

# **KAREN K. MORAN, P.T.**

## **PROFESSIONAL EXPERIENCE**

Owner, Founder and Clinical Director, of **Fusion Arts Physical Therapy**, in Encino, California.

Specializing in Orthopedics, Pilates, Sports Injuries and Dance Medicine. On-site physical therapy for dance and musical theater. Home physical therapy for high profile clients/ celebrity clientele.

## **EDUCATION**

University of California, Los Angeles  
Bachelor of Science, Kinesiology

California State University, Northridge  
Bachelor of Science, Health Science

Certificate in Physical Therapy, University of California, Los Angeles  
and California State University, Northridge

Certification in the Pilates Method

Certificate – Essentials of Performing Arts Health – Allied Health  
Practitioner

Credentialed Clinical Instructor

## **CONTINUING EDUCATION**

- ◆ Dynamic Neuromuscular Stabilization – Part A
- ◆ Soft Tissue Release with Fascial Cupping Therapy
- ◆ Personalized Blood Flow Restriction Rehabilitation – Owens Recovery Science
- ◆ The Hesch Institute - Treating Sacroiliac Joint Dysfunction and Lumbopelvic Pathomechanics
- ◆ An Anti-Inflammatory Lifestyle

- ◆ Backstage: Injury and Prevention Management
- ◆ Treating the Shoulder Complex
- ◆ Visceral Mobilization – Abdomen I
- ◆ Kinetic Shoulder Complex
- ◆ Dynamic Stretching: The Missing Link to Fitness, Athletic Performance, Injury Prevention and Rehabilitation
- ◆ Evidence – Based Sports Enhancement Programs: From ACL Injury Prevention to Speed & Agility Coaching
- ◆ Dance Medicine Practicum – Marika Molnar
- ◆ Principles of Dance Medicine: Special Focus on Foot and Ankle: The Posterior Ankle
- ◆ Principles of Dance Medicine: Influence of Nutrition on Dancer Health and Performance
- ◆ Principles of Dance Medicine: Health Considerations for the Adolescent Dancer
- ◆ Principles of Dance Medicine: Special Focus on Foot and Ankle: Matching the Shoe to the Dancer
- ◆ Principles of Dance Medicine: Special Focus on Foot and Ankle: Function and Injury in the Dancer
- ◆ Principles of Dance Medicine: Functional Tests to Assess Pointe Readiness
- ◆ Principles of Dance Medicine: The Use of Anti-Inflammatory Medications in Dancers
- ◆ Lisa Howell – Dance Teacher Training – Level Two, Training Turnout in Tiny Dancers
- ◆ Lisa Howell – A New Approach to Core Stability
- ◆ Orthopaedic Management of the Runner, Cyclist, and Swimmer
- ◆ Lisa Howell – Dance Teacher and Health Professional Workshop – Dance Medicine
- ◆ Current Concepts in Spine Rehabilitation
- ◆ Sports Medicine Conference: Caring for the Young Athlete
- ◆ Functional Biomechanics of the Lower Quarter: Implications for the Evaluation and Treatment of Musculoskeletal Disorders
- ◆ Functional Mobilization of the Upper Quarter
- ◆ The Spine Symposium
- ◆ Physical Therapy for the Performing Artist
- ◆ P.T. Law Review for the Practicing Professional

- ◆ Advanced Upper/Lower Quadrant Training in the Graston Technique
- ◆ Basic Training in the Graston Technique
- ◆ Functional Mobilization of the Lower Quarter – Institute of Physical Art
- ◆ Proprioceptive Neuromuscular Facilitation – Institute of Physical Art
- ◆ Functional Orthopaedics II – Institute of Physical Art
- ◆ Dance Medicine: Strategies for the Prevention and Care of Injuries to Dancers
- ◆ Niel-Asher Technique: The Complex Shoulder
- ◆ Medical Screening for the Physical Therapist
- ◆ Body Mind Spirit Educational Conference – Beginner Yamuna Body Rolling, Pilates for Pregnancy: The Practical, Beginner Mat Class with Exercise Bands Workout, Pregnancy Workshop on the Cadillac, Yamuna Foot Fitness, Common Problems and Pilates Protocols: The Knee & Foot, Common Problems and Pilates Protocols: The Hip & Pelvis
- ◆ Principles of Dance Medicine: Clinical Management of the Dancer Patient Spotlight Course: Foot & Ankle
- ◆ Principles of Dance Medicine: Clinical Management of the Dancer Patient Spotlight Course: Shoulder, Hip & Knee
- ◆ Advanced Concepts in Examination and Treatment of the Shoulder Complex – George Davies
- ◆ Therapeutic Modalities: An Evidence Based Approach
- ◆ Principles of Dance Medicine: Clinical Management of the Dancer Patient Spotlight Course: The Spine
- ◆ Principles of Dance Medicine: Clinical Management of the Dancer Patient: Foundation Course
- ◆ Gait for Pain Relief
- ◆ Sport and Athletic Taping
- ◆ Creating a Specialized Workout for Dancers and Skaters (utilizing pilates)
- ◆ Post Partum Core Conditioning (utilizing pilates)
- ◆ Spinal Biomechanics and Health
- ◆ Dance Conditioning Mat with Bands - Karen Clippinger
- ◆ Mulligan Concept Follow Up: Mobilization with Movement: “NAGS”, “SNAGS” and More

- ◆ Pilates continuing education seminar with Romana Kryzanowska (Master Teacher)
- ◆ Advanced Kinesiotaping
- ◆ The Pelvis – Restoring Function, Relieving Pain – Diane Lee
- ◆ Current Concepts in Orthopedic Physical Therapy
- ◆ Kinesiotaping – General Fundamental, General Intermediate
- ◆ Differential Diagnosis and Manual Therapy Management of Common Musculoskeletal Disorders of the Thoracic Cage, Cervical Spine, Shoulder Girdle and Upper Extremities (Year Long Course) – Joe Godges
- ◆ Differential Diagnosis and Manual Therapy Management of Common Musculoskeletal Disorders of the Lumbar Spine, Pelvis and Lower Extremities (Year Long Course) – Joe Godges
- ◆ S2 – Advanced Evaluation and Manipulation of Pelvic, Lumbar and Thoracic Spine
- ◆ Polestar Education Rehabilitation Curriculum R-2C: Level 3
- ◆ S1 – Introduction to Spinal Evaluation and Manipulation
- ◆ Polestar Education Rehabilitation Curriculum R-2B: Level 2
- ◆ Polestar Education Rehabilitation Curriculum R-2A: Level 1
- ◆ Polestar Education Rehabilitation Curriculum R-1: Anatomy, Kinesio-Pathology, Assessment and Instructional Techniques
- ◆ Kinesiotaping: Current Concepts in Evaluation and Treatment
- ◆ Functional Orthopedics I
- ◆ Management of Foot and Ankle Dysfunction
- ◆ Integrating Function: The Foam Roll Approach
- ◆ Spinal Instability, Whole Spine Stabilization – Stanley Paris
- ◆ Diagnosis and Treatment of Movement Related Pain Syndromes Associated with Muscle and Movement Imbalances – Shirley Sahrmann
- ◆ Back Eval – Richard Jackson
- ◆ Manual Therapy – “NAGS”, SNAGS”, “MWM’s” - Brian Mulligan
- ◆ The Advanced McConnell Patellofemoral Treatment Plan
- ◆ Instructor Training in Prenatal and Postpartum Exercise
- ◆ The McConnell Approach to the Problem Shoulder
- ◆ Assessment and Treatment of Impaired Movement Patterns and Motor Recruitment – Vladimir Janda, M.D.
- ◆ Pilates Teacher Training (Parts IV, V, VI)

- ◆ Functional Relationships of the Lower Half – Richard Jackson
- ◆ Pilates Teacher Training (Parts I, II, III)
- ◆ Mobilization of the Nervous System – David Butler
- ◆ The Pelvic Girdle – Richard Jackson
- ◆ Chain Reaction – Gary Grey
- ◆ The Year Long Manual Therapy Course – Joe Godges
- ◆ An Integrated and Biomechanical Manual Therapy Approach to the Shoulder Girdle and Glenohumeral Articulation – Robert Donatelli
- ◆ Introduction to Obstetric and Gynecological Physical Therapy
- ◆ McConnell Patellofemoral Treatment Plan
- ◆ Introduction to Muscle Energy Techniques
- ◆ Clinical Seminars in Manual Therapy II – Thoracic Spine and Rib
- ◆ Clinical Seminars in Manual Therapy – Upper Quarter
- ◆ Clinical Seminars in Manual Therapy – Lower Quarter
- ◆ Somatoemotional Release I
- ◆ Craniosacral Therapy II
- ◆ Introductory Craniosacral Therapy
- ◆ The Low Back Dilemma: AN Eclectic Approach to Evaluation and Treatment
- ◆ The Latest Advances in Meniscal Rehabilitation
- ◆ E1 – Introduction to Extremity Evaluation and Manipulation

### **SPECIALIZED SERVICES**

- ◆ Specialized treatment of rhythmic gymnasts, artistic gymnasts, ice skaters and aerialists
- ◆ Onsite physical therapy for Kellogg’s Tour of Gymnastics Champions
- ◆ Podcast – Physiotherapy Performance Perspectives – “Screening and Educating the Adolescent Dancer” with Marissa Schaeffer and Jenna Kantor – 2018
- ◆ Podcast – Darien Gold’s ALL THINGS PILATES - How the feet play a major role in developing and maintaining a healthy functioning body – November 2021

- ◆ Onsite physical therapist for Los Angeles Dance Project
- ◆ Onsite physical therapist for Ballet BC
- ◆ Onsite physical therapist for productions of “The Secret Garden”, “Clyde’s”, “The Search for Signs of Intelligent Life in the Universe”, “Jagged Little Pill” (NT), “Hadestown” (NT), “Alma”, “The Lehman Trilogy”, “Slave Play”, “Head Over Heels”, “Escape to Margaritaville” (NT), “The Last Ship”, “Jitney”, “Summer – The Donna Summer Musical” (NT), “The Play That Goes Wrong” (NT), Latin History for Morons, “Indecent”, “Happy Days”, “Fiddler on the Roof” (NT), “Charlie and the Chocolate Factory” (NT), “Lackawana Blues”, “Dear Evan Hansen” (NT), “Ain’t Too Proud”, “The Humans”, “The Color Purple” (NT), “Soft Power”, “School of Rock” (NT), “Love Never Dies” (NT), “Spamilton”, “Bright Star”, “Cagney” (NT), “Head of Passes”, “Heisenberg”, “The King of Yees”, “Finding Neverland” (NT), “Zoot Suit”, “The King and I” (NT), “Hedwig and the Angry Inch”, “Hip Hop Nutcracker” (NT), “Cabaret” (NT), “Beautiful” (NT), “Disgraced”, “Father Comes Home From the Wars”, “A Gentleman’s Guide to Love and Murder” (NT), “Immediate Family”, “Annie” (NT), “Bent”, “Matilda”, “Motown” (NT), “Cinderella” (NT), “Kinky Boots” (NT), “Once”, “Ghost” (NT), “Joseph and the Amazing Technicolor Dreamcoat” (NT), “Porgy and Bess” (NT), “Peter and the Starcatcher”, “Evita” (NT), “The Wizard of Oz” (NT), “Sister Act” (NT), “Anything Goes” (NT), “The Book of Mormon” – Latter Day and Jumamosi tours (X2), “Memphis”, “Ghetto Clown” (NT), “Follies”, “Shrek, the Musical”, “Rock of Ages”, “Traces”, “Hair”, “A Leap of Faith”, “Young Frankenstein”, “Westside Story” (NT), “Mary Poppins”, “How the Grinche Stole Christmas”, “Parade”, “Legally Blonde”, “Oleanna”, “Minsky’s”, “9 to 5”, “A Chorus Line”, “Wicked”, “Play Without Words”, “The Ten Commandments”, “Hairspray”, Hubbard Street Dance, “42<sup>nd</sup> Street”, “CATS”, “Lion King”,

“Gumboots”, “Rugrats”, “Fosse”, “Bring In Da Noise, Bring In Da Funk”, Paul Taylor Dance Company, “Beauty and the Beast”

\*\* NT = Shows provided by Neuro Tour

- ◆ On site physical therapist for the Los Angeles Ballet, 2006-2008
- ◆ Additional physical therapy services for company members of “King James”, “The Beauty Queen of Leenane”, Pacific Northwest Ballet, Milwaukee Ballet, “Flashdance, the Musical”, L.A. Dance Project, “Aladdin”, “Spiderman”, “In the Heights”, “Billy Elliott”, San Francisco Opera, Diablo Dance Co., “Guys and Dolls”, “Kooza”, “Spamalot”, “White Christmas”, “Spring Awakening”, “Miss Saigon”, “Phantom of the Opera”, “Joseph and the Amazing Technicolor Dreamcoat”, “Ragtime”, “Sesame Street Live”, Westside School of Ballet, Degas Dance Studio, Carousel Dance Studio and Los Angeles Ballet Academy.
- ◆ Lectured for touring companies of “Wicked”, Les Miserables”, and “Mama Mia” on injury prevention while performing on a raked stage.
- ◆ Lectured on injury prevention while performing on a raked stage – “The Steward of Christendom”, “Father Comes Home From the Wars” – Mark Taper Forum
- ◆ Consultant for Aaron Spelling’s “Sunset Beach”
- ◆ Lectured for Cameron Lee’s mentorship program (through Doctors for Dancers)
- ◆ Lectured at AMDA - College and Conservatory of the Performing Arts – “Injury Prevention and Wellness”
- ◆ Lectured at Colburn School on Injury Prevention, Improving Turnout, and Improving Intrinsic Foot Strength
- ◆ Lectured to Los Angeles Ballet Academy on “Injury Prevention – Healthy Dancers, Dance Longer”.
- ◆ Lectured at Westside School of Ballet on Injury Prevention, Proper technique, and the proper care of injuries.
- ◆ Lectured at Westside School of Ballet on Improving Turnout
- ◆ Pre-pointe screenings for Degas Dance School
- ◆ Lectured at Degas Dance School on Injury Prevention, Improving Turnout

- ◆ Lectured at Marat Daukayev School of Ballet on Injury Prevention, Improving Turnout, Improving Foot Strength
- ◆ Lectured at Carousel Dance Studio on Injury Prevention and Improving Turnout
- ◆ Participated in on site screenings of dancers for USA Dance Task Force
- ◆ Participated in screenings of rhythmic gymnasts for USA Rhythmic Gymnastics
- ◆ Participated in Day of Dancer Health and Wellness
- ◆ Baxter Laboratories – assessed workstations and potential ergonomic issues. Developed an injury prevention program for the workers, which included exercises to do on a daily basis. Worked closely with the Nurse to develop and implement the plan.

### **ADDITIONAL PROFESSIONAL ACTIVITIES**

Clinical coordinator of clinical education and clinical instructor for students from St Augustine, Shenandoah University, Columbia University, Long Island University, Chapman College, USC, Mount St. Mary's, Stony Brook University, California State University, Northridge, California State University, Long Beach, and Western University.

Mentored students from Southern California Health Institute for P.T. aide training.

Mentored Pre P.T. Students from University of San Francisco, USC, Point Park University (Pittsburg, PA), Elon University (Elon, North Carolina), California State University, Northridge

### **PROFESSIONAL ORGANIZATIONS**

Member – Doctors for Dancers

Member - Kaigo

Member – National Association for Female Executives

Member – Global Society for Female Entrepreneurs

Member – American Physical Therapy Association



Member – Dance USA Task Force  
Member – International Association of Dance Medicine and Science  
Member – Performing Arts Medicine Association  
Member – P.T. Business Alliance  
Member – California Private Practice Special Interest Group  
Member – Independent Physical Therapists of California  
Member – Pilates Method Alliance  
Section Member – Sports Physical Therapy  
Section Member – Orthopaedics  
Section Member – Performing Arts Special Interest Group