

**University of California, San Francisco**  
**CURRICULUM VITAE**

**Name:** Kenneth Leung

**Position:** HS Assistant Clinical Professor, Step 3  
Physical Therapy & Rehabilitation Science  
School of Medicine

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**EDUCATION**

1997 - 2002	University of California, Berkeley	BA/Minor Molecular Cellular Biology/Education
2009 - 2011	University of Southern California	DPT Physical Therapy
2011 - 2012	University of Southern California	Resident Orthopedic Residency Program

**LICENSES, CERTIFICATION**

2011	Certified Strength and Conditioning Specialist, National Strength and Conditioning Association
2011	Physical Therapy. License Number 37871, California
2012	Orthopedic Certified Specialist, American Physical Therapy Association
2020	Teach for UCSF Certificate in General Teaching
2020	Teaching Scholars Program with UCSF School of Medicine

**PRINCIPAL POSITIONS HELD**

2002 - 2003	Skyline High-School, Oakland, CA	Teacher: Biology, Biology for English-alternative speakers
2003 - 2004	Archbishop Riordan High-School, San Francisco, CA	Teacher: Biology, Anatomy and Physiology, Earth Science
2004 - 2007	Green Earth Real Estate and Engineering Company, Milpitas, CA	Project Manager

2011 - 2012	Layfield and Associates, Ventura, CA and University of Southern California	Physical Therapist Orthopedic Resident
2012 - 2014	Sports Orthopedic Leaders, Oakland, CA	Physical Therapist
2014 - 2015	University of California, San Francisco, CA	Physical Therapist Rehab II Services
2015 - 2017	University of California, San Francisco, CA	Assistant Clinical Professor
2017 - 2019	University of California, San Francisco, CA	Assistant Clinical Professor Step II
2019 - 2020	University of California, San Francisco, CA	Assistant Clinical Professor Step III

### **HONORS AND AWARDS**

2008	University of Southern California Academic Scholarship recipient	University of Southern California
2010	Beth E. Fisher Scholarship	University of Southern California
2011	Golden Cane Award	University of Southern California
2012	Connections Mentor of the Year	Asian Pacific American Students Services at University of Southern California

### **KEYWORDS/AREAS OF INTEREST**

Orthopedics, Biomechanics, Exercise, Sports Medicine, Admissions, Predictors of Academic Success, Physical Therapy Education

### **CLINICAL ACTIVITIES**

#### **CLINICAL ACTIVITIES SUMMARY**

I continue to provide expert clinical care to a variety of patients. My primary location is at the UCSF Physical Therapy Faculty Practice, where I am able to provide PT services to a diverse and complex patient population including our recent integration of pediatrics and pediatric sports population, and have been an active participant in clinical and aide interviews, aide training, and a clinical instructor. In addition to my coverage at the main clinic, I provide treatment to athletes in the training room for U.C. Berkeley, which has exposed UCSF to a population that will have a high demand for continued expert care.

Previously, I have also worked at the Health and Wellness center and started a unique Tae Kwon Do for Parkinson's class for a patient population that can benefit from specific and engaging exercises. I have also volunteered my time at the RunSafe program run by Dr. Anthony Luke, MD and Dr. Richard Souza, PT, PhD. As a team member, I provide expert care for runners by providing physical therapy, gait analysis, and foot and footwear advice.

Prior to having physical therapy residents, I regularly spoke and lectured at the Physical Therapy Orthopedic in-service meetings, which are attended by UCSF physical therapists and orthopedic surgeons. In the past year, I have been the sole physical therapist presenter for every quarterly meeting, providing talks on a variety of subjects including hip treatments, return to sport post-ACL injury, and rotator cuff exercises. However, with the PT residents, I have been able to train them to present our rehabilitation concepts to colleagues.

In the past year, I have also led our Manual Therapy Focus group of 5 orthopedic therapists as well as the Orthopedic physical therapy residents. Once a month we review and practice manual therapy skills in order to improve clinician competency and consistency in their manual therapy techniques.

### **CLINICAL SERVICES**

2014 - present	General Orthopedic Physical Therapy	3x/week
2014 - 2017	Lower Extremity Rehabilitation: Class for Patients	1x/week
2017 - present	Orthopedic and Sports Physical therapy for U.C. Berkeley Athletics	2x/week
2016 - 2019	Lead class: Tae Kwon Do for Parkinsons	1x/week
2018 - 2019	Physical therapist, Foot specialist for RunSafe clinic	1x/month

### **PROFESSIONAL ACTIVITIES**

#### **MEMBERSHIPS**

2008 - 2011	USC Class of 2011 Class representative during doctoral studies at University of Southern California
2008 - 2011	USC Physical Therapist Multicultural Leadership Association Officer during doctoral studies at University of Southern California
2008 - present	American Physical Therapy Association - Member in subgroups: Orthopedics, Sports
2008 - present	California Physical Therapy Association - Member
2010 - 2010	APTA Health Policy & Administration Student member - USC student representative during doctoral studies at University of Southern California
2010 - 2010	American Physical Therapy Association Health Policy and Administration student representative
2011 - present	National Strength and Conditioning Association - Member

**INVITED PRESENTATIONS - NATIONAL**

2011	American Physical Therapy Association Combined Sections Meeting 2011 Poster Presentation: "A Comprehensive Foot, Ankle, and Hip Intervention for Patients with Posterior Tibial Tendon Dysfunction: A Case Series." New Orleans, LA	Poster Presentation
2018	NASA Spine Symposium - Recommendations for Addressing Low Back Pain for Astronauts	Subject Material Expert and Presenter

**INVITED PRESENTATIONS - REGIONAL AND OTHER INVITED PRESENTATIONS**

2014	UCSF Physical Therapy and Orthopedic Institute Rounds: ACL Injury and determining Return To Sport	Speaker
2015	UCSF PT In-service presentation: The Functional Movement Screen and Clinical Applications	Speaker
2015	UCSF Physical Therapy and Orthopedic Institute Rounds: Rotator Cuff treatments	Speaker
2016	UCSF Physical Therapy In-service presentation: Exercise Pearls and The TRX Rip Trainer	Speaker
2016	UCSF Sports Medicine Conference: Exercise Pearls for the Upper Extremity Athlete	Speaker
2017	UCSF Sports Medicine Conference: Workshop on treatments for the Hip	Workshop Lead
2018	UCSF Sports Medicine Conference: Workshop on Low Back Pain rehabilitation	Workshop Lead
2020	UCSF Sports Medicine Conference: Workshop on treatments for the Hip	Workshop Lead
2020	UCSF Teaching Scholars Program - Aligning Faculty Values with Admissions Assessments	Presenter

**CONTINUING EDUCATION AND PROFESSIONAL DEVELOPMENT ACTIVITIES**

2010	Aquatic Physical Therapy Update - Allen Ling MPT, OCS
2011	Orthopedic Physical Therapy Seminar Series: Upper Quarter - Joe Godges PT, DPT, OCS
2011	Orthopedic Physical Therapy Seminar Series: Lower Quarter - Joe Godges PT, DPT, OCS
2012	High Velocity Low Amplitude Techniques for Spinal Manipulations - Modules I and II - Peter Gibbons MB, MS, DO, DM-SMed, MHSc and Phillip Tehan DO, Dip, Physiotherapy, MHSc
2012	Examination of the Foot and Ankle by Steve Reischl PT, DPT, OCS

2012 Selective Functional Movement Assessment Training Seminar

2013 UCSF/Samuel Merritt joint CCCE meeting

2013 Advanced Selective Functional Movement Assessment Training Seminar

2013 Active Release Technique - Upper Extremity

2013 Advanced Concussion Training - California Concussion Coalition and Sports Legacy Institute

2013 Current Concepts and Advances in Shoulder Evaluation and Treatment - Todd Ellenbecker DPT, SCS, OCS, CSCS, USPTA

2013 Active Release Technique - Spine

2014 Myofascial Decompression - Chris Daprato PT, DPT, SCS

2014 APTA Combined Sections Meeting

2014 TRX Suspension Training for Medical Professionals - Sydney James PT, DPT, MS, OCS

2014 Active Release Technique - Lower Extremity

2014 USC Residency Retreat

2014 Myofascial Decompression Level 2 - Chris Daprato PT, DPT, SCS

2015 SF Giants Sports Medicine Conference

2015 UCSF/Samuel Merritt joint CCCE meeting

2016 APTA Combined Sections Meeting - Anaheim, CA

2016 The UCSF Running Course: See It, Now Treat It, Level 2

2017 Fascial Manipulation Level 1 A and B

2017 Movement Links

2018 Faculty Development Workshop for New PT/PTA Faculty - Pagliarulo & Associates

2019 Spinal Manipulative Therapy Level 1 - American Academy of Manipulative Therapy - James Dunning PhD, DPT, FAAOMPT

2019 Teach for UCSF Certificate Program - Fundamental Skills in the Art of Effective Feedback

2019 Teach for UCSF Certificate Program - Clinical Teaching

2019 Teach for UCSF Certificate Program - Small Group Teaching

2019 Teach for UCSF Certificate Program - Large Group Teaching

2020 APTA Combined Sections Meeting - Denver, CO

2020 Teach for UCSF Certificate Program - Procedural Skills Teaching

2020 Teach for UCSF Certificate Program - Reviewing Educational Abstracts

- 2020 Teach for UCSF Certificate Program - Educational Scholarship - Reading and Writing in Medical Education
- 2020 Spinal Manipulative Therapy Level 2: Cervicothoracic Dysfunction & Cervicogenic Headaches - American Academy of Manipulative Therapy - Dr. Ian Young, DSc, PT, OCS, SCS, Dip. Osteopractic
- 2020 Teach for UCSF Certificate Program - Thinking Like a Leader
- 2020 Teach for UCSF Certificate Program - Leading Change
- 2020 Teach for UCSF Certificate Program - Teaching and Assessing in Competency-Based Education
- 2020 Teach for UCSF Certificate Program - Leading in Meetings
- 2020 Teach for UCSF Certificate Program - Advanced Skills in the Art of Productive Feedback
- 2020 Using Technology of Effective Teaching - Using Technology of Effective Teaching
- 2020 UCSF Teaching Scholars Program - completed year long program

## **UNIVERSITY AND PUBLIC SERVICE**

### **SERVICE ACTIVITIES SUMMARY**

Each year, I have participated and taught in the UCSF Sports Symposium, which UCSF holds for physical therapists and ATCs. In these symposiums, I have either given a presentation or led a workshop, which has allowed us to reach a large number of health practitioners outside of UCSF. The past few UCSF Sports Symposium lectures have included Rehabilitation and Treatment of the Athletic Shoulder, Hip pathology, and Spine strengthening.

In addition to this yearly event, every February I have the opportunity to teach orthopedic manual assessment skills to the Stanford Medicine and Physician Assistant students where I teach and lead our third year PT students to help demonstrate Shoulder, Knee, and Spine Assessments.

In addition to this, I have also participated in faculty candidate interviews for the graduate program and clinician interviews for the Faculty Practice. This has been helpful for both sides as I am able to share my perspectives and vision of the program, while also meeting wonderful candidates from a variety of backgrounds who all have different strengths that may contribute to our overall mission.

In addition to assisting with interviewing residents and faculty candidates, as a former co-chair and current member of the admissions committee I have helped to streamline our admissions process which has led to increases in completed applications, and an improvement in our selection process. I created a survey to help understand our faculty perspectives, and have used this information to educate the faculty to help align our admissions process with our program goals. I have also created sub committees to continue these efforts and am currently looking at retroactive data for further determinants of success.

In addition to this committee, I am a member of the Student Success Committee where I have met with a few other core faculty to help improve the matching of student-faculty advising pairs. In the last 2 years I helped to implement a new policy where committee members would personally advise 10 students each for a Summer in order to understand their unique advising needs. In this way we were better able to match them with appropriate faculty members instead of having a random matching process. This year we hope to implement a method of tracking risk factors in our students, which I hope to expand to track and predict other qualities of student success to further improve our ability to select and support our students

Previously I have also been a volunteer and paid contributing write online through my own weblog and with Builtlean.com, which has allowed my articles reach a wide range of people and patients. My article "7 Most Common Weight Lifting Injuries" now comes in as the #1 search option on Google for "weight lifting injuries".

In the past few years I have also served as a medical volunteer for various sporting events, including the University Work Championships of Tae Kwon Do held in Berkeley, CA, the Association of Volleyball Professionals Tournament in San Francisco, the Escape from Alcatraz Triathlon in San Francisco, and the Berkeley 1/2 Marathon. I have also volunteered at the Cole Valley Community fair as a volunteer representative of UCSF Physical Therapy, where I worked with children and families.

I have also volunteered with the U.S.Olympic Committee for 2 weeks in 2017 , where I was able provide physical therapy services for our Olympic athletes. This was an amazing experience as I was able to learn about the institutions for different Olympic sports and had the opportunity to represent UCSF to some of the elite athletes of our country.

Lastly, I also participated in a Spine Symposium hosted by NASA as a subject material witness and presented a lecture on recommendations for preventing and treating low back pain in astronauts.

**UNIVERSITY SERVICE  
UC SYSTEM AND MULTI-CAMPUS SERVICE**

2015 - 2018	UCSF Sports Symposium	Lecturer
2017 - 2017	Minorities in Health Conference - Sports Medicine Workshop - UC Berkeley	Speaker
2017 - present	UC Berkeley Intercollegiate Athletic Department	Physical Therapist

**UCSF CAMPUSWIDE**

2015 - 2015	Inter-professional Standardized Patient Education Program at the Kanbar Center	Faculty member
2017 - 2017	UCSF Osher Mini Medical School for the Public	Speaker
2020 - 2020	UCSF Medical Education - Large Group Teaching	Teaching Assistant

**SCHOOL OF MEDICINE**

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**DEPARTMENTAL SERVICE**

2016 - 2016	Workforce Task Group	Participant
2015 - 2019	Health and Wellness	Physical Therapist and Class Instructor
2014 - 2018	Department of Physical Therapy and Rehabilitation: In- service meetings	Presenter
2015 - 2018	Department of Physical Therapy and Rehabilitation - Interview Aid and Physical Therapy candidates	Interviewer
2017 - 2020	UCSF PT - Admissions Committee	Co-Chair
2018 - 2019	Social Media Taskforce	Member
2018 - 2020	Student Success Committee	Member
2020 - 2020	Curriculum Committee	Member
2020 - 2020	Department of PT - Manual Therapy Taskforce	Leader

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**SERVICE AT OTHER UNIVERSITIES**

2014 - 2020	Musculoskeletal Evaluation for Stanford Medical School	Stanford, CA
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**COMMUNITY AND PUBLIC SERVICE**

2016 - 2016	Association of Volleyball Professions Tournament in San Francisco	Medical Volunteer
2016 - 2016	Escape from Alcatraz Triathlon	Medical Volunteer
2014 - 2016	<a href="http://www.learntomove.org">www.learntomove.org</a> (personal blog)	Writer
2016 - 2017	<a href="http://www.Builtlean.com">www.Builtlean.com</a>	Writer
2017 - 2017	U.S.Olympic Committee	Physical Therapist
2017 - 2017	Berkeley Half Marathon	Medical Volunteer
2018 - 2018	NASA - Spine Symposium	Speaker

**CONTRIBUTIONS TO DIVERSITY****CONTRIBUTIONS TO DIVERSITY**

In July 2016, I interviewed with KTSF Channel 26 to discuss Myofascial Decompression treatment and was able to expand our outreach to the Cantonese-speaking community. While the interview was conducted in English, the translation was broadcast to the local Cantonese-speaking community. The goals of the interview were to clarify the differences between the



techniques performed on Olympic athletes and those used in traditional Chinese medicine as well as to provide people with an understanding of physical therapy services at UCSF.

Clinically, my work at the Health and Wellness center allows me to reach a population that is unable to access care at the outpatient physical therapy faculty practice. In the future, I hope to continue to provide access to patients who do not have access to the faculty practice.

I have also given talks at a local high school and at U.C. Berkeley to classes and minority groups interested in health education, hoping to promote UCSF and physical therapy. By reaching out to these groups, participating in our admissions committee, and being part of the core faculty that directly mentors first year students, I hope to have a significant part in generating an educational pipeline of PT students.

In the next year, I intend to start a "Pre-physical therapy course" at U.C. Berkeley with a current student in their Decal program which is a student run organization. I hope to create and foster a pipeline of U.C. Berkeley undergraduates to increase our local and diverse graduate student population.

## **TEACHING AND MENTORING**

### **TEACHING SUMMARY**

As the Course Director for PT 202 Therapeutic Modalities, I have continued to teach the basic requirements of the American Physical Therapy Association guidelines. In the past year, I have been able to expand this by incorporating newer and more utilized modalities (myofascial decompression, dry needling, etc) and have been able to create a better blend of in-class "flipped classroom" concepts to maximize the efficiency of students learning.

In the past few years, I have recognized the need for students to have more clinical experience. In Fall 2016 and 2017, I started an elective PT199 Optional Clinical Observation, which allowed students to shadow and learn from a UCSF physical therapist. I designed a light curriculum that allowed students to continue to learn from an experienced practitioner, which was well received by the class since 40% of last year's class was able to participate. In the last year, I attempted to surface another gap in our curriculum by creating a Clinical Biomechanics elective. This class had over 80% of the cohort in attendance and was also positively received.

As one of the main instructors in our Exercise thread, I work closely with 2 other professors in creating and developing a 4 course series on movement modification and manual therapy which is collectively called "Exercise". We have been able to expand this course from two 1-unit courses to now four 1.5 unit courses that is spread throughout the students 3 year curriculum. I am a Course Instructor in the first 3 courses, and the Course in the final culminating course.

In addition to the DPT courses, I have been involved in teaching in our new Orthopedic Residency Program. I developed and taught two new courses, Examination and Treatment of the Shoulder, and Examination and Treatment of the Elbow. Two years ago I created new content for "Upper Cervical Manual treatments" and last year have add "Advanced Concepts in Examination and Treatment of the Knee" I am also continuing as a mentor for an Orthopedic Resident and for our DPT students on their extended rotations.

**FORMAL TEACHING**

Not UCSF	Academic Yr	Course No. & Title	Teaching Contribution	School	Class Size
	2014 - 2016	PT 199 Student Clinical Elective	Clinical Mentor for DPTII student		
	2014 - 2014	PT 741 Musculoskeletal Pathokinesiology I	Practical Exam Proctor		
	2014 - 2014	PT 735 Psychosocial Issues in Rehab Science	Practical Exam Proctor		
	2014 - 2015	PT 201A Physical Therapy Assessment	Guest Lecturer	Grad	50
	2015 - 2015	PT 212B Advanced Exercise Design	TA: small group instruction		
	2015 - 2015	PT 199 Manual Therapy Elective	Practical Exam Proctor and guest TA: Mobilization of the Hip and Foot, Soft Tissue and Active Myofascial Release		
	2015 - 2015	PT199 -Neurological Pathokinesiology III	Teacher Assistant	Grad	25
	2015 - 2015	PT 743 Musculoskeletal Pathokinesiology III	Practical Exam Proctor and guest TA: Joint mobilizations and Cranial Nerve examination	Grad	
X	2015 - 2018	Stanford Medical School: Advanced Clinical Skills session	Teacher Assistant	Medicine	15
X	2014 - 2018	Myofascial Decompression	Teacher Assistant		30
	2016 - 2016	PT 910 Evidenced Based Practice	Reader	Grad	
	2016 - 2016	PT 742 Musculoskeletal Pathokinesiology II	Guest Lecturer	Grad	50
	2014 - 2016	PT 742 Musculoskeletal Pathokinesiology II	Practical Exam Proctor		

Not UCSF	Academic Yr	Course No. & Title	Teaching Contribution	School	Class Size
	2014 - 2016	PT 743 Musculoskeletal Pathokinesiology III	Practical Exam Proctor	Grad	
	- 2016	PT 801 Clinical Experience I	Site Evaluator	Grad	
	2015 - 2017	PT 199 Manual Therapy Elective	Guest Lecturer	Grad	50
	2014 - 2017	PT 212A Muscle & Nerve Biology	Instructor	Grad	50
	2016 - 2021	PT 218A Therapeutic Exercise	Course Instructor	Grad	50
	2015 - 2018	PT 110: Ortho & Rehab: Diagnosis & Treatment	Course Coordinator	Grad	50
	2015 - 2020	PT 202 Therapeutic Modalities	Course Director	Grad	50
	2017 - 2021	PT 218B Therapeutic Exercise II	Course Instructor	Grad	50
	2016 - 2017	PT 199 Optional Clinical Observation	Course Director	Grad	21
	2016 - 2021	Advanced Shoulder I: Conservative Evaluation and Treatment - Orthopedic Physical Therapy Residency	Course Instructor	Grad	3
	2017 - 2019	Advanced Elbow - Orthopedic Physical Therapy Residency	Course Instructor	Grad	3
	2019 - 2021	PT 207 Medical Screening for Physical Therapists	Course Instructor	Grad	50
	2019 - 2020	PT 199 Clinical Biomechanics Elective	Course Director	Grad	40
	2019 - 2020	PT 218C Therapeutic Exercise III	Course Instructor	Grad	50

Not UCSF	Academic Yr	Course No. & Title	Teaching Contribution	School	Class Size
	2020 - 2021	PT 218D Therapeutic Exercise IV	Course Director	Grad	50
	2020 - 2020	Advanced Knee - Orthopedic Physical Therapy Residency	Course Instructor	Grad	2
	2021 - 2021	UCSF Primary Care Sports Medicine	Guest Lecturer	Medicine	50

### INFORMAL TEACHING

- 1999 - 1999 Tutor/mentor for disadvantaged 9th grade students for Making Waves - Richmond, CA
- 1998 - 1999 Health worker - Public health educator and medical supply distributor for University Health Services - Tang Medical Center - Berkeley, CA
- 1998 - 2001 Tutor for local public elementary and middle school students for Oakland Asian Student Education Services - Oakland, CA
- 1999 - 2000 Peer counselor/drop-in Coordinator - serving local community and the homeless for Berkeley Free Clinic - Berkeley, CA
- 1999 - 2002 Peer advisor and Head coordinator for Molecular Cellular Biology Department, UC Berkeley
- 2001 - 2003 Head coordinator and mentor for INSPIRE mentoring program - Berkeley/Oakland CA
- 2003 - 2004 Asian Student Association Faculty Advisor and High-school Teacher for Archbishop Riordan High-school
- 2009 - 2012 Mentor - Asian Pacific American Student Services - USC, Los Angeles CA
- 2009 - 2010 Mentor for local youth for Violence Intervention Program - Los Angeles, CA
- 2011 - 2011 PT 521 Introduction to Patient Management. Teacher Assistant at USC
- 2011 - 2012 University of Southern California: Exam proctor for 1st and 3rd year Physical Therapy Orthopedic Treatment courses
- 2012 - 2012 PT 763 Modalities: Therapy and Application. Teacher Assistant at USC
- 2013 - 2013 Clinical Instructor - 2 weeks at Sports and Orthopedic Leaders Physical Therapy, Oakland CA

### MENTORING SUMMARY

In addition to teaching, my most valued opportunity here at UCSF are my opportunities to mentor students and residents. In a field where less than 10% of physical therapy students go on to do residencies, over half of the students I have advised or have been a clinical instructor for have gone on to participate in residencies.

I am the faculty advisor to two students in each cohort which provides me the opportunity to know my mentees on a deeper level greater than that of another instructor. This has given me insight into the growth and demands that each successive year that graduate school has on our students. In addition to this, my involvement as an instructor and mentor in our Orthopedic Physical Therapy residency program has helped guide my advisees into more advanced opportunities to help further their career.

In addition to my own advisees, as part of the Student Success Committee, I mentor 10 first year students in their first semester. with the hopes of getting to know them on a deeper level in order to better match them with a specific faculty mentor for the next 3 years.

In the clinic, I have the opportunity to be Clinical Instructor once a year to a DPT2 or a DPT3 student for 12 weeks. In addition to this, I serve as a Resident Mentor for 4 months of the year for our Orthopedic Physical Therapy Residency Program.

As our faculty has continued to grow, I also have started to mentor our newest faculty members and have been able to provide my perspective and guidance to help optimize their fit and impact in our department.

#### **PREDOCTORAL STUDENTS SUPERVISED OR MENTORED**

Dates	Name	Program or School	Mentor Type	Role	Current Position
2014 - 2014	Seth Elliot	UCSF	Co-Mentor/Clinical Mentor	Clinical Mentor	Physical Therapist
2015 - 2016	Dorian Danic	UCSF	Career Mentor	Mentor	USC Orthopedic Resident graduate
2015 - 2015	Daniel Casey	UCSF	Co-Mentor/Clinical Mentor	Clinical Instructor	Physical Therapist
2015 - 2015	Jon Chiu	UCSF	Co-Mentor/Clinical Mentor	Clinical Instructor	UCSF Physical Therapist
2016 - 2016	Steve Hartley-Newman	UCSF	Co-Mentor/Clinical Mentor	Clinical Instructor	Physical Therapist
2016 - 2016	Christine Jones	UCSF	Co-Mentor/Clinical Mentor	Clinical Instructor	Physical Therapist

Dates	Name	Program or School	Mentor Type	Role	Current Position
2017 - 2018	Christine Magdalin	UCSF	Career Mentor	Mentor	Kaiser Resident graduate, Private Practice Owner
2016 - 2018	Nathalie Taylor-Ketcham	UCSF	Career Mentor	Faculty Advisor	Neurological Resident (PNF)
2016 - 2018	Ryan Eckert	UCSF	Career Mentor	Faculty Advisor	Physical Therapist
2017 - 2018	Athenie Galvez	UCSF	Career Mentor	Faculty Advisor	Physical Therapist
2017 - 2018	Bryan Wong	UCSF	Career Mentor	Faculty Advisor	Orthopedic Physical Therapist at Agile PT
2018 - 2018	Harpreet Singh	UCSF	Career Mentor	Faculty Advisor	DPT3
2018 - 2018	Emmanuel Boquiren	UCSF	Career Mentor	Faculty Advisor	DPT3
2017 - 2018	Mike Alzheimer	UCSF	Career Mentor	Faculty Advisor	Physical Therapist
2019 - 2020	Amie Chien	UCSF	Career Mentor	Faculty Advisor	DPT2
2019 - 2020	Innah Malig	UCSF	Career Mentor	Faculty Advisor	DPT2
2020 - 2020	Mariano Weschler	UCSF	Co-Mentor/Clinical Mentor	Clinical Instructor	UCSF Orthopedic Resident

#### POSTDOCTORAL FELLOWS AND RESIDENTS MENTORED

Dates	Name	Fellow	Mentor Role	Faculty Role	Current Position
2017 - 2018	Victor Garbalosa		Career Mentor, Co-Mentor/Clinical Mentor	Clinic Mentor	Physical Therapist

Dates	Name	Fellow	Mentor Role	Faculty Role	Current Position
2018 - 2019	Ivan Arriaga		Career Mentor, Co-Mentor/Clinical Mentor	Clinic Mentor	UCSF Assistant Clinical Professor
2019 - 2020	Alejandra Hernandez		Career Mentor, Co-Mentor/Clinical Mentor	Clinic Mentor	UCSF Orthopedic Resident
2021 - 2021	Derek Tao		Career Mentor, Co-Mentor/Clinical Mentor	Clinic Mentor	Physical Therapist Orthopedic Resident

### FACULTY MENTORING

Dates	Name	Position while Mentored	Mentor Type	Mentoring Role	Current Position
2020 - 2021	Vincent Ann	Assistant Clinical Professor	Career Mentor	Faculty mentor	Assistant Clinical Professor
2020 - 2021	Alejandra Hernandez	Assistant Clinical Professor	Career Mentor	Faculty mentor	Assistant Clinical Professor

## RESEARCH AND CREATIVE ACTIVITIES

### RESEARCH AND CREATIVE ACTIVITIES SUMMARY

In this past year, I have also recently completed UCSF's Teaching Scholars Program which has given me great insight into opportunities where I can give back to my program. In addition to receiving the UCSF Certificate for General Teaching, the TSP has inspired me to become more involved and active in improving our admissions process, as well as in coming up with creative ways to support our students so that they can themselves become part of the next generation that will guide our profession.

Over the past few years, I have increased my outreach beyond personal interactions with patients by educating people in an online format. Starting with my own blog and then affiliating myself with Builtlean.com, I have significantly increased the number of people that I can educate. Over a period of 2 years, I wrote bi-weekly articles which allowed me to reach out and provide helpful tips to the general population. The quality of the articles has stood out over similar online articles, including my article "7 Most Common Weight Lifting Injuries" that is currently the #1 search option on google for "weight lifting injuries".

My current project involves using and applying the information received from my faculty survey to help further improve our admissions process. I hope to use that information to streamline our application process and to help further align it with our departments goals and with what current education research suggests for predictors of success. In addition to this, by studying our successful and less successful graduates, as part of our newly formed retro-analysis task force on admissions we hope to improve our ability to find and assess applicants who demonstrate the greatest potential in helping UCSF achieve it's mission.

## **NON-PEER REVIEWED PUBLICATIONS**

1. The Role of Kettlebells in Strength and Conditioning. Retrieved from <https://learntomove.org/2014/11/15/the-role-of-kettlebells-in-strength-and-conditioning/>
2. The Hip Hinge. Retrieved from <https://learntomove.org/2014/11/18/the-hip-hinge/>
3. Text Neck: Is Texting Really That Bad For My Neck? Retrieved from <https://learntomove.org/2014/11/19/text-neck-is-texting-really-that-bad-for-my-neck/>
4. I Sprained My Ankle! Now What Do I Do? Retrieved from <https://learntomove.org/2014/11/24/i-sprained-my-ankle-now-what-do-i-do/>
5. Chronic Complaints After Ankle Sprains and What To Do About It. Retrieved from <https://learntomove.org/2014/12/01/chronic-complaints-after-ankle-sprains-and-what-to-do-about-it/>
6. I Tore My ACL, So When Can I Return to Sport. Retrieved from <https://learntomove.org/2014/12/03/i-tore-my-acl-so-when-can-i-return-to-sport/>
7. What To Do With Low Back Pain. Retrieved from <https://learntomove.org/2014/12/09/what-to-do-with-low-back-pain/>
8. Back Exercise #1: The Bird-dog Exercise. Retrieved from <https://learntomove.org/2014/12/11/the-bird-dog-exercise/>
9. Back Exercise #2: The Deadbug. Retrieved from <https://learntomove.org/2014/12/21/back-exercise-2-the-deadbug/>
10. Back Exercise #3: The Sideplank. Retrieved from <https://learntomove.org/2014/12/24/back-exercise-3-the-sideplank/>
11. Basic Strength: My 5 Fundamental Movements. Retrieved from <https://learntomove.org/2015/01/05/basic-strength-my-5-fundamental-movements/>
12. Upper Cross Syndrome. Retrieved from <https://learntomove.org/2015/01/20/upper-cross-syndrome/>
13. Another Reason to Swing. Retrieved from <https://learntomove.org/2015/01/07/another-reason-to-swing/>
14. Squat vs Deadlift. Retrieved from <https://learntomove.org/2015/01/22/squat-vs-deadlift/>
15. Pec Stretches. Retrieved from <https://learntomove.org/2015/02/03/pec-stretches/>
16. Strengthening the Upper Back. Retrieved from <https://learntomove.org/2015/02/14/strengthening-the-upper-back/>
17. Why and How to Improve your Balance. Retrieved from <https://learntomove.org/2015/03/03/why-and-how-to-improve-your-balance/>



18. Basic Rehab - Strengthening the Foot. Retrieved from <https://learntomove.org/2015/03/05/basic-rehab-strengthening-the-foot/>
19. Can You Be Too Flexible? Retrieved from <https://learntomove.org/2015/06/03/can-you-be-too-flexible/>
20. 7 Common Exercise Injuries. Retrieved from <https://learntomove.org/2015/12/07/7-common-exercise-injuries/>
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## **OTHER PUBLICATIONS**

1. University of California Berkeley Yongmudo Club - Yongmudo Self Defense Handbook - Chapter on Teaching the Handicapped

## **OTHER CREATIVE ACTIVITIES**

1. Black belt and Instructor for Wushu (Chinese Martial Arts) - I helped to teach and lead UC Berkeley's Wushu team to 4 consecutive National Collegiate Championships.
2. 2nd degree Black belt and Martial Arts Instructor - Yongmudo Korean Self Defense of UC Berkeley for 14 years. I have taught and mentored over 10 students who have become black belts themselves, with physical abilities ranging from able bodied young adults to people with cerebral palsy or other physical disabilities.
3. Weblog: [www.learntomove.org](http://www.learntomove.org) - A personal blog which helped to educate patients and others who were interested in learning about their health in greater detail than what could be provided in the clinic.
4. Writer for Builtlean.com - Bi-weekly contributing writer with a focus on practical and scientifically correct evidence based tips on injury prevention for the busy working professional.