

**CURRICULUM VITAE
OF
STEPHANIE M. SVOBODA
PHYSICAL THERAPIST
Stephanie@SMSPhysicalTherapyLLC.com**

EDUCATION

<u>Degree</u>	<u>Institution</u>	<u>Field</u>	<u>Dates</u>
Ph.D.	Florida International University	Kinesiology	In Progress
Ed.S.	Florida International University	Teaching & Learning	August, 2022
D.P.T.	Florida International University	Physical Therapy	August, 2013
M.S.	Florida Atlantic University	Exercise Science	December, 2009
B.S.	Notre Dame College	Biology	May, 2008

PART-TIME ACADEMIC EXPERIENCE

<u>Institution</u>	<u>Rank</u>	<u>Field</u>	<u>Dates</u>
Florida International University	Adjunct Lecturer	Physical Therapy	01/17-12/24
Courses Taught: PHT 6325 Advanced Pediatrics, PHT 6970 DPT Project			
Florida International University	Graduate Assistant	Physical Therapy	08/13-05/14
Florida Atlantic University	Graduate Assistant	Exercise Science	08/07-12/09
Courses Taught: PET2622 Care and Prevention of Athletic Injury, HSC 2400 Advanced First Aid and CPR/AED, PEN2172 Swim Fitness, & PEN2121 Swimming			
Courses Assisted: PET 4947 Practicum in Exercise Science and Health Promotion			

NON-ACADEMIC EXPERIENCE

<u>Place of Employment</u>	<u>Title</u>	<u>Dates</u>
SMS Physical Therapy, LLC	Owner	11/25- Present
Jaguar Therapeutics, LLC	Clinic Director; Head Physical Therapist	09/24-09/25
Nicklaus Children's Hospital	Per Diem Physical Therapist	09/24-Present
Nicklaus Children's Hospital	Sport Physical Therapist Tier II	11/19-09/24
Nicklaus Children's Hospital	Sport Physical Therapist Tier I	09/13-11/19

PUBLICATIONS IN DISCIPLINE

Articles

Svoboda, S. M., Kostrna, J. (2025). The Effects of Mindfulness-Based Body Scan Meditation on Physical and Psychological Outcomes Following ACL-Reconstruction in an Adolescent Volleyball Player: A Case Study. *JOSPT Cases*, 0(ja): 1-24. DOI: <https://www.jospt.org/doi/pdf/10.2519/josptcases.2025.0156?download=true>

Drevyn, E., Schack-Dugre, J., Galley, R., Neely, L., Roadarmel, D., **Svoboda, S.**, Dietrich, J., Wang, S., & Welch-Rawls, D. (2024). How crisis management led to enduring collaboration in clinical education: a case report. *J Clin Educ Phys Ther*, 7. Drevyn, E., Schack-Dugre, J., Galley, R., Neely, L., Roadarmel, D., Svoboda, S., Dietrich, J., Wang, S., & Welch-Rawls, D. (2024). How crisis management led to enduring collaboration in clinical education: a case report. *J Clin Educ Phys Ther*, 7. <https://doi.org/10.52214/jcept.v7.11822>

Svoboda, S. M., Kostrna, J. (2023). Effects of Tempo of Self-Selected Music on Isokinetic Strength Performance and Psychological Outcomes in Resistance Trained Adults. *Scandinavian Journal of Medicine & Science in Sports*, 00: 1–9. DOI: 10.1111/sms.14487

Svoboda, S. M., Kostrna, J., & Pabian, P. (2023). The Impact of COVID-19 on Physical Therapist Clinical Education Experiences. *Journal of Physical Therapy Education*, 37(3): 220-226. DOI: 10.1097/JTE.0000000000000286

Svoboda, S. M., et al. (2022). Florida Physical Therapy Association (FPTA) Task Force, The Florida Partnership for Physical Therapy Clinical Education's letter all Florida Doctor of Physical Therapy and Physical Therapist Assistant clinical and academic partners.

Dabbs, N. C., & **Svoboda, S. M.** (2016). Is whole-body vibration training effective? *Strength and Conditioning Journal*, 38(4), 72-74. [doi: 10.1519/SSC.0000000000000240](https://doi.org/10.1519/SSC.0000000000000240) Impact Factor: 2.143.

Vieira, E. R., **Svoboda, S. M.**, Belniak, A., Brunt, D., Rose-St. Prix, C., Roberts, L. & da Costa, B. R. (2016). Work-related musculoskeletal disorders among physical therapists: an online survey. *Disability and Rehabilitation*, 38(6), 552-557. <https://doi.org/10.3109/09638288.2015.1049375> Impact Factor: 2.054.

Chapters in Books

Jacobs, P. L., **Svoboda, S. M.**, & Lepeley, A. (2016). Neurological disorders. In P. L. Jacobs (Ed.), *NSCA's Essentials of training special populations* (pp. 267-318). Human Kinetics.

PRESENTED PAPERS AND LECTURES

Bermudez, N., Carey, A., Corsini, I., Ogonowski, G., Smith, T., Tavares, I., **Svoboda, S.M.** (2024, September 20). The Effects of Mindfulness-Based Body Scan Meditation on Physical and Psychological Outcomes Following ACL-Reconstruction in an Adolescent Volleyball Player: A

Case Study. [Poster]. Florida Physical Therapy Association Annual Meeting. Orlando, Florida. (Regional)

Butler, L., Capote, D., Thomas, A.L., **Svoboda, S.M.**, Khachatryan, J., Mouyassar, B., Ortega, A., Ward, I., Willis, K., Wilson, A., & Rossi, M.D. (2025, April 23). Physical Therapy Students Have Low Knowledge of Strength Training Principles. [Poster]. Baptist Academic Health Week Conference. at the Hilton Miami Dadeland. (Local)

Svoboda, S. M. (2023, October 27). Return to play considerations when working with lower extremity injuries. [Invited 50-minute Conference Session]. National Strength and Conditioning Association's Personal Trainer Conference. Virtual. (National).

Svoboda, S. M., Kostrna, J., Astudillo, A. A., & Perez, E. (2023, October 19). *Effects of tempo of self-selected music on isokinetic strength performance and psychological outcomes in resistance trained adults*. [Poster Presentation]. Association for Applied Sport Psychology's Annual Conference, Orlando, FL. (National).

Svoboda, S. M. (2023, July 14). Bridge the gap lecture: Common knee injuries in youth athletes and their implications for the strength and conditioning professional [50-minute Conference Session]. National Strength and Conditioning Association Annual Conference. Las Vegas, NV. (National).

Svoboda, S. M. (2023, July 14). Bridge the gap practical: Common knee injuries in youth athletes and their implications for the strength and conditioning professional [50-minute Conference Session]. National Strength and Conditioning Association Annual Conference. Las Vegas, NV. (National).

Svoboda, S.M. (2023, June 12). *Clinical mentoring of the DPT student in a specialty practice setting*. [Invited 60-minute Webinar]. University of Miami's Clinical Education Webinar Series. Virtual. (Regional).

Svoboda, S. M. & Kostrna, J. (2022, November 12). Effects of Tempo of Self-Selected Music on Isokinetic Strength Performance and Psychological Outcomes in Resistance Trained Young Adults. Platform presentation at FIU's School of Education and Human Development Graduate Student Research Conference. (Local).

Drevyn, E., Schack-Dugre, J., Neely, L., Roadarmel, D., **Svoboda, S.**, Dietrich, J., & Galley, R. (2021, October 22). *A pandemic silver lining: A Florida collaboration for enhancing Physical Therapy Clinical Education* [Conference Session]. APTA's Education Leadership Conference, Atlanta, Georgia. (National).

Svoboda, S.M. (2021, September 24). *Resistance Training for Youth* [Conference Session]. Florida Physical Therapy Association Annual Conference. Virtual. (Regional).

Svoboda, S. M., Dietrich, J., Wang, S. (2021, September 24-26). *Florida SCCEs' Perceptions of Clinical Education* [Audio Poster Presentation]. Florida Physical Therapy Association Annual Conference. Virtual. (Regional). [Svoboda et al FPTA 2021 Poster.mp4](#)

Svoboda, S. M. (2021, June 29). *Resistance training for youth with and without lifelong movement impairments* [Webinar]. Florida Physical Therapy Association Pediatrics Special Interest Group. Virtual. (Regional).

Svoboda, S. M., (2021, January 19). *The Impact of COVID-19 on Physical Therapy Clinical Education in Florida*. Presented at Florida Consortium of Clinical Educators' Meeting. (Regional).

Svoboda, S. M. (2018, November 17). *Early onset osteoarthritis* [Symposium presentation]. Nicklaus Children's Hospital sports health symposium: Longevity in sports performance, considerations from elementary to post professional, Miami, FL. (Local).

Svoboda, S. M. (2017, November 11). *Strength training for injury prevention and return to sport in youth athletes* [Symposium presentation]. Nicklaus Children's Hospital sports health symposium: Injury prevention and return to sports for pediatric and adolescent athlete, Miami, FL. (Local).

Jacobs, P.L. & **Svoboda, S. M.** (2015, July 8-11). *A commercial bio-active peptide dietary supplement increases the rate of strength development with eight weeks of resistance training: a prospective, double-blind, placebo controlled random trial* [Poster presentation]. National Strength and Conditioning Association National Conference, Las Vegas, NV. (National).

Vieira, E. R., **Svoboda, S.**, Belniak, A., Brunt, D., Rose-St Prix, C., & Roberts, L. (2013, September 26-29). *Work-related musculoskeletal disorders among physical therapists: The 2013 Linda Crane Research presentation* [Poster presentation]. Florida Physical Therapy Association Annual Conference, Orlando, Florida. (Regional).

Svoboda, S. M. (2009, March 25). *An examination of the scientific justification for the formulation of a popular weight-loss product: Hydroxycut* [Symposium presentation]. Florida Atlantic University's College of Education Research Symposium, Boca Raton, FL. (Local).

Svoboda, S. M. (2008, April 4). *Sports injuries and mental health counseling: A review* [Symposium presentation]. Florida Atlantic University's College of Education Research Symposium, Boca Raton, FL. (Local).

WORKS IN PROGRESS

Svoboda, S. M. (2023-Present). The effects of mindfulness meditation on function and psychological outcomes in adolescent athletes following knee surgery: A collected paper dissertation. Florida International University's Department of Teaching and Learning-Kinesiology.

Svoboda, S. M., Kassis, A., Bermudez, N. Blood Flow Restriction Training in an Adolescent Female Following Total Knee Arthroscopy due to Distal Femur Osteosarcoma: A Case Study. Preparing for submission to *Pediatric Physical Therapy*.

PROFESSIONAL HONORS, PRIZES, FELLOWSHIPS

National

National Strength and Conditioning Association. [*Strength and Conditioning Journal's 2015 Editorial Excellence Award*](#)

State

Florida Physical Therapy Association's Annual Conference top abstract in the Doctoral Candidate submission category: The Effects of Mindfulness-Based Body Scan Meditation on Physical and Psychological Outcomes Following ACL-Reconstruction in an Adolescent Volleyball Player: A Case Study. <https://fpta.org/for-members/member-information/research-grants/call-for-abstracts-for-research-presentations/>

Florida Consortium of Clinical Educators' *2018 Outstanding Clinical Instructor Award*

Local

FIU DPT Class of 2013 *Excellence in Clinical Education Award*

FIU DPT Class of 2013 *Research Excellence Award*

OTHER PROFESSIONAL ACTIVITIES AND PUBLIC SERVICE

License & Certifications

Physical Therapist (PT 28669)
Orthopedic Clinical Specialist
Manual Physical Therapist
Credentialed Clinical Instructor
Certified Strength and Conditioning Specialist
Mindfulness Sport Performance Enhancement
Dry Needling Certified
Blood Flow Restriction
Instrument Assisted Soft Tissue Mobilization
Kinesiology Taping
Sports Performance Coach
Level 1 Coach
Certified Sport Nutritionist
Basic Life Support
Emergency Medical Responder

Issuing Organization

State of Florida
ABPTS
University of St. Augustine
American Physical Therapy Association
National Strength and Conditioning Assoc.
MSPE Institute
Athletic Dry Needling
Smart Tools
RockTape
RockTape
USA Weightlifting
USA Track & Field
International Society of Sports Nutrition
American Heart Association
American Red Cross

Continuing Education

Athletic Dry Needling: Level 2

- September 27-29, 2025; Palm Beach Gardens, FL (27 CEU)

Athletic Dry Needling: Level 1

- September 20-22, 2025; Fort Lauderdale, FL (27 CEU)

Nova Southeastern University: The Qualitative Report. Introductory Interpretative Phenomenological Analysis (IPA). Presented by Jonathan Smith on June 6, 2024, via Zoom. 7:00am-2:00pm.

2024 MedBridge Courses:

- Mentoring the Advanced Practitioner in Physical Therapy; 4/4/24 (1.5 CEUs)
- Advanced Ankle and Foot Rehabilitation; 3/26/24 (2 CEUs)
- Evaluation and Treatment of the Adolescent Dancer; 3/1/24 (1.5 CEUs)
- Common Hip and Pelvic Pathologies in Pediatric and Adolescent Athletes; 3/2/24 (1.5 CEUs)
- Advanced Rehab Concepts for Pediatric and Adolescent ACL Injuries; 1/13/24 (2 CEUs)
- Common Spinal Pathologies in Pediatric and Adolescent Patients; 1/11/24 (1 CEUs)
- Introduction to Pediatric and Adolescent Athletic Rehabilitation; 1/18/24 (1 CEUs)

Gen Z: What to know or more effective teaching (1 CEU)

- March 11, 2024; Virtual; Webinar hosted by UM DPT Program

Association of Applied Sport Psychology Annual Conference

- October 18-21, 2023; Orlando, FL

2023 MedBridge Courses:

- Assessing Pediatric and Adolescent Patients; 12/29/23 (2 CEUs)

National Strength and Conditioning Association: National Conference

- July 12-15, 2023; Las Vegas, NV

Fostering Reflective Practice for Professional Development (1 CEU)

- March 13, 2023; Virtual; Webinar hosted by UM DPT Program

2022 MedBridge Courses:

- The Biopsychosocial Approach in Athletes Experiencing Pain; 9/15/22 (2 CEUs)
- The Neuroscience of Pain; 9/6/22 (1.5 CEUs)
- Persistent Pain in the Pediatric Athlete; 8/19/22 (1.5 CEUs)
- PNE+: Nonpharmacological Approach to Treating Pain; 8/23/22 (1.5 CEUs)
- Application of Pain Neuroscience Education; 7/3/22 (1.5 CEUs)
- Introduction to Pain Neuroscience Education; 7/3/22 (1.5 CEUs)
- The Pain Epidemic and Biopsychosocial Model; 8/26/22 (1.5 CEUs)
- Strategic Mindfulness Training for Stress Management; 3/29/22 (3 CEUs)

- An Introduction to Mindfulness for Pain Treatment; 3/25/22 (1.75 CEUs)
- Integrating Mindfulness Principles and Practices Into Patient Care; 6/19/22 (2 CEUs)
- Fundamental Mindfulness Principles and Practices; 6/19/22 (2 CEUs)

NSU Florida: Contemporary Issues in Physical Therapy (6 CEUs); November 5, 2022

APTA's Academy of Research: Integrated Mixed Methods in Physical Therapy Research (6 CEUs)

- May 25-26, 2022

MSPE Institute's Mindfulness Sport Performance Enhancement Instructor Training

- January 21-22, 2022

APTA's Educational Leadership Conference (14 CEUs)

- October 22-24, 2021; Atlanta, GA

FPTA's Annual Conference (13.5)

- September 24-25, 2021; Virtual
- An evidence-based approach to therapeutic exercise progression
- Assessing professional behaviors in DPT students in academic and clinical settings
- Integrative pain management for physical therapists
- Medical Errors
- Dry Needling Research Updates
- Considerations for rehabilitation of a patient with COVID-19

Smart Tools: Blood Flow Restriction Certification (9 CEUs)

- July 17, 2021; Miami, FL

National Strength and Conditioning Association: National Conference

- July 7-10, 2021; Orlando, FL

Pain Management (1 CEU)

- March 9, 2021; Webinar hosted by Southeast district of FPTA online

Closing the Loop: Providing Effective Student Feedback (2 CEUs)

- January 27, 2021; Webinar hosted by FCCE online

Evidence in Motion: Orthopedic Clinical Specialist Test Preparation Course (58 hours)

- Completed March 2020, Self-Study Course

PESI: IASTM: Practitioner Certification; Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance (9.5 hours)

- November 8, 2019; Hialeah Gardens, FL
- Certification Issued

AOSSM 2019 State of the Art Soccer Medicine (17 hours)

- September 20-21, 2019; Miami, FL

Nicklaus Children's Hospital: 2018 Sports Health Symposium: Longevity in Sports Performance, Consideration from Elementary to Post Professional (8.5 hours)

- November 17, 2018; Miami, FL

Florida Physical Therapy Association Annual Conference (17.50 Hours); September 27-29, 2018; Orlando, FL

- Pain and Disability Drivers for Musculoskeletal Conditions
- Keynote Presentation: Redefining Recovery
- Oxford Debate: Attainment of Unrestricted Direct Access should take priority over Expansion of Scope of Practice
- An Introduction to Musculoskeletal Regenerative Medicine: Implications for Physical Therapy Practice

University of St. Augustine: Manual Therapy Certification Review (32 hours/3.2 CEUs)

- August 23-26, 2018; Austin, TX
- Certification issued

PTA CPI- Documenting Student Performance with the Physical Therapist Assistant Clinical Performance Instrument (.30 CEUs)

- July 4, 2018; Online

APTA NEXT Conference (16 hours); June 27-30, 2018; Orlando, FL

- Medical Screening for the Practicing Physical Therapist: Acute Care and Outpatient
- 49th Mary McMillan Lecture: Wisdom and Courage: Doing the Right Thing
- Integrating the Movement System Into Practice, Developing Diagnoses, and Movement Analysis
- Mentoring Our Future - Effective Communication and Feedback
- Pains, Brains, and Strains: The Pain Science and Tendinopathy Gap
- 23rd John H.P. Maley Lecture: Lifecourse Health Development of Individuals with Chronic Health Conditions: Visualizing a Preferred Future
- Dynamic Spinal Control: Blending of Popular Approaches
- Do You See a Pattern? Link the Movement Faults Across Your Exam
- The Oxford Debate: Is Good Nutrition the New Tradition?
- Off the Plinth and on the Field: Progressing the Young Athlete.
- Let's Go! Fitness Testing to Promote Physical Literacy in Children with Disabilities
- Advocacy and Leadership in Physical Therapy: Successful Methods for All Levels

University of Miami: Clinical Reasoning in PT Students (1 hour)

- June 13, 2018; Miami, FL

APTA's Combined Sections Meeting (18 hours); February 22-24, 2018; New Orleans, LA

- Science Meets Practice: "F"atigue & "F"rontal Plane Motion: Are These "F" Things Related to Injury?
- Training Smarter and Harder: Improve Performance, Reduce Risk, Improve Return
- Science Meets Practice: Innovative Changes With Treating Shoulder Instabilities
- Shoulder Pathomechanics in the Throwing Athlete: Causes, Surgery, Outcomes, and Rehab
- Biomarkers for Low Back Pain: Translating the Research Into Clinical Practice
- Science Meets Practice: Assessment and Treatment of Muscle Dysfunction and ACL injury: What's Missing?
- Beyond FITT-ness: Changing How We Teach Therapeutic Exercise in a DPT Curriculum
- Electrotherapy for Muscle Strengthening: Evidence and Parameter Settings

Nicklaus Children's Hospital: 2017 Sports Health Symposium: Injury Prevention and Return to Sports for the Pediatric and Adolescent Athlete (8.5 hours)

- November 11, 2017; Miami, FL

Vyne Education: Pediatric Kinesiology Taping Certification (7 hours)

- November 10, 2017; Miami, FL

Monte Nido & Affiliates: Relative Energy Deficiency in Sport: Treatment Considerations for the Adolescent Athlete (1.0 CEU)

- October 24, 2017; Miami, FL

University of Miami: Mentoring the Clinician beyond Entry-Level: Skills, Knowledge and Behaviors for Successful Post-Professional mentoring in Residency Programs (7.5 hours)

- September 22, 2017; Miami, FL

University of St. Augustine: Extremity Integration (21 hours/2.1 CEUs)

- March 17-19, 2017; Saginaw, MI

Progressive GaitWays: New Paradigms in Pediatric Foot and Ankle Deformity Management (33.5 hours/ 3.35 CEUs)

- December 1-4, 2016; Miami, FL

American Red Cross: Emergency Medical Responder (24 hours/ 2.4 CEUs)

- November 11-13, 2016; Miami, FL
- Certification Issued

University of St. Augustine: Functional Analysis & Management of Lumbo-Pelvic Hip Complex (16 hours/1.6 CEUs)

- August 27-28, 2016; Doral, FL

University of St. Augustine: Advanced Evaluation & Manipulation of the CranioFacial, Cervical, and Upper Thoracic Spine (27 hours/2.7 CEUs)

- July 21-24, 2016; Doral, FL

International Society of Sports Nutrition: National Conference

- June 2016; Clearwater Beach, FL

USA Track & Field: Level 1 Coach

- January 2-3, 2016; Boca Raton, FL
- Certification Issued

Hommen Orthopedic Institute: Cleared to Play: From the Operating Room to the Field (6 hours/.6 CEUs)

- November 21, 2015; Pinecrest, FL

University of St. Augustine: Advanced Evaluation & Manipulation of Pelvis, Lumbar and Thoracic Spine Including Thrust (21 hours/2.1 CEUs)

- October 9-11, 2015; Doral, FL

National Strength and Conditioning Association: Florida Regional Conference

- September 26, 2015; Miami Shores, FL

University of St. Augustine: Myofascial Manipulation (20 hours/ 2 CEUs)

- July 31-August 2, 2015; Miami, FL

National Strength and Conditioning Association: National Conference

- July 8-11, 2015: Orlando, FL

University of St. Augustine: Spinal Evaluation and Manipulation (30 hours/ 3 CEUs)

- June 26-29, 2015: Miami, FL

University of St. Augustine: Extremity Evaluation and Manipulation (30 hours/3 CEUs)

- April 30-May 3, 2015; Miami, FL

FIU's Health Sciences Distinguished Speaker Series: Issues and Trends in Adolescent Sports Medicine (2 hours/. 2 CEUs)

- March 5, 2015; Miami, FL

PT CPI- Using the APTA Physical Therapist Clinical Performance Instrument for Students: A Self-Guided Training Course (.20 CEUs)

- January 22, 2015; Online

APTA Credentialed Clinical Instructor Program (15 hours/1.6 CEUs)

- January 10-11, 2015; Fort Lauderdale, FL
- Certification Issued

USA Weightlifting: Sports Performance Certification

- November 22-23, 2014; Fort Lauderdale, FL
- Certification Issued

National Strength and Conditioning Association: Florida Regional Conference

- September 27, 2014; Miami Shores, FL

National Strength and Conditioning Association: National Conference

- July 9-12, 2014; Las Vegas, NV

International Society of Sports Nutrition: National Conference

- June 2014; Clearwater Beach, FL

International Society of Sports Nutrition: Europa University Workshop

- April 2014; Orlando, FL

Hommen Orthopedic Institute: The Shoulder to Elbow: The Humerus Connection

- September 21, 2013; Doral, FL

Hommen Orthopedic Institute: Warding Off Doctors: Crossfit Injuries

- September 7, 2013; Davie, FL

Cleveland Clinic Sports Health Summit: A Sports Medicine Team Approach to Managing Athletic Injuries

- January 24-27, 2013; Boca Raton, FL

American Academy Orthopedic Manual Physical Therapy: Kinematic Taping Seminar

- January 15, 2013; Fort Lauderdale, FL

Florida Physical Therapy Association: Meeting & Prevention of Medical Errors Training

- July 26, 2011; Fort Lauderdale, FL

International Society of Sports Nutrition: Europa University Workshop

- April 29, 2011; Orlando, FL
- April 27, 2012; Orlando, FL

International Society of Sports Nutrition: National Conference

- June 25-26, 2010; Clearwater Beach, FL

National Strength and Conditioning Association: Coaches Conference

- January 2010; Orlando, FL

International Society of Sports Nutrition: Florida Regional Conference

- November 10, 2007; Fort Lauderdale, FL

Peer Reviewer

Journal of Strength & Conditioning Research (Impact Factor: 3.017)

2010-Present

Strength and Conditioning Journal (Impact Factor: .986)

2008-Present

Professional Organizations

American Physical Therapy Association	2013-Present
Florida Physical Therapy Association	2013-Present
Orthopedics Section of American Physical Therapy Association	2013-Present
Research Section of American Physical Therapy Association	2022-Present
National Strength and Conditioning Association	2008-Present

Special Interest Group

Florida Consortium of Clinical Educators (FPTA)	2018-Present
Pediatrics (FPTA)	2019-Present
Sports Medicine and Rehabilitation (NSCA)	2021-Present

Clinical Instructor for Full Time Clinical Experiences***Doctor of Physical Therapy Students***

Reeya Patel; Florida International University; Summer 2024 (10-weeks)

Nikole Bermudez; Florida International University; Fall 2023 (8-weeks)

- In-Service: “Blood Flow Restriction Training following a TKA in an Adolescent with History of Osteosarcoma”

Adrianna Castro; Florida International University; Summer 2023 (10-weeks)

Raquel Teixeira; University of Florida; Spring 2023 (8-weeks)

- In-Service: “Psychologically Informed Physical Therapy in the Sport/Orthopedic Adolescent Population”

Yash Shah; Florida International University; Fall 2022 (8-weeks)

Anna Kassis; Florida International University; Summer 2022 (12-weeks)

- In-Service: “Low Back Pain Clinical Practice Guideline”

Marin Perry; Florida International University; Fall 2021 (8-weeks)

- Project: “ACL Pre-operation” Class

Gina Bebawey; Florida International University; Summer 2021 (10-weeks)

Jessica Sanchez; Florida International University; Fall 2021 (8-weeks)

Joel Blanco; Nova Southeastern University-Tampa; Winter 2019-2020 (12-weeks)

- In-Service: “Case study of a five-year-old male with fibular hemimelia and congenital femoral deficiency”

Tabitha Lees; Florida International University; Fall 2019 (8-weeks)

Erin Vendetti; Florida International University; Summer 2019 (10-weeks)

Gaby Gomez; University of Miami; Spring 2019 (8-weeks)

- In-Service: “Keeping up with the Literature: Pubmed for Clinicians”

Brielle Perlingieri; Florida International University; Fall 2018 (8-weeks)

- Project: “Physical Therapy Intake” form

Marianne Weichselbaumer; Florida International University; Summer 2018 (10-weeks)

- Project: “What is Physical Therapy?” and “How to Choose a Good Shoe” flyers

Amanda Clifton; University of Miami; Spring 2018 (8-weeks)

- In-service: “Children and Adolescents with Kinesiophobia”

Lauren Sanchez; University of Florida; Fall 2016 (8-weeks)

- In-service: “Is Manual Therapy Indicated for Kids and Adolescents?”

Erica Patel; Florida International University; Spring 2016 (8-weeks)

- In-service: “Whole Body Vibration in Pediatrics”

Beatriz Sagarduy; University of Miami; Spring 2015 (8-weeks)

- Project: “ACL Reconstruction Surgery” Brochures in English and Spanish

Physical Therapist Assistant Student

Sofia Villamizar; Keiser University; Summer 2025 (6-weeks)

Isabella Ferreiro; Concorde Career Institute-Miramar; Summer 2018 (6-weeks)

- In-service: “Medicaid in Miami Dade”

Clinical Instructor for DPT Student Integrated Clinical Experiences

Nova Southeastern University

Florida International University

University of St. Augustine-Miami

Other Teaching Experience

Svoboda, S. M. & Bermudez, N. (2023, December 6). Blood Flow Restriction Training following a TKA in an Adolescent with History of Osteosarcoma. [Microsoft Teams In-Service]. Presented to Nicklaus Children’s Hospital physical therapists.

Svoboda, S. M. (2023, November 29). Journal Club: Mindfulness in PT; Bagheri S, Naderi A, Mirali S, Calmeiro L, Brewer B. Adding Mindfulness Practice to Exercise Therapy for Female Recreational Runners with Patellofemoral Pain: A Randomized Controlled Trial. Journal of Athletic Training. 2021; 56(8): 902 – 911. doi: 10.4085/1062-6050-0214.20. [Microsoft Teams]. Presented to Nicklaus Children’s Hospital orthopedic physical therapists. (Local)

Svoboda, S. M. (2023, January 19). *Introduction to physical therapy lab*. [Guest Lecturer for FIU Kinesiology PET 4110 Evaluation in Kinesiology]. (Local)

Svoboda, S. M. (2022, March 2). *2022 NCH Physical therapy clinical education program update* [Microsoft Teams In-Service]. Presented to Nicklaus Children's Hospital physical therapists. [PT Student In-Service-20220302_124941-Meeting Recording.mp4](#) (Local).

Svoboda, S. M. (2021, September 8). *NSCA's sports medicine and rehabilitation SIG's ask the expert*. [Live interview on Facebook]. Presented to SIG members. (National).

Svoboda, S. M. (2021, February 25). *You can be me, a PT!* [Zoom Live Presentation]. Presented to FIU's Sport Science Organization Club. (Local).

Svoboda, S. M. (2019, March). *How to be a successful physical therapy clinical educator*. [Powerpoint Audio Slideshow In-Service]. Presented to Nicklaus Children's Hospital physical therapists. (Local).

Svoboda, S. M. (2018, February 28). *2018 physical therapy clinical education update*. [WebEX In-Service]. Presented to Nicklaus Children's Hospital physical therapists. (Local).

Svoboda, S. M. (2017, March 29). *Physical therapy clinical education: State of the program* [WebEX In-Service]. Presented to Nicklaus Children's Hospital physical therapists. (Local).

Svoboda, S. M. (2017, March 23). *Physical therapy clinical education: State of the program* [WebEX In-Service]. Presented to Nicklaus Children's Hospital rehabilitation services director, managers, and clinical leads. (Local).

Nicklaus Children's Hospital West Kendall Outpatient Center Physical Therapy Department's
New Employee Trainer/Mentor 2015- Present

University Committees

Florida Atlantic University's College of Education Student Advisory Council

President 12/08-05/09

Vice President 1/08-12/08

Chair of the College of Education's Research Symposium 08/08-05/09

Community Service Activities

Monthly Guest Speaker for the *Kids and the Power of Work* program at Arvida Middle School (2016-2018)

Exercise coach for the *Healthy Chicas*: A healthy lifestyle program for adolescent Hispanic females and their mothers (2014-2015)

Professional Service Activities

Site Coordinator of Physical Therapy Clinical Education. Nicklaus Children's Hospital: Main Hospital, West Kendall, Midtown, Miami Lakes, Doral, Pinecrest and Palmetto Bay (2017-Present)

Sport Health volunteer supervisor. Nicklaus Children's Hospital West Kendall Outpatient Center (2015-Present)

Member. University of Miami's Physical Therapy Clinical Education Advisory Board (2019-2024).

Member. Florida Physical Therapy Association Task Force: The Florida Partnership for Physical Therapy Clinical Education (2020-2022)

Member. Florida International University Doctor of Physical Therapy Program Admissions Committee (2022-2023)

Member. Florida Consortium of Clinical Educators' Clinical Instructor of the Year Committee (2023)