletes. (August 2021-February 2022)

### ■ **Upper Extremity Rotational Athlete: Assessment/Management for Return to Sport - USC** (Sep. 2018, 2020, 2021)

- Focused assessment/management of baseball, golf, and volleyball.

### ■ **Los Angeles Orthopedic Physical Therapy Seminar Series: Upper Quarter** (January-March 2021)

- Topics in thoracic spine, costal, cervical spine, shoulder, elbow, wrist, and hand lead by Joe Godges.

### ■ **USC Sport Seminar Series Modules I and II** (September 2020- March 2021)

- Baseball didactic and Lab Course - Dr. Jonathan Sum PT, DPT, OCS, SCS (September 2018, 2020, 2021)
- Sports Taping Lab - Aimee Diaz PT, DPT, SCS, ATC
- Sports Lateral Agility & Vertical Jump - Lisa Meyer PT, DPT, OCS
- Running Functional Approach to Evaluation and Treatment - Lisa Meyer PT, DPT, OCS
- Psychology of Injury in Sports Medicine - Aimee Diaz, PT, DPT, SCS, ATC
- Nutrition in Sports - Aimee Diaz, PT, DPT, SCS, ATC
- Sports Medical Conditions - Aimee Diaz, PT, DPT, SCS, ATC
- Sports Management of the Acute Cervical Spine and Heat Illness - Aimee Diaz, PT, DPT, SCS, ATC
- Sports Emergency Response Procedures and Action Planning - Aimee Diaz, PT, DPT, SCS, ATC
- Upper Extremity Radiology with a DIVE into Swimming: Mechanics, Screening and Conditioning - John Meyer, PT, DPT, OCS and Lisa Meyer, PT, DPT, OCS
- Sports Concussion Didactic - Aimee Diaz, PT, DPT, SCS, ATC & Max Barosso, PT, DPT, SCS
- Sports Concussion Lab - Aimee Diaz, PT, DPT, SCS, ATC
- Golf and Lacrosse: Functional Approach to Evaluation and Treatment - Lisa Meyer, PT, DPT, OCS

### ■ **Los Angeles Orthopedic Physical Therapy Seminar Series: Lower Quarter** (September-December 2020)

- Topics in foot, ankle, knee, hip, and lumbar spine lead by Joe Godges.

- **Equity Now! - USC Race and Equity Center** (October 2020)
  - Increase individual knowledge and capacity for social justice and racial equity through institutional frameworks, racial literacy, data for equity, and concrete action steps.
- **USC School of Dentistry Ergonomic Assessment - Team Member** (October 2019, October 2020)
  - Assisted in performance of student ergonomic assessments and adjustments during SIM Lab.
- **Los Angeles Angels of Anaheim - Team Physicals - Team Member** (March 2020)
  - Assisted in performance of team pre-season physicals for all players.
- **Combined Sections Meeting** (February 2020)
- **KOH HVLA Mobilizations Course** (February 2019)
- **Combined Sections Meeting** (January 2019)
- **Instrument Assisted Soft Tissue Mobilization (IASTM), Level 1 - KOH education** (December 2018)
- **KOH IASTM Level 1** (October 2018)
- **Blood Flow Restriction (BFR) Therapy, Level 1 - Smart Tools** (June 2018)

## ASSOCIATIONS

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- National Athletic Trainers' Association
- American Physical Therapy Association
- California Physical Therapy Association

## VOLUNTEER WORK

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- LA Marathon, Emergency Medical Services Volunteer, March 2018
- Special Olympics, Medical Tent Volunteer, January 2018
- Fit Families, Community Outreach Volunteer, 2017
- The Arc, Community Outreach Volunteer, 2017-2018
- Peer Assisted Learning (PALS) tutor for ATEP Program, Fall 2011-Spring 2014
- Committee Overseeing MSU Symposium, Fall 2012 and Spring 2013
- Athletic Training Club Contest, Raised \$2,500, October 2011

## LANGUAGE

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**Bilingual** - Fluent in both English and Spanish