

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

**I: BIOGRAPHICAL INFORMATION**

**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.