

DIVISION OF BIOKINESIOLOGY & PHYSICAL THERAPY
UNIVERSITY OF SOUTHERN CALIFORNIA

CURRICULUM VITAE

ERICA LAURA SIGMAN

July 16th, 2025

I. PERSONAL INFORMATION

University address:

Division of Biokinesiology and Physical Therapy
at the Herman Ostrow School of Dentistry
1540 E. Alcazar Street, CHP 155
Los Angeles, CA 90089-9006
Tel: (323) 442-2900
Fax: (323) 442-1315
Email: esigman@pt.usc.edu

Clinic address:

USC Physical Therapy Associates
1640 Marengo Street, HRA 102
Los Angeles, CA 90033
Office: (323) 865-1200
Fax: (323) 865-1258

Physical Therapy Licensure: California #PT35801

University Education

8/06-5/09	Doctor of Physical Therapy University of Southern California Los Angeles, CA
8/02-4/06	Bachelor of Science, Sports Medicine Pepperdine University Malibu, CA

Postdoctoral Training:

8/09-8/10	Orthopedic Physical Therapy Residency Program Division of Biokinesiology and Physical Therapy University of Southern California Los Angeles, CA
-----------	--

Other Previous Employment

7/09-8/09	Staff Physical Therapist Harbor Physical Therapy San Pedro, CA
-----------	--

Board Certification and Licensure:

7/11-7/31	Orthopedic Clinical Specialist Board Certification, American Board of Physical Therapy Specialties, American Physical Therapy Association
-----------	--

7/09-present	Physical Therapist, PT 35801, Physical Therapy Board of California
2002-present	Basic Life Support and CPR Certification, American Heart Association
1/16-present	APTA Credentialed Clinical Instructor, American Physical Therapy Association

Academic Appointments

7/25-present	Associate Professor of Clinical Physical Therapy Division of Biokinesiology and Physical Therapy University of Southern California Los Angeles, CA
6/19-6/25	Assistant Professor of Clinical Physical Therapy Division of Biokinesiology and Physical Therapy University of Southern California Los Angeles, CA
8/10-6/19	Instructor of Clinical Physical Therapy Division of Biokinesiology and Physical Therapy University of Southern California Los Angeles, CA

Honors, Awards & Fellowships

2009	Order of the Golden Cane Award: Outstanding accomplishments in academic course work, clinical practice, and scientific research Division of Biokinesiology and Physical Therapy University of Southern California
2008	Merit Award for Academic Excellence Division of Biokinesiology and Physical Therapy University of Southern California

Professional Memberships

2006-present	American Physical Therapy Association Long Beach South Bay District, California Chapter Orthopedic Section Member California Orthopedic Manual Therapy Physical Therapy SIG Residency and Fellowship SIG
--------------	--

II. ADMINISTRATIVE & SERVICE ACTIVITIES

Administrative Appointments

5/20-present	Director, USC Physical Therapy Location at the Health Sciences Campus Los Angeles, CA
8/11-7/24	USC Orthopedic Physical Therapy Residency 7/23-7/24 Co-Director 7/16-7/23 Director 8/11-7/16 Coordinator

Division of Biokinesiology and Physical Therapy
University of Southern California
Los Angeles, CA

Service to the Division of Biokinesiology & Physical Therapy at USC

- 9/18-present Member, Continuing Education Committee
Division of Biokinesiology and Physical Therapy
University of Southern California
Los Angeles, CA
- 10/06-5/09 President, Physical Therapy Multicultural Leadership Alliance
Division of Biokinesiology and Physical Therapy
University of Southern California

Service to Professional Organizations

- 12/11-12/15 Chairperson, Elected
Long Beach South Bay District, California Chapter
American Physical Therapy Association
- 7/11-12/16 Continuing Education Committee, Appointed
Long Beach South Bay District, California Chapter
American Physical Therapy Association
- 12/09-12/11 Nominating Committee Member, Elected
Long Beach South Bay District, California Chapter
American Physical Therapy Association
- 1/09-6/09 Student Assembly Multicultural & International Affairs Representative
American Physical Therapy Association

Scientific Review

- 2018 Invited reviewer: Groin Strain Guide
MoveForwardPT
- 2018 Invited reviewer: Rotator Cuff Tendonitis Guide
MoveForwardPT

Community Service

- 2011 Development of high school boy's basketball team ankle sprain exercise program
Ribet Academy
Los Angeles, CA
- 2008 Development of high school girls water polo team exercise prevention program
Northwood High School
Irvine, CA

III. SCHOLARLY ACTIVITY

Peer-Reviewed Publications

- 2024 Ginoza LM, **Sigman E**, Michener LA, Straub RK, Sahai-Srivastava S, Pozzi F. Chronic Self-Efficacy Scale (CHASE): Development and Assessment of Measurement Properties; *Headache*. 2024;00:1-13.
- 2024 Mears C, **Sigman E**, Shiroishi MS, Lantz JM. Diagnosis and Conservative Management of Subdural Hematoma; *JOSPT Cases*. 2024;0 0;1-6
- 2024 Beneciuk JM, Michener LA, **Sigman E**, Harrison T, Buzzanca-Fried KE, Lu X, Shan G, Hill JC. Validation of the Keele STarT MSK Tool for Patients With Musculoskeletal Pain in United States-based Outpatient Physical Therapy Settings. *The Journal of Pain*. 2024;25(7):104475
- 2020 Ginoza L, Lerner A, **Sigman E**. Vertebral Artery Dissection. *J Orthop Sports Phys Ther*. 2020;50(6):344.
- 2017 Sahai-Srivastava S, **Sigman E**, Uyeshiro A, Cleary L, Ginoza L. Multidisciplinary Team Treatment Approaches to Chronic Daily Headaches. *Headache*. 2017:1-10.
- 2017 **Sigman E**, Landel R. Cervicogenic Headache summary. American Physical Therapy Association PTNow website. <http://www.ptnow.org/clinical-summaries-detail/cervicogenic-headache>. Published September 27, 2017.
- 2015 Hawkins A, Sum JC, Kirages D, **Sigman E**, Sahai-Srivastava S. Pelvic Osteomyelitis Presenting as Groin and Medial Thigh Pain: A Resident's Case Problem. *J Orthop Sports Phys Ther*. Epub 10 Jan 2015.

Published Monographs and Book Chapters

- 2024 **Sigman E**. (2024) Cervicogenic Headache. In Placzek JD, Boyce DA, *Orthopedic Physical Therapy Secrets, Fourth Edition* (pp. 257-262). Elsevier.
- 2022 **Sigman E**, Ginoza L. Management of Headaches. Independent Study Course 32.6. APTA Academy of Orthopedic Physical Therapy. 2022.

Invited Commentaries

- 2013 Invited Commentary, Pain Week Journal
 “Stiff and Stuck: Using Joint Mobilization and Manipulation to Restore Movement and Reduce Pain.”
 2014

Poster Presentations

- 2024 Poster Presentation, Combined Sections Meeting APTA
 Mears CY, Sigman E, Shiroishi MS, Lantz JM. Diagnosis and Conservative Management of Subdural Hemorrhage: A Case Report., *JOSPT Open* 2024;2(2):CSM1-CSM99. doi:10.2519/josptopen.2024.2.2.CSM3
 Boston, MA
- 2020 Poster Presentation, Combined Sections Meeting APTA
 “Psychometric Properties of the Chronic Headache Self Efficacy Scale.”
 Denver, CO

- 2019 Poster Presentation, International Headache Congress
“Chronic Headache Self-Efficacy Scale: Preliminary Assessment of Measurement Properties.”
Dublin, IRE
- 2019 Poster Presentation, International Headache Congress
“The Role of Physical Therapy in the Diagnosis and Management of Trigeminal Neuralgia: A Case Report.”
Dublin, IRE
- 2019 Poster Presentation, International Headache Congress
“An Interdisciplinary Team Approach for Treatment of Headache Disorders: A Retrospective Review of a Case Series From an Academic Headache Center.”
Dublin, IRE
- 2019 Poster Presentation, Combined Sections Meeting APTA
“Chronic Headache Self-Efficacy Scale (CHASE): Preliminary Assessment of Reliability.”
Washington, D.C.
- 2018 Poster Presentation, Combined Sections Meeting APTA
“Chronic Headache Self-Efficacy Scale (CHASE): Preliminary Assessment of Reliability.”
New Orleans, LA
- 2017 Poster Presentation, International Headache Congress
“The validation of a self-efficacy scale for chronic headache: a methods study”
Vancouver, BC
- 2016 Poster Presentation, Combined Sections Meeting APTA
“Pelvic Osteomyelitis Presenting as Groin and Medial Thigh Pain: A Resident’s Case Problem.”
Anaheim, CA
- 2015 Poster Presentation, California Physical Therapy Annual Conference
“Development of a Self Efficacy Scale for Chronic Headache: A Preliminary Study.”
Pasadena, CA
- 2015 Poster Presentation, International Headache Congress
“Development of a Self Efficacy Scale for Chronic Headache (CHASE): A Preliminary Study”
Valencia, Spain
- 2013 Poster Presentation, International Headache Congress
“Physical Therapy Management for Chronic Headaches”
Boston, MA

Invited Lectures & Keynote Addresses

- 2023 Invited Lecture, 28th Annual Van Der Meulen Symposium
“TMD and Headache”
Keck School of Medicine

University of Southern California

- 2019 Invited Lecture, Bell's Palsy Support Group Webinar
"Physical Therapy Management of Facial Weakness"
- 2018 Invited Lecture, Acoustic Neuroma Association Webinar Series
"Physical Therapy Management of Synkinesis."
- 2013 Invited Lecture, Pain Week
"Stiff and Stuck: Using Joint Mobilization and Manipulation to Restore
Movement and Reduce Pain."
- 2011 Invited Lecture, USC PT/OT Forum
Division of Biokinesiology and Physical Therapy & Division of Occupational
Science and Occupational Therapy
University of Southern California
- 2011 Guest Panelist, Chicanos/Latinos for Health Education
University of Southern California
- 2010 Invited Lecturer, USC Headache Symposium
Keck School of Medicine
University of Southern California
- 2009 Invited Lecturer, USC Kinesiology Club
Department of Kinesiology
University of Southern California
- 2009 Guest Panelist, UCLA Health Conference
Pre-Health
University of California Los Angeles
- 2009 Invited Lecturer, UCI Pre-Health Conference
University of California Irvine

Continuing Education Presentations

- 5/15, 5/16, 5/19 Integrating Pain Science Into Your Practice, Course Instructor
Division of Biokinesiology and Physical Therapy
University of Southern California
- 3/13, 10/14,
1/17, 9/17, 10/19,
5/24, 10/24 Cervicogenic Dizziness: An Evidence Based Course, Teaching Assistant
SkillWorks Biz.
- 4/18 Cervicogenic Headache, Course instructor/developer
San Gabriel Valley District Meeting
- 11/16 Cervicogenic Headache, Course instructor/developer
Long Beach South Bay District Meeting
- 10/10, 11/11, 11/12
10/13 & 2/16 Management of Temporomandibular Joint Dysfunction, Teaching Assistant
Division of Biokinesiology and Physical Therapy

University of Southern California

- 5/11 Management of the Spine: Emphasis on the Cervical Region, Teaching Assistant
Division of Biokinesiology and Physical Therapy
University of Southern California
- 11/09 Management of the Foot and Ankle: An Evidence Based Approach, Teaching Assistant
Division of Biokinesiology and Physical Therapy
University of Southern California

IV. TEACHING ACTIVITIES

Courses Developed & Taught

- 8/18 – 12/19 Course Coordinator
Integrated Patient Management Skills (PT 630)
Division of Biokinesiology and Physical Therapy
University of Southern California
- 8/17 – 8/18 Course Instructor
Integrated Management of the Upper and Lower Extremities (PT 630)
Division of Biokinesiology and Physical Therapy
University of Southern California
- 9/12 – present Lead Instructor
Management of Patients with Headache
PT 632 Integrated Patient Management Seminar
Division of Biokinesiology and Physical Therapy
University of Southern California
- 10/12 – present Lead Instructor
Management of Patients with Chronic Pain
PT 632 Integrated Patient Management Seminar
Division of Biokinesiology and Physical Therapy
University of Southern California
- 1/11 – 4/11 Course Coordinator
Analytical Anatomy (PT 554L)
Division of Biokinesiology and Physical Therapy
University of Southern California
- 7/10 – 7/13 Lab Instructor, Musculoskeletal Examination, Introduction to Clinical Medicine
Keck School of Medicine
University of Southern California
- 7/10 Teaching Assistant
Radiology (PT 606)
Division of Biokinesiology and Physical Therapy
University of Southern California
- 1/10 – 4/10 Teaching Assistant
Analytical Anatomy (PT 554L)
Division of Biokinesiology and Physical Therapy

University of Southern California

8/09 – 12/10 Teaching Assistant
Basics of Patient Management (PT 521)
Division of Biokinesiology and Physical Therapy
University of Southern California

Mentoring Activities

1/10-present Clinical Instructor, USC Physical Therapy Associates, Los Angeles, CA

8/11-present Primary Residency Mentor
Orthopedic Physical Therapy Residency
Division of Biokinesiology and Physical Therapy
University of Southern California

1/12-present DPT Student Mentor
Extracurricular study group leader and facilitator
Division of Biokinesiology and Physical Therapy
University of Southern California

9/12-8/18 Clinical Faculty and Residency Mentor
Physical Therapyworks Orthopedic Residency
Physical Therapyworks, Santa Monica, CA

9/12-present Physician Fellowship Mentor
Headache Fellowship, USC Department of Neurology
University of Southern California

8/11-present DPT Program Student Mentor
Division of Biokinesiology and Physical Therapy
University of Southern California

1/10-present Dental Residency Mentor
Orofacial Pain Residency, USC School of Dentistry
University of Southern California

1/10-present Physician Fellowship Mentor
Pain Fellowship, USC Pain Center, USC Department of Anesthesiology
University of Southern California