CURRICULUM VITAE

Pamela Mikkelsen
Chapman University

Education:

Orthopedic Residency
Cedars Sinai
Los Angeles, CA
2017

Doctor of Physical Therapy
University of Southern California
Los Angeles, CA
05/2014

Bachelor of Arts in Dance
Bachelor of Science in Biology
University of California at Riverside
Riverside, CA
05/2007

Licensure Information:

Licensed Physical Therapist, State of California
License # 41726

Certifications (eg, ABPTS):

Board Certified Orthopedic Clinical Specialist

Employment and Positions Held:

Clinical Assistant Professor of Physical Therapy
Non-Tenure Track
Chapman University
Orange, CA
06/2026 - Present

Physical Therapist
In-home Orthopedic Physical Therapy
Long Beach, CA
5/2017 - Present

Part Time Lecturer
Non-Tenure Track
California State University
Long Beach, CA
01/2026 - 05/2026

Laboratory Instructor
Non-Tenure Track

Chapman University
Orange, CA
08/2025 - 05/2026

Assistant Professor of Clinical Physical Therapy
Non-Tenure Track
University of Southern California
Los Angeles, CA
01/2020 - 05/2026

Adjunct Instructor of Clinical Physical Therapy
Non-Tenure Track
University of Southern California
Los Angeles, CA
07/2018 - 12/2019

Physical Therapist
Per-Diem
Keck Hospital of USC
Los Angeles, CA
05/2014 - 2021

Physical Therapist II
Cedars Sinai Medical Center
Los Angeles, CA
01/2015 - 12/2019

Physical Therapist
Blake Physical Therapy
Marina Del Rey, CA
05/2014 - 12/2014

Peer Reviewed Publications:

Mikkelsen P, Yamaguchi AC, Tang Y, Kulig K. Dancing through exertion: How dancers retain lower extremity kinematics during ballet jumps. J Dance Med Sci. Published online 2026. https://doi.org/10.1177/1089313X261443136

Mikkelsen P, Andersen A, Shih HJS, Rowley KM, & Kulig K. (2023). Flexor hallucis longus tendon morphology in dancers clinically diagnosed with tendinopathy. Journal of Ultrasound, 1-9. https://doi.org/10.1007/s40477-023-00793-5

Mikkelsen P. (2022). APTA Orthopedics: Physical Therapy Management of Tendinopathies (Course No. 32.1) [Independent Study Course]. https://orthopt.org/course/32-1-physical-therapy-management-of-tendinopathies; Contributor of FHL Tendinopathy case.

Rowley KM, Shih HJS, Traina K, Winder B, **Mikkelsen P**, & Kulig K. (2021). Effects of a “toes-off” modified heel raise on muscle coordination in non-dancers, dancers, and dancers with flexor hallucis longus tendinopathy. Clinical Biomechanics, 83, 105287. https://doi.org/10.1016/j.clinbiomech.2021.105287

Mikkelsen P, Jarvis DN, Kulig K. (2018). Heeled Shoes Increase Knee Work Demand During Repeated Hopping in Dancers. Medical Problems of Performing Artists, 33(4), 243-250. https://doi.org/10.21091/mppa.2018.4036

Shih HJS, Jarvis DN, **Mikkelsen P**, Kulig K. (2018). Interlimb Force Coordination in Bipedal Dance Jumps: Comparison Between Experts and Novices. Journal of Applied Biomechanics, 34(6), 462-468. https://doi.org/10.1123/jab.2017-0216

Peer-Reviewed Scientific and Professional Presentations:

Cabag V, **Mikkelsen P**
When stress takes the stage: the mind-body connection in dancer health (Workshop Presenter)
International Association for Dance Medicine & Science Annual Conference
Melbourne, Australia
09/2026

Mikkelsen P, Toma H
Lights, music…overwhelm? Neurodiversity-informed care in dance training and rehabilitation (Workshop Presenter)
International Association for Dance Medicine & Science Annual Conference
Melbourne, Australia
09/2026

Mikkelsen P, Cabag V
The Body Speaks (and Sometimes Screams): Emotional Integration in Physical and Movement Therapies in Performers (Workshop Presenter)
Performing Arts Medical Association
New York, NY
07/2026

Stanton S, **Mikkelsen P**. (2026). Cultivating Vocal Tract Resonance: Clinical and Vocology Strategies for Whole-Body Alignment in Singers. Performing Arts Medical Association. New York, NY, USA (Workshop Presenter)
07/2026

Mikkelsen P, Hentis M
Supporting transgender and gender diverse populations in dance: taking direct and meaningful action (Workshop Presenter)
International Association for Dance Medicine & Science Annual Conference
Las Vegas, Nevada
09/2025

Mikkelsen P, Stanton S.
Empowered Performance from the Core: Practical Techniques to Optimize Breathing and Posture (Workshop Presenter)
Performing Arts Medical Association Annual Conference
District of Columbia, USA

07/2025

Mikkelsen P, Yamaguchi AC, Tang Y, Kulig K
It's all about the aesthetics: How dancers retain lower extremity kinematics during ballet jumps (Platform Presenter)
American Physical Therapy Association Combined Sections Meeting.
Houston, TX, USA
02/2025

Hentis M, **Mikkelsen P**.
Considerations to Biomechanical Changes in the Transgender Population in the Performing Arts (Platform Presenter)
International Association for Dance Medicine & Science Annual Conference
Rimini, Italy
10/2024

Hentis M, **Mikkelsen P**
The Transgender and Gender Diverse Population in Performing Arts (Podium Presenter)
International Association for Dance Medicine & Science Annual Conference
Columbus, OH
10/2023

Mikkelsen P, Rowley M, Leech K, Havens K, Krause E
Leaning into Discomfort: A Tiered Approach to Engaging Faculty in Exploring Anti-Racism (Platform Presenter)
American Physical Therapy Association Combined Sections Meeting
San Antonio, TX
02/2022

Mikkelsen P, Ortiz D, Shih HJS, Yamaguchi AC, Kulig K
Dancers alter ground reaction force profiles to maintain impulse with perceived exertion during dance-style hopping (Poster and Presenter)
American Physical Therapy Association Combined Sections Meeting
Orlando, FL
02/2021

Kulig K, **Mikkelsen P**, Rowley M, Shih HJ, Winder B
Athletics meets aesthetics: injury mechanisms and treatment in dance and sport (Platform Presenter)
American Physical Therapy Association Combined Sections Meeting
New Orleans, LA
02/2018

Shih HJ, Jarvis DN, **Mikkelsen P**, Kulig K
Interlimb force coordination in a bipedal rate-controlled task (Poster)
The 40th Annual Meeting of the American Society of Biomechanics
Raleigh, NC, USA.
08/2016

Mikkelsen P, Jarvis DN, Kulig K

Increased work at the knee in dancers wearing heeled character shoes compared to barefoot while jumping (Poster and Presenter)
American Physical Therapy Association Combined Sections Meeting
Indianapolis, IN
02/2015

Current/Active Research Activity:

I have been involved in investigating the biomechanics of performing artists as well as tendon morphology. I do not have a current research project as I have just joined the university.

Membership in Scientific/Professional Organizations:

American Physical Therapy Association (2011 – present)
- Academy of Orthopedic Physical Therapy (Special Interest Groups: Performing Arts, Pain) (2012 – present)
- Performing Arts Special Interest Group: Membership Chair (2023 – 2025), Nominating Committee Chair (2022 – 2023), Nominating Committee Member (2020 – 2022)
- Academy of Research (2019 – present)
- Academy of Education (2021 – present)

International Association for Dance Medicine & Science (2011 – present)
Performing Arts Medical Association (PAMA) (2025 – present)

Community Service:

Workgroup: Burnout and Moral Injury of Physical Therapists and Physical Therapy Assistants
Long Beach South Bay District
2026 – present

Pre-PT/OT Club Panel Member
University of Southern California and Cal Poly Pomona
2022

Career Day Presenter
Porter Middle School – Virtual
2022

Uganda Spine Surgery Mission Physical Therapy Volunteer
Led by Tiffany Perry, MD
Mbarara, Uganda
2017

Volunteer Physical Therapist
Venice Family Clinic/Simms Mann Health and Wellness Center – Pro Bono Services
2016 – 2017

Blood, Platelet, Plasma Donor
American Red Cross and Riverside Blood Bank
2002 – present

Honors and Awards:

Faculty Research Publication Award

California Physical Therapy Association for “Flexor hallucis longus tendon morphology in dancers clinically diagnosed with tendinopathy” published by Journal of Ultrasound
2024

Clinician Research Publication Award
California Physical Therapy Association for “Heeled Shoes Increase Knee Work Demand During Repeated Hopping in Dancers” published by Medical Problems of Performing Artists
2020

Care Share Award Recognition of Excellence
Cedars Sinai Medical Center
2019
Customer Service Champion
Cedars Sinai Medical Center
2017

Care Share Award Recognition of Excellence
Cedars Sinai Medical Center
2016

Order of Areté (demonstrating academic excellence and outstanding leadership)
University of Southern California, Division of Biokinesiology and Physical Therapy
2014

Order of the Golden Cane (highest academic and clinical honor)
University of Southern California, Division of Biokinesiology and Physical Therapy
2014

Outstanding Scholarly Achievement Award (highest cumulative GPA across all courses in the DPT program
University of Southern California, Division of Biokinesiology and Physical Therapy
2014

Helen Hislop Scholarship in Support of Vision and Excellence in Physical Therapy
University of Southern California, Division of Biokinesiology and Physical Therapy
2013

Town and Gown of USC Scholarship
University of Southern California
2013

Merit Scholarships
University of Southern California, Division of Biokinesiology and Physical Therapy
2011, 2012, 2013

Tomás Rivera Award (outstanding academic achievement)
University of California, Riverside; College of Humanities, Arts, and Social Sciences (CHASS)
2007

Academic Excellence Award

University of California, Riverside
2006

Continuing Education Attended:

2026 International Association for Dance Medicine and Sciences International Annual Meeting – Melbourne, Australia
2026 Performing Arts Medicine Association International Annual Meeting – New York, NY
2026 The Ringing in My Ears is Driving Me Crazy: The Physiology and Recommended Treatment for Tinnitus; Frederick Byl, MD – Presented by the CPTA, Online
2026 Narrative Medicine Workshop: Narrative Medicine and the Natural World - Health and Healing in Times of Environmental Crisis – presented by the Keck School of Medicine, Los Angeles, CA
2025 Professionalism and Ethics in Physical Therapy: Fundamental Series – APTA, Virtual
2025 Stroke Rehabilitation Continuing Education Workshop – Los Angeles, CA
2025 American Heart Association: Basic Life Support (CPR and AED) Certification – Long Beach, CA
2025 Trauma Informed Care (Overview, Historical, and Impact Modules) – California Trauma Informed Care Academy (CalTICA), Virtual
2025 Retraining Musician's Dystonia: Neurological and Anatomical Foundations for the Embouchure and Hand – Los Angeles, CA
2025 International Association for Dance Medicine and Sciences International Annual Meeting – Las Vegas, NV
2025 Performing Arts Medicine Association International Annual Meeting – Washington, DC
2025 Narrative Medicine Workshop: Narrative Medicine and the Natural World - Health and Healing in Times of Environmental Crisis – presented by the Keck School of Medicine, Los Angeles, CA
2025 APTA Combined Sections Meeting – Houston, TX
2024 International Association for Dance Medicine and Science International Annual Meeting – Rimini, Italy
2023 International Association for Dance Medicine and Science Annual Meeting – Columbus, OH
2022 APTA Combined Sections Meeting – San Antonio, TX
2021 Motivational Interviewing Introductory Training – Susan Dopart; Online.
2021 Bisexual Health Training – Lindsey Morrison; Online. 1 hour
2021 Equity & Social Justice in the Digital Learning Environment – 2U's Faculty Enrichment program; Online. Eight workshop series
2021 APTA Combined Sections Meeting – Online. CEUs: 2

Current Teaching Responsibilities in the Entry-Level Program for Academic Year of Program Review:

PT 511: Biomechanics (Fall) – Co Course Director
PT 510L: Anatomy Lab (Fall, Summer) – Instructor
PT 638: Musculoskeletal Practice Management II (Fall, Summer) – Instructor
PT 678: Stroke Boot Camp (Fall, Summer) – Coordinator
PT 752: Scientific Inquiry (Spring) – Instructor
PT 531: General Medicine (Spring) – Instructor