

Katherine Sacha
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EDUCATION

USC Orthopedic Residency Program
Physical Therapy Resident

Los Angeles, CA
Completion: August 2023

University of Southern California
Doctor of Physical Therapy

Los Angeles, CA
Graduated: May 2022

San Diego State University
Bachelor of Science, Kinesiology – Pre-Physical Therapy

San Diego, CA
Graduated Summa Cum Laude: May 2019

PHYSICAL THERAPY EXPERIENCE

Proactive Sports Performance – OP Sports
Physical Therapist

Westlake Village, CA
October 2023 – Current

Treating predominately NFL/NBA combine athletes with an emphasis on community-based athletes as well; collaborating with exercise physiologists, strength and conditioning coaches, nutritionists, and athletes to help create a comprehensive and specialized plan of care.

Aspire Physical Therapy & Sports Performance – OP Orthopedics
Physical Therapy Resident

La Cañada Flintridge, CA
July 2022 – September 2023

Treated primarily an athletic population (from middle school athletes to weekend warriors) with various sport backgrounds; assisting in social media posts/content; special interest also taken in treating children ranging from 4 to 21 years of age with a variety of genetic and oncological-related diagnoses.

Performance Therapy at Providence Saint John’s – OP Orthopedics
Student Physical Therapist – 16-week Clinical Affiliation

Santa Monica, CA
January 2022 – April 2022

Treated primarily the older orthopedic population with diverse musculoskeletal conditions and comorbidities; participated in various learning opportunities from PTs with OCS, SCS, and FAAMPT specialties.

MOTUS Specialists & PT – OP Sports
Student Physical Therapist – 16-week Clinical Affiliation

Santa Ana, CA
August 2021 – December 2021

Treated athletes of various ages and levels of expertise (middle school to professional) with a multitude of musculoskeletal conditions; incorporated higher-level exercise prescription for various sport demands while providing proper cuing for biomechanical and sport optimization; assisted in social media posts/content creation with videographer.

California Children’s Services – OP Pediatrics
Student Physical Therapist – 8-week Clinical Affiliation

Ventura, CA
May – June 2021

Treated children ages birth to 21 years old with a heavy neurological emphasis and occasional musculoskeletal diagnoses; worked in a collaborative environment with PTs, OTs, MDs, nutritionists, and orthotists/prosthetists to provide a comprehensive plan of care for each patient and their parents.

PhysioStrength Physical Therapy – OP Sports
Student Physical Therapist – 6-week Clinical Affiliation

Tacoma, WA
July – August 2020

Treated patients/athletes from a variety of backgrounds with an array of musculoskeletal conditions; incorporated functional movement patterns and return to sport protocols while creating and filming content for social media platforms.

Rehab United Physical Therapy – OP Orthopedics
Physical Therapy Aide

San Diego, CA
August 2017 – June 2019

Worked at an Applied Functional Science (AFS) clinic with a broad range of sports-related cases; assisted in guiding volunteers through the internship program and made recommendations for hire.

Movement Performance Institute (MPI) – OP Orthopedics

Physical Therapy Intern

Los Angeles, CA
May 2018 - August 2018

Worked alongside Dr. Chris Powers and his physical therapy fellows aiding in movement testing and performance; assisted in operating the return to sport testing focused on movement analysis and strength assessments.

TEACHING EXPERIENCE

-USC Department of Biokinesiology and Physical Therapy

- Resident Faculty-
 - PT530A: Therapeutic Exercise (2023)
 - PT551: Therapeutic Application of Physical Agents (2023)
- Assisted with Proctoring-
 - PT530B: Special Topics in Therapeutic Exercise (2023)

CERTIFICATIONS/CONTINUING EDUCATION

-MPI Certification: “Advanced Functional Biomechanics of the Lower Quarter”

June – November 2021

- 6-month certification series applying technology and biomechanical analysis of sports & associated pathologies.

RESEARCH

-Research Assistant with David Ortiz

Fall 2022 – Fall 2023

- Assisted in recruiting and collecting data with a PhD student during my residency; research focused on Achilles tendinopathy and the changes that may occur morphologically and with force output.

-Research Student Physical Therapist with Dr. Jonathan Sum

Summer 2021, 2022

- Screened range of motion and strength measurements in high school and collegiate baseball players to provide data for a future study on implementation of sport-specific protocol.

-Research Assistant at the University of Technology, Sydney (Sydney, Australia)

Spring 2017

- Study focused on the correlation between exercise and diabetes prevention in individuals over 50 years old.

CIVIC ENGAGEMENT

-“Football For Her” Physical Therapist Volunteer

December 2022

- Worked alongside a fellow PT and NWSL players to create and deliver a prevention program to female soccer players (aged 4-18 years old).

-ACLR Prevention Plan to Girls’ High School Soccer Team

Fall 2022

- Created and taught an ACLR prevention program to a local high school with a patient.

-Medical Stretcher Crew for Angel City FC, USMNT

Summer 2022, 2023

- Sideline PT apart of the medical staff for professional soccer games.

-Orthopedic Surgeon Student Physical Therapist Intern

Summer 2014, 2021, 2022

- Observed Dr. Bert Mandelbaum of Cedars-Sinai Kerlan-Jobe during surgery and with post-operative patients.

-Angel City FC Student Physical Therapist Volunteer

January 2022

- Assisted with medical screening for the Angel City FC soccer players in preparation for their upcoming season.

-L.A. Galaxy Student Physical Therapist Volunteer

January 2022

- Assisted with medical screening for the LA Galaxy soccer players in preparation for their upcoming season.

-Special Olympics Student Physical Therapist Volunteer

October 2019

- Provided medical clearance screening for athletes to ensure safety to participate in their designated events.

LEADERSHIPS & MEMBERSHIPS

-APTA Sports Academy SIG Member

August 2021 – Current

-APTA Orthopedics & Sports Sections Member

August 2021 – Current

-California Special Interest Group (CASSIG) Social Media Chair

January 2021 – January 2022

-USC Extracurricular Orthopedic Group Member with Dr. Kenny Kim

October 2020 – May 2022

-APTA & CPTA Member

August 2019 – Current

