

CURRICULUM VITAE

Date: June 21, 2026

Contact information:

4444 Forest Park Ave
St. Louis, Missouri 63108-2212
Work Phone: 314-362-2011
Fax: 314-286-1473
E-mail: alyssaskala@wustl.edu

Present Position:

2023-present Assistant Professor, Physical Therapy and Orthopaedic Surgery
Washington University in St. Louis School of Medicine

Education:

2007-2011 University of California, Irvine; BS, Biological Sciences,
Cum Laude
Irvine, CA
2013-2016 Washington University in St. Louis School of Medicine; DPT
St. Louis, MO

Academic Positions/Employment History:

2016-2020 Physical Therapist I, SSM Physical Therapy
Collinsville, IL
2021-2023 Clinic Associate, Washington University in St. Louis Program in Physical
Therapy
St. Louis, MO

Teaching Title and Responsibilities

Tutor for Clinical Doctorate (DPT) Curriculum (WUSM)
2014-2016 Diagnosis & Management of Musculoskeletal Conditions II
Essential Clinical Skills I
Open Lab Facilitator for Clinical Doctorate (DPT) Curriculum (WUSM)
2014-2016 Diagnosis & Management of Musculoskeletal Conditions I & II
Essential Clinical Skills I & II
Professional Clinical Doctorate (DPT) Curriculum (WUSM)
2021-2022 Laboratory Assistant
Diagnosis & Management of Musculoskeletal Conditions III (PT 638)
Case Integration I (PT 628)
Diagnosis & Management of Musculoskeletal Conditions II (PT 624)
Module 1
2022-2023 Laboratory Assistant
Module 5: Prevention, Diagnosis, and Management of Movement-Related
Problems

	Module 6: Prevention, Diagnosis, and Management of Complex Movement Problems
	Domains of Competence II
2023-present	CE I & II Small Groups Lead
2023-2024	Laboratory Assistant, Lecturer
	Module 5: Prevention, Diagnosis, and Management of Movement-Related Problems
	Module 8: Practice, Health, & Equity
	Laboratory Assistant
	Module 6: Prevention, Diagnosis, and Management of Complex Movement Problems
	Module 7: Practice and Movement
	Domains of Competence I & II
2024-present	Musculoskeletal Lab Lead, Lab Assistant, Lecturer
	Module 5: Prevention, Diagnosis, and Management of Movement-Related Problems
2024-present	Musculoskeletal Lab Lead, Lab Assistant
	Module 6: Prevention, Diagnosis, and Management of Complex Movement Problems

Medical Licensure and Board Certifications

2021-present	Missouri State Board of Registration for the Healing Arts
	License number: 2020041797
2020-present	American Board of Physical Therapy Specialists
	Board Certification, Orthopedics
2020-2025	The Consortium of Multiple Sclerosis Centers
	Multiple Sclerosis Certified Specialist

Honors and Awards

2013-2016	High Merit Scholarship from Washington University, Program in Physical Therapy
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Community Service Contributions

2014	Volunteer at Camp Independence
2016-2019	“Healthy Senior Day.” YMCA Health Fair. Maryville, IL.
2016-2019	Collinsville Middle School Health Fair. Collinsville, IL.
2016-2018	Presentation and Balance screening at Collinsville Senior Center. Collinsville, IL. Vestibular Disorders Balance Awareness Week.
2023	WUSM OUTmed Pride Booth and March. St. Louis, MO
2023-present	WashU DPT Admissions Committee (Professional Curriculum)
2024-present	Item Writer/Member of the American Board of Physical Therapy Specialties Specialization Academy of Content Experts for the Orthopaedic specialty area.
2024	STL GO! Marathon

2024-present WUSM Pro Bono Clinic
2025 STL GO! Marathon

Media Activities

- 2025 Well-Developed Podcast- Episode 23: Physical Therapy, WashU Medicine, Department of Anesthesiology. Recorded July 29th, 2025
- 2025 Achauer H. Six Ways To Avoid Injuries, According to Physical Therapists. NYTimes.com. September 3, 2025.
<https://www.nytimes.com/2025/09/03/well/move/physical-therapists-advice-pain.html>

Invited Lectures

- 2020 Physical Activity Guidelines for Individuals with Multiple Sclerosis. Southern Illinois Multiple Sclerosis Support Group. Collinsville, IL.
- 2022 Lower Back and Knee Pain. Washington University Protective Services. Saint Louis, MO. September 15 & 16, 2022.
- 2023 Return-To-Play After Sports-Related Concussion: Considerations for the Female Athlete. St. Louis Adolescent Female Sports Medicine Initiative. January 30, 2023.
- 2023 Assessing Movement Impairments of the Jaw and Adjacent Regions to Guide TMD Treatment. APTA MO Spring Conference. St. Louis, MO. April 16, 2023.
- 2023 Assessing Movement Impairments of the Upper Quarter to Guide Neck & TMD Treatment. Body Central Physical Therapy. July 14, 2023.
- 2024 Assessing Movement Impairments of the Jaw and Adjacent Regions to Guide TMD Treatment. St. Louis University Orthodontic Residency Program. St. Louis, MO. April 8, 2024.
- 2025 When to Refer to Physical Therapy. Washington University School of Medicine- Division of Rheumatology. January 9, 2025.

Bibliography

Abstracts

1. Thuet DA, PT, Son SA, Crumley MM, **Skala A**, Tylka SL. From Novice to Clinical Preceptor: A Longitudinal, Integrated Pro Bono Experience in Physical Therapy Education. APTA Combined Sections Meeting. Anaheim, CA. 2026.

