

**CURRICULUM VITAE**  
**SYLVIA LIN CZUPPON, PT, DPT**  
**July 2023**

**CONTACT INFORMATION:**

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**PRESENT POSITION:** Associate Professor, Physical Therapy and Orthopaedic Surgery  
 Washington University School of Medicine, St. Louis, Missouri

**EDUCATION:**

<u>Degree</u>	<u>Institution</u>	<u>Field</u>	<u>Date</u>
BA	<b>Washington University</b> St. Louis, MO	Psychology	2000
MS	<b>Washington University</b> St. Louis, MO	Physical Therapy	2002
DPT	<b>Washington University</b> St. Louis, MO	Physical Therapy	2011

**ACADEMIC POSITIONS / EMPLOYMENT:**

<u>Position</u>	<u>Institution/Facility</u>	<u>Date(s)</u>
Physical Therapist	<b>The Rehabilitation Institute of St. Louis &amp; Milliken Hand Rehabilitation Center</b> St. Louis, MO	1/03 - 12/05
Laboratory Assistant	<b>Washington University School of Medicine</b> Program in Physical Therapy St. Louis, MO	2004 - 2006
Physical Therapist	<b>Rehabilitation Professionals, Inc.</b> St. Louis, MO	12/05 - 3/06
Physical Therapist	<b>The Rehabilitation Institute of St. Louis &amp; Milliken Hand Rehabilitation Center</b> St. Louis, MO	3/06 - 11/06
Instructor	<b>Washington University School of Medicine</b> Program in Physical Therapy St. Louis, MO	2006 - 2011
Assistant Professor	<b>Washington University School of Medicine</b> Program in Physical Therapy St. Louis, MO	2011 - 2016
Associate Professor	<b>Washington University School of Medicine</b> Program in Physical Therapy St. Louis, MO	2016 - present

**CLINICAL TITLES AND RESPONSIBILITIES:****Washington University School of Medicine****Program in Physical Therapy****Current Clinical Responsibilities:**

Washington University Physical Therapy Clinics 11/06 - present

Responsibilities: Direct care of patients in the outpatient setting with musculoskeletal and orthopedic conditions. Specialization in knee post-surgical rehabilitation, evaluation and treatment of musculoskeletal knee conditions. Education to patients and families, consultation with physicians providing care. Clinical supervision of physical therapy students during their full-time clinical affiliations.

Washington University Clinical Residency in Orthopaedics 2023

Responsibilities: Evaluate applicants to the residency program. Serve as a mentor in the clinical setting to residents to facilitate clinical reasoning skills and skill performance in the outpatient orthopedic setting.

**Past Clinical and Administrative Responsibilities:**

Washington University Physical Therapy Clinics: 2008 - 2019

Electronic Medical Record Administrator and Trainer

Involved in the Clinic's electronic medical record system development, implementation and management. Involved in transition to new EMR platforms. Responsible for EMR training new employees at clinic locations on the Washington University medical campus.

Washington University Physical Therapy Pro Bono Clinics: Co-Coordinator 2007 - 2010

Oversight of physical therapy student leadership regarding patient scheduling and staffing. Provision of therapy services during Saturday clinic hours.

**The Rehabilitation Institute of St. Louis & Milliken Hand Rehabilitation Center**

Department of Outpatient Musculoskeletal Rehabilitation: Clinician 3/06-11/06,

Responsibilities: Evaluation and treatment of patients with musculoskeletal pain, chronic pain, hand injuries, and post-surgical conditions, as well as individuals with balance disturbances or gait instabilities. Active participation in multidisciplinary pain management conferences. 1/03-12/05

Department of Inpatient Rehabilitation: Clinician 1/03-6/03

Responsibilities: Care of patients with post-operative orthopaedic conditions, spinal cord injury, amputations, stroke, and traumatic brain injury.

Milliken Hand Rehabilitation Center: Clinician 1/03-6/03  
 Responsibilities: Direct care for walk-in clinic patients referred from various physicians' offices with primarily upper extremity injuries. Frequent static splint fabrication.

**Rehabilitation Professionals, Inc.**

Department of Home Health: Clinician 12/05-3/06  
 Responsibilities: Evaluation and treatment of patients with a variety of clinical diagnoses, patient/caregiver education, assessment for home medical equipment, and discharge planning.

**TEACHING TITLE AND RESPONSIBILITIES:**

**Current Teaching Responsibilities**

Professional Clinical Doctorate (DPT) Curriculum (WUSM)

Module 4A (PT 703A)

Lecturer: 2021

Laboratory Assistant: 2021 – 2022

Module 5 (PT 710)

Lecturer: 2022 – present

Laboratory Assistant: 2022 – present

Module 6 (PT 711)

Module Lead: 2023

Laboratory Assistant: 2023

Diagnosis and Treatment of Movement System Impairment Syndrome Courses

Introduction to Concepts and Application

Lab Assistant: 2003-2004, 2006, 2008 – 2012, 2014, 2016-2018

Lecturer: 2017

Advanced Application of the Lower Quarter

Lab Assistant: 2015, 2017, 2019, 2021

Lecturer: 2015, 2017, 2019, 2021

Advanced Application of the Upper Quarter

Lab Assistant: 2016, 2018, 2020

**Past Teaching Responsibilities**

Professional Clinical Doctorate (DPT) Curriculum (WUSM)

Essential Clinical Skills I (PT 603)

Laboratory Assistant: 2008

Human Anatomy (PT 611)

Lecturer: 2015 – 2018, 2021

Kinesiology II (PT 613)

Laboratory Assistant: 2007 – 2009, 2015 – 2021

Lecturer: 2021

Diagnosis & Management of Musculoskeletal Conditions I (PT 614)

Laboratory Assistant: 2003 – 2012

Orthopedic Medicine (PT 623)

Reviewer: 2010 – 2021  
 Lecturer: 2014 – 2018  
 Diagnosis & Management of Musculoskeletal Conditions II (PT 624)  
   Laboratory Assistant: 2008 – 2021  
   Lecturer: 2013 – 2021  
 Essential Clinical Skills II (PT 627)  
   Laboratory Assistant: 2003 - 2021  
   Lecturer: 2013 - 2021  
   Course Assistant: 2016 – 2021  
 Case Integration I (PT 628)  
   Laboratory Assistant: 2015 – 2021  
 Essential Clinical Skills III (PT 637)  
   Laboratory Assistant: 2010 – 2013  
 Diagnosis & Management of Musculoskeletal Conditions III (PT 638)  
   Laboratory Assistant: 2008 – 2022  
   Course Assistant: 2017 – 2020  
   Course Master: 2021 - 2022  
 Case Integration II (PT 642)  
   Advisor: 2010 – 2014  
 Diagnosis & Evidence Analysis in PT Practice III (PT 650)  
   Advisor: 2007 – 2022  
 Health Fitness and Prevention (PT 653)  
   Lecturer: 2015 – 2022  
 Case Integration III (PT 654)  
   Advisor: 2007 – 2022  
   Laboratory Assistant: 2014 – 2021  
   Lecturer: 2015 – 2022

Post-Professional Clinical Doctorate (ppDPT) Curriculum (WUSM)

Capstone Project (M22 820): 2013  
   Advisor, Chad Kuehl, PT, MS: “Hip abductor and lateral rotator strength in individuals with patellofemoral pain syndrome”

Department of Internal Medicine (WUSM)

Lecturer, Intern Ambulatory Care Lectures: 2009 – 2011

**UNIVERSITY APPOINTMENTS AND COMMITTEES:**

**Program in Physical Therapy**

Committee on Academic Evaluation of Students (CAES) - Member	2003 - 2014
Program Innovation Council	2011
Admissions Committee – Professional Curriculum	2011 – 2022
Faculty Search Committee	2014 – 2015
Committee on Academic and Professional Evaluation of Students (CAPES) - Member	2021 – 2022
Module 6 Lead	2021 – present

**MEDICAL LICENSURE AND BOARD CERTIFICATION:**

Missouri State Board of Registration for the Healing Arts 2003 - present  
License number: 2003005730

American Board of Physical Therapy Specialists  
Board Certification, Orthopaedics 2010 – present  
Recertification 2019

**EDITORIAL RESPONSIBILITIES:**

*British Journal of Sports Medicine*  
Manuscript Reviewer 2014 – present  
Associate Editor / Senior Associate Editor 2015 – present

*Physiotherapy Theory and Practice*  
Manuscript Reviewer 2014, 2019,  
2022

*PM&R*  
Manuscript Reviewer 2012 – present

*International Journal of Sports Physical Therapy*  
Manuscript Reviewer 2015 – 2020

*American Journal of Sports Medicine*  
Manuscript Reviewer 2017 – present

*Journal of Orthopaedic & Sports Physical Therapy*  
Manuscript Reviewer 2019 – present

*Sports Medicine*  
Manuscript Reviewer 2019 – present

*Injury Prevention and Rehabilitation*  
Review Editor 2020 – present  
Topic Editor, Return to Sport Training and Testing 2022 – present  
Guest Associate Editor, Frontiers Editorial Board 2022 – present

*Orthopaedic Journal of Sports Medicine*  
Manuscript Reviewer 2021 – present

*Physical Therapy in Sport*  
Manuscript Reviewer 2021 – present

**COMMUNITY SERVICE CONTRIBUTIONS****Washington University Program in Physical Therapy**

- 10/2008: Maritz Health Fair - Fenton, Missouri (4 hours)
- 2011: Program Innovation Council Member
- 2011 – Present: Professional Curriculum Admissions Committee Member (>25 hours/admissions cycle)
- 10/2012: Maritz Health Fair - Fenton, Missouri (4 hours)
- 10/2013: Maritz Health Fair - Fenton, Missouri (4 hours)
- 2014: Strategic Planning Core Committee (8 hours)
- 2014: Strategic Planning Clinic Subgroup (4 hours)
- 3/30/2015: DPT Preview (1.25 hours)
- 7/2015 – February 2016: Faculty Search Committee (1-2 hours/month)

- 2015: Social Media Committee
- 3/19/2016: DPT Preview (1.25 hours)
- 9/15/2016: Brown Bag lunch with 2<sup>nd</sup> year students (1 hour)
- 2016 – Present: Community groups member (1 hours every few months)
- Fall 2017: Strategic Planning Clinic Subgroup (2 hours)
- 2/2019: Washington University Health Happenings – St. Louis, Missouri (1 hour)
- 2/2019-3/2019: Curriculum Renewal Mapping Subgroup (6 hours)
- 3/8/2019: Curriculum Return on Investment Subgroup (1 hour)
- 2/2019-3/2019: Curriculum Renewal Subgroup (7 hours)
- 2020 – 2021: WUPT Alumni Reunion 2021 planning committee
- 2021 – present: St. Louis Adolescent Female Sports Medicine Initiative, content facilitator

### **Professional Societies and Organizations**

#### American Physical Therapy Association

Member 2006 – present

#### Section Membership

##### Academy of Orthopaedic Physical Therapy

Member 2010 – present

##### American Academy of Sports Physical Therapy

Member 2014 – present

Website Committee

2015 – 2017

Social Media / Public Relations Committee

2017 – 2019

Communications Committee

2020

#### Missouri Physical Therapy Association

Member 2006 - present

Social Media Chair

2015 - 2018

#### American Academy of Orthopaedic Manual Physical Therapists

Member 2013 - 2018

### **INVITED PRESENTATIONS AND SEMINARS:**

November 2012

“Peri-operative Care of the TKR Patient”  
Innovations in Hip and Knee Conference,  
Washington University Department of Orthopedics  
St. Louis, MO

February 2015

“Movement Pattern Training and Return to Sport for Individuals  
with Hip Pain”  
Combined Sections Meeting, American Physical Therapy  
Association  
Indianapolis, IN

April 2015

“Movement Pattern Training and Return to Sport for Individuals  
with Hip Pain”  
Spring Conference, Missouri Physical Therapy Association  
St. Louis, MO

- October 2015 “Movement System Impairment Syndromes: Case Application to Anterior Cruciate Ligament Reconstruction and Return to Sport”  
Advanced Application of the Examination, Diagnosis and Treatment of Movement System Impairment Syndromes of the Lower Quarter  
Washington University Program in Physical Therapy  
St. Louis, MO
- April 2016 “Diagnosis & Treatment of Cervical and Shoulder Dysfunction: Movement System Impairment Syndromes (MSI)”  
Spring Conference, Wisconsin Physical Therapy Association  
Madison, WI
- November 2016 “Diagnosis & Treatment of Hip and Knee Dysfunction: Movement System Impairment Syndromes (MSI)”  
Spring Conference, Indiana Physical Therapy Association  
Indianapolis, IN
- January 2017 “Movement System Impairment Syndromes of the Knee”  
Movement System Impairment Syndromes of the Low Back, Hip and Knee: Fundamental Concepts and Application  
Washington University Program in Physical Therapy  
St. Louis, MO
- April 2017 “Diagnosis & Treatment of Cervical and Shoulder Dysfunction: Movement System Impairment Syndromes (MSI)”  
Spring Conference, Wisconsin Physical Therapy Association  
Green Bay, WI
- October 2017 “Movement System Impairment Syndromes of the Knee”  
Advanced Movement System Impairment Syndromes Course (Lower Quarter)  
Washington University Program in Physical Therapy  
St. Louis, MO
- September 2018 “Management of the ACL-Injured Athlete”  
JetSet Rehab Education  
Las Vegas, NV
- November 2018 “ACL Rehabilitation Update”  
Performance in Motion  
Chicago, IL
- April 2019 “Anterior Cruciate Ligament Rehabilitation: A 2019 Update”  
Memorial Rehabilitation Services  
Physical Therapy Special Interest Group





Source: NIH  
 PI: Linda Van Dillen, PT, PhD

## **BIBLIOGRAPHY:**

### **Peer-reviewed Manuscripts:**

1. Fleming-McDonnell D, **Czuppon S**, Deusinger SS, Deusinger RH. Physical therapy in the emergency department: development of a novel practice venue. *Phys Ther*. 2010;90(3):420-426.
2. Harris-Hayes M, Willis AW, Klein SE, **Czuppon S**, Crowner BE, Racette BA. Relative mortality in United States Medicare beneficiaries with Parkinson Disease and hip or pelvic fractures. *JBJS*. 2014;96(4):e27 1-7.
3. **Czuppon S**, Racette BA, Klein SE, Harris-Hayes M. Variables associated with return to sport following anterior cruciate ligament reconstruction: a systematic review. *Br J Sports Med*. 2014;48(5):356-364.
4. Harris-Hayes M, **Czuppon S**, Van Dillen LR, Steger-May K, Sahrman SA, Schootman M, Salsich GB, Clohisy JC, Mueller MJ. Movement pattern training to improve function in people with chronic hip joint pain: a feasibility randomized clinical trial. *J Orthop Sports Phys Ther*. 2016;46(6): 452-461.
5. **Czuppon S**, Prather H, Hunt DM, Steger-May K, Bloom NJ, Clohisy JC, Larsen R, Harris-Hayes M. Gender-dependent differences in hip range of motion and impingement testing in asymptomatic college freshman athletes. *PM R*. 2016;9(7):660-667.
6. Harris-Hayes M, Steger-May K, van Dillen LR, Schootman M, Salsich GB, **Czuppon S**, Clohisy JC, Commean PK, Hillen TJ, Sahrman SA, Mueller MJ. Reduced hip adduction is associated with improved function after movement-pattern training in young people with chronic hip joint pain. *J Orthop Sports Phys Ther*. 2018;48(4):316-324.
7. Van Dillen LR, Lanier VM, Steger-May K, Wallendorf M, Norton BJ, Civello JM, **Czuppon SL**, Francois SJ, Roles K, Lang CE. Effect of motor skill training in functional activities vs strength and flexibility exercise on function in people with chronic low back pain – a randomized clinical trial. *JAMA Neurology*. 2021; 78(4):385-395. doi:10.1001/jamaneurol.2020.4821. [PMCID:PMC7770617](https://pubmed.ncbi.nlm.nih.gov/347770617/)

### **Reviews, Chapters and Editorials:**

1. **Czuppon S**, Cornbleet S, Holtzman G. Movement Systems Impairment Approach to Diagnosis and Treatment of Knee Pain. In: *Physical Therapy Approaches to the Lower Quarter*. LaCrosse, WI: Academy of Orthopaedic Physical Therapy; 2019.

**Abstracts:**

1. **Czuppon S**, Harris-Hayes M. Physical and psychological outcomes following anterior cruciate ligament reconstruction: a case report comparison. *J Orthop Sports Phys Ther.* 2011;42(1):A33.
2. **Czuppon S**, Racette BA, Klein SE, Harris-Hayes M. Physical and psychological variables associated with return to sport following anterior cruciate ligament reconstruction: a systematic review. *J Orthop Sports Phys Ther.* 2013;43(1):A130.
3. Harris-Hayes, **Czuppon S**, Van Dillen LR, Sahrman SA, Schootman M, Salsich GB, Clohisy JC, Mueller MJ. Movement Pattern Training for Prearthritic Hip Disease. Poster session presented at: The 8<sup>th</sup> Annual NIH Pain Consortium Symposium on Advances in Pain Research: Integrated Self-Management Strategies for Chronic Pain; 2013 May 29-30; Bethesda, MD.
4. Harris-Hayes M, **Czuppon S**, Van Dillen LR, Sahrman SA, Schootman M, Salsich GB, Clohisy JC, Mueller MJ. Movement Pattern Training Improves Function in People with Pre-arthritis Hip Disease: Preliminary Data. *J Orthop and Sports Phys Ther.* 2014;44(1):A75-A158. Available: <http://www.jospt.org/doi/full/10.2519/jospt.2014.44.1.A75#.U-5WdGN5SQc>. Accessed 13 July 2014.
5. Harris-Hayes M, **Czuppon S**, Van Dillen LR, Steger-May MA, Sahrman SA, Schootman M, Salsich GB, Clohisy JC, Mueller MJ. Movement Pattern Training Improves Function in People with Pre-arthritis Hip Disease: a Preliminary Study. *AAHKS Annual Meeting*; 2014 Nov 6-9.
6. **Czuppon S**, Prather H, Hunt DM, Bloom NJ, Clohisy JC, Harris-Hayes M. Are there sex-dependent differences in hip range of motion and impingement testing in asymptomatic college freshman athletes? *J Orthop Sports Phys Ther.* 2015;45(1):A16.
7. Harris-Hayes M, **Czuppon S**, Van Dillen LR, Sahrman S, Schootman M, Salsich GB. Movement pattern training improves function in people with intra-articular, pre-arthritis hip disease: Preliminary data. *Osteoarthritis and Cartilage.* 2015;23(2):A369.
8. Harris-Hayes M, Salsich GB, Steger-May K, Clohisy JC, Van Dillen LR, Schootman M, **Czuppon S**, Commean K, Hillen TJ, Sahrman SA, Mueller MJ. Reduced hip adduction is associated with improved function after movement pattern training in people with prearthritic hip disease. *OARSI World Congress on Osteoarthritis*; 2016 Mar 31-Apr 3.
9. Civello JM, Francois SJ, Lanier VM, **Czuppon S**, DeGeeter RM, Wallendorf MR, Van Dillen LR. Factors associated with booster visit prescription in adults with low back pain. *J Orthop Sports Phys Ther.* 2018;48(1):A67-202.
10. Van Dillen LR, Norton BJ, Steger-May K, Lanier VM, Civello JM, DeGeeter RM, **Czuppon S**, Johnson J, Holtzman G, Weaver A, Wallendorf M, Francois S, Roles KM,

Bohall S, Lang CE. Effects of skill training versus strength and flexibility exercise on functional limitations and pain in people with chronic low back pain over a 6 month period. *International Society for the Study of the Lumbar Spine*; 2018 May 14-18.