

CURRICULUM VITAE

Name: Cara Troutman-Enseki

EDUCATION:

Graduate:	2008	University of Pittsburgh Pittsburgh, PA	Doctorate of Physical Therapy (DPT)
Undergraduate:	2005	University of Pittsburgh	B.S. Psychology

HONORS:

University of Pittsburgh	CRS Leadership Award-2007
University of Pittsburgh	Pittsburgh-Marquette Challenge Co-Coordinator

CERTIFICATION & PROFESSIONAL MEMBERSHIP:

06/13: **Sports Certified Specialist**, as recognized by the American Board of Physical Therapy
09/12 **Basic Life Support/CPR/AED**, American Heart Association
09/12: **Emergency Medical Responder Certification**
06/11 **Orthopaedic Certified Specialist**, as recognized by the American Board of Physical Therapy
Specialties
06/10 **Certified Clinical Instructor**, American Physical Therapy Association
06/08 **Licensed Physical Therapist**, Pennsylvania
10/06 **Member**, American Physical Therapy Association

CLINICAL EXPERIENCE:

6/12-present: *Centers for Rehab Services/UPMC Center for Sports Medicine*
Coordinator of Concussion Exertion Services

6/08-present: *Centers for Rehab Services/UPMC Center for Sports Medicine*
Senior Staff Physical Therapist: Experience treating patients from an active population with various musculoskeletal disorders, with an emphasis on patients with knee, shoulder, and particularly concussion patients. Experience with recreational, high school, collegiate, and professional athletes

CONFERENCES AND OTHER PRESENTATIONS

4/12: Medical Implications and Rehabilitation of the Concussion Patients. Centers for Rehab Services. Pittsburgh, Pennsylvania.

4/12: ImPACT Training Workshop. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

8/12: ImPACT Training Workshop. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

4/13: ImPACT Training Workshop. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

5/13: University of Pittsburgh Advanced Vestibular Course. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

6/13: Emerging Frontiers in Concussion: Advancements in Assessment, Management, and Rehabilitation. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

7/13: ImPACT Training Workshop. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

2/14: Combined Sections Meeting PreConference Course. Concussion Management, Las Vegas Nevada

2/14: ImPACT Training Workshop. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

5/14: ImPACT Training Workshop. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

5/14: University of Pittsburgh Advanced Vestibular Course. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

7/14: ImPACT Training Workshop. Exertion Therapy for Concussion Patients. Pittsburgh, Pennsylvania.

11/20014-Present: ImPACT webinar. Exertion Therapy for Concussion Patients.

6/16: Emerging Frontiers in Concussion. TEAM An Evidence Based Approach. Exertion Therapy for Concussion Patients, Pittsburgh, Pennsylvania.

11/16: Concussion Evaluation and Treatment, Minneapolis, Minnesota

3/17: Concussion Evaluation and Treatment, Baltimore, Maryland.

TEACHING EXPERIENCE

Fall 2011- **Adjunct Faculty**, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Physical Therapy

Spring 2010-present-**Clinical Instructor**, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Physical Therapy

Spring 2012-present-**Clinical Faculty**, UPMC Centers for Rehab Services, Sports Physical Therapy Residency Program

Spring 2012-present-**Clinical Faculty**, UPMC Centers for Rehab Services, Orthopaedic Physical Therapy Residency Program

Spring 2012-spring 2015-**Clinical Faculty**, UPMC Centers for Rehab Services, Neurology Physical Therapy Residency Program

September 2014-present: University of Pittsburgh, Department of Physical Therapy. Lecture on Concussion Management

May 2014-present: Slippery Rock University, Department of Physical Therapy. Lecture on Concussion Management.

Publications

Collins M, Anderson K, Fedor S, Kegel N, Kontos A, Mucha A, Troutman-Enseki C. The Science of Concussion: Advancements in Assessment, Management, and Rehabilitation. UPMC Physician's Resources. IBook. Web. 8 March 2013.

Mucha A, et al. A brief vestibular/ocular motor screening (VOMS) assessment to evaluate concussions. *AJSM*. 2014; 42(8).

Mucha A and Troutman-Enseki C. Concussion *PT Now*. January 2015.

Reynolds E., Collins M., Mucha A., Troutman-Enseki C. Establishing a Clinical Service for the Management of Sports-related Concussions. *Neurosurgery*. 2014(4)S71-S78.