

CURRICULUM VITAE

Name: Susan Mais Requejo, PT, DPT, OCS
Associate Clinical Professor

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

Current Academic Positions

Associate Clinical Professor of Physical Therapy

Chapman University
Orange, California
August 2016-present

Part Time Lecturer

Cal State University Long Beach
Long Beach, California
Jan. 2020-present

Past Academic Positions

Lecturer and Director of Anatomy Laboratory

Japanese Healing Sports Medicine College
Long Beach, California
2012-2020

Part-Time Faculty

Mt. St. Mary's University
Los Angeles, California
2005-2016

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

Assistant Professor of Clinical Physical Therapy

University of Southern California
Los Angeles, California
2001-2002

Lecturer Human: Anatomy lecture and laboratory

UCLA Extension
Los Angeles, CA.
1994-1997

Current and Past Clinical Positions

Physical Therapist Part-Time

PT@theBeach Cal State University Long Beach
Jan. 2020-present

Physical Therapist Per Diem

Orange Coast Orthopedic and Sports Physical Therapy
Developed and implemented custom foot orthoses program for patients
2017-2019

Home Care Physical Therapist

Mais Physical Therapy
Long Beach, California
2009-2021

Home Care Physical Therapist

Center for Physical Therapy
Long Beach, California
2006-2009

Staff Physical Therapist

Reischl Physical Therapy
Long Beach, California
2002-2007

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

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

Mais-Requejo Common Orthopedic Foot and Ankle Dysfunctions. In: Placzek J and Boyce D. Eds. *Orthopedic Physical Therapy Secrets 4th edition*. Philadelphia: Elsevier, Inc. In Press 2022.

Requejo SM, Common Orthopedic Foot and Ankle Dysfunctions. In: Placzek J and Boyce D. Eds. *Orthopedic Physical Therapy Secrets 3rd edition*. Philadelphia: Elsevier, Inc. 2017

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.

Professional Presentations

Mais S, Zell D, Boulware L, Wolski M. A novel method of engaging Students in an online Clinical Experience during Covid-19. Combined Sections Meeting of the APTA. Poster presentation, San Antonio, Tx, February 2021-.

Mais S, Cabrales M, Aubrey J, Rodil, J, Tam J, Vinh J, Le T, Armour, JR
The Effect of Spinal Muscle Fatigue and Psychosocial Factors on Pain Pressure Threshold
Combined Sections Meeting of the APTA. Denver, Co, February 2020- poster presentation.

Susan Mais, PT, DPT OCS, A.R. Longshore, SPT, M.A. Mar, SPT, L.M. Spanton, SPT, Y. Zhi, SPT, Lynn Tierney, PT, DPT, GCS
Older Adults' Use of Virtual Reality Goggles to Improve Cervical Range of Motion:
NEXT Conference APTA. Orlando, FL, June 2018.

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

Influence of muscle fatigue and psychosocial factors on pressure pain threshold.
Susan Mais PT, DPT, Smith PT, PhD, OCS

Developing normative data for midfoot mobility and correlations between mobility and foot strength and ROM. . Susan Mais PT DPT, OCS, Rahul Soangra Ph.D.,

Chapman University Student Research Day Presentations

Spring 2021 (virtual presentation)

Subtalar position and effect on midfoot mobility: a pilot study

Priscilla Chan, SPT, Shireen Hosseini, SPT, Ann T Mong, SPT, Michael Shiraisahi, RA, Chia-En Wu, SPT, Stella Wu, SPT, Raul Soangra PhD, **Susan Mais**, PT, DPT, OCS

Spring 2020

The Effect of Spinal Muscle Fatigue and Psychosocial Factors on Pain Pressure Threshold
Cabrales M, Aubrey J, Rodil, J, Tam J, Vinh J, Le T, **Mais S**, Armour, JR

Spring 2018

Utilization of the ICF Model in Student Physical Therapists' Evaluations of an Orthopedic Patient: A Qualitative Study

Ashley Barclay, SPT; Evanne Conley, SPT; Hana James, SPT; Bryan Khalil, SPT; Joseph Luo, SPT; Sara Gililand, PT, DPT, PhD, CSCS; Susan Mais-Requejo, PT, DPT, OCS

Fall 2018

The Effect of Fatigue on Pain Pressure Threshold: A Pilot and Reliability Study. Elliott Chi, SPT*; Kristina Lowrie, SPT*, Matthew Posadas, SPT*, **Susan Mais**, PT, DPT, OCS; Jo Armour Smith, PhD, PT, OCS.

Spring 2017

Comparison of Postural Sway When Using Different Virtual Reality Content with Low-Cost Headsets: A Feasibility Study for Balance Training

Chan A.Y, SPT*, Shum R.C, SPT*, Vandersloot B.J SPT*, Zeller A.L. SPT*

Susan Mais PT, DPT, OCS, Rahul Soangra Ph.D

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 (current)

Consultative /Advisory Positions Held:

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

P.I., Nancy Harada, PhD, PT

1993-1994

Community Service

Taking care of your back during a Pandemic: Faculty Mentor for Ergonomic Program for Middle School and College Aged Students. Spring 2021

Screening musculoskeletal screening for youth basketball players at the Orange Coast Optimist Organization. Cypress College: Feb. 2020

Coordinator of Foot screening at Health day Vietnamese Alliance Church in Orange and Long Beach 2018 and 2019

Musculoskeletal Screening at Community Badminton Tournament Oct. 2019
Coordinator of Foot screening at Health day Vietnamese Alliance Church in Orange and Long Beach 2018 and 2019

Special Olympics: OC Spring 2018
Volunteer at Precious Life Shelter, Los Alamitos California, current
Board Member, Precious Life Shelter, Los Alamitos California, 2013-2015
Mentor to Residents, Precious Life Shelter, 2014-2016

Lectures to the Community

Injury and prevention in youth basketball; OCO Basketball league, 2020
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

Advisor to DPT Student Association 2018-present
Faculty Review Committee Member 2016- present
Facilitator of Inter professional events at Crean College: Winter and Spring 2018-current
Chapman University Physical Therapy Department: Assessment committee, Student Success committee,
Mentor approximately 16-20 students in the Physical Therapy Department a year
Co-director of Stroke Boot Camp: Summer 2018, 2019, 2020 2021
Participation in Stroke boot camp: Fall 2016: 10 hrs. Summer 2017: 24 hrs. Summer 2018, 2019, 2020,2021 (80 hrs)

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

Item writer for the Federation of State Boards of Physical Therapy, 2015-2016
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

Invited Speaker: DPT Graduation Ceremony Chapman University Summer and Fall Cohorts 2021

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 Chapman University

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

Kinesiological Motion Analysis lecture and laboratory, Fall and Spring Semester

Kinesiological Motion Analysis laboratory, Fall and Spring Semester

Clinical Pathology of Orthopedics, Fall and Spring Semester

Advanced orthopedic elective: Movement Science

Clinical Instructor and Supervisor for Community Exercise Class

Fall PT 591

Spring PT 591

Summer PT 691

Co-director for Summer Stroke Boot Camp: 2018 2019,2020 2021

Coordinator of Interprofessional Education for Stroke Boot Camp 2018 2019 2020 2021

Past Teaching Responsibilities Chapman University

Human Anatomy Laboratory

Physical Therapy Exam

Musculoskeletal Practice Management : Spine and lower extremity

Continuing Education

2020 Targeting Central Sensitization with Nutrition: Expert Opinion and Innovations with Nutrition: Expert Opinion and Innovations. Joe Tatta (2 CE)

- 2019 Clinical Decision Making in the Assessment and Treatment of the Lumbopelvic- hip region: USC. Mike O'Donnel (4 contact hrs.)
- 2019 NPTE Workshop for Educators: Los Angeles (14.5 Contact Hours)
- 2019 Changes in Structure and Function of the Back Muscles in Low Back Pain: Different Time Points, Observations, and Mechanisms: JOSPT read for credit (2 hrs.)
- 2019 Convergence and Divergence of Exercise-Based Approaches That Incorporate Motor Control for the Management of Low Back Pain JOSPT read for credit (2 hrs.)
- 2018 Idiopathic scoliosis USC Residency Program: Ian Leahy (8 contact hours)
- 2018 Differential Diagnosis: Best Strategies and Best Tests, Chad Cook. 8 contact hours
- 2018 APTA NEXT conference , Orlando , FL. (18 contact hours)
- 2018 Facilitating Interprofessional Education: Lynne Sinclair, MA (Ad Ed), BSc(PT) (8 contact hours)
- 2018 Specialist Certification Examination item writing for the APTA: An overview (3 contact hours)
- 2018 APTA Combined Sections Meeting, New Orleans , LA. (18 contact hours)
- 2018 Walk this way: Modifications of orthoses. Biomechanical Services (7 hrs.)
- 2017 Red flags and red herrings: differential dx of headache; Mike O'Donnell and Lisa Cleary, USC Residency Program: (8 contact hours)
- 2017 Diagnosis and Treatment of Movement Impairment of the Shoulder and Cervical Spine: Shirley A. Sahrman PT, PhD. Sponsored by Kaiser Permanente, , Los Angeles CA (7 hrs.)
- 2017 APTA Combined Sections Meeting, San Diego, CA. Attended sessions on curricular change clinical reasoning, movement in curriculum, technology, student stress, movement in CP (19 contact hrs.)

- 2016 Participant in two-day Regional Item Writing Workshop in Los Angeles, California for the Federation of State Boards of Physical therapy.

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