

# **Lianna M. Roberts**

## **CURRICULUM VITAE**

- **Education:**
  - California Physical Therapy License #35099
  - D.P.T. in Physical Therapy, Samuel Merritt University, 2008
  - B.S. in Exercise Science, Pacific University, 2004
  - Pacific Grove High School graduate, 2000
- **Specialty Certifications/Interests:**
  - ABPTS Board Certified Specialist in Orthopedic Physical Therapy #45415
  - Special interest and advanced training in vestibular and concussion rehabilitation
  - BLS provider, American Heart Association
- **Work History**
  - Los Gatos Orthopedic Sports Therapy (LGOST), Oct 2010- present
    - Partner, Owner, Supervising Physical Therapist
  - Good Samaritan Hospital, Sept 2008- Sept 2010
    - Staff Physical Therapist
- **Clinical Instruction/Teaching**
  - Good Samaritan Hospital clinical instructor for Samuel Merritt University student, 2009
  - LGOST clinical instructor for Pacific University, 8/6-8/17/12
  - LGOST clinical instructor for Fresno State university, 5/27-8/15/14
  - LGOST clinical instructor for University of the Pacific, 3/23/15-5/15/15
  - Guest Speaker on Ankle Evaluation and Injury, West Valley College, April 7, 2015
  - LGOST clinical instructor for University of the Pacific, 5/16/16-7/8/16
  - Guest Speaker on Vestibular and Concussion Rehabilitation at O'Connor Hospital Sports Medicine Fellowship program, October, 2016-present
  - LGOST clinical instructor for European School of Physiotherapy, 11/16/16-1/27/16
  - Guest Speaker on Concussion Rehabilitation at Fremont High School, 10/18
  - LGOST clinical instructor for Fresno State University, 3/11/19-5/17/19
  - Guest Speaker on Concussion Rehabilitation at West Valley College, 5/1/19
  - Guest Speaker on Concussion Identification, Rehabilitation, and Multi-Disciplinary Care at Menlo College, 5/17/19
  - Guest Speaker on Concussion Rehabilitation at Fremont High School, 3/20
  - CAPSS Panel Speaker, 6/20
- **Volunteer Work**
  - LGOST Foundation 501( c ) 3 Board Member, 2017- present
    - Secretary
  - APTA Neurology Section Vestibular SIG Abstract Committee Member, 2015 - 2017
  - Annual Turkey Trot tent coordinator for LGOST, 2008 to present
  - Double Road Race tent coordinator, 2014
  - Avon Walk for Breast Cancer medical tent volunteer, 2006
- **Research/Publications:**

Scientific and Professional Presentations:

  - Descriptive Strength and Range of Motion in Youth Baseball Players, IJSPT 2022
  - Implications for Stroke Rehabilitation When a Co-morbidity of Williams Syndrome Exists, Santa Clara Valley Medical Center and Samuel Merritt University, 2008
  - Use of PNF for Stroke Management in the Acute Care Setting, Beth Israel Deaconess Medical Center, 2007
  - Use of PNF for Post Surgical Shoulder Rehabilitation, Community Hospital of the Monterey Peninsula, 2006

**Continuing Education Coursework:**

| <b><u>DATE</u></b> | <b><u>SEMINAR/COURSE TITLE</u></b>   | <b><u>Contact Hours</u></b> |
|--------------------|--|-----------------------------|
| <u>2007</u>        | American Physical Therapy Association-<br>Combined Sections Meeting- San Diego   | 18                          |
| <u>2008</u>        | American Physical Therapy Association-<br>Combined Sections Meeting- Nashville   | 16                          |
| <u>2009</u>        |  |                             |
| 4/15-4/17          | Recovering Function: Achieving Functional Outcomes<br>for Adults with Hemiplegia Using the Principles of NDT<br>Cathy Runyan OTR/L                     | 15                          |
| 4/18-4/19          | Getting Results Faster: Using NDT to Increase Challenge of<br>the Lower Extremities and Improve Gait<br>Peggy Miller, PT                               | 15                          |
| <u>2010</u>        |  |                             |
| 2/6                | Explain Pain and the Brain<br>Lorimer Mosley, PhD  | 3.75                        |
| 11/20              | Vestibular Basics for Every Clinician<br>Eric Folkins DPT, OCS   | 7.5                         |
| <u>2011</u>        |  |                             |
| 1/15-1/16          | Examination, Evaluation, and Treatment Interventions<br>for Selected Conditions of the Knee<br>Rob Manske PT, DPT, Med, SCS, ATC                       | 13.5                        |
| 3/7                | SOAR: The Physiatry Medical Group- Knee Lecture 1  | 1                           |
| 3/30               | SOAR: The Physiatry Medical Group- Knee Lecture 3  | 1                           |
| 5/9                | SOAR: The Physiatry Medical Group- Hip & Groin Lecture   | 1                           |
| 6/21               | Ethics and Jurisprudence- California Physical Therapy  | 2                           |
| 9/13               | Shoulder Girdle Differential Examination<br>Rob Naber, PT, OCS, ATC<br>Neeraj Baheti PT, MS, OCS, CSCS   | 1                           |
| 9/24-9/25          | Updated Perspectives in Orthopedic Rehabilitation<br>Mark Albert PT, SCS, ATC  | 13.25                       |
| 10/21              | Pediatric Motor Control: Perspectives on Posture<br>and Lower Extremity Assessment   | 5.5                         |
| 12/20              | BLS Healthcare Provider First Aid and CPR Certification  | 3                           |
| <u>2012</u>        |  |                             |
| 2/25-2/26          | A Master Clinicians Approach to Advanced Concepts<br>in Examination and Treatment of the Shoulder Complex<br>George Davies MPT, MEd, PT, SCS, ATC, LAT | 15                          |
| 6/9-6/10           | North American Institute of Orthopedic Manual Therapy<br>Differential Diagnosis, Part A<br>Bill Temes PT, MS, OCS, COMT, FAAOMPT                       | 20                          |
| 7/28-7/29          | North American Institute of Orthopedic Manual Therapy<br>Differential Diagnosis, Part B<br>Bill Temes PT, MS, OCS, COMT, FAAOMPT                       | 20                          |
| 9/8-9/9            | Clinical Concepts in Knee Rehabilitation<br>Don Torrey PT  | 12                          |
| 11/10              | Advanced Evaluation and Treatment of Hip Pathologies<br>Erik P. Meira PT, SCS, CSCS  |                             |
| 11/16-11/18        | The Human Pelvis: Crossroads of Function<br>Richard Jackson, PT, OCS   | 19                          |

## 2013

|   |   |
|---|---|
| Repetitive Stress Injuries in Pediatric Athletes        | 2 |
| Jeff Taylor-Haas, PT, DPT, OCS, CSCS                    |   |
| Chad E. Cherny, PT, DPT, SCS, MS, CSCS                  |   |
| BLS Healthcare Provider First Aid and CPR Certification | 3 |

## 2014

|           |  |    |
|-----------|--|----|
| 3/1-3/2   | Vestibular Basics for the Everyday Clinician                                   | 13 |
|           | Eric Folkins, DPT, OCS   |    |
| 3/8       | OCS Exam Preparatory Course  |    |
|           | Eric Wilson, PT, DSc, OCS, SCS, CSCS, FAAOMPT                                  |    |
| 3/15      | ABPTS OCS Exam   |    |
| 6/7       | SI Joint Made Easy   | 6  |
|           | Mark Callanen, PT, DPT, OCS  |    |
| 6/25      | Using the APTA Physical Therapist Clinical Performance Instrument for Students | 2  |
| 9/27-9/28 | Evidenced Based Manipulation Techniques for the Spine and Extremities          | 16 |
|           | Jodi Young, PT, DPT, OCS, FAAOMPT  |    |

## 2015

|          |  |       |
|----------|--|-------|
| 1/16-17  | San Francisco Giants   | 13    |
|          | First Annual Sports Medicine Conference  |       |
| 2/4-2/8  | Combined Sections Meeting- Indianapolis  | 16    |
|          | Pediatric Considerations for Vestibular Balance Therapy                                    |       |
|          | Visual Disturbance after Concussion  |       |
|          | Neurology Vestibular SIG Business Meeting  |       |
|          | UE Injury in the Adolescent and Throwing Athlete   |       |
|          | Gait Re-Training for the Injured Runner  |       |
|          | Sports Related Concussion  |       |
|          | What are your Purple Cows?   |       |
|          | Staged Approach for Rehab Classification: Shoulder Disorders                               |       |
| 10/24-25 | Advances in Examination and Treatment of Patients with Selected Musculoskeletal Conditions | 14.75 |
|          | George Davies DPT, MEd, PT, SCS, ATC, LAT, CSCS, PES, FAPTA                                |       |

## 2016

|        |   |    |
|--------|---|----|
| 3/5-6  | Advanced Management of the Thoracic Region                              | 12 |
|        | Todd Davenport, PT, DPT, OCS  |    |
| 10/1-2 | Evaluation and Treatment of the Foot and Ankle with the Runner in Mind. | 15 |
|        | Blaise Williams, PhD, MPT   |    |

## 2017

|          |   |      |
|----------|---|------|
| 2/26     | UCSF Pediatric Sports Medicine Conference                       | 5.5  |
|          | Running Analysis for the Office, Field, or Gym                  | 1    |
|          | Concussion: On the Field and Office Screens                     | 1    |
| 3/11-12  | Pediatric Clinical Reasoning:                                   | 12.5 |
|          | Contemporary NDT Perspectives                                   |      |
|          | Lauren Beeler PT, DPT, PCS, C/NDT                               |      |
| 10/21-22 | Foundations of Evaluation and Intervention for the Lumbar Spine | 14   |
|          | Kris Porter, PT, DPT, OCS                                       |      |

## 2018

|         |  |      |
|---------|--|------|
| 3/10-11 | Orthopedic and Sports Related Shoulder Injuries:<br>An Evidence-Based Course Focusing on Examination and Treatment<br>Rob Manske PT, DPT, MPT, MEd, SCS, ATC, CSCS | 13.5 |
| 4/14-15 | Foundations of Evaluation and Intervention for the Ankle Foot Complex<br>Kris Porter PT, DPT, OCS  |      |
| 8/16    | Post-Concussion Syndrome: Assessment and Treatment<br>Christina Finn, MS, OTR/L  | 9.5  |
| 8/20/18 | Defensible Documentation: Balancing Offense and Defense<br>Online Course   | 2.0  |

## 2019

|         |  |     |
|---------|--|-----|
| 1/26/19 | California Concussion Symposium:<br>A Modern Approach to Sport Concussion  | 7   |
| 6/1/19  | Returning to Running After Injury- Interventions for<br>Running Readiness and Gait Training<br>Chad Taylor PT, DPT, SCS, ATC, CSCS | 7.5 |
| 9/7/19  | Personalized Blood Flow Restriction Rehabilitation<br>Owens Recovery Science   | 8.5 |

## 2020

|         |   |   |
|---------|---|---|
| 6/13/20 | Pharmacology and Cannabis in Rehabilitation<br>Bradley Stockert PT, PhD | 6 |
| 9/9/20  | Early Specialization in Youth Sports<br>Stan Conte                      | 2 |
| 10/4/20 | Spine Injuries in Sport<br>Stan Conte                                   | 2 |

## 2021

|         |  |   |
|---------|--|---|
| 1/26/21 | ACL Rehabilitation in High Level Sports<br>Stan Conte                                | 2 |
| 9/3/21  | Integrative Functional Core Strengthening<br>Brian Trzaskos PT, LMT, CSCS, CMP, MI-C | 2 |

## 2022

|         |  |     |
|---------|--|-----|
| 3/16/22 | PNF: Patterns and Techniques for Orthopedic Rehabilitation<br>Matt Miller DPT, SCS     | 7   |
| 6/4/22  | Performance Enhancement in Sports Rehabilitation<br>Dan Lorenz DPT, PT, ATC, LAT, CSCS | 8   |
| 7/20/22 | Scoliosis Base Level Knowledge<br>Barcelona Scoliosis Physical Therapy School          | 18  |
| 8/15/22 | Management Strategies for New Managers<br>Chris Devany                                 | 1.5 |

- Personal:
  - Husband, Ethan, Surgical Technologist and Materials Manager
  - Sons, Eli and Marshall
  - Dog, Madison
  - Cat, Ali'i
- Interests:
  - Rec League Softball, yoga, reading
  - Playing with my rambunctious boys
  - Cooking, baking, (eating)

- Attending live sporting events and tailgating, especially San Francisco Giants baseball games
- Languages
  - Primary language English
  - Undergraduate minor in Spanish