

CURRICULUM VITAE

Name: Susan Mais Requejo, PT, DPT, OCS
Institution: Chapman University
Department of Physical Therapy
Crean College of Health and Behavioral Sciences
Rinker Health Science Campus in Irvine
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Education

Doctorate of Physical Therapy
University of Southern California
Los Angeles, CA
1999

Master of Pathokinesiology
New York University
New York, NY
1992

Bachelor of Physical Therapy
New York University
New York, NY
1990

Bachelor of Science in Kinesiology
University of California Los Angeles
Los Angeles, CA
1986

Residency:

Orthopedic Physical Therapy
University of Southern California
1999

Licenses: California State Physical Therapist #18717
Kinesiological Electromyographer License #25

Certifications: Orthopedic Clinical Specialist (expires 2026)

Employment

Academic Positions

Clinical Associate Professor of Physical Therapy

Chapman University
Orange, California
August 2016-present

Part-Time Faculty

Mt. St. Mary's University
Los Angeles, California
2005-present

Lecturer and Director of Anatomy Laboratory

Japanese Healing Sports Medicine College
Long Beach, California
2012-present

Part-Time Faculty

Mt. St. Mary's University
Los Angeles, California
1994--2000

Assistant Adjunct Professor of Clinical Physical Therapy

University of Southern California
Los Angeles, California
2002-2015

Clinical Positions

Owner: Private Practice

Mais Physical Therapy
Long Beach, California
2009-present

Home Care Physical Therapist

Center for Physical Therapy
Long Beach, California
2006-2009

Staff Physical Therapist

Reischl Physical Therapy
Long Beach, California
2002-2007

Assistant Professor of Clinical Physical Therapy

University of Southern California
Los Angeles, California
2001-2002

Senior Physical Therapist

Sarah E. Ellerbee, Physical Therapy
Pasadena, California
1999-2001

Staff Physical Therapist

USC Physical Therapy Associates and USC University Hospital
Los Angeles, California
1995-2000

Staff Physical Therapist

Centinella Hospital- Airport Clinic
Inglewood, California
1994 – 1998

Lecturer

UCLA Extension
Los Angeles, CA.
1994-1997

Research Physical Therapist III

Functional Assessment Laboratory
UCLA Medical Center
Los Angeles, California
1992-1995

Staff Physical Therapist

New York Hospital - Cornell Medical Center
New York, NY
1990 - 1992

Peer Reviewed Scientific Publications

Requejo SM, Common Orthopedic Foot and Ankle Dysfunctions. In: Placzek J and Boyce D. Eds. *Orthopaedic Physical Therapy Secrets 3rd edition*. Philadelphia: Hanley & Belfus Inc. 2016

Kulig K, Reischl SF, Pomrantz AB, Burnfield JM, **Mais Requejo S**, Thordarson DB, Smith RW: Non-operative management of tibialis posterior tendon dysfunction using orthoses and resistive exercise: a randomized clinical trial. Physical Therapy, 89:26-36, 2009.

Requejo SM, Common Orthopaedic Foot and Ankle Dysfunctions. In: Placzek J and Boyce D. Eds. *Orthopaedic Physical Therapy Secrets 2nd edition*. Philadelphia: Hanley & Belfus Inc. 2006.

Kulig, K., A. B. Pomrantz, Burnfield, Reischl, **Mais**, Thordarson, Smith. (2006). "Non-operative management of posterior tibialis tendondysfunction: design of a randomized clinical trial " BMC Musculoskelet Disord **7**: 49.

Kulig K, Burnfield JM, Reischl SF, **Requejo SM**, Blanco CE, Thordarson D: Effect of foot orthoses on tibialis posterior activation in persons with pes planus. *Med Sci Sports Exerc.* 2005 Jan; 37(1): 24-9.

Kulig, K. Burnfield, J. M. **Requejo**, S. M. Sperry, M. Terk, M. Selective activation of tibialis posterior: evaluation by magnetic resonance imaging. *Med Sci Sports Exerc.* 2004. 36 (5), 862-7.

Requejo SM, Barnes, R, Kulig, K, Landel R. and Gonzalez. The use of a modified classification system in the comprehensive management of the pregnant patient with low back pain. *J Orthop Sports Phys Ther*, 2002, 32: 318-36

De Garceau D, Dean D, **Requejo S**, Thordarson DB. The association between diagnosis of plantar fasciitis and windlass test results. *Foot Ankle Int* 2003 Mar; 24(3): 251-255.

Requejo SM, Kulig K, Thordarson DB. Management of foot pain associated with accessory bones of the foot. *J Orthop Sports Phys Ther*, 2000; 30: 580-594.

Yip-Menck J, **Requejo S**, Kulig K. Consideration of thoracic spine dysfunction in upper extremity Complex Regional Pain Syndrome Type I: A case report. *J Orthop Sports Phys Ther*, 2000; 30:401-409.

Requejo SM. The Ankle: Functional Anatomy and Kinematics. In: Powers CM and Shellock F, eds. *Kinematic MRI of the Joints: Functional Anatomy, Kinesiology and Clinical Applications*. CRC Press; 2001.

Requejo SM, Reischl, S. Common Orthopaedic Foot and Ankle Dysfunctions. In: Placzek J and Boyce D. Eds. *Orthopaedic Physical Therapy Secrets*. Philadelphia: Hanley & Belfus Inc; 2001.

Peer Reviewed Professional Presentations

Weimer K, Reischl S, **Requejo SM**, Burnfield JM, Kulig K. *Non-Operative Treatment of with posterior tibial tendon dysfunction dysfunction: A Randomized Clinical Trial*. Combined Sections Meeting of the APTA. New Orleans, LA, February 2005

Mais-Requejo S, Limcay M, Kulig K. Effectiveness of an eccentric exercise program on function, quality of life and disability in a patient with posterior tibial tendon dysfunction (PTTD). Combined Sections Meeting of the APTA. Nashville, TN, February 2004

Sperry ML, Burnfield JM, **Requejo SM**, Reischl SF, Thordarson DB, Terk MR, Kulig K. *MRI evaluation of muscle activation associated with three tibialis posterior exercises*. American College of Sports Medicine, San Francisco, CA May 2003

Menck JY, **Requejo SM**, Kulig K. *Consideration of Thoracic Spine Dysfunction in Upper Extremity Complex Regional Pain Syndrome Type I: A Case Report*. Poster Presentation; Combined Sections Meeting of the APTA. Seattle, WA. February 1999

Current Research Activity

Mais, S, Tierney L. 3-D Virtual reality to improve balance in an elderly home bound population
Research in progress

Research in progress

Mais, S, Tierney L. 3-DVirtual reality to improve cervical range of motion in the elderly

Research in progress

Membership in Scientific/Professional Organizations:

American Physical Therapy Association (1989-present)

Orthopedic Sections (1994-present)

California Orthopedic Manual Therapy Special Interest Group (2015-present)

Foot and Ankle Special Interest group 2017- present

Home Health (2010-2016)

Neurology (1999-2000)

Education (2001,2006,2007)

Research (1994, 2007)

Consultative /Advisory Positions Held:

Research Consultant: Veteran's Administration, Los Angeles California.,

P.I., Nancy Harada, PhD, PT

1993-1994

Community Service

Board Member, Precious Life Shelter, Los Alamitos California, 2013-2015

Mentor to Residents, Precious Life Shelter, 2014-2016

Lectures to the Community

Pelvic Floor Dysfunction. Naples Pilates Studio, February 2015

Age Defying Fitness; Jewish Community Center, March 2011

Pre-and Post natal care of your body: Precious Life Shelter 2012, 2010, 2009

Fall prevention and Staying fit for life St. Joseph Senior Group 2008

How to raise children without breaking your back: MOMs of Bethany Church, 2005

Current Service to the University/College/School

Faculty Review Curriculum Committee: Crean College at Chapman University

Assessment committee, Student Success committee and Curriculum committee Physical Therapy

Chapman University Physical Therapy Dept.

Mentor on average of 10-12 students in the Physical Therapy Department a year

Current Service to the Profession

Item writer for the Federation of State Boards of Physical Therapy is scouting for Item Writers for the National Physical Therapy Exam

Past Service to the University/College/School

Clinical Mentor: Orthopedic Residency Program University of Southern California 2002-2015

Faculty Mentor: Title V PB Transition Scholarship for DPT 1 Students: Mt. St. Mary's University 2013-2014

Past Service to the Profession

Manuscript Reviewer: Journal of Orthopedic and Sports Physical Therapy, 2001-2015

Reviewer of Platform and Poster Entries: Combined Section Meeting of the APTA- 2008, 2009, 2010, 2011

Participant in Legislative Day in Sacramento Ca. 2011, 2013, 2014

Honors /Awards

Physical Therapist Research Award – Faculty, California Chapter of the APTA 2009

Invited Speaker DPT Hooding Ceremony, Mount St. Mary's University 2001

Jacquelin Perry Scholarship- University of Southern California, Biokinesiology and Physical Therapy Department, 1999

Order of the Golden Cane; Highest bracket of scholastic achievement, University of Southern California, Biokinesiology and Physical Therapy Department, 1999

Founders Day Award; Highest bracket of scholastic achievement- New York University Physical Therapy Department, 1991

Current Teaching Responsibilities

Primary Instructor for the following courses in the DPT entry-level program

Fall Semester: PT 512-Kinesiological Motion Analysis lecture and laboratory

Spring Semester: PT 512-Kinesiological Motion Analysis lecture and laboratory

Secondary instructor for the following courses in the DPT entry-level program

Fall Semester. PT 510 L- Anatomy

Spring Semester PT 530-Physical Therapy Exam

Summer Semester PT 535-Orthopedics of the Lower quarter

Summer Semester PT 511L -Biomechanics

Continuing Education

2017 Combined Sections of the APTA

2016 USC Dept. of Physical Therapy; Running analysis, cross fit

21016 Rancho Observational Gait Analysis: A Review of the Major Components and Critical Events: Kelly Kubota PT, DPT. Sponsored by CPTA LBSB district. Torrance, CA (2hrs)

2016 Diagnosis and Treatment of Movement Impairment of the Hip: Shirley A. Sahrman PT, PhD. Sponsored by Kaiser Permanente, Mt. St. Mary's University, Los Angeles CA (7 hrs.)

2016 Diagnosis and Treatment of Movement Impairment of the Shoulder: Shirley A. Sahrman PT, PhD. Sponsored by Kaiser Permanente, Mt. St. Mary's University, Los Angeles CA (7 hrs.)

2015 Pelvic Floor Function, Dysfunction and Treatment: Level 1: Kathy Wallace PT, BCP and Allison Ariail PT DPT, Hermann and Wallace, Sponsored by Mt. St. Mary's University, Los Angeles, CA (22.5 hrs.)

- 2015 APTA Combined Sections Meeting, Indianapolis, IN. February 4-7, 2015. Attended sessions on Exercise prescription in Elderly, Measurements in Home Health, High Intensity Interval Training, Labral tears (18 hrs.)
- 2015 Diagnosis and Treatment of Movement Impairment of the Cervical Spine: Shirley A. Sahrman PT, PhD. Sponsored by Kaiser Permanente, Mt. St. Mary's University, Los Angeles, Los Angeles CA (7 hrs.)
- 2015 Independent Study Course: The Foot and Ankle: Orthopedic Section of the APTA (30 hrs.)
- 2015 Creation and Integration of simulation involving difficult conversations in healthcare within the DPT curriculum: Mt. St. Mary's University Physical Therapy Faculty, Los Angeles CA (7 hrs.).
- 2014 Diagnostic Imaging for Physical Therapist: Bill Boissonnault PT, DPT, FAPT, sponsored by Kaiser Permanente, Mt. St. Mary's University, Los Angeles CA (7 hrs.)
- 2014 Diagnosis and Treatment Of Movement Impairment of the Shoulder: Shirley A. Sahrman PT, PhD. Sponsored by Kaiser Permanente, Mt. St. Mary's University, Los Angeles, CA (7 hrs.)
- 2014 Strengthening didactic and clinical curriculum to advance best practice to serve societal and patient needs: Deborah Lowe, PT, PhD; Valerie Teglia PT, DPT, NCS, sponsored by Mt. St. Mary's University, Department of Physical Therapy, Los Angeles, CA (7 hrs.)
- 2014 Functional Assessment and Exercise for the Aging Adult. Part I, II and III: Patrick VanBeveren PT, DPT, MA OCS and Dale Avers PT, DPT, PhD. Sponsored by Educata. (7hrs)
- 2013 Diagnosis and Treatment Of Movement Impairment Syndromes of the Lumbar spine: Shirley A. Sahrman PT, PhD. Sponsored by Mt. St. Mary's University, Los Angeles, CA (7 hrs.)
- 2013 APTA Combined Sections Meeting, San Diego, CA. Attended sessions on Classification-based treatment and Surgical Management of Hip Disorders, Basic Cardiovascular, Pulmonary, and Abdominal Screening in Physical Therapy Practice, fall risk assessments (15 hrs.)
- 2012 Diagnosis and Treatment Of Movement Impairment Syndromes of the Thoracic spine. Shirley A. Sahrman PT, PhD. Sponsored by Kaiser Permanente, Mt. St. Mary's University Los Angeles, CA (7 hrs.)
- 2012 The Dizzy Patient: Differential Diagnosis. Robert Landel PT, DPT, OCS, sponsored by The University of Southern California, Los Angeles, CA (7 hrs.)
- 2012 Dynamic Scapular Motion Assessment and Lateral Ankle Sprains: Creation, synthesis and application of evidence in Physical Therapy: *USC Division of Biokinesiology and Physical Therapy Faculty, sponsored by USC*, Los Angeles, CA (4 hrs.)
- 2011 The 2nd Annual Richard Erhard Memorial Symposium- Spending a Day with Master Clinicians. Sponsored by The California Orthopedic Manual Physical Therapy Special Interest Group. University of Southern California, Los Angeles, CA (4 hrs.)

