

# Carole Gong, PT, DPT, OCS, CSCS

<b>EDUCATION</b>	<b>University of Southern California Orthopedic Physical Therapy Residency</b> Placed at Physical Therapyworks, Santa Monica, CA	<i>Aug 2020 – Aug 2021</i>
	<b>University of Southern California, Los Angeles, California</b> Doctor of Physical Therapy	<i>Aug 2017 – May 2020</i>
	<b>University of Southern California, Los Angeles, California</b> <i>Major:</i> Bachelor of Science, Human Biology <i>Minors:</i> Sports Media Studies and Occupational Science Magna Cum Laude, Renaissance Scholar Candidate	<i>Aug 2013 – May 2017</i>
<b>LICENSURES</b>	California Licensed Physical Therapist	<i>Aug 11, 2020</i>
<b>CERTIFICATIONS</b>	Certification in Applied Functional Science (CAFS)	<i>Jun 23, 2023</i>
	Functional Range Conditioning Mobility Specialist (FRCms)	<i>Sept 13, 2021</i>
	Board Certified Orthopedic Clinical Specialist (OCS)	<i>Aug 31, 2021</i>
	Certified Strength and Conditioning Specialist (CSCS)	<i>Apr 6, 2019</i>
<b>WORK EXPERIENCES</b>	<b>Evolution Physical Therapy and Fitness, Beverly Hills, CA</b> Outpatient orthopedics. Full-time staff physical therapist and clinical instructor.	<i>Oct 2022 – present</i>
	<b>Adjunct Instructor of Clinical Physical Therapy at University of Southern California</b> Teaches in the Doctor of Physical Therapy program in the following classes: 1. PT 632: Integrated Patient Management Seminar 2. PT 549: Clinical Exercise Physiology	<i>Sept 2022 – present</i>
	<b>Physical Therapyworks, Santa Monica, CA</b> Outpatient orthopedics. Full-time staff physical therapist and clinical instructor. Completed USC orthopedic physical therapy residency at this site.	<i>Jul 2020 – Sept 2022</i>
	<b>Jordan Flight Lab at Jumpman, Los Angeles, CA</b> Sport science associate that facilitates athletic screens using sports performance technology.	<i>Nov 2018 – Sept 2019</i>
	<b>USC Athletic Medicine, Los Angeles, CA</b> Athletic medicine student assistant. Worked with USC Division I teams (football, sand volleyball, baseball, soccer, swimming & diving) and medical staff (athletic trainers, physical therapists, physicians). Worked football seasons in 2015 and 2016 including the Holiday Bowl and Rose Bowl games.	<i>Jan 2014 – May 2017</i>
	<b>CLINICAL EXPERIENCES</b>	<b>Movement F1rst Rehab and Sports Performance, Newport Beach, CA</b> Outpatient sports medicine, 16 weeks part-time. Worked with football players in the National Football League and Athletes F1rst sports agency. Gained experiences utilizing three dimensional motion lab.
	<b>Glendale Adventist Therapy and Wellness Center, Eagle Rock, CA</b> Outpatient orthopedics, 16 weeks. Presented on elbow ulnar collateral ligament tears in gymnastics.	<i>Aug 26 – Dec 13, 2019</i>
	<b>RISE Physical Therapy, Point Loma, CA</b> Outpatient orthopedics and sports medicine, 8 weeks. Applied functional science based clinic. Worked with San Diego Albion Soccer Club's professional men's soccer team. Presented on blood flow restriction.	<i>May 6 – Jun 28, 2019</i>
	<b>Therapy West, Culver City, CA</b> Outpatient pediatrics, 2 weeks. Worked with patients mostly three years old or younger.	<i>Oct 22 – Nov 2, 2018</i>
	<b>Southland Physical Therapy, Costa Mesa, CA</b> Outpatient orthopedics, 6 weeks. Presented on rehabilitation for the patient with hypermobility.	<i>Jul 9 – Aug 17, 2018</i>
	<b>Breakthrough Physical Therapy, Sunnyvale, CA</b> Outpatient orthopedics, 2 weeks. Worked with many gymnastic patients.	<i>Feb 26 – Mar 9, 2018</i>

<b>RESEARCH</b>	<b>Anterior Collateral Ligament Reconstruction and Gait</b>	<i>Oct 2018 – present</i>
	Research assistant under Dr. Susan Sigward, PhD, PT, ATC for a study examining walking training interventions in individuals following ACL reconstruction to help improve movement rehabilitation. Co-author in the abstracts listed below.	
	<ol style="list-style-type: none"> <li>1. Almansouri S, Barclay W, Dighe A, Gong C, Chow M, and Sigward S. Can Increased Gait Speed Improve Knee Loading Mechanics Following Anterior Cruciate Ligament Reconstruction? American College of Sports Medicine Annual Meeting. San Francisco, CA, USA, 2020.</li> <li>2. Almansouri S, Gong C, Chow M, and Sigward S. Can Increased Gait Demands Improve Knee Loading During Early and Late Recovery Following ACL Reconstruction? American Physical Therapy Association Combined Sections Meeting. Denver, CO, USA, 2020. Accepted poster.</li> <li>3. Almansouri SY, Chow MM, Gong CA, and Sigward SM. The Influence of Gait Speed on Sagittal Plane Knee Mechanics Post-ACLR. Research day. Los Angeles, CA, 2019. Presented poster.</li> </ol>	
<b>GRADUATE STUDENT INVOLVEMENT</b>	<b>CASSIG Newsletter Committee</b>	<i>May 2018 – 2019</i>
	Writer and editor for the California Student Special Interest Group (CASSIG) newsletter.	
	<b>USC Physical Therapy Multicultural Leadership Alliance (PTMLA)</b>	<i>Sept 2017 – Aug 2019</i>
	Member of this physical therapy student-run organization that serves to raise awareness about physical therapy, unite communities from diverse backgrounds and cultures, and promote leadership.	
	<b>Extracurricular Orthopedic Group</b>	<i>Oct 2018 – Apr 2019</i>
	Group leader and member that acted as a liaison between the group and Dr. Erica Sigman, PT, DPT, OCS to schedule weekly meetings to practice orthopedic skills.	
	<b>USC Geriatrics Workforce Enhancement Program (GWEP)</b>	<i>Sept 2018 – Mar 2019</i>
	Volunteered in the Student Senior Partnership Program (SSPP) under GWEP in an interdisciplinary team to engage with a senior citizen to learn about healthy aging.	
	<b>Los Angeles Marathon Medical Volunteer</b>	<i>Mar 24, 2019</i>
	Helped the Los Angeles marathon runners at a medical tent by providing simple first aid and manual stretching. Worked with other physical therapy students, medical students, and physical therapists.	
	<b>Special Olympics Summer Games</b>	<i>Jun 9, 2018</i>
	Helped perform strength, balance, and general health screens for the athletes at the Special Olympics Summer Games hosted at California State University Long Beach.	
	<b>Life Rolls On</b>	<i>Jun 2, 2018</i>
	Assisted handicapped athletes to surf in Santa Monica by setting up the event, preparing them for the water, helping them in the water, and cleaning up.	
	<b>Adelante Exercise for Cancer Survivors</b>	<i>Jan 2018</i>
	Assisted cancer survivors to safely perform exercises and learn appropriate exercise modifications. Exercise classes held at the Wellness Center Dance Studio at the Historic General Hospital, Los Angeles.	
	<b>Fit Families</b>	<i>Sept 2017 – Jan 2018</i>
	Educated local underserved families on health and fitness, and provided them with brief health screens and exercises at Bravo High School, Los Angeles.	
<b>COLLEGE VOLUNTEER EXPERIENCE</b>	<b>USC Physical Therapy Associates – Health Science Campus</b>	<i>May – Jul 2015, May – Jul 2016</i>
	Volunteer. Worked with physical therapists who treat patients with orthopedic and neurologic conditions in an outpatient setting, and performed clerical activities.	
	<b>USC Verdugo Hills Hospital, Glendale, CA</b>	<i>Jun – Jul 2016</i>
	Volunteer. Worked with physical therapists and occupational therapists in an inpatient setting.	
	<b>USC Alternative Spring Break, Lima, Peru</b>	<i>Mar 12-19, 2016</i>
	USC sponsored program for service learning and volunteerism. Assisted people with disabilities with physical therapy and activities of daily living, and renovated a senior citizen center.	

**Joint Educational Project (JEP)** *Sep – Nov 2015*  
Worked with three USC students to teach biology to fifth grade students at Norwood Street School.

**Lingua Franca** *Sep – Nov 2013*  
Taught Spanish to five and six year old students at the USC UPC Child Development Center.

---

<b>PROFESSIONAL ORGANIZATIONS</b>	American Physical Therapy Association (APTA) California Physical Therapy Association (CPTA) National Strength and Conditioning Association (NSCA)	<i>Sept 2017 – present</i> <i>Sept 2017 – present</i> <i>Feb 2019 – present</i>
-----------------------------------	---	---

---

<b>CONTINUING EDUCATION</b>	<b>2023 Combined Sections Meeting of the American Physical Therapy Association</b> San Diego, CA. <i>Feb 25, 2023</i>
	<b>Sports Residency Seminar Series II: Lower Extremity Radiology</b> <i>Mar 28, 2021</i> Taught by Dr. John Meyer, PT, DPT, OCS, FAFS.
	<b>Smart Cuffs Level 1 Online Blood Flow Restriction Training</b> <i>Mar 11, 2021</i> Taught by Ed Le Cara, DC. PhD, MBA. 5 contact hours.
	<b>Sports Residency Seminar Series II: Baseball Throwing Mechanics, Assessment, And Return to Sport Programming</b> <i>Feb 13, 2021</i> Taught by Dr. Jonathan Sum, DPT, OCS, SCS.
	<b>Orthopedic Physical Therapy Seminar Series: Hip, Knee, Ankle, and Foot</b> <i>Jan 23-24, 2021</i> Taught by Dr. Joe Godges, PT, DPT, MA, OCS.
	<b>Sports Residency Seminar Series II: Concussion Lab</b> <i>Jan 16, 2021</i> Taught by Dr. Aimee Diaz, PT, DPT, SCS, ATC.
	<b>Orthopedic Physical Therapy Seminar Series: Low Back, Pelvis, and Hip</b> <i>Dec 19-20, 2020</i> Taught by Dr. Joe Godges, PT, DPT, MA, OCS.
	<b>Sports Residency Seminar Series II: Upper and Lower Extremity Taping Lab</b> <i>Dec 5, 2020</i> Taught by Dr. Aimee Diaz, PT, DPT, SCS, ATC.
	<b>Orthopedic Physical Therapy Seminar Series: Shoulder, Elbow, Wrist, and Hand</b> <i>Nov 21-22, 2020</i> Taught by Dr. Joe Godges, PT, DPT, MA, OCS.
	<b>Sports Residency Seminar Series II: Golf Biomechanical Assessment, Treatment, and Return to Sport</b> <i>Nov 7, 2020</i> Taught by Dr. Lisa Meyer, PT, DPT, OCS.
	<b>Orthopedic Physical Therapy Seminar Series: Thorax, Neck, and Shoulder</b> <i>Oct 24-25, 2020</i> Taught by Dr. Joe Godges PT, DPT, MA, OCS.
	<b>Sports Residency Seminar Series II: Lateral Agility and Vertical Jump</b> <i>Oct 10, 2020</i> Taught by Dr. Lisa Meyer, PT, DPT, OCS.
	<b>Sports Residency Seminar Series II: Biomechanics of Running</b> <i>Sept 19, 2020</i> Taught by Dr. Lisa Meyer, PT, DPT, OCS.
	<b>Sports Residency Seminar Series II: Psychology of the Injured Athlete</b> <i>Sept 19, 2020</i> Taught by Dr. Aimee Diaz, PT, DPT, SCS, ATC.
	<b>Instrument Assisted Soft Tissue Mobilization (IASTM) Level 1 Practitioner</b> <i>Apr 13, 2019</i> Taught by Dr. Nick Perkins PT, DPT at KOH Physical Therapy Lab. 8 contact hours.
	<b>Evaluation and Treatment of a Patient with Knee Pain: Comparison of Two Movement System Approaches</b> <i>Feb 23, 2019</i> Taught by Drs. Christopher Powers and Shirley Sahrman at USC Health Sciences Campus. 7 contact hours.
	<b>2019 Combined Sections Meeting of the American Physical Therapy Association</b> <i>Jan 26, 2019</i>
	<b>2018 Combined Sections Meeting of the American Physical Therapy Association</b> <i>Feb 24, 2018</i>