

SHEILA D. ESPINA, PT, DPT

EDUCATION

August 2003 to May 2006 University of Southern California
Doctor of Physical Therapy

August 1998 to May 2003 California State University, Long Beach
Bachelor of Science Biology: Physiology

PROFESSIONAL CLINICAL EXPERIENCE

Long Beach Memorial Medical Center

Balance and Vestibular Clinic

Physical Therapist II

- Evaluation and treatment of balance and vestibular disorders.
- Designs individualized exercise programs to improve balance, reduce dizziness and reduce fall risk.
- Specialized Areas of Practice
 - Vestibular Disorders
 - Balance Disorders
 - Neurological Disorders: Brain Injury, Cerebellar Ataxia, Parkinson's Disease, CVA

PROFESSIONAL TEACHING EXPERIENCE

California State University, Long Beach

Part Time Lecturer

- Education of entry-level Master's of Physical Therapy students on Balance and Vestibular Rehabilitation

Chapman University

Co-Lecturer: Introduction to Vestibular Rehabilitation

- Education of entry-level Doctor of Physical Therapy students

Mount St. Mary's College

Supervising Clinician for Pro Bono Student Clinic

- Organized student P.T. clinic with emphasis on serving the neurological population

Examiner for Lab Practical

Part Time Lecturer

- Education of entry-level Doctor of Physical Therapy students on Balance assessment and rehabilitation

Long Beach Memorial Medical Center

- Presented inservice on Motor Learning and its impact on rehabilitation to staff
- Presented inservice on Balance and Vestibular Rehabilitation to Memorial Family Medicine
- Presented inservice on Falls assessment to Memorial Family Medicine
- Presented inservice on assessment and treatment Benign Paroxysmal Positional Vertigo to inpatient staff

PROFESSIONAL MEMBERSHIPS

Member of American Physical Therapy Association

Member of Neurology Section of the APTA

Member of the Vestibular Special Interest Group

LICENSURE/CERTIFICATIONS

Licensed Physical Therapist

Credentialed Clinical Instructor

Competency in Vestibular Rehabilitation

Adult and Infant CPR Certified