

## CURRICULUM VITAE

**Andrew J. Pavlov, PT, DPT, OCS, CSCS**

### Education:

Doctor of Physical Therapy  
University of Southern California  
Division of Biokinesiology and Physical Therapy  
Los Angeles, CA  
Physical Therapy  
05/2017

Bachelor of Arts  
University of Redlands  
College of Arts and Sciences  
Redlands, CA  
Biology  
05/2013

### Licensure Information:

State of California Physical Therapy License #293463

### Certifications (eg, ABPTS):

ABPTS Board Certified Orthopedic Clinical Specialist (License# OR200815)  
NSCA Certified Strength and Conditioning Specialist (License # 7248052392)  
First Aid/CPR Certified

### Employment and Positions Held:

Full Time Lecturer, Core-Faculty  
Program in Physical Therapy  
San Diego State University  
San Diego, CA  
08/17 to Present

Owner, Physical Therapist  
Cultivate Physical Therapy & Wellness Services, Inc.  
San Diego, CA  
07/22 to Present

Physical Therapist  
Longevity Physical Therapy, Mission Gorge  
San Diego, CA  
06/17 to 8/22

### Professional Non-Peer Reviewed Scientific Presentations:

Panchal O, Detrick N, **Pavlov A**, Wong WC, Pratt K, Sigward S. Poster presentation. Hip and knee mechanics during single limb squat in individuals status post ACL Reconstruction. Combined Sections Meeting, San Antonio, TX, 2017.

### Membership in Scientific/Professional Organizations:

American Physical Therapy Association  
Education Section (2020 to present)  
Orthopedics Section (2019 to present)  
Sports Section (2015-2019)

California Physical Therapy Association  
Member  
2015 to Present

American Association of Anatomists  
Member  
2018 to 2020

National Strength and Conditioning Association  
Member  
2016 to 2019

Community Service:

Adaptive Sports Physical Therapy Clinic  
San Diego State University  
2022-Present

Wellness & Fitness at Home Webinar (sponsored by Longevity Physical Therapy)  
Mission Gorge, San Diego  
2021

The Grotto Climbing Gym (injury screens, free lifting and workout classes)  
Mission Gorge, San Diego  
2019 to 2020

Agape (Orphanage - assistive device fitting/PT services)  
Hanzhong, China  
April 2019

Hope Haven (Orphanage – assistive device fitting/PT services)  
Xian, China  
April 2019

Milestone Running Club (injury screens)  
North Park, San Diego, CA  
Pacific Beach, San Diego, CA  
2018 to 2019

Belgian Waffle Cycle Ride (Pre-participation injury screens)  
Carlsbad, CA  
May 2018

Gabriel House (assistive device fitting/PT services)  
Ensenada, Mexico  
June 2015

Honors and Awards:

Most Influential Faculty Award, Doctor of Physical Therapy Program Class of 2023  
San Diego State University  
May 2023

Most Influential Faculty Award, Doctor of Physical Therapy Program Class of 2022  
San Diego State University  
May 2022

Outstanding Graduate School Professor, School of ENS  
San Diego State University  
April 2022

Order of the Golden Cane Award  
University of Southern California  
May 2017

Outstanding Four-Year Achievement Award  
University of Redlands  
April 2013

Senior of the Year Award

University of Redlands  
April 2013

Continuing Education Attended:

**2024**

Combined Sections Meeting, APTA; Boston, MA  
February 2024

LAMP Leadership 201 Advanced Leadership Development; The Catalyst for Leading Others; APTA;  
Boston, MA  
February 2024

**2023**

Facilitating Challenging Conversations, Multi-Part Series; SDSU Center for Inclusive Excellence; San  
Diego, CA

Fall Semester 2023

- Preparing Yourself for Challenging Conversations; 9/11/23
- Preparing Others for Challenging Conversations; 10/2/23
- Managing Hot Moments; 11/13/23

Combined Sections Meeting, APTA; San Diego, CA  
February 2023

- Is It Burnout or Is It Moral Injury? Explorations Around Well-Being and Moral Resilience
- A Blueprint for Teaching and Learning Clinical Reasoning: Implementation From the Classroom to the Clinic
- Are Our Jobs Hurting Us? How to Identify and Successfully Manage Moral Injury and Burnout
- Making Numbers Count: Leveraging KPIs to Coach Staff Performance
- So You're the Mentor, Now What? Navigating Mentoring Roles throughout Your Career
- More Than Meets the Eye: Using Precision Rehabilitation Strategies to Address Intra-Limb Compensation after ACL-R
- Current Concepts in the Treatment of Tendon Pathology

LAMP Leadership 101 Personal Leadership Development; The Catalyst for Leading Within; APTA; San  
Diego, CA  
February 2023

Inclusive Teaching Bootcamp for Lecturers; SDSU Center for Inclusive Excellence; San Diego, CA  
January 2023

**2022**

Being Flexible: Designing Lectures for Equitable Student Engagement; Webinar; SDSU Center for  
Inclusive Excellence; San Diego, CA

November 2022

Combined Sections Meeting, APTA; San Antonio, TX  
February 2022

- Examination and Rehabilitation of Upper Extremity Injury in Athletes, Part 1
- The Application of Pain Neuroscience Education: A Step-By-Step Clinical Guide
- All Roads to Recovery Lead to Optimal Sleep
- Beyond Limb Symmetry: Performance Standards for Lower Extremity Rehabilitation and Return to Play in Sports
- "Newmonics" and Oldmonics: Revisiting Anatomy Recall through Mnemonics
- Sports Residency First Aid Kit: Key Ingredients to Growing Successful Programs and Candidates
- Science Meets Practice 4: Qualitative vs. Quantitative Movement Analysis of the Lower Extremity

**2021**

CPR/AED Re-Certification; San Diego, CA  
September 2021

Gray Institute Foot & Ankle Specialization; Online  
February 2021 – Present

Anatomy Certification Course; Hardin-Simmons University, TX

January 2021 – July 2021

- Diagnostic Imaging (Course List #7202)
- Clinical Anatomy Lab (Course List #7308)
  - Included in-person dissection-based course
- Clinical Neuroanatomy (Course List #7304)
- Differential Diagnosis with Anatomical Considerations (Course List #7103)

## **2020**

Anatomy Certification Course; Hardin-Simmons University, TX

August 2020 – December 2020

- Clinical Anatomy (Course List #7301)

Stick Mobility Level I Course; San Diego, CA

February 2020

Combined Sections Meeting, APTA; Denver, CO

February 2020

- Welcome to the Academy: A Workshop for New or Aspiring Faculty Members
  - *Pre-conference course; full-day workshop*
- Bone Stress Injuries in Runners: An Exercise in Load and Its Tolerance
- A Clinical Reasoning Blueprint: Linking Learning Theories to Curricular Innovations
- Science Meets Practice: Factors Affecting Knee Joint Loading After ACL Reconstruction
- Stop the Guessing Game: Making Sound Decisions on Lower Extremity Postsurgical Return-to-Sport Determinations
- Clinical Practice Guidelines for Education As an Intervention for Individuals With Musculoskeletal Pain
- Bridging the Gap Between Rehabilitation and Performance in the Overhead Athlete
- Using Pain Neuroscience Education for Patients at Different Stages of Life: 4 Case Studies
- What We've Learned About Learning: Updates in Motor Learning and Clinical Application
- Science Meets Practice: Baseball and Tennis Biomechanics and its Relation to Musculoskeletal Injuries

## **2019**

Smart Tools Blood Flow Restriction Level I Course; San Diego, CA

May 2019

Integrate Interactive, 3D Tools in Human Anatomy Courses and Curriculum; Webinar

April 2019

Orthopedic Seminars: Learning Movements; Mission Viejo, CA

- Pelvic Girdle, Clinical Reasoning; January 6
- Lumbar Spine, Hip, Interviewing Skills I; February 10
- Knee, Lower Quarter Biomechanics; February 24
- Ankle, Gait Mechanics; March 10
- Foot, Interviewing Skills II; March 24
- Lower Quarter Review, Examination; April 14
- Mid Thoracic and Rib, Chronic Pain; April 28
- Upper Thoracic Spine and Rib, Maladaptive Pain; May 19
- Mid Cervical Spine, Interviewing Skills III; June 2
- Upper Cervical Spine, Manual Therapy; June 23
- Shoulder, Upper Quarter Biomechanics; July 14
- Elbow, Wrist and Hand; August 4
- Upper Quarter Lab Review, Examination; September 8

Mulligan Upper Quarter Course; San Diego, CA

January 2019

## **2018**

Mulligan Lower Quarter Course; Los Angeles, CA

June 2018

Combined Sections Meeting, APTA; New Orleans, LA

February 2018

- Science Meets Practice: Form Before Footwear Effectiveness vs. Efficacy in Running Injury Management
- Implicit Bias: Everyone Has it!
- Training Smarter and Harder: Improve Performance, Reduce Risk, Improve Return
- Not Just Magic Spray: From Prevent to Return to Sport in Soccer Players
- Evidence in Practice for Shoulder Pain: Optimizing Diagnosis and Treatment
- Neuromuscular Training After ACLR to Decrease ACL Reinjuries and Risk in Young Female Athletes
- Why the Overhead Athlete Should Never Skip Leg Day

## **2017**

Chain Reaction; AFS Gray Institute; San Diego, CA  
September 2017

Combined Sections Meeting, APTA; San Antonio, TX  
February 2017

- Hip Instability: Mechanisms and Management of the Unstable Hip in Athletes
- Learning From Each Other: Sports and Neurology Sections Discuss Motor Learning
- A New Etiological Factor in Ankle Instability: Understanding Balance Training
- Sports Medicine Secrets: Aberrant spinal movements in the rotational athlete
- Show and tell: Specific Verbal and Visual Cues Enhance Lower Extremity Movement
- Managing the Recreational Runner from Head to Toe
- We Stink at Loading: Dosing Exercise, Proprioception, and Nutrition

## **Current Teaching Responsibilities**

### **Summer Semester**

DPT 725 Clinical Anatomy, Course Director  
DPT 725 Clinical Anatomy, Laboratory Sections I, II

### **Fall Semester**

DPT 726 Clinical Anatomy, Course Director  
DPT 726 Clinical Anatomy, Laboratory Sections I, II  
DPT 820 Musculoskeletal Therapeutics I, Lab Instructor

### **Spring Semester**

DPT 780 Therapeutic Modalities, Course Co-Director  
DPT 780 Therapeutic Modalities, Laboratory Sections I  
DPT 782 Therapeutic Exercise, Lab Instructor  
DPT 821 Musculoskeletal Therapeutics II, Lab Instructor

## **Previous Roles**

DPT 881 Evidenced Based Practice I Course Director (Fall 2020, partial Fall 2023)  
Pre-Physical Therapy Coordinator for School of Exercise & Nutritional Sciences (AY 2021/2022)