

Laila Sheikh, PT, DPT
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EDUCATION

Neurologic Physical Therapy Residency Program **Exam planned for March 2023**
University of Southern California and Rancho Los Amigos National Rehabilitation Center

Doctor of Physical Therapy **May 2021**
University of Florida, College of Health and Health Professions

BS in Applied Physiology and Kinesiology, *magna cum laude* **May 2018**
University of Florida, College of Health and Human Performance
Minor: Nutritional Sciences

International Baccalaureate Diplomat, *magna cum laude* **May 2014**
Cocoa Beach Junior/Senior High School, Cocoa Beach, FL

HONORS AND AWARDS

UF DPT Class of 2021 Outstanding Scholastic Achievement Award **May 2021**

ACAPT Student Honors Society Inductee **February 2021**

The Department of Applied Physiology Award for Excellence in Undergraduate Research **April 2018**
UF's Department of Applied Physiology

D.K. Stanley Lecture Undergraduate Research, First Place **March 2018**
UF's Department of Applied Physiology and Kinesiology

Dean's List **May 2015, December 2015, May 2016, May 2017, December 2017**
College of Health and Human Performance, University of Florida

President's Honor Roll **May 2015, December 2015, May 2017**
University of Florida

Anderson Scholar, Highest Distinction **December 2016**
College of Liberal Arts and Sciences, University of Florida

CLINICAL EXPERIENCE

Rancho Los Amigos National Rehabilitation Center (Physical Therapist) **September 2021-Current**
Downey, CA
License # 300760

- 6-month experience in the outpatient neurologic and seating center setting, including telehealth (20-30 patient caseload)
- 6-month experience on the inpatient CVA and SCI floors (4-6 patient caseload)
- Maintained an independent caseload while working as a member of the interdisciplinary team and received 3-4 hours per week of mentoring from neurologic physical therapy experts.

Consultant | Keck Medicine of USC Neurology Physician Clinic **September 2021-Current**

- Assisted in evaluation of patients in neurology clinics and consulted on physical therapy needs. Received mentoring from physicians in neuroimmunology, stroke, movement disorders, and electrodiagnostic testing.

Sports Specific Training (Student PT) **March 2021-April 2021**
Orlando, FL

- 8-week clinical rotation in the outpatient orthopedic setting. Treated up to 16 orthopedic patients daily including 4-8 evaluations per day. Primarily treated athletic patients with overuse injuries and post-surgical needs.
- Presented a staff in-service titled: *Pelvic Floor Considerations in Sports Physical Therapy*

James. A. Haley Veteran's Hospital Outpatient Neurologic Clinic (Student PT) January 2021 – February 2021
Tampa, FL

- 8-week clinical rotation in an outpatient neurologic gait and balance clinic. Evaluated and treated patients post-stroke and with movement disorder diagnoses with targets of decreasing fall risk. Participated in daily high-intensity gait training sessions with treadmill facilitation.
- Presented a staff in-service titled: *Vital Signs are Vital: Blood Pressure Considerations in Physical Therapy*

Orlando Health Dr. P Phillips Hospital (Student PT) October 2020 – December 2020
Orlando, FL

- 8-week clinical rotation in the acute care setting. Screened, evaluated, and treated patients post orthopedic surgeries and injuries, post-neurologic insult, and with a variety of other acute medical concerns.
- Presented a staff in-service titled: *Congestive Heart Failure Considerations in Acute Physical Therapy*

Kinetix Outpatient Physical Therapy (Student PT) August 2020-October 2020
Gainesville, FL

- 8-week clinical rotation in the outpatient orthopedic setting. Evaluated and treated up to 22 patients daily in an 11-hour shift, primarily women with pelvic health and orthopedic needs working closely with a pelvic floor specialist.
- Presented a patient and staff in-service titled: *Holistic Approaches to Boosting Immunity in the era of COVID-19*

Equal Access Clinic Services (Student PT) August 2018 – July 2020
UF's Department of Physical Therapy; Gainesville, FL

- Examined, evaluated, and treated patients at UF's weekly Equal Access Clinic provided to the community as a student-run clinic free of fees. Patients treated here include general orthopedic patients as well as patients with chronic neurologic conditions.
- Collaborated with a other of students to examine, evaluate and treat patients with weekly progressions based on functional anatomy and healing times.

UF Health Haile Plantation Outpatient Clinic (Student PT) March 2020
Gainesville, FL

- Completed examinations, evaluations, and interventions on general outpatient orthopedic patients, including within the specialty of running medicine.
- Collaborated with other physical therapists, physical therapy assistants, and exercise physiologists.

Single-Day Clinical Experiences June 2019 – December 2019
UF Health Shands Hospital

- Shadowed and assisted physical therapists in acute care, inpatient and outpatient settings.
- Learned from multiple clinicians to observe differences in clinical practice and clinical reasoning.
- Interdisciplinary experiences with occupational therapy, speech language therapy, and physical therapists.

Undergraduate Student Volunteer 2017
Request Physical Therapy

- Collaborated with Physical Therapists and students to solve problems in a setting that treats a wide range of conditions (orthopedics, sport, neurology). Demonstrated a desire to learn by asking informed questions.
- Supervised patients in the clinic, guiding them through their exercise routines and answering questions. Established meaningful relationships with patients through communication and persistence.
- Maintained a clean and safe environment for all patients and staff.

Gainesville Physical Therapy and Wellness 2017

- Demonstrated a desire to learn when interacting with Physical Therapists in an orthopedic setting. Remained flexible when assisting Physical Therapists and patients around the clinic.
- Communicated with patients to develop meaningful relationships throughout their treatment.
- Maintained a clean and safe environment for all patients and staff.

- Child Life Program, UF Health Shands Hospital **2016**
- Assisted Child Life Specialists in organizing and implementing activities for inpatient pediatric patients.
 - Monitored the playroom to maintain a safe, clean, and enjoyable area while engaging both patients and their families to create a welcoming environment.
 - Utilized extroverted conversation skills as well as an outgoing and positive personality during personal visits to pediatric patients who were unable to leave their rooms.

- Orthopedic and Sports Medicine Institute, UF Health **2015**
- Managed the front desk, greeting patients and directing them to their appointment locations.
 - Transported patients in and out of the facility, contributing to the positive environment within the entire clinic.
 - Exhibited flexibility in performing a variety of tasks as needed around the clinic. Stocked inventory and assisted in the casting rooms whenever necessary.

- Surgical Unit, Viera Hospital, Health First Inc. Melbourne, FL **2015**
- Displayed excellent customer service in greeting and guiding both patients and visitors while providing emotional support.
 - Managed multiple tasks simultaneously in a high stress environment, keeping all areas clean and prepped for incoming patients.

Alpha Epsilon Delta (Health Care Volunteer Society, Active Member) **September 2015 - April 2016**
Gainesville, FL

- Collaborated with like-minded students interested in careers as health professionals. Participated in group-oriented events, requiring cooperation and teamwork.
- Performed acts of community service on and off campus for various health-related causes involving all age groups. Fundraised and volunteered for several causes in affiliation with other campus, community, and national organizations.
- Exhibited positivity and warmth toward children, elderly, the ill, and the disabled. Developed eclectic communication skills.

Shadowing Student **May 2015 – June 2015**
Viera Hospital, Health First Inc. Melbourne, FL

- Observed both an orthopedic surgeon and a cardiologist during their clinical rotations and in the operating room. Asked informed questions and was eager to learn about the techniques and treatments used.

TEACHING EXPERIENCE

Resident Teaching Assistant **August 2021-July 2022**
University of Southern California Department of Physical Therapy

- Instructed 2nd year DPT students in neuroanatomy (clinical skills & gross lab), neuropathology, and electrophysiology.
- Lead students through discussion of complex case scenarios including the process of differential diagnosis. Instructed students in the interpretation of electrodiagnostic testing and use of electrical modalities for orthopedic and neurologic patient populations.
- Assisted in practical exam assessment in courses of neuroanatomy, neuropathology, electrophysiology, therapeutic modalities, and clinical patient management of neurologic diagnoses.

Anatomy Teaching Assistant **August 2019 – February 2020**
UF's Department of Physical Therapy

- Taught first year Doctor of Physical Therapy students gross anatomy within the classroom and in the cadaver lab. Acted as a resource and tutor for students in their first semester to learn gross anatomy and apply it to future clinical practice.
- Organized meetings, prepared teaching materials, assisted in dissection, diligently answered questions of all students.

LEADERSHIP EXPERIENCE

Professionalism Committee**January 2019 – May 2021**

Co-chair

- Acted as a liaison between students and faculty members on issues related to professionalism and professional behavior. Encouraged professional behavior from my student colleagues and educated on professionalism.
- Created creative solutions for problems related to professionalism while maintaining the respect and confidentiality of all parties involved.

Club President**April 2017 – May 2018**

Gator Powerlifting

- Recruited and engaged new members. Established long term relationships with members and integrated them as a team.
- Organized and oversaw meetings, practices, and competitions. Dispersed information to all members and encourage active participation for club events.
- Acted as a resource and mentor for all members. Utilized knowledge accumulated in both classroom settings and personal research to enhance the training and performance of both experienced and novice lifters.

Peer Mentor**August 2015 - May 2016**

Get Fruved, University of Florida

- Ensured the smooth transition of a group of incoming freshman to university life. Utilized knowledge of nutrition, exercise, stress management, and mental health gained in the classroom as well as personal experience, creating an introduction to campus that was both physically and mentally healthy.
- Developed a strong connection and companionship with the individual students. Persisted in efforts to maintain these connections despite some introverted students and busy schedules.

Captain, Varsity Soccer at Cocoa Beach Junior/Senior High School**August 2012-May 2014**

- Led the team to Florida State regional semifinals, Class AAA.

VOLUNTEER/SERVICE EXPERIENCE**Pro Bono Physical Therapy Care****August 2019 – July 2020**

UF Department of Physical Therapy

- Collaborated with a team of students to treat a patient with a chronic spinal cord injury over several months working toward high functional level goals. Designed creative interventions to target functionality and maintain patient motivation.

Gaitor Challenge**August 2018 – February 2020**

Volunteer, Communications Co-Chair

- Member of the community outreach group that organizes a weekly walking program for Gainesville community members.
- Reminded community participants of the weekly events, scheduled student participants at each event, took meeting minutes at each organized meeting.
- Assisted in design and implementation of each participant's goals, assessed vitals and performed screenings for precautions and contraindications to exercise, served as a walking partner for the community members.

Race for Rehab Committee**July 2019 – October 2019**

Member of Planning Committee

- Organized with a team of students a fundraiser race for four of UF's Department of Physical Therapy's community outreach programs.
- Designed a website and Facebook page, created advertising content to raise awareness for the event, organized and assisted in a smooth transition through race day.

RESEARCH EXPERIENCE**Pain Prevention Program for Individuals with SCI in the Inpatient Setting****September 2021- Present**

Mentor: Rebecca Lewthwaite, PhD

Accepted for CSM 2023 Poster Presentation

- Conducted a needs assessment to identify pain management considerations for inpatients with acute SCI.
- Developed a peer mentor led pain prevention program and submitted findings for consideration at CSM.

Undergraduate Research Assistant

January 2017 - Present

Muscle Stress Physiology Laboratory, Dr. Thomas Clanton, College of Health and Human Performance, University of Florida

- Designed, planned, and conducted research projects involving hyperthermia, osmotic stress, infection, and more. Demonstrated problem solving skills when obstacles were faced during the research process.
- Learned and executed laboratory techniques necessary for data collection. This included mouse tissue collection, bacterial plating, cryostat sectioning, and in vitro treatment of skeletal muscle.
- Collaborated with other students and faculty within and outside of the Muscle Stress Physiology Laboratory.

Undergraduate Research Assistant

July 2015 – April 2016

Microbiology Laboratory, Dr. Alfred Lewin, College of Medicine, Department of Physiology, University of Florida

- Collaborated with other team members to assist in the execution of laboratory experiments investigating macular degeneration.
- Executed laboratory techniques such as PCR, gel electrophoresis, minipreps, and retinal imaging to genotype and collect data on mouse models.

PUBLICATIONS

Murray, K. O., Brant, J. O., Iwaniec, J. D., **Sheikh, L. H.**, de Carvalho, L., Garcia, C. K., Robinson, G. P., Alzahrani, J. M., Riva, A., Laitano, O., Kladde, M. P., & Clanton, T. L. (2021). Exertional heat stroke leads to concurrent long-term epigenetic memory, immunosuppression and altered heat shock response in female mice. *The Journal of physiology*, 599(1), 119–141. <https://doi.org/10.1113/JP280518>

Garcia, C. K., **Sheikh, L. H.**, Iwaniec, J. D., Robinson, G. P., Berlet, R. A., Mattingly, A. J., Murray, K. O., Laitano, O., & Clanton, T. L. (2020). Effects of Ibuprofen during Exertional Heat Stroke in Mice. *Medicine and science in sports and exercise*, 52(9), 1870–1878. <https://doi.org/10.1249/MSS.0000000000002329>

Laitano, O., Robinson, G. P., Garcia, C. K., Mattingly, A. J., **Sheikh, L. H.**, Murray, K. O., Iwaniec, J. D., Alzahrani, J., Morse, D., Hidalgo, J., & Clanton, T. L. (2020). Skeletal Muscle INTERLEUKIN-6 Contributes to the Innate Immune Response in Septic MICE. *Shock (Augusta, Ga.)*, 10.1097/SHK.0000000000001641. Advance online publication. <https://doi.org/10.1097/SHK.0000000000001641>

Laitano, O., **Sheikh, L. H.**, Mattingly, A. J., Murray, K. O., Ferreira, L. F., & Clanton, T. L. (2018). Osmolality Selectively Offsets the Impact of Hyperthermia on Mouse Skeletal Muscle *in vitro*. *Frontiers in physiology*, 9, 1496. <https://doi.org/10.3389/fphys.2018.01496>

MISC SKILLS

- Laboratory techniques involving mice: tissue collection, bacterial plating, cryostat sectioning, ex vivo muscular contractions.
- Social media scheduling and operation: Facebook and Twitter

PROFESSIONAL MEMBERSHIPS

American Physical Therapy Association (APTA)

August 2018 – Present

Neurology Section, Research section, Sports Section