

## **CURRICULUM VITAE**

**LAURA PODSCHUN, PT, DPT, OCS, COMT, CSCS**

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Longwood, FL 32779  
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### **Education:**

Arcadia University  
Glenside, PA  
2009-2011  
Doctor of Physical Therapy

Hahnemann University  
Philadelphia, PA  
1987-1989  
Master of Physical Therapy

University of Florida  
Gainesville, FL  
1982-1986  
Microbiology  
Bachelor of Science

### **Licensure:**

Registered Physical Therapist, Florida License #5924

### **Certifications:**

Certified Orthopedic Manual Therapist, Maitland Australian Physiotherapy (2012- present)  
Orthopedic Clinical Specialist, American Board of Physical Therapy Specialties (2007- present)  
Certified Strength & Conditioning Specialist, National Strength & Conditioning Association (2000-present)  
Credentialed Clinical Instructor, American Physical Therapy Association (2008 – present)  
CPR/BLS – Health Care Provider, American Heart Association (1990 – present)

### **Employment and Positions Held:**

Adventist University of Health Sciences  
Assistant Professor of Physical Therapy  
Director of Florida Hospital Sports Medicine and Rehab Orthopedic Physical Therapy Residency  
Orlando, Florida  
October 2014 – present

Florida Hospital Sports Medicine and Rehab  
Senior Manager – Clinical & Market, Director of Orthopedic Physical Therapy Residency  
Orlando, Florida  
October 2008 – October 2014

University of Central Florida  
Adjunct Instructor of Physical Therapy  
Orlando, Florida  
August 2013 – December 2013

Florida Hospital Sports Medicine and Rehab  
Senior Clinician  
Orlando, Florida  
December 1999 – October 2008

Seminole Community College  
ACCE & Instructor, Physical Therapy Assistant Program  
Sanford, Florida  
1999

Seminole Community College  
Adjunct Instructor, Physical Therapy Assistant Program  
Sanford, Florida  
1997 – 1999

NovaCare  
Center Manager and Physical Therapist  
Orlando, Florida  
1996-1999

University of Central Florida  
Adjunct Instructor of Physical Therapy  
Orlando, Florida  
1994

Winter Park Physical Therapy  
Physical Therapist  
Orlando, Florida  
1990 - 1996

#### **Peer Reviewed Publications:**

**Podschun, L**, Hanney, WJ, Kolber, MJ, Garcia, A, Rothschild, CE. Differential diagnosis of deep gluteal pain in a female runner with pelvic involvement: a case report. *Int J of Sports Phys Ther.* 2013; 8(4):462-471.

Welsh, C, Hanney, WJ, **Podschun, L**, Kolber, MJ. Rehabilitation of a female dancer with patella-femoral pain syndrome: applying the concepts of regional interdependence in practice. *N Am J Sports Phys Ther.* 2010; 5:85-97.

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

**Podschun, L.** “Current Concepts in an Evidence-based Approach to Examination and Treatment of the Hip”. Southern Union Conference, Stone Mountain, GA, October, 2016.

**Podschun, L.** “The Thorax: Effects on Running Efficiency and Ideas for Treatment”. Florida Hospital, 16<sup>th</sup> Annual Sports Medicine Conference, Orlando, Florida, July, 2013.

**Podschun L,** Buffington P, Rothschild C, Seymour C. “Paces to Laces II: Perspectives on Running”. Florida Physical Therapy Association, Orlando, November, 2012.

**Podschun, L.** “Proximal Hamstring Injuries”. Florida Hospital, 15<sup>th</sup> Annual Sports Medicine Conference, Orlando, Florida, July, 2012.

**Podschun, L.** “The Value of Diagnostic Imaging in Assisting with Differential Diagnosis of Hip & Pelvic Injuries”. Florida Hospital, 14<sup>th</sup> Annual Sports Medicine Conference, Orlando, Florida, July, 2011.

**Podschn, L.** “Rehabilitation Considerations for the Athletic Hip”. Florida Physical Therapy Association Spring Conference, Orlando, Florida, April 2011.

**Podschn, L,** McFarlane, T. “Paces to Laces I: Perspectives on Running Injuries”. Florida Physical Therapy Association, Orlando, Florida, November, 2009.

**Podschn, L.** “Neuromuscular Electrical Stimulation for Strengthening in Rehabilitation”. Florida Hospital, 12<sup>th</sup> Annual Sports Medicine Conference, Orlando, Florida, July, 2009.

**Podschn, L.** “Rehabilitation of the Hip”. Florida Hospital, 11<sup>th</sup> Annual Sports Medicine Conference, Orlando, Florida, July, 2008.

**Podschn, L.** “Biomechanical Assessment of the Lower Quarter”. Florida Hospital, 8<sup>th</sup> Annual Sports Medicine Conference, Orlando, Florida, July, 2005.

### **Non-Peer Reviewed Presentations- Invited Speaker:**

**Podschn, L.** “Physical Therapy Residencies: Is This Right for Me?” Florida Student Conclave, Florida, February, 2013.

**Podschn, L.** “Optimizing Outcomes by Partnering in Patient Care”, Florida Hospital Residents in Family Practice Program, Orlando, Florida, October, 2012.

**Podschn, L.** “Physical and Occupational Therapy in the Treatment of Rheumatoid Arthritis”, University of Central Florida Medical School, Orlando, Florida, March, 2011.

**Podschn, L.** “Management of Lower Extremity Problems with Orthotics, Shoes and Therapy”, Florida Hospital Residents in Family Practice Program, Orlando, Florida, April, 2010.

**Podschn, L.** “Foot/Ankle Assessment and Treatment: A Physical Therapy Perspective”, Florida Hospital Residents in Podiatry Program, Orlando, Florida, October, 2008

### **Funded/In Review Grant Activity:**

**Podschn, L** and Clark, E, “Biomechanical Analysis of Movement Using Tri-axial Accelerometers to Assist with Injury Prevention or Assess Efficacy of Physical Therapy Interventions for Selected Patient Populations”  
Adventist University of Health Sciences Faculty Research Seed Grant Application  
\$5521.05  
Funded: June, 2016

**Podschn, L** and Bennie, SD, “The Effects of Step Rate Manipulation in Gait Retraining for Female Runners with Patellofemoral Pain: Treadmill versus In-field Training”  
Adventist University of Health Sciences Faculty Research Seed Grant  
\$6000  
Funded: September, 2015

### **Continuing Education Workshops Conducted/Organized:**

Florida Hospital Sports Medicine and Rehab Orthopedic Physical Therapy Residency Continuing Education Modules (presented annually)

Professionalism and Clinical Reasoning  
Primary Instructor  
Orlando, Florida, December 2012, 2013, 2014, 2015, 2016

Lumbar Spine: Examination and Management

Primary Instructor  
Orlando, Florida, January 2013, 2014, 2015, 2016

SI Joint/Hip: Examination, Differential Diagnosis and Management  
Primary Instructor  
Orlando, Florida, January 2013, 2014, 2015, 2016, 2017

Knee: Examination and Management with Emphasis on Regional Interdependence of the Lower Kinetic Chain  
Primary Instructor  
Orlando, Florida, February, 2013, 2014, 2015, 2016

Foot/Ankle: Biomechanical Evaluation and Management, Including Orthotics  
Primary Instructor  
Orlando, Florida, March, 2013, 2014, 2015, 2016

Thoracic Spine: Evidence-based Examination, Evaluation and Management  
Instructor  
Orlando, Florida, April, 2013, 2014, 2015, 2016, 2017

Cervical Spine: Examination and Management  
Lab Instructor  
Orlando, Florida, May, 2013, 2014, 2015

Shoulder: Examination and Management  
Lab Instructor  
Orlando, Florida, June, 2015

Shoulder and Elbow: Examination and Management  
Instructor  
Orlando, Florida, June, 2013, 2014, 2016

Temporomandibular Joint: Examination and Management  
Primary Instructor  
Orlando, Florida, June, 2013, 2014, 2015, 2016

Wrist and Hand: Examination and Management  
Primary Instructor  
Orlando, Florida, September, 2013, 2014, 2015, 2016, 2017

Maitland Australian Physiotherapy Seminars  
MT-1: Basic Peripheral  
Lab Instructor, October, 2014

### **Membership and Service in Scientific/Professional Organizations:**

American Physical Therapy Association, 1989 – present  
Section on Orthopedics, 2007 – present  
Section on Sports Medicine, 2007 – 2014  
Section on Education, 2015 – present

American Board of Physical Therapy Residency and Fellowship Education  
Accreditation Services Committee, Lead Reviewer and Orthopedic Content Expert  
2012 – present

Federation of State Boards of Physical Therapy  
Item Writer, National Physical Therapy Examination  
2016 - present

**Consultative and Advisory Positions Held:**

Adventist University of Health Sciences  
DPT Program Advisory Board member  
2014 – present

University of Central Florida  
DPT Program Advisory Board member  
2012 – 2014

**Community Service:**

Community Orthopedic Screenings  
Florida Hospital and Track Shack  
2004 – present

Volunteer Medical Coverage  
Capital One Sports Bowl and Champs Sports Bowl  
2006 – 2010

**Services to the University on Committees/Councils/Commissions:**

Adventist University of Health Sciences  
Department of Physical Therapy  
Faculty Professional Development Committee  
2015 – present

Adventist University of Health Sciences  
Department of Physical Therapy  
Curriculum Committee  
2016 – present

Adventist University of Health Sciences  
Department of Physical Therapy  
Library Committee  
2015 – present

Adventist University of Health Sciences  
Department of Physical Therapy  
Progression and Completion Committee  
2014 – present

Adventist University of Health Sciences  
Department of Physical Therapy  
Research Committee  
2016-present

Adventist University of Health Sciences  
Department of Physical Therapy  
Merit Award Committee  
2016

## **Honors and Awards:**

Selected by university president for Leadership Development Group  
Adventist University of Health Sciences  
2016

Paul Harris Fellow  
Rotary International  
2015

Graduated Summa Cum Laude  
Arcadia University  
2011

All Star Excellence in Customer Service Award  
RDV Sportsplex – Florida Hospital Sports Medicine and Rehab  
2007

Model of Excellence Award  
Florida Hospital Sports Medicine and Rehab  
2007

Graduated Magna Cum Laude  
Hahnemann University  
1989

Phi Beta Kappa  
University of Florida  
1986

## **Continuing Education Attended: (last 10 years; more upon request)**

| <b>Course Title</b>   | <b>Organization/Presenter</b>                            | <b>Date</b>  |
|---|--|--|
| “Train the Trainer” course APTA Credential Clinical Instructor Program                                      | APTA   | March 2017   |
| “MT-M: Spinal and Peripheral Manipulation”  | Maitland Australian Physiotherapy Seminars               | November 2016  |
| “Item Writing and Test Development Workshop for The National Physical Therapist Examination”                | Federation of State Boards of Physical Therapy           | August 2016  |
| “Liability and Physical Therapy: Any Concern?”  | FPTA   | July 2016  |
| “Advanced Credentialed Clinical Instructor Program”   | APTA   | March 2016   |
| “Movement System Impairment Syndromes of the Shoulder and Cervical Spine”                                   | Washington University<br>The Program in Physical Therapy | January 2016   |
| Combined Sections Meeting: Attended Sessions Related to Orthopedics, Sports Medicine Research And Education | APTA   | San Antonio, 2017<br>Anaheim, 2016<br>Indianapolis, 2015 |

| <b>Course Title (cont.)</b>                                      | <b>Organization/Presenter</b>                       | <b>Date</b>  |
|--|---|--|
|  |   | Las Vegas, 2014<br>San Diego, 2013<br>Chicago, 2012<br>New Orleans, 2011<br>Las Vegas, 2009<br>Nashville, 2008 |
| Educational Leadership Conference                                | APTA – Education Section                            | Baltimore, 2015  |
| “Faculty Development Workshop for New PT And PTA Faculty”        | George Fox University – Michael Pagliorulo, PT, EdD | June 9-12, 2015  |
| “Pharmacology in Rehabilitation: Basic Principles”               | APTA  | May 2015   |
| “Pharmacology in Rehabilitation: Geriatric Pharmacology”         | APTA  | May 2015   |
| “Clinically Applied Anatomy & Kinesiology”                       | Medbridge   | May 2015   |
| “Evidence-based Treatment of the Thoracic Spine”                 | Medbridge   | May 2015   |
| “Running Footwear: Shoes Impact Form and Form Impacts Shoes”     | Medbridge   | May 2015   |
| “Movement Dysfunction: An Evidence-based Overview”               | Medbridge   | May 2015   |
| “Specialist Certification Examination Item Writing: An Overview” | APTA  | April 2015   |
| “Cervical Spine II”  | NAIOMT  | May 2014   |
| “Cervical Spine I”   | NAIOMT  | March 2014   |
| “Level II: Shoulder/Elbow/Wrist/Hand”                            | NAIOMT  | January 2014   |
| “Lumbopelvic Spine II”   | NAIOMT  | September 2013   |
| “Pelvic Physical Therapy III”                                    | APTA – SOWH   | February 2013  |
| “Lumbopelvic Spine I”  | NAIOMT  | January 2013   |
| “MT-R: Review”   | Maitland Australian Physiotherapy Seminars          | November 2011  |
| “Pelvic Physical Therapy II”                                     | APTA – SOWH   | November 2011  |
| “KT3: Advanced Clinical Applications And/or Special Focus”       | Kinesio Taping Assoc. International                 | July 2011  |
| “KT1 and KT2: Advanced Concepts and Corrective Techniques”       | Kinesio Taping Assoc. International                 | April 2011   |
| “MT-O: Orthopedic Diagnostic Examination”                        | Maitland Australian Physiotherapy Seminars          | January 2011   |
| “MT-4: Differential Diagnosis and Clinical                       | Maitland Australian Physiotherapy                   | January 2011   |

Reasoning”

Seminars

**Course Title (cont.)**

**Organization/Presenter**

**Date**

“Pelvic Physical Therapy I”

APTA – SOWH

March 2010

“Running Medicine”

University of Florida Orthopedics  
And Sports Medicine Institute  
Maitland Australian Physiotherapy  
Seminars

February 2010

“MT-ST: Stabilization Training”

Maitland Australian Physiotherapy  
Seminars

October 2009

“MT-3: Intermediate Spinal”

Maitland Australian Physiotherapy  
Seminars

May 2009

“Mentoring the Clinician Beyond Entry-Level”

APTA

February 2009

“The First Link in the Chain: The Pelvis”

Practical Programs for Applied  
Biomechanics

October 2008

“MT-2: Basic Spinal”

Maitland Australian Physiotherapy  
Seminars

April 2008

“Clinical Residency/Fellowship 101: Getting  
Started and Doing It Well”

APTA

February 2008

“MT-1: Basic Peripheral”

Maitland Australian Physiotherapy  
Seminars

January 2007

“International Conference on Foot Biomechanics  
And Orthotic Therapy”

Prescription Foot Orthotic Laboratory

December 2006

“The Lumbar Spine: Mechanical Diagnosis and  
Therapy”

McKenzie Institute, USA

April 2006

**Current Teaching Responsibilities:**

Clinical Kinesiology (PHTH 720), Primary Instructor

Musculoskeletal I (PHTH 820), Primary Instructor

Musculoskeletal II (PHTH 822), Primary Instructor

Screening for Medical Disorders (PHTH814), Course Coordinator

Pharmacology (PHTH 823), Course Coordinator

Interventions II: Therapeutic Exercise (PHTH 718), Course Development and Instructor for selected lectures

Gross Anatomy (BIOL 715), Lab Assistant

Patient/Client Management IV: Biophysical Agents (PHTH 810), Instructor for Electrotherapy lectures