

# CURRICULUM VITAE

**JOSEPH ABDULMASIH, PT, DPT**  
**January 2024**

## I. Personal Information

### Contact Information

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### Education

2023	OCS	USC Orthopedic Physical Therapy Resident	Orthopedic Clinical Specialist
2022	DPT	University of Southern California	Physical Therapy
2019	BS	California State University, Chico	Exercise Physiology

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### Board Certification and Licensure

2022-present **Licensed Physical Therapist** – State of California  
License: #302215

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### Clinical Experiences

07/22-present **Staff Physical Therapist** – Physical Therapyworks – Santa Monica, CA  
Providing care to a diverse patient population across all age groups. Conduct comprehensive evaluations and develop targeted treatment plans for individuals with a wide range of neuromusculoskeletal conditions, including those with persistent pain, disc pathologies, and post-operative care. Employ evidence-based interventions and therapeutic techniques to optimize patient outcomes and facilitate their journey towards improved function and well-being.

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### Physical Therapy Student Internship Experiences

- 12/22-4/22 **Movement Performance Institute, Outpatient Orthopedics and Sports** – Los Angeles, CA  
Performed comprehensive and detailed biomechanical evaluations for a diverse population of high school to professional athletes, addressing musculoskeletal complaints and optimizing physical performance. Assisted in the delivery of tailored rehabilitation services under the direct guidance of a licensed physical therapist, contributing to injury prevention and enhanced athletic potential.
- 08/21-12/21 **Adventist Health TWC, Outpatient Orthopedics** – Los Angeles, CA  
Successfully assessed and treated patients spanning a wide age range (12-65+) with various orthopedic impairments, including facet syndrome, piriformis syndrome, post-operative total knee arthroplasty, and meniscus repair. Skillfully utilized therapeutic exercise techniques and manual interventions to facilitate recovery and restore optimal function under the supervision of a licensed physical therapist.
- 05/21-06/21 **Enloe Medical Center, Inpatient Acute Care** – Chico, CA  
Provided comprehensive evaluation and treatment services to patients with acute conditions in the Neuro-Trauma ICU and Neurological unit, including stroke, post-operative orthopedic surgeries, traumatic brain injury (TBI), and vertigo. Operated under the direct supervision of a licensed physical therapist, contributing to the recovery and rehabilitation of patients with diverse neurological needs.
- 11/20-12/20 **Oroville Hospital, Outpatient Neurological** – Oroville, CA  
Evaluated and treated individuals with neurological conditions in an outpatient hospital setting, ranging from stroke and Parkinson's disease to cerebral palsy and spinal cord injury. Collaborated with a licensed physical therapist to develop and implement effective treatment plans, fostering functional improvement and enhancing the quality of life for patients.

- 07/20-08/20 **Butte Premier Physical Therapy, Outpatient Orthopedics** – Chico, CA  
Employed advanced assessment techniques and therapeutic interventions to evaluate and treat patients with orthopedic impairments, including chronic low back pain, lumbar stenosis, adhesive capsulitis, and rotator cuff tendinopathy. Under the supervision of a licensed physical therapist, contributed to patients' recovery, functional restoration, and pain management.
- 03/20 **Pillsbury Physical Therapy, Outpatient Orthopedics** – Paradise, CA  
Provided skilled evaluation and treatment services to patients and athletes with orthopedic impairments, such as patellar tendinopathy and ACL injury. Utilized therapeutic exercise strategies and manual interventions to optimize recovery and facilitate a safe return to activity under the direct supervision of a licensed physical therapist.

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**Previous Employment**

- 03/18-07/19 **Physical Therapy Aide** – Enloe Medical Center – Chico, CA  
Assisted in providing exceptional patient care by facilitating patient transfers, managing intake forms, administering modalities, and coordinating scheduling in various settings, including outpatient, acute, and subacute care.
- 2/16-07/19 **Convenience Store Manager** – Finnegan's Jug – Chico, CA  
Oversaw all aspects of operations, including creating employee schedules, managing inventory, restocking shelves, handling cashier responsibilities, and maintaining strict banking and cash control protocols.
- 8/13-12/15 **Childcare Worker** – In Motion Fitness – Chico, CA  
Nurtured and supervised children ranging from 3 months to 14 years old, ensuring their safety and well-being while coordinating engaging and educational activities. Prepared and served meals, fostering a positive and enriching environment for growth and development.

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**Honors and Awards**

- 2022 **Order of the Golden Cane Award** – University of Southern California  
Presented to graduating students who have demonstrated outstanding accomplishments in several different areas of professional endeavor, including academic coursework, clinical practice and scientific research. The Order of the Golden Cane is the highest honor awarded to graduates from the Division.
- 2022 **ACAPT National Physical Therapy Student Honor Society** – University of Southern California  
Honors physical therapy students who demonstrate excellence, integrity, and professionalism in areas of academic achievement, leadership, and service. Students inducted into the Society demonstrate excellence in all membership criteria and who are individually selected by USC faculty members.

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**Membership in Scientific/Professional/Honor Societies**

- American Physical Therapy Association
- California Physical Therapy Association

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**II. Scholarly Activity**

**Research Experience**

- 2020-2022 **Neuroplasticity and Imaging Laboratory** – USC Division of Biokinesiology and Physical Therapy, Los Angeles, CA

Contributed to research at the Neuroplasticity and Imaging Laboratory, under the expert guidance of Beth Fisher PhD, PT, FAPTA. Employed advanced analytical techniques to analyze and interpret complex data, drawing meaningful conclusions. Skillfully examined hypotheses and study designs, adding valuable insights to the field of brain-behavior relationships during motor skill learning. Collaborated in the development of abstracts, showcasing the team's innovative findings and contributing to scientific advancements in the realm of neuroscience.

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### Scientific Presentations and Articles

1. **Abdulmasih J**, Chung MH, Garbin AJ, and Fisher BE. Optimizing fall risk reduction in older adults with fear of falling requires a multifactorial approach. APTA Combined Sections Meeting, Online, Platform GR-9772, 2020.

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### Community Educational Materials Developed, Presented, or Assisted

- 06/23            **The Movement System - Athlete Movement System: Lower Half**  
Served as a model for a distinguished continuing education course created and presented by Jared Vagy, PT, DPT, OCS, CSCS focused on advanced assessment and treatment methodologies for lower body disorders in athletes. Actively participated in practical demonstrations, showcasing a commitment to enhancing professional knowledge and skills in the specialized field of sports rehabilitation. Contributed to the course's dynamic learning environment by embodying real-world scenarios and providing a tangible context for theoretical concepts.
- 04/22            **Shoulder Return to Sport Protocol**  
Developed protocol for the Movement Performance Institute focused on middle to late stage rehabilitation and return to sport criteria for the injured upper extremity athlete. Therapeutic exercises used were based on highest MVIC for targeted muscle. This is one of the only programs to include the use of a Cybex for isokinetic training and isometric strength assessment to help determine criteria for progression.
- 06/21            **HINTS Protocol For The Evaluation Of Cerebellum And Brainstem Strokes**  
Inservice presentation to staff physical therapist at Enloe Medical Center
- 08/20            **Immobilization Vs. Traditional Rehab For Rotator Cuff Repair**  
Inservice presentation to staff physical therapist at Butte Premier Physical Therapy

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### Continuing Education and Professional Development Attended

- 12/23            **Athlete Movement System: Lower Half** – Los Angeles, CA. CEUs: 1.3.
- 02/23            **Implementation of motor skill training in functional activities for musculoskeletal pain problems** – Los Angeles, CA. CEUs: 3.
- 01/23            **Los Angeles Orthopedic Physical Therapy Seminar Series: Upper Quarter** – Los Angeles, CA. CEUs: 3.
- 09/22            **Los Angeles Orthopedic Physical Therapy Seminar Series: Spine** – Los Angeles, CA. CEUs: 3.
- 08/22            **Los Angeles Orthopedic Physical Therapy Seminar Series: Lower Quarter** – Los Angeles, CA. CEUs: 3.
- 03/22            **Functional Biomechanics of the Lower Quarter: Implications for the Evaluation & Treatment of Musculoskeletal Disorders** – California Physical Therapy Association; Los Angeles, CA. CEUs: 1.5
- 11/21            **Evaluation and Treatment of the Injured Runner** – California Physical Therapy Association; Los Angeles, CA. CEUs: 1.5

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**Teaching Experience**

- 11/23-Current     **Adjunct Instructor of Clinical Physical Therapy – USC Division of Biokinesiology and Physical Therapy**, Los Angeles, CA, *DPT Immersions*  
 Guided Doctor of Physical Therapy (DPT) students across their academic journey, offering expert guidance and mentorship. Empowered students at various stages to refine their skills in crafting impactful interventions tailored to patients with diverse musculoskeletal conditions. Played a pivotal role in creating a dynamic and engaging learning environment, nurturing students' professional growth and competency in the field. Integrated teaching, examination, and intervention strategies to provide a well-rounded approach to physical therapy education, preparing students for the complex challenges of clinical practice, including clinical reasoning in both therapeutic exercise and manual therapy contexts.
- 04/23             **Hybrid Instructor and Tester – USC Division of Biokinesiology and Physical Therapy**, Los Angeles, CA, *Therapeutic Exercise (PT530a, Immersion 4)*  
 Facilitated the learning journey of first-year DPT students, providing expert guidance and mentorship in the intricate process of designing and implementing therapeutic exercise programs. Empowered students to cultivate their skills in developing highly effective and comprehensive interventions tailored to patients diagnosed with foundational musculoskeletal conditions. Played a pivotal role in fostering a dynamic and engaging learning environment to nurture students' professional growth and competency in the field.
- 03/23             **Practical Exam Tester – USC Division of Biokinesiology and Physical Therapy**, Los Angeles, CA, *Integrated Patient Management Clinical Skills (PT630)*
- 01/23-04/23     **Course Faculty – USC Division of Biokinesiology and Physical Therapy**, Los Angeles, CA  
*Therapeutic Exercise (PT530a)*  
 Empowered and guided first-year DPT students in the meticulous development of highly effective and comprehensive therapeutic exercise programs for patients diagnosed with foundational musculoskeletal conditions.
- 01/23             **Practical Exam Tester – USC Division of Biokinesiology and Physical Therapy**, Los Angeles, CA, *Integrated Patient Management Clinical Skills (PT640a, Immersion 10)*
- 08/22-12/22     **Course Faculty – USC Division of Biokinesiology and Physical Therapy**, Los Angeles, CA  
*Integrated Patient Management Clinical Skills (PT630)*  
 Directed and mentored third-year DPT students in the mastery of advanced assessment and treatment techniques, as well as the honing of clinical reasoning skills within the challenging orthopedic, sports, and neurologic contexts.
- 11/21-05/22     **Extracurricular Group Teaching Assistant – USC Division of Biokinesiology and Physical Therapy**, Los Angeles, CA  
 Under the expert guidance of Kenneth Kim PT, DPT, CSCS, OCS, actively contributed to the facilitation of extracurricular learning experiences for second-year physical therapy students. Provided valuable assistance in teaching and instructing on orthopedic manual skills and therapeutic exercise, enabling students to enhance their clinical reasoning abilities beyond the scope of traditional didactic coursework.

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**III. Service and Leadership Activities**
**Service Activities**

- 2022             **USC Glorvia Kaufman School of Dance Interprofessional Wellness Fair – Los Angeles, CA**

Contributed to a multidisciplinary screening for Bachelor of Fine Arts Dance Majors, performing thorough physical therapy objective examinations. Played a crucial role in promoting the dancers' wellness and ensuring their optimal physical performance.

2019-2022

**Physical Therapy Multicultural Leadership Alliance at USC** – Los Angeles, CA

Actively participated in a dynamic group committed to fostering equity, diversity, and inclusion within the healthcare field and the broader campus community. Engaged in outreach events and educational programs to raise awareness and promote a more inclusive healthcare environment.

2021

**Life Rolls On...They Will Surf Again** – Santa Monica, CA

Coordinated team activities and provided vital instruction on safety protocols and surfing procedures to empower paraplegic athletes. Helped them transcend physical limitations and embrace a fulfilling life beyond their boundaries.

2021

**USC Baseball Research Data Collection** – Los Angeles, CA

Collaborated with Jonathan Sum PT, DPT, OCS, SCS to collect and interpret objective data, including strength and range of motion measurements, from high school and collegiate baseball players. Contributed to a research project evaluating the effectiveness of a resistance training program, showcasing a commitment to advancing evidence-based practice.

2020

**[re+active] Parkinson's Disease Bootcamp** – Virtual

Instructed individuals recently diagnosed with Parkinson's Disease on a range of exercises and healthy habits to enhance their quality of life under the guidance of Julie Hershberg PT, DPT, NCS.

2020

**Fit Families Community Exercise** – Los Angeles, CA

Designed and delivered tailored exercise programs to participants from the local Los Angeles community, many of whom faced limited access to physical fitness and wellness resources. Empowered individuals to prioritize their health and well-being through engaging and accessible exercise routines.

2018

**Camp Fire Relief** – Chico, CA

Organized and led relief efforts to provide essential supplies, including food, shelter, and necessary medications, to individuals displaced after the devastating Paradise, CA Camp Fire.

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## Leadership Roles

04/18-05/19

**Chico State Pre-Physical Therapy Society President**

Set and oversaw club objectives, presided over club meetings, and fostered a collaborative and innovative environment. Delegated responsibilities effectively, ensuring smooth operations and maximizing member engagement. Spearheaded impactful outreach initiatives, establishing valuable connections with esteemed physical therapists, professors, and influential figures in the field. Successfully recruited renowned guest speakers, enriching club meetings with valuable insights and expertise from the forefront of physical therapy.