

# **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**
  - Morgan Hill Orthopedic Sports Therapy (MHOST), Oct 2020- present
    - Partner, Owner, Clinic Director
  - 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, annually in 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>DATE</b> | <b>SEMINAR/COURSE TITLE</b>  | <b>Contact Hours</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  |                      |

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|-------------|--|---------------|
| 11/16-11/18 | The Human Pelvis: Crossroads of Function<br>Richard Jackson, PT, OCS   | 19            |
| <u>2013</u> |  |               |
|             | Repetitive Stress Injuries in Pediatric Athletes<br>Jeff Taylor-Haas, PT, DPT, OCS, CSCS<br>Chad E. Cherny, PT, DPT, SCS, MS, CSCS   | 2             |
|             | BLS Healthcare Provider First Aid and CPR Certification  | 3             |
| <u>2014</u> |  |               |
| 3/1-3/2     | Vestibular Basics for the Everyday Clinician<br>Eric Folkins, DPT, OCS   | 13            |
| 3/8         | OCS Exam Preparatory Course<br>Eric Wilson, PT, DSc, OCS, SCS, CSCS, FAAOMPT   |               |
| 3/15        | ABPTS OCS Exam   |               |
| 6/7         | SI Joint Made Easy<br>Mark Callanen, PT, DPT, OCS  | 6             |
| 6/25        | Using the APTA Physical Therapist Clinical Performance<br>Instrument for Students  | 2             |
| 9/27-9/28   | Evidenced Based Manipulation Techniques for the<br>Spine and Extremities<br>Jodi Young, PT, DPT, OCS, FAAOMPT  | 16            |
| <u>2015</u> |  |               |
| 1/16-17     | San Francisco Giants<br>First Annual Sports Medicine Conference  | 13            |
| 2/4-2/8     | Combined Sections Meeting- Indianapolis<br>Pediatric Considerations for Vestibular Balance Therapy<br>Visual Disturbance after Concussion<br>Neurology Vestibular SIG Business Meeting<br>UE Injury in the Adolescent and Throwing Athlete<br>Gait Re-Training for the Injured Runner<br>Sports Related Concussion<br>What are your Purple Cows?<br>Staged Approach for Rehab Classification: Shoulder Disorders | 16            |
| 10/24-25    | Advances in Examination and Treatment of<br>Patients with Selected Musculoskeletal Conditions<br>George Davies DPT, MEd, PT, SCS, ATC, LAT, CSCS, PES, FAPTA   | 14.75         |
| <u>2016</u> |  |               |
| 3/5-6       | Advanced Management of the Thoracic Region<br>Todd Davenport, PT, DPT, OCS   | 12            |
| 10/1-2      | Evaluation and Treatment of the Foot and Ankle with the<br>Runner in Mind.<br>Blaise Williams, PhD, MPT  | 15            |
| <u>2017</u> |  |               |
| 2/26        | UCSF Pediatric Sports Medicine Conference<br>Running Analysis for the Office, Field, or Gym<br>Concussion: On the Field and Office Screens   | 5.5<br>1<br>1 |
| 3/11-12     | Pediatric Clinical Reasoning:<br>Contemporary NDT Perspectives<br>Lauren Beeler PT, DPT, PCS, C/NDT  | 12.5          |
| 10/21-22    | Foundations of Evaluation and Intervention<br>for the Lumbar Spine<br>Kris Porter, PT, DPT, OCS  | 14            |

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| <u>2018</u> |   |      |
| 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  |
| <u>2019</u> |   |      |
| 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  |
| <u>2020</u> |   |      |
| 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    |
| <u>2021</u> |   |      |
| 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    |
| <u>2022</u> |   |      |
| 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  |
| <u>2023</u> |   |      |
| 2/23        | When Can I Start Running? A Multi-Faceted Approach<br>to Returning to Run Following Injury<br>Mitchell Rauh, PT, PhD, MPH, FACSM,<br>Christa Wille, PT, DPT, SCS<br>Jason Tuori, PT, DPT, SCS<br>Shefali Christofer, PT, PhD, SCS | 2    |
|             | Orthopedic and Pelvic Health Considerations for the<br>Postpartum Person<br>Kim McCole Durant, Meghan Musick  | 2    |

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|             | The Social Media Dilemma: Adapt and Engage Or Get Left Behind?  | 2   |
|             | Jared Spencer Vagy, PT, DPT<br>Julie W. Wiebe, PT, DPT  |     |
| 2/24        | Beyond Posterior Canal BPPV: Clinical Decision Making and a Critical Appraisal of Treatment Techniques for Anterior & Horizontal Canal BPPV | 2   |
|             | Laura Morris, PT, NCS<br>Richard Clendaniel, PT, PhD, FAPTA   |     |
|             | Current Concepts in the Treatment of Tendon Pathology   | 2   |
|             | Kevin E. Wilk, DPT, PT, FAPTA   |     |
|             | Magnetic Marketing  | 2   |
|             | Jamey Todd Schrier, PT, DPT and Jimmy McKay   |     |
| 8/9         | Incorporating the 6 <sup>th</sup> International Conference on Concussion In Sport Recommendations into Practice                             | 1.5 |
|             | EBP Central Online  |     |
| 12/6        | Ethics for Today's World  | 2   |
|             | Terry Nordstrom   |     |
| <u>2024</u> |   |     |
| 2/15        | Achilles Tendon Rupture and Tendinopathy: Considerations for the Athlete  | 2   |
|             | Jennifer Ann Zellers PT, DPT, PhD   |     |
|             | The Quad Squad: Learn to Identify and Treat Quadriceps Dysfunction after ACL Reconstruction   | 2   |
|             | Brian Noehren, PT<br>Daniel Garrett Cobiann PT, DPT, PhD  |     |
|             | Extracorporeal Shockwave in Physical Therapy  | 2   |
|             | David Levine PT, DPT, PhD, FAPTA<br>Kenneth B. Johnson PT   |     |
| 2/16        | Motor Learning for Patients with Functional Neurological Disorders  | 2   |
|             | Julie B. Maggio PT<br>Healthier J. Salon PT, DPT  |     |
|             | Multiple Revenue Streams Rather than Multiple Clinics: Scaling Smarter, Not Harder  | 2   |
|             | F. Scott Feil PT, DPT, EdD<br>Penny Lauren Goldberg PT, DPT, ATC  |     |
|             | Refreshing the Lens for the Management of Patellofemoral Pain   | 2   |
|             | Lori Bolgia PT, ATC, PhD<br>Irene s. Davis PT, PhD, PhD, FAPTA  |     |
| 2/17        | Data Driven Specialty Care of the Throwing Athlete  | 2   |
|             | Craig Garrison, PT, ATC, PhD<br>Sean Michael Kennedy PT, DPT  |     |
|             | How to Retain PTs, Juggle Productivity, and Reduce Burnout  | 2   |
|             | Heidi Doune Jannenga PT, DPT, ATC   |     |

- Personal:
  - Husband, Ethan, Surgical Technologist and Materials Manager
  - Sons, Eli and Marshall
  - Dog, Madison
  - Cat, Buster
- Interests:
  - Rec League Softball, yoga, reading
  - Spending time with my boys

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