

## CURRICULUM VITAE

Name Elizabeth M. Poppert  
Telephone 310 913—8480 (office)  
Name of Educational Program and Institution Division of Biokinesiology and Physical Therapy University of Southern California

### Education:

University of Southern California, 2002-2004 *Post-Professional Doctor of Physical Therapy*

University of Southern California, Los Angeles, CA, 2002-2003 *Graduate Certificate in Orthopedic Physical Therapy*

Simmons College, Boston, Massachusetts, 1992-1995 *Master of Science Degree in Physical Therapy*

The Pennsylvania State University, State College, PA, 1982-1988 *Bachelor of Science Degree in Sport and Exercise Science*

### Licensure Information/Registration Number

State of California Physical Therapist License # PT-21958 1995-present

State of Massachusetts Physical Therapist License #AH-10274-PT 1995-present

### Certifications

Board Certified Orthopedic Clinical specialist 2001-2010; re-certified 2011-2020

American College of Sports Medicine Certified Exercise Physiologist #1670 1988-present

United States Track and Field Level-1 Certified Coach 2014

American Heart Association Cardiopulmonary Resuscitation; Current-2021

### Current Employment and Positions Held

Adjunct Assistant Professor of Clinical Physical Therapy

Non-tenure track

Division of Biokinesiology and Physical Therapy

*University of Southern California*

Los Angeles, California

2005-present

Private practice Owner; Sole proprietor

*Out-patient Physical Therapy*

Santa Monica, California

2008-present

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## TEACHING

### Entry Level Doctor of Physical Therapy Program Teaching

PT 530a *Residential and Hybrid courses*: Principles of Therapeutic Exercise. Course faculty **Elizabeth Poppert**. 2-Units spring semester year one. 2020-present.

PT 530a *Residential and Hybrid courses*: Principles of Therapeutic Exercise. Course director **Elizabeth Poppert**. 2-Units spring semester year one. 2019-present.

PT 530a: Principles of Therapeutic Exercise. Course director **Elizabeth Poppert**. 2-Units spring semester year one. 2005-2018.

PT 530b *Residential*: Special Topics in Therapeutic Exercise. Course director Mary Derrick. 2-Units summer semester year one. 2020-present.

PT 621 *Hybrid* Patient Management. Immersion faculty. 4-Units spring semester year one. 2019-present.

PT 630: Integrated Patient Management Clinical Skills. Guest Instructor 2017-present: *Principles of Therapeutic Exercise for Individuals with Low Back Pain*. 4-Content hours.

PT 549L *Hybrid*: Clinical Exercise Physiology. Course director: Todd Schroeder PhD. 4-Units, fall semester year two. Immersion faculty 2019-present.

PT 549L: Clinical Exercise Physiology. Course director: Todd Schroeder PhD. 4-Units, fall semester year two. Director of Course Laboratory Sessions, 2009-2015.

PT 514L: Musculoskeletal Anatomy. Course director: George Salem, PhD. 4-Units, fall semester year one. Guest lecturer elbow and forearm content, 2007-2013.

PT 551: Physical Agents Course Co-Director **Elizabeth Poppert**. 2-Units, summer semester year one. 2005-2009. Faculty tester 2010-present.

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Continuing Education Workshops, Symposiums Conducted:

**Poppert EM** and Reischl SF, Clinical Examination and Treatment of the Injured Runner: Hypothesis Driven by Experience, Research, and Technology, Long Beach, CA; 8-hours, **\*\*Scheduled for October 2020**

**Poppert EM**, Kulig K. Hypothesis driven examination and treatment of an injured runner. California State University at Northridge, Northridge, CA; 4 hours, 2019.

**Poppert EM** and Kulig K. Hypothesis driven examination and treatment of an injured runner. Kaiser Oakland, CA; 4.5 hours, 2019.

**Poppert EM** and Kulig K. Clinical examination and treatment of the injured runner: Hypothesis driven by experience, research and technology. Oakland University, Rochester, MI; 5.5 hours, 2018.

**Poppert EM**, Franklin S, McNeil B. Hypothesis driven movement analysis for the injured runner, golfer and CrossFit participant. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; 4 hours, 2016.

Sahrman S, Kulig K, O'Donnell M, **Poppert EM**, Flanagan S, Rowley KM. USC Update on the Lumbar Spine. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; 15 hours, 2016.

**Kulig K and Poppert EM:** Restoration or Compensation? The Thinking and Doing Behind Medicine and Physical Therapy. Kaiser Oakland CA, 5 hours 2015.

**Poppert EM**, Kulig K, Reischl S, and Marcos A: Is Your Patient Fit to Run? McKay Center, University of Southern California Division of Biokinesiology and Physical Therapy and Athletics Department, Los Angeles, CA; 15 hours, 2014.

McGill SM, Kulig K, O'Donnell M, **Poppert EM**, Flanagan S, Benek G, Smith J. USC Update on the Lumbar Spine. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; 15 hours, 2012.

Reischl, S and **Poppert EM:** Management of the Foot and Ankle: An Evidence Based Approach. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; 15 hours, April 2010 and May 2012.

Kulig K, O'Sullivan P, D, O'Donnell, M, Benek G, **Poppert EM**, Flanagan, S, Popovich, J: USC Update on the Lumbar Spine. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; 15 hours, November 2010.

Kulig K, Teyhan, D, O'Donnell, M, Benek G, **Poppert EM**, Flanagan, S, Popovich, J: USC Update on the Lumbar Spine. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; 15 hours, May 2010.

Kulig, K, Davenport, T, **Poppert EM:** Management of the Spine: Emphasis on the Thoracic Region. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; 15 hours, 2009.

Kulig K, Cholewicki, J, O'Donnell, M, Benek G, **Poppert EM**, Flanagan, S, Popovich, J: USC Update on the Lumbar Spine. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; 15 hours, 2007, 2008, 2009.

#### Additional Teaching

Keck Medical Center Musculoskeletal Screening Laboratory for first year medical students 2004-2007.

Volunteer Teaching Assistant, Gross Musculoskeletal Anatomy, PT 514, George Salem, PhD, PT, University of Southern California, 2001.

1988-1995 American Red Cross Volunteer Community CPR Instructor, Boston MA

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## SCHOLARLY ACTIVITY

### Peer Reviewed Publications

**Poppert EM** and Kulig K: Linking Evidence and Practice: Rehabilitation following lumbar discectomy. *Phys Ther.* 2013;93:1-8.

**Poppert EM** and McGill SM: Selection, Prescription, and Progression of exercises for the lumbar spine: An Evidence Based Systematic Biomechanical Approach. *American Physical Therapy Association Independent Study Course.* 2012.

**Poppert EM** and Kulig K: Hip Osteoarthritis in Patient Presenting with Medial Knee Pain. *J Orthop Sports Phys Ther.* 2011;41:33.

Kornelia Kulig, George J. Beneck, David M. Selkowitz, John M. Popovich, Jr, Ting Ting Ge, Sean P. Flanagan, **Elizabeth M. Poppert**, Kimiko A. Yamada, Christopher M. Powers, Stan Azen, Carolee J. Winstein, James Gordon, Srinath Samudrala, Thomas C. Chen, Arya Nick Shamie, Larry T. Khoo, Mark J. Spoonamore, Jeffrey C. Wang and Physical Therapy Clinical Research Network (PTClinResNet) **An Intensive, Progressive Exercise Program Reduces Disability and Improves Functional Performance in Patients After Single-Level Lumbar Microdiscectomy.** *Phys Ther.* 2009; 89:1145-1158.

Selkowitz DM, Kulig K, **Poppert EM**, Flanagan SF, Matthews ND, Beneck GJ, Popovich Jr. JM, Lona JR, Yamada KA, Burke WS, Ervin C, Powers CM, and PTClinResNet. The immediate and long-term effects of exercise and patient education on and quality of life outcome measures after single-level lumbar microdiscectomy: a randomized controlled trial protocol (NCT00306423). *BMC Musculoskeletal Disorders.* 2006;7:70-85.

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### Invited and Peer Reviewed Scientific and Professional Presentations:

**Poppert, EM** “Physical Therapy Spine Motivated Research At USC: Musculoskeletal Biomechanics Lab Translation to Clinics and Classrooms” University of California at Los Angeles department of Orthopaedic Surgery. Spine Surgery Rounds. January 2020.

Lantz J et al. Symposium: The Lumbar Spine: Current Concepts in Diagnosis and Interdisciplinary Management of Low Back Pain and Lumbar Radiculopathy. **Poppert EM:** “*Rehabilitative Management: Active Treatments for Low Back Pain and Lumbar Radiculopathy*”. University of Southern California Division of Biokinesiology and Physical Therapy, Los Angeles, CA; November 2019.

**Poppert EM**, Kulig K, and Machac S. Charles University, Prague, Czech Republic; 2 hours, 2019.

**Poppert EM**, Kulig K, and Smokla L. Clinical Examination and Treatment of the Injured Runner. OX-Sport Wroclaw, Poland 4 hours, 2019.

**Poppert EM**, Kulig K and Engel T. University of Potsdam, Potsdam Germany; 5 hours, 2019.

**Poppert EM** and Kulig K. American Physical Therapy Association’s Annual Orthopedic Section

Meeting, "A young runner unable to run do to non-specific foot pain" San Diego, CA; 2 hours, 2017.

**Poppert EM:** Pediatric Footwear Analysis and Prescription.  
Children's Hospital Los Angeles, Los Angeles, CA 2015.

**Poppert EM:** Deconstructing the Fit Runner.  
Greater Los Angeles District of the American Physical Therapy Association, Los Angeles, CA 2014.

Winstein, CL, Kulig K and **Poppert EM:** Clinical Research Network Primary Outcomes: The effect of an intensive, progressive exercise program on functional performance, disability and quality of life in patients post single-level lumbar microdiscectomy. Platform presentation CSM Las Vegas, NV 2009.

Kulig K, Benek G, **Poppert EM**, Flanagan S: Biomechanical and Motor Control Considerations in the Development of Exercise Interventions for the Management of Low Back Disorders: Experimental and Clinical Trial Evidence APTA Annual conference, San Antonio TX, 2008.

Kulig K, **Poppert, EM** for the MUSSEL of the PTClinResNet: Microtopography of an intervention in a randomized clinical trial: preliminary data. Platform presentation CCAPTA October 2005.

#### Peer Review Activity

*Journal of Orthopedic and Sports Physical Therapy.* Manuscript reviews': approximately two per year. 2012-Present.

*American Physical Therapy Association.* Abstract reviewer for Combined Sections Meeting 2018.

*Physical Therapy.* Manuscript review 2014.

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#### **SERVICE**

##### Service to the Profession, Division, University, and Community

Non-Tenure Track Appointments and Promotions Committee member, 2008-Present

Academy of Orthopaedic Physical Therapy (AOPT) Independent Study Courses  
Advisory Panel Member: 2020-2023

Mentor and Evaluator for University of Southern California Orthopedic Physical Therapy  
Residency Program, 2005-Present

Orthopedic extracurricular study co-leader, 2013-2014, 2014-2015, 2016-2017

Mentor for entry level Doctor of Physical Therapy students, 2013-Present

Faculty Affairs Committee, 2012-2014

“Playground Pals” PT 530a University of Southern California Division of Biokinesiology and Physical Therapy, 2006-Present

“Fit Families” volunteer, University of Southern California Division of Biokinesiology and Physical Therapy, 2009-2011

“Swim with Mike” annual swim-a-thon to raise scholarship money for students with disabilities, 2009-Present

Children’s Nature Institute Festival Volunteer, Los Angeles, CA, 2004 and 2006

Boston Marathon Finish Line Medical Volunteer, Boston Massachusetts, 2004, 2005, 2020 (cancelled)

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### Honors and Awards

Outstanding Teacher Award; Adjunct Faculty USC Division of Biokinesiology and Physical Therapy, 2014.

Outstanding Teacher Award; Adjunct Faculty USC Division of Biokinesiology and Physical Therapy, 2013.

Outstanding Teacher Award; Adjunct Faculty USC Division of Biokinesiology and Physical Therapy, 2006.

Order of the Golden Cane, Division of Biokinesiology and Physical Therapy, University of Southern California, 2004.

### Blogs and Media:

**Poppert EM** for Machac S: “Is your patient “Fit to Run” or is she “Running to be Fit”? How can a physiotherapist help recreational runners recover from and train to prevent future injuries?”.

<http://fyzio-letna.cz/uncategorized/is-your-patient-fit-to-run/> 2019

### Additional Experience

Faculty Development: Faculty development program participant working on curricular content development in the area the clinical therapeutic exercise. 2005-2006.