

**Stephanie Kuzemchak McGowan**  
**630 Pelzer Drive**  
**Mt. Pleasant, SC 29464**  
**843-425-7703**

**EDUCATION:**

2005 – 2011 University of Maryland, Baltimore, MD  
Doctor of Science Physical Therapy

1999 – 2001 University of South Florida, Tampa, FL  
Master of Science Physical Therapy

1984 – 1988 Fairleigh Dickinson University, Madison, NJ  
Bachelor of Science Marine Biology

**LICENSURE INFORMATION:**

South Carolina #5016

**CERTIFICATIONS:**

Orthopedic Clinical Specialist, APTA, May 2015

Certified Manual Therapist, MTC.  
University of St. Augustine, St. Augustine, FL

APTA Certified Clinical Instructor

**HONORS AND AWARDS:**

2006 MUSC CI of the Year  
2012 MUSC Employee of the Month  
2013 SCAPTA Butch Buchannon Clinician of the Year

**EMPLOYMENT HISTORY:**

2005 – ongoing Physical Therapist IV: Outpatient Team Leader  
Medical University of South Carolina, Charleston, SC

2003 – 2005 Physical Therapist  
Community Hospital of New Port Richey, New Port Richey,  
FL

2006 – 2016 Adjunct Faculty, Physical Therapy Division, College of  
Health Professions, Medical University of South Carolina

2016 – 2018 Instructor, Physical Therapy Division, College of Health  
Professions, Medical University of South Carolina

2018 – ongoing Assistant Professor, Physical Therapy Division, College of  
Health Professions, Medical University of South Carolina

## **PUBLICATIONS:**

Morrisette, D., Cholewicki, J., Seif, G., McGowan, S. Comparison of Inelastic and Elastic Lumbosacral Orthoses for the Management of Acute Episodes of Lower Back Pain. Spine 2014, 2014 Oct 1;39(21):1733-42.

Nyland J., Kuzemchak S., Parks, M., Caborn, D. Femoral anteversion influences vastus medialis and gluteus medius EMG amplitude: composite hip abductor EMG amplitude ratios during isometric combined hip abduction-external rotation. J Electromyogr Kinesiol. 2004;14(2):255-61.

## **RESEARCH ACTIVITY:**

2007 – 2011 Research Assistant

Management of Hip Osteoarthritis in African American's with co-morbid conditions: the effect of manual physical therapy in conjunction with exercise.

2011 Researcher and co-author. Comparison of Inelastic and Elastic Lumbosacral Orthoses for the Management of Acute Episodes of Lower Back Pain Co-author SPINE Paper

## **POSTER PRESENTATIONS:**

October 2018 Education Leadership Conference. *The research lab as a classroom: an integrated case-based experience.*

## **CONTINUING EDUCATION WORKSHOPS CONDUCTED:**

2006 The Mysterious pelvic girdle. Presented to MUSC staff.

2007 Evaluation and treatment of the injured runner. Presented at the MUSC Sports Medicine Symposium, Charleston, SC.

2007 Radiology of the spine. Presented to MUSC staff

2008 Special orthopedic tests of the shoulder: Evidence Based practice. Presented at the MUSC College of Health Professions Alumni Weekend CEU session.

2010 Evidence based shoulder examination: rotator cuff tear, labral pathology and impingement. Presented at the MUSC Sports Medicine Symposium

2011 NMES in the treatment of subacromial impingement. Doctoral thesis. Presented to the MUSC PT staff.

2012 Comparison of Inelastic and Elastic Lumbosacral Orthoses for the Management of Acute Episodes of Lower Back Pain. Presented at the MUSC sponsored program Focused Controversy in Spine Care.

### **CONSULTATIVE AND ADVISORY POSITIONS HELD:**

2007 MUSC Standards of Behavior Committee  
2007 – 2010 Co-director MUSC Sports Medicine Symposium, Charleston, SC.  
2009 FSBPT Standard Setting Workshop, September 2009, 16 credit hours  
2012 Interprofessional Education Institute member

Jan 2016 – Interprofessional Day Facilitator, annually recurring role  
current

Fall 2016 – Admissions Committee, CHP PT division  
Current

2016-17 Member, Search Committee, Research PT Division  
2017 –  
Current Assistant DCCE, MUSC  
6/2017 Secretary, Faculty Council  
1/2018 Faculty representative, MUHA Shared Governance committee  
8/2018 Member AR/VR Task Force, MUSC University wide.

### **CONTINUING EDUCATION AND PROFESSIONAL DEVELOPMENT:**

2007 MUSC Sports Medicine Symposium, 13 credit hours  
Active Isolated Stretching, Mattes Method, 32 credit hours

2008 MUSC Sports Medicine Symposium, 13 credit hours  
2009 MUSC Sports Medicine Symposium, 18 credit hours  
Walk-Aide System, August 2009, 1 credit hour

2010 MUSC Sports Medicine Symposium, 10 credit hours  
Physical Therapist Clinical Performance Instrument for Students: A  
Self-Guided Training Course 2 credit hours

2012 Knee Rehabilitation, 7 credit hours  
2012 Gait training for runners: bringing research into clinical practice to  
aid rehabilitation, 1.5 credit hours  
The running athlete, Parts A & B. 5 credit hours  
Focused controversy in spine care. 13.25 credit hours  
Lower and Upper Limb Orthotics and Prosthetics for Physicians  
and Therapists

2013 Selective Functional Movement Assessment  
SCAPTA Meeting, Lumbar spine evaluation & treatment

4/2014 SCAPTA Meeting, CI Credentialing Course  
12/2014 APTA Orthopedic Clinical Specialist Certification Preparation  
Course

2/2016 Combined Sections Meeting attendee  
2/2017 Combined Sections Meeting attendee  
10/2018 The Science of Running Medicine attendee

## **TEACHING EXPERIENCE**

MUSC DPT Program: Adjunct Professor

- 2006 Musculoskeletal II Lab: Foot and ankle evaluation and treatment.
- 2009 Musculoskeletal II Lecture: Knee anatomy, biomechanics, examination and treatment
- 2010 Musculoskeletal I Lecture: Knee anatomy, biomechanics, examination and treatment
- 2012 Prosthetics and Orthotics  
Human Anatomy
- 2013 Gait Primer within Musculoskeletal course  
Human Biomechanics
- 2015 –
- 2016 Primary instructor for PT716 Human Biomechanics and PT730  
Orthotics &P Prosthetics  
Co-Teacher PT706 Human Anatomy  
Co-Teacher PT730 Musculoskeletal I & II
- June 2016 – Primary instructor for PT716 Human Biomechanics and PT730
- Current Orthotics &P Prosthetics  
Co-Teacher PT706 Human Anatomy  
Co-Teacher PT730 Musculoskeletal I & II

## **TEACHING DEVELOPMENT ACTIVITIES**

- 2011 BAPS Teaching Series, Dr. Maralynne Mitchum
- 2013 MUSC Apple Tree Lecture Series: Getting Ready to Teach  
Course objectives: Learning Styles  
MUSC Apple Tree Lecture Series: Getting Ready to Teach  
Course objectives: Teaching Methods