

Sheila H. Klausner, PT, DPT, OCS, COMT, CSCS

4098 Libra Drive Rm 114
Orlando, Florida 32816
407.823.0377/407.587.5552
Sheila.Klausner@ucf.edu

Education

Texas Tech University
Lubbock, Texas
Doctorate of Physical Therapy
May 2015- May 2018

University of Miami
Miami, Florida
Master of Science in Physical Therapy
May 1991- December 1993

North Carolina State University
Raleigh, North Carolina
Bachelor of Science in Zoology
August 1986- May 1990

Licensure

Florida Licensure #22284
11/30/21

Academic Appointments

Assistant Professor of Physical Therapy Practice
Director of Sports Physical Therapy Services
School of Kinesiology and Physical Therapy
University of Central Florida Academic Health Science Center
March 2020-present

Lab Instructor
Adventist University of Health Sciences
Physical Therapy Program
August 2017- February 2020

Adjunct Instructor
University of Central Florida
Physical Therapy Program
August 2014- July 2017

Lab Instructor
University of Central Florida
Physical Therapy Program
August 2008- July 2014

Guest Lecturer
University of Central Florida
Athletic Training Program
September 2006- July 2017

Adjunct Assistant Professor
University of South Carolina
Department of Physical Therapy
August 2003- July 2005

Guest Lecturer August 2001- July 2003
 University of South Carolina
 Physical Therapy Program

Guest Lecturer August 1998-July 2000
 Arizona School of Health Sciences
 Physical Therapy Program

Clinical Appointments

Faculty of Orthopedic Residency Program
 AdventHealth Sports Medicine and Rehabilitation August 2007-present
 Orlando, Florida

Senior Physical Therapist August 2005- February 2020
 AdventHealth Sports Medicine and Rehabilitation
 Orlando, Florida

Rehabilitation Coordinator - University of Central Florida October 2005-present
 Sports medicine Department
 Orlando, Florida

Sports Medicine Program Coordinator September 2000-July 2005
 Clinical Specialist II
 Healthsouth Sports Medicine and Rehabilitation Center
 Columbia, South Carolina

Staff Physical Therapist April 1994- August 2000
 Clinical Coordinator of Continuing Education
 Peak Physical Therapy
 Phoenix, Arizona

Staff Physical Therapist January 1994- March 1994
 Imperial Point Medical Center
 Fort Lauderdale, Florida

Certifications

Board Certified Orthopaedic Physical Therapy Specialist (renewal from original certification in 2003)	2013
Certified Orthopedic Manual Therapist	2012
Certified Kinesio Taping Practitioner	2011
American Red Cross: SPTS Emergency Responder	2011
CITI Certification: The protection of Human Research Subjects	2009
Licensed Massage Therapist	2004
APTA Credentialed Clinical Instructor	2002
Certified Strength and Conditioning Specialist	1996

Clinical Instructor of Physical Therapy Programs

Advent Health University
University of Central Florida
Creighton University
Columbia University
Arizona School of Health Sciences
Northern Arizona University
University of South Carolina
Medical University of South Carolina
Marymount University
Loma Linda University

Presentations*Lumbar Spine Assessment and Treatment*

AdventHealth Orthopaedic Residency Program, January 2017-2021

Temporomandibular Joint Assessment and Treatment

AdventHealth Orthopaedic Residency Program, July 2017-2020

Cervical Spine Assessment and Treatment

AdventHealth Orthopaedic Residency Program, June 2013-2020

Assessment and Treatment of the Shoulder

Florida Hospital Orthopaedic Residency Program, March 2013-2017

Evaluation and Treatment of the Elbow

Florida Hospital Orthopaedic Residency Program, May 2012-2014

Ergonomic Assessment

Florida Hospital Orthopaedic Residency Program, September 2011

Evaluation and Differential Diagnosis of Cervical Impairments

Florida Hospital Orthopaedic Residency Program, August 2011

Maitland v. McKenzie v. Mulligan

Florida Hospital Orthopaedic Residency Program, August 2010

Upper Extremity: Principles of Sport Specific Rehab and Interval Sports Programs

Florida Hospital Orthopaedic Residency Program, June 2010

Tissue Healing and Biomechanical Considerations Related To Shoulder Pathology

Florida Hospital Orthopaedic Residency Program, March 2010

Ready or Not?... Guidelines to Determining An Athlete's Readiness to Return to Play

13th Annual Florida Hospital Sports Medicine Conference, February 2010

Proprioception: The Balance of It All

10th Annual Florida Hospital Sports Medicine Conference, June 2007

Pitfalls and Progress in ACL Rehabilitation

9th Annual Florida Hospital Sports Medicine Conference, June 2006

Publications

Miller RC, Hanney WJ, Young IA, Klausner SH. Application of Regional Interdependence in a 20-Year-Old Male Collegiate Baseball Player with Recurrent Nonspecific Low Back Pain: A Retrospective Case Report. *Orthopedic Physical Therapy Practice*. 2012;24(1):14-20.

Hanney WJ, Zbaraschuk KS, Yi CJ, Klausner SH, Wawrzyniak L. Neck Pain: Exercise and Training Considerations. *Strength and Conditioning Journal*. 2011;33(3):104-110.

Klausner SH. Flexibility and Injury Prevention. United States Swimming Sports Sciences Network Website. <http://www.usaswimming.org>. Published 2004.

Klausner SH. Groin Injury Prevention. USA Swimming Website. <http://www.usaswimming.org>. Published July 2002

Klausner SH. All The Right Moves. Phoenix Swim Club Newsletter. November 1997

Rine RM, Lindeblad SK, Klausner SH, Fazioli LJ. Developmental Changes In Balance Responses to Perturbation in Children with Profound Hearing Impairment. *Pediatric Physical Therapy*. 1993;5(14):192. (Abstract)

Research Experience

Research Assistant: Development of a Clinical Prediction Rule to Identify Patients with Neck Pain Likely to Benefit from Education and Exercise. Florida Hospital IRB approval FH#2276-2220 Nova Southeastern University IRB approval #09160909 November 2009- June 2011

Continuing Education Courses Attended

NAIOMT Thoracic Spine. Orlando, Florida. November 2019

Florida Hospital Sports Medicine and Rehabilitation Elbow/Wrist/Hand: Examination and Management. Orlando, Florida. August 2017

SASTM Method of Instrument Assisted Soft Tissue Mobilization. Orlando, Florida. December 2016

Florida Hospital Sports Medicine and Rehabilitation The Foot's Connected Too. Orlando, Florida. January 2015

APTA Screening for Medical Disorders. Orlando, Florida. November 2014

NAIOMT Cervical Spine II. Orlando, Florida. May 2014

NAIOMT Shoulder-Elbow-Wrist-Hand. Orlando, Florida. January 2014

NAIOMT Knee-Ankle-Foot. Orlando, Florida. October 2013

NAIOMT Lumbopelvic Spine II- Hip. Orlando, Florida. September 2013

NAIOMT Cervical Spine I. Orlando, Florida. March 2013

NAIOMT Lumbopelvic Spine I. Orlando, Florida. January 2013

Maitland Australian Physiotherapy Seminars: MT-M Spinal and Peripheral Manipulation. Orlando, Florida. June 2012

KT3-Advanced Kinesio Taping. Orlando, Florida. July 2011

KT2-Advanced Kinesio Taping. Orlando, Florida. April 2011

KT1-Fundamental Kinesio Taping. Orlando, Florida. April 2011

Maitland Australian Physiotherapy Seminars: MT-O Orthopedic Diagnostic Exam. Orlando, Florida. January 2011

Maitland Australian Physiotherapy Seminars: MT-4 Differential Assessment and Clinical Reasoning Seminar. Orlando, Florida. May 2010

ACL Prevention in Female Athletes. Orlando, Florida. March 2010

Maitland Australian Physiotherapy Seminars: MT-1 Basic Peripheral Seminar. Orlando, Florida. February 2010

Functional Gait Analysis: The Quadrastep Method of Pre-Fabricated Orthotic Selection by Foot-Type. Orlando, Florida. November 2009

Maitland Australian Physiotherapy Seminars: MT-ST Stabilization Training Seminar. Orlando, Florida. October 2009

Maitland Australian Physiotherapy Seminars: MT-3 Intermediate Spinal Seminar. Orlando, Florida. May 2009

When The Feet Hit The Ground Everything Changes- Level II. Orlando, Florida. February 2009

SASTM Method of Instrumented Assisted Soft Tissue Mobilization. Orlando, Florida. July 2008

Myokinesthetic System Upper body- Brachial and Cervical Plexus. Orlando, Florida. April 2008

Maitland Australian Physiotherapy Seminars: MT- 2 Basic Spinal Seminar. Orlando, Florida. April 2008

Enhancing Treatment Outcomes with Therapeutic Modalities, Electrotherapy and Ultrasound. Orlando, Florida. March 2008

The Mckenzie Method of Mechanical Diagnosis and Therapy Part B: Cervical and Thoracic Spine. Orlando, Florida. February 2007

Third Annual Florida Hospital Rehabilitation and Sports Medicine Forum. Orlando, Florida. August 2006

Resistance Training Across The Clinical Spectrum at APTA Annual Conference and Exposition. Orlando, Florida. June 2006

Current Concepts in Sport Rehabilitation. Orlando, Florida. February 2006

Manual Therapy of the Lumbar Spine and Pelvis. Columbia, South Carolina. November 2004

Orthopedic Massage and Pain Management Seminar-Upper Body. Columbia, South Carolina. May 2004

Exploring Function: Isolating, Integrating, Opening and Closing the Functional Chain. Columbia, South Carolina. November 2003

Update on Orthopaedics, Sports Medicine and Cartilage Repair. Columbia, South Carolina. August 2003

Ankle Foot Orthoses. Columbia, South Carolina. June 2003

Fourth Annual Sports Medicine Symposium. Columbia, South Carolina. April 2003

Evidence- based Practice: An Overview and International Perspective. Columbia, South Carolina. April 2003

The Growing Athlete: Anatomy of the Lumbar Spine. Columbia, South Carolina. March 2003

Evaluation and Management of the Lumbar Spine. Columbia, South Carolina. February 2003

American Sports Medicine Institute 20th Annual Injuries in Baseball. Birmingham, Alabama. January 2002

Mulligan Concept - “NAGS”, “SNAGS”, and More. Columbia, South Carolina. October 2001

Shoulder Girdle: Kinesiology Review. Columbia, South Carolina. May 2001

Knee Update 2001. Columbia, South Carolina. February 2001

Massage for the Sports Healthcare Professional. Phoenix, Arizona. August 2000

Spinal Stabilization. Phoenix, Arizona. May 2000

Muscle Imbalances: Diagnosis and Treatment. Phoenix, Arizona. April 2000

Shoulder Evaluation and Treatment. Phoenix, Arizona. January 2000

McConnell Taping for Patellofemoral Treatment. Phoenix, Arizona. November 1999

Locomotor Biomechanics and Applied Orthotic Therapy. Phoenix, Arizona. October 1998

NSCA National Conference. Nashville, Tennessee. June 1998

Athletic Injuries of the Foot and Ankle. Phoenix, Arizona. May 1997

APTA National Scientific Meeting and Exposition. San Diego, California. May 1997

The Feldenkrais Method- Functional Integration/ Awareness Through Movement. Phoenix, Arizona. November 1996

AZPTA Fall State Meeting. Phoenix, Arizona. October 1995

McKenzie Institute Part A- Lumbar. Phoenix, Arizona. June 1995

Mechanical Neck and Back Pain. Phoenix, Arizona. November 1994

Honors and Achievements

Recipient of the Palmetto Patriot Service Award	2005
Gold Standard Award	
USA Swimming Sports Medicine and Science Network	2003
High Performance Award	2003
USA Swimming Sports Medicine and Science Network	
Clinical Instructor of the Year Award	2003
University of South Carolina	
Graduated with Honors, GPA 3.95	1993
University of Miami	
Full academic /athletic scholarship	1990
North Carolina State University	
Graduated Magna Cum Laude	

Professional and Community Service

Orthopedic Joint Screenings Track Shack Road Races AdventHealth Sports Medicine and Rehabilitation	2006-2020
Member of Clinical Model Committee Florida Hospital Sports Medicine and Rehabilitation	2006-2011
Physical Therapist for USA Swimming 2004 Olympic Summer Games Athens, Greece	2004
Physical Therapist for USA Swimming Long Course World Championships Barcelona, Spain	2003
Physical Therapist for USA Swimming Short Course World Championships Moscow, Russia	2002
Physical Therapist for USA Swimming 2000 Olympic Summer Games Sydney, Australia	2000
Physical Therapist for USA Swimming Pan Pacific Championships Sydney, Australia	1999
Member of United States Swimming Sport Sciences Network	1999-present
Dryland Training Advisor to: Team Carolina Swim Club 2003-2005 University of South Carolina Swimming and Diving Team 2000-2005 USC Gamecock Swim Club 2000-2003 Phoenix Swim Club National and Age Group Competitive Teams 1994-2000	
Volunteer /Mentor for <i>Communities In Schools</i> Program, Columbia, SC	2004
Participant in Yearly Physical Screening Exams for Local High Schools in Columbia, South Carolina	2002-2004
Participant in Yearly Physical Screening Exams for Local High Schools in Phoenix, Arizona	1994-2000