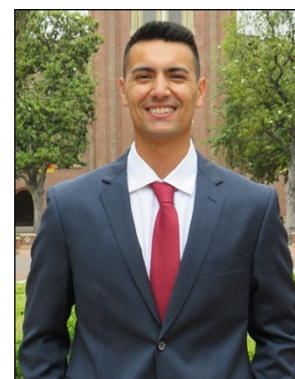


NICHOLAS GARCIA, PT, DPT, CSCS



PERSONAL INFORMATION

E-mail: nicholsg@usc.edu

EDUCATION

- **Orthopedic Physical Therapy Residency** August 2022
University of Southern California, Los Angeles, CA
- **Doctor of Physical Therapy** May 2021
University of Southern California, Los Angeles, CA
- **Bachelor of Arts, Kinesiology** May 2016
Whittier College, Whittier, CA

CURRENT EMPLOYER

- **Maven Physical Therapy and Performance**, Santa Monica, CA August 2022 – Present
Physical Therapist – Outpatient Orthopedics
- **University of Southern California**, Los Angeles, CA August 2021 – Present
Adjunct Instructor of Clinical Physical Therapy

PROFESSIONAL WORK EXPERIENCE

- **Matrix Physical Therapy and Wellness**, Santa Monica, CA June 2021 – August 2022
Physical Therapist – Outpatient Orthopedics
- **Synergy Physical Therapy and Sports Performance**, HB, CA June 2016 – August 2018
PT Aide – Outpatient Orthopedics

PHYSICAL THERAPY INTERNSHIPS

- **Keck Medical Center of USC**, Los Angeles, CA January – May 2021
Inpatient Orthopedics for 16 weeks
- **Tustin PT Specialists**, Tustin, CA October – December 2020
Outpatient Orthopedics for 8 weeks
- **Gary M. Souza PT & Associates**, Diamond Bar, CA August – October 2020
Outpatient Orthopedics for 8 weeks
- **Huntington Beach School District**, HB, CA December 2019
Outpatient Pediatrics for 2 weeks
- **UC Irvine Medical Center**, Orange, CA July – August 2019
Outpatient Orthopedics for 6 weeks

CONTINUING EDUCATION

- Essentials of Spinal Manipulation, *University of Southern California* 2022
- Certified Neuromuscular Taping Specialist, *AQuire Education* 2020
- Shoulder Labral Injuries in Throwing Athletes, *American Sports Medicine Institute* 2020
- Upper Extremity Rotational Athlete, *University of Southern California* 2019
- Evaluation & Treatment of the Injured Runner, *Movement Performance Institute* 2019
- Evaluation & Treatment of a Patient with Knee Pain, *University of Southern California* 2019

PROFESSIONAL ACTIVITIES

- **Teaching Assistant**, University of Southern California DPT Program 2021 – 2022
 - Analytical Anatomy – Lectured in Surgical Procedures and Topography Sections
 - Special Topics in Therapeutic Exercise – Lectured in Return to Sports Section
- **Research Assistant**, PAC-12 Student-Athlete Health and Well-Being Grant 2019 – 2022
 - Clinical Biomechanics, Orthopedic, and Sports Outcomes Research (COOR) Laboratory at USC
 - Study – Biomechanical metrics to improve performance and reduce elbow injuries in baseball: this study investigates the relationship between elbow varus torque:ball velocity, and the physical factors of muscle and joint performance that mediate this relationship

RESEARCH PRESENTATIONS AT SCIENTIFIC MEETINGS

- **Garcia NS**, Sakurai M, Tarr A, Papa C, Lobb N, Barrack A, Karduna A, Michener L. Grip Strength Does Not Moderate the Ball Velocity and Elbow Torque Relationship in Collegiate Pitchers. Combined Sections Meeting-APTA; San Diego, CA; February 2023.
- **Garcia NS**, Lobb NJ, Barrack AJ, Zerega RJ, Yasen A, Rittenberry HB, Karim R, Karduna AR, Michener LA. The Pitcher-Specific Relationship Between Pitch Velocity and Elbow Valgus Torque. Poster Presentation. Combined Sections Meeting. February 2021. Abstract published in *J Orthop Sports Phys Ther.* 2021;51(1):CSM176-177.

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- American Academy of Orthopedic Manual Physical Therapist (AAOMPT) 2021 – Present
- Academy of Orthopedic Physical Therapy (AOPT) 2020 – Present
- American Physical Therapy Association (APTA) 2018 – Present

COMMUNITY SERVICE

- Whittier College KNS Club, *Guest Speaker* 2019 – 2020
- Los Angeles Marathon, *Medical Tent Volunteer* 2019
- Southern California Special Olympics, *Fun Fitness Screen Volunteer* 2018
- Whittier College Baseball Camp, *Pitching Coach* 2015 – 2016
- Hamptons Collegiate Baseball League, *Pitching Coach* 2015