

CURRICULUM VITAE
Courtney Mears, PT, DPT
June 2024

I. BIOGRAPHICAL INFORMATION

PERSONAL INFORMATION:

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Division of Biokinesiology and Physical Therapy
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Clinic Address: University of Southern California, Physical Therapy Associates
1640 Marengo Street, HRA 102
Los Angeles, CA 90033
Tel: (323) 865-1200
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UNIVERSITY EDUCATION:

Doctoral Education:

2018 – 2021 Doctor of Physical Therapy
Franklin Pierce University
Manchester, NH

Undergraduate Education:

2011 – 2016 Bachelor of Science, Environmental Biology
California State Polytechnic University, Pomona
Pomona, CA

POSTDOCTORAL TRAINING:

2021 – 2022 Orthopedic Physical Therapy Residency Program
Division of Biokinesiology and Physical Therapy
University of Southern California
Los Angeles, CA

BOARD CERTIFICATION AND LICENSURE:

- 2023 – present Orthopedic Clinical Specialist Board Certification, American Board of Physical Therapy Specialties, American Physical Therapy Association
- 2023 – present Credentialed Clinical Instructor, American Physical Therapy Association
- 2021 – 2024 Physical Therapist, PT 300199, Physical Therapy Board of California

ACADEMIC APPOINTMENTS:

- 2024 – present Assistant Professor of Clinical Physical Therapy
University of Southern California
- 2022 – 2024 Instructor of Clinical Physical Therapy
University of Southern California
- 2019 – 2020 Graduate Teaching Assistant, Department of Physical Therapy
Franklin Pierce University

HONORS AND AWARDS:

- 2021 National Physical Therapy Student Honor Society
American Council of Academic Physical Therapy
- 2021 Department of Physical Therapy Student of the Year Award
Franklin Pierce University
- 2021 Alumni Association Scholarship for Graduate Studies in Physical Therapy
Franklin Pierce University

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:

- 2018 – present American Physical Therapy Association
Greater Los Angeles District, California Chapter
Academy of Orthopedic Physical Therapy Member
Academy of Physical Therapy Research Member
- 2024 – present American Society of Shoulder and Elbow Therapists

II. ADMINISTRATIVE AND SERVICE ACTIVITIES

ADMINISTRATIVE ACTIVITIES:

5/2023 – present Research Clinical Coordinator
Clinical Biomechanics Orthopedics and Sports Outcomes Research Lab
Division of Biokinesiology and Physical Therapy
University of Southern California

UNIVERSITY SERVICE:

Division of Biokinesiology and Physical Therapy, University of Southern California

4/2023 – present USC Doctor of Physical Therapy Faculty-Student Mentor Program
Division of Biokinesiology and Physical Therapy
University of Southern California

2023 – present USC Annual Festival of Life Wellness Booth for Division of
Biokinesiology and Physical Therapy, Faculty Volunteer

Keck School of Medicine, University of Southern California

2022 – present USC Headache and Neuralgia Multidisciplinary Team and Clinic
Keck School of Medicine
Division of Biokinesiology and Physical Therapy
University of Southern California

EDITORIAL ACTIVITIES:

Scientific Review for Journals

2023 Physiotherapy Quarterly (1 manuscript)

2024 Physiotherapy Quarterly (3 manuscripts)

SERVICE TO PROFESSIONAL ORGANIZATIONS:

2023 – 2025 Nominating Committee Chairperson, Elected
Greater Los Angeles District, California Physical Therapy Association
American Physical Therapy Association

2023 – 2025 Assembly Representative, Elected
Greater Los Angeles District, California Physical Therapy Association
American Physical Therapy Association

OTHER SERVICE ACTIVITIES:

- 2018 – present Special Olympics, Healthcare Volunteer
- 1/2019 – 5/2021 President, Physical Therapy Student Association
Department of Physical Therapy
Franklin Pierce University
- 8/2019 – 1/2020 Pro Bono Physical Therapy Clinic
Franklin Pierce University
- 6/2019 Go Baby Go, Physical Therapy Volunteer

III. SCHOLARLY ACTIVITIES & RESEARCH

PEER-REVIEWED PUBLICATIONS

1. Henry W, Cline S, Araujo A, Ayres N, Gabrielson M, **Mears C**, Thibault R. Utilizing Telehealth to Deliver LSVT BIG Treatment for Young Onset Parkinson Disease: A Case Report. *Physical Therapy and Rehabilitation*. Published 5 Oct 2021.
<http://dx.doi.org/10.7243/2055-2386-8-7>
2. **Mears C**, Sigman E, Shiroishi MS, Lantz JM. Diagnosis and Conservative Management of Subdural Hemorrhage: A Case Report. Poster Presentation. APTA Annual Combined Sections Meeting, Boston, MA. 2024. *JOSPT Open* 2024;2(2):CSM1-CSM99.
doi:10.2519/josptopen.2024.2.2.CSM3

RESEARCH PRESENTATIONS AT SCIENTIFIC MEETINGS

PRESENTATIONS (peer-reviewed platform and poster abstracts)

1. **Mears C**, Sigman E, Shiroishi MS, Lantz JM. Diagnosis and Conservative Management of Subdural Hemorrhage: A Case Report. Poster Presentation. American Physical Therapy Association Combined Sections Meeting, Boston, MA. 2024.
2. **Mears, C**, Heindel M, Vila Dieguez O, Michener LA. Are Deficits in Muscle Performance Related to Psychosocial Factors in Those with Rotator Cuff Tendinopathy? Poster Presentation. American Physical Therapy Association Combined Sections Meeting, Boston, MA. 2024.
3. Henry W, Cline S, Araujo A, Ayres N, Gabrielson M, **Mears C**, Thibault R. Utilizing Telehealth to Deliver LSVT BIG Treatment for Young Onset Parkinson Disease: A Case Report. American Physical Therapy Association Combined Sections Meeting. 2021. Virtual.

- Henry W, Cline S, Araujo A, Ayres N, Gabrielson M, **Mears C**, Thibault R. Utilizing Telehealth to Deliver LSVT BIG Treatment for Young Onset Parkinson Disease: A Case Report. New Hampshire Physical Therapy Association, Annual Conference. November 2, 2019.

IV. GRANTS

CURRENTLY FUNDED GRANTS

- Biomarkers of Tendon Recovery for Rotator Cuff Tendinopathy*
Define tendon morphological changes with 4-week resistance exercise, how the associated muscle modulates tendon remodeling, and the relationship to patient-rated outcomes in patients with rotator cuff tendinopathy.
Role: Research Clinician/Interventionist
Foundation for Physical Therapy Research. \$100,000. 01/01/2023 – 12/31/2024

V. TEACHING ACTIVITIES

UNIVERSITY OF SOUTHERN CALIFORNIA KECK SCHOOL OF MEDICINE

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| 2023 – present | Course Instructor
Outpatient Physical Therapy Elective (Family Medicine 420E)
Keck School of Medicine
University of Southern California |
| 2022 – present | Lab Instructor
Musculoskeletal Physical Exam Workshop (Introduction to Clinical Medicine 200)
Keck School of Medicine
University of Southern California |
| 2021 – present | Lab Instructor
Pre-Clerkship Musculoskeletal Workshop (Family Medicine 300R)
Keck School of Medicine
University of Southern California |

UNIVERSITY OF SOUTHERN CALIFORNIA, DIVISION OF BIOMECHANICS AND PHYSICAL THERAPY (100 students in residential, 50 students in hybrid pathway)

Course Contributor in USC DPT Program

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| 2023 – present | PT630: Integrated Patient Management Seminar. 5 Credits, 1 section, summer/fall, 24 students.
Integration and application of knowledge acquired in first two years of the DPT program. Case based, problem-based learning approach.
Role: Proctored practical exams, 15 hours/semester |
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- 2022 – present **DPT@USC Hybrid Immersions.**
This is a lab only intensive held over 1 week that is designed to refine and test clinical doctoral students’ skills in physical therapy examination, evaluation, and assessment.
Role: Presented lab content and supervised students in skills practice, along with other faculty members. Proctored practical exams.
- 2022 – 2023 **PT 554: Analytical Anatomy.** 3 credits, 1 section, spring, 96 students.
A self-directed, conceptual model to study human movement through interplay of reading, lecture, and laboratory experiences.
Role: present course content in an interactive “concepts” lab, grade student assignments, proctored practical exams.

MENTORING ACTIVITIES

- 2023 – present Primary Clinical Mentor
USC Orthopedic Physical Therapy Residency Program
USC Physical Therapy Associates, Los Angeles, CA
Primary clinical mentor to 2 orthopedic physical therapy residents during 13 month post-doctoral training program.
- 2022 – present Clinical Instructor, USC Physical Therapy Associates, Los Angeles, CA
Primary clinical instructor for 2-3 DPT students a year for 6-16 weeks.