

CURRICULUM VITAE
Dr. Sarah J. Powner PT, DPT, CSCS
June 1, 2023

I: BIOGRAPHICAL INFORMATION

PERSONAL INFORMATION:

Address: 317 1/2 N Palm Ave, Alhambra CA 91801
Telephone: 303-918-7806
Email: pownersj@gmail.com

EDUCATION:

2021-2022 Orthopedic Residency
 USC- University Park Campus

2018-2021 Doctor of Physical Therapy
 USC Division of Biokinesiology and Physical Therapy

2014-2018 Bachelors of Science, Exercise Science
 California Lutheran University

CERTIFICATIONS:

Doctor of Physical Therapy

- CA PT License #300338

Hermann and Wallace Pelvic Floor-Level 1

AHA Basic Life Support

Clinical Strength and Conditioning Specialist

HONORS & SCHOLARSHIPS:

2021 Order of the Golden Cane recipient

2021 ACAPT National Physical Therapy Student Honor Society

2020 “Beth Fisher Award” award for student who embodies empathy, knowledge
 integration and the potential to contribute to the advancement of clinical practice

2018 Merit Scholarship awarded by USC Division of Biokinesiology
 and Physical Therapy

2018 Graduated Summa Cum Laude and inducted into Scholastic
 Honors Society Fame of California Lutheran University

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:

- 2023-present APTA Academy of Pelvic Health
- 2022-present APTA Pelvic Health EPSIG (Early Professional Special Interest Group)
- 2021-present California Orthopedic Manual Physical Therapy Interests Group
- 2018-present American Physical Therapy Association
- 2016-present National Strength and Conditioning Association

EXTRACURRICULAR ACTIVITIES:

- *Ceramist*- amateur potter with emphasis in wheel throwing
- *Trail Runner*- amateur athlete exploring trails and pushing limits on weekends
- *Baker, Recipe Creator, and Food Engineer*- working to create health, functional, and delicious treats

II: CLINICAL EXPERIENCE

- Sep 2022- Present Longevity & Performance Institute Physical Therapy
Arcadia, CA
 - Women's health physical therapy centered around prenatal and postpartum care. Orthopedic treatment using mixed philosophies of PRI, DNS, and orthopedic manual therapy
 - Community event organizer for local moms- providing education and exercise instruction

- Sep 2021-Sep 2022 USC Faculty Practice- University Park Campus
Los Angeles, CA
 - Outpatient rehabilitation focusing on orthopedic conditions with senior orthopedic mentorship. Additionally managing patients with pelvic floor dysfunction.

- Spring 2021 Precision Rehabilitation
Long Beach, CA
 - Intern in outpatient neurologic rehabilitation with rare and severe conditions from spinal cord injury to post-stroke

- Spring 2020 USC Faculty Practice - Health Science Campus
Los Angeles, CA
 - Intern in pelvic floor specialization in both men's and women's health. Complex orthopedic and pain management care

- Fall 2020 Keck Hospital/Norris Medical Center of USC
Los Angeles, CA
 - Intern in acute in rehabilitation, Oncology, and ICU experience

III. RESEARCH

- 2021-2022 USC Kaufman School of Dance
Retrospective analysis of medical management of dancers at university level dance program
University of Southern California
- 2020-2021 Motor Behavior and Neuro-rehabilitation Laboratory
Mindfulness in post-stroke patients
University of Southern California
- 2020-2021 USC Biomechanics Laboratory
Femoral acetabular impingement and its impact on human movement
University of Southern California
- 2015-2018 CARE (Concussion Assessment, Research and Education)
Liaison between NCAA and DOD
California Lutheran University

IV. TEACHING EXPERIENCE

- 2022-Present Adjunct Faculty
Division of Biokinesiology and Physical Therapy
University of Southern California

V: LEADERSHIP EXPERIENCE

- 2023 Founder of LPI Mom's Club
- 2023 Alumni Board of Directors Member
California Lutheran University
- 2019-2020 Extracurricular Orthopedic Skills Group Coordinator
University of Southern California
- 2015-2019 Assistant Coach
EJ Hoops Girls Club Basketball
Lone Tree, CO
- 2017-2018 President of Exercise Science Club
California Lutheran University

VI: VOLUNTEERING AND SERVICE ACTIVITIES

- 2022 Curing Kids Cancer
- Fundraising liaison for non-profit organization, put on first annual 5K event
- 2021 ACL Injury Prevention Workshop
- Hands on workshop and presentation with Dr. Maxwell Park for local high school female athletes
- 2020 USC Fit Families
- Virtual newsletter author for monthly columns including healthy recipes, workouts, and community programs
- 2020 USC Senior Outreach
- Held weekly phone calls with multiple senior citizens to help combat mental health strain during COVID-19 pandemic
- 2018-2019 Life Rolls On
- Assisted in safely fitting and using adaptive surf boards for participant with spinal cord injuries

VI: SCHOLARLY ACTIVITIES

PUBLICATIONS:

- Article: Cone LH, Holmberg PM, Olmon C, Davis K, Canacoo JO, Hijazin K, Kohout K, **Powner S**, Tremonti N, and Kelly LA. Comparison of direct entry and face to face delivery of the sports concussion assessment tool (scat) symptoms. *J Athl Enhanc.* 2021, 10:1.