

Erwina Kwan

CURRICULUM VITAE

- **Education:**

- California Physical Therapy License #300046
- Sports Physical Therapy Resident, Los Gatos Orthopedic Sports Therapy, 2022-2023
- Doctorate of Physical Therapy, University of St Augustine-Miami, 2020
- B.S in Exercise and Sports Science, University of San Francisco, 2012
- Presentation High School, 2008

- **Professional Membership:**

- American Physical Therapy Association (APTA)
- California Physical Therapy Association
- American Red Cross – BLS CPR/AED, First Aid
- Delta Phi Tau National Student Honor Society, 2020 Inductee
- Emergency Medical Responder

- **Research/Publications:**

- Effects of Vibration Training on Lower Extremity Strength: A Systematic Literature Review
 - https://www.researchgate.net/publication/343615953_Effects_of_Vibration_Training_on_Lower_Extremity_Strength_A_Systematic_Literature_Review
- Effects of Whole-Body Vibration on Spasticity in Patients: A Systematic Literature Review
 - https://www.researchgate.net/publication/363996128_Effects_of_Whole_Body_Vibration_on_Spasticity_in_Patients_A_Systematic_Literature_Review

- **Work History:**

- Los Gatos Orthopedic Sports Therapy (LGOST), July 2023 – Present
 - Staff Sports Physical Therapist
 - San Jose State Men's and Women's Basketball Physical Therapist
- Los Gatos Orthopedic Sports Therapy (LGOST), July 2022 – July 2023
 - Sports Resident
- MORE Physical Therapy, April 2021 – June 2022
 - Staff Physical Therapist
- Somerset UPMC Hospital, Sept 2020 – Nov 2020
 - Physical Therapy Student Intern
- Health Pro Wellness Center, June 2020 – Aug 2020
 - Physical Therapy Student Intern

- Concentra Urgent Care, Sept 2019 – Oct 2019
 - Physical Therapy Student Intern
- OPTM Physical Therapy of Saratoga, June 2016 – May 2018
 - Physical Therapy Aide
- Quinn Orthopedic Physical Therapy, July 2013 – June 2016
 - Physical Therapy Aide
- **Professional Contributions:**
 - O'Connor Hospital Family Practice Sports Medicine Fellowship Program
 - Journal club presentations
- **Coaching Experience**
 - Head Coach
 - Wilcox High School JV Women's Basketball
 - Metro AAU Women's Basketball
 - North/South Women's Basketball
 - Assistant Coach
 - Wilcox High School Varsity Women's Basketball
 - Presentation High School Women's Basketball
- **Volunteer:**

Date	Event
2018	Physical Therapy Day of Service in Dadeland, Florida
2019	Special Olympics in Orlando, Florida
2020	Nicklaus Children's Hospital in Miami, Florida
2020	Rock Steady Boxing in Kendall, Florida
2022	Chidobe Awuzie Good Fight Football Camp at PayPal Park
2022	San Jose Sharks Medical Examiner
2022	West Valley College Pre-Participation Examinations
2022	Gunderson Pre-Participation Examinations
2022	San Jose State University Football Medical Observer
2022	Wilcox High School Football Medical Observer
2022	Santa Clara High School Football Medical Observer
2022	Willow Glen High School Football Medical Observer
2022	Gunderson High School Football Medical Observer
2022	San Jose State University Women's Basketball Medical Observer

2022	Rock n Roll Marathon Medical Team Captain
2023	San Jose State University Gymnastics Medical Observer
2023	Wilcox High School Women's Basketball Medical Observer

• **Continuing Education Coursework:**

Date	Course	Contact Hours
6/6/21	The Movement System: Assessment and Treatment of Knee Pain – Medbridge	1.75
6/6/21	Stability of the Knee: Management of Common Ligamentous Pathology – Medbridge	2
6/6/21	Clinically Relevant Meniscus Pathology: Evaluation and Treatment – Medbridge	2
8/25/21	Kevin Wilk's Grand Rounds – BFR with Dan Lorenz	-
10/30-31/21	Great Lakes Seminar – Comprehensive Treatment of the Shoulder	16
11/6-7/21	Clinical Concepts in Knee Rehabilitation - Don Torrey	12.5
11/20/21	Kevin Wilk's Grand Rounds – Biceps Pain with Steve O'Brien	-
12/11-12/21	MTC S2 – Advanced Evaluation and Manipulation of Pelvis, Lumbar and Thoracic Spine	18
12/27/21	Evaluation of Shoulder Impingement – Medbridge	1.5
12/27/21	The Shoulder: Overuse Injuries in Athletes – Medbridge	1.75
12/28/21	Treatment of Shoulder Impingement – Medbridge	1
1/16/22	Great Lakes Seminar – Manual Therapy Approach to Evaluation of the Foot and Ankle Complex	3
2/19-20/22	Selective Functional Movement Assessment (SFMA) Level 1	15
3/19-20/22	Great Lakes Seminar – Comprehensive Treatment of the Knee	16.5
4/9-10/22	MTC S3 – Advanced Evaluation and Manipulation of the Cranio Facial, Cervical and Upper Thoracic Spine	20
4/12/22	ASMI Master Class 5 – Management of Rotator Cuff Injuries	-
4/16/22	Basic Life Support – American Red Cross	4
5/31/22	Ethics for Physical and Occupational Therapy Professionals	2
6/4/22	Performance Enhancement in Sports Rehabilitation - Dan Lorenz	8

6/13/22	Emergency Management of Soft Tissue Injuries – Medbridge	1.75
6/13/22	Emergency Management of Cardiovascular Conditions – Medbridge	1.5
6/13/22	Emergency Management of Athletes with Spine and Visceral Injuries – Medbridge	2
6/13/22	Emergency Management of Skeletal Injuries – Medbridge	1.75
6/29/22	NBA Sports Science for PTs - Logan Sullivan	-
6/29/22	Leadership Development Series	-
8/2/22	Webinar with Lee Cockerell	-
8/4/22	Emergency Practice Session at Foothill College	-
8/12-14/22	MTC E2 – Integrative Functioning of Extremities to Thorax and Spine	21
8/20/22	Selective Functional Movement Assessment (SFMA) Level 2	-
9/16-17/22	Evidence Based Approach to the Evaluation and Treatment of Shoulder and Knee Disorders – Kevin Wilk	13
9/20/22	Preparticipation Physical Evaluation: Musculoskeletal – Medbridge	1.5
9/20/22	Concussion in Sports: Practical Case Studies – Medbridge	1
9/22/22	Preparticipation Physical Evaluation: Medical – Medbridge	1.5
11/5-6/22	NAIOMT – C-511 Lumbopelvic Spine I	21
12/3/22	Gymnastics Rehab & Performance Course	8
12/10-11/22	MTC S4 – Functional Analysis and Management of Lumbo-Pelvic-Hip Complex	16
12/29/22	The Hip: Assessment of Hip Injuries in Athletes – Medbridge	2
1/6/23	Management and Treatment of Hip Injuries Part A – Medbridge	1.5
1/25/23	Anterior Hip Replacement and How to Best Treat Hip Pain Seminar - Dr. Alexander Sah	-
1/27/23	Management and Treatment of Hip Injuries Part B – Medbridge	1.5
1/29/23	Shoulder Fractures, Little League Shoulder, and Sprengel Deformity – Medbridge	1
2/1/23	Evidence-Based Examination of the Lumbar Spine: An Update – Medbridge	2.25
2/4/23	Athletic Low Back Pain: Secrets for Effective Management and Treatment – Medbridge	2

2/23-25/23	Combined Sections Meeting in San Diego	18
3/20/23	HIPAA: Clinical Training for the Healthcare Setting – Medbridge	-
3/27/23	Shoulder Instability: Anterior, Posterior, and Multidirectional – Medbridge	1.5
4/7/23	Foot and Ankle Mechanics – Medbridge	2
4/17/23	Imaging for Lower Quarter Sports Injuries - Medbridge	1.25
4/20/23	Imaging for Upper Quarter Sports Injuries - Medbridge	2
6/10/23	Owens Recovery Science – Blood Flow Restriction - Kyle Kimbrell	8.5
6/17/23	Pelvic Girdle – Richard Jackson	6.5
7/8-9/23	Elite Basketball Rehab Conference - Erik Miera	13
7/15/23	Deceleration & Landing: Building the Brakes - Matthew Ibrahim	8
8/5-6/23	Eccentric Exercise Concepts and Updated Shoulder Perspectives: Focused on Scapular Mechanics and Management of Frozen Shoulder - Mark Albert	14
9/23/23	Proprioceptive Neuromuscular Facilitations: Patterns and Techniques for Rehabilitation - Matt Miller	7
9/30/23	Emergency Medical Responder - Ann Degrey	18
11/4-5/23	Exercise for the Low Back Patient: Acute or Chronic - Don Torrey	14.5
1/10/24	Using DynaMo Testing Batteries to Test Common Pathologies	-
1/20/24	Stanford University Sports Medicine – Concussions	-
1/23/24	Foot and Ankle Rehab: Achilles, Ankle Sprains, High Ankle Sprains - Dan Lorenz	-
3/6/24	Evidence in Motion – SCS Exam Prep Course	55
3/8-10/24	Institute of Physical Art – Functional Mobilization I	30
3/31/24	How to Test and Train Psychological Readiness to Return to Sport - Medbridge	1
In progress	EXOS Performance Specialist Course	24

- **Personal**

- Hobbies: watching and playing basketball, working out, eating and outdoor adventures, Golden State Warriors fan.