



Katherine L. Ewalt, MS, ATC, HHP, BCTMB

Owner/Director, PAARTS Wellness Studio

2650 Truxtun Rd. #206

San Diego, CA 92106

(619)225-5672

kewalt@PAARTSsandiego.com

PROFESSIONAL PRESENTATIONS

- **Keynote Speaker**, 6th World Congress on Physiotherapy, Physical Rehabilitation and Sports Medicine, “*Core Considerations: Functional Control and Dynamic Stability in the Care of Artistic Athletes*” Dubai, UAE 2022
- **Speaker**, International Association for Dance Medicine and Science, “Medical and recreational cannabis: Rudimentary information, research findings and application for dancers and healthcare providers” Montreal, Canada 2019
- **Speaker**, International Association for Dance Medicine and Science, “*Return to dance following microdiscectomy in a professional male modern dancer*” Houston, TX 2017
- **Speaker**, International Association for Dance Medicine and Science, “*Return to dance following microdiscectomy in a professional male modern dancer*” Hong Kong, China 2016
- **Speaker**, National Athletic Trainers’ Association Annual Convention, “*Revisiting the core: It’s relationship to injury and crucial role in rehabilitation and functional return to dance*” St. Louis, MO 2015
- **Speaker**, International Association for Dance Medicine and Science, “*Concussion injury in Dance: a call for awareness*” Seattle, WA 2013
- **Invited Speaker**, Chapman University: Healthy Approaches in the Training of Performing Artists, “*Core Stability: Implications for Injury Prevention and Peak Performance in Performing Artists*” Orange, CA 2013
- **Invited Panelist**, International Association for Dance Medicine and Science: Musculoskeletal Medicine Day, “*Care of the young dancer – case discussion on stress fracture management,*” Washington, DC 2011
- **Invited Speaker**, EPS Global Medical Group International Medical Forum, “*Bandaging and taping techniques for musculoskeletal injuries,*” Yangzhou, China 2011
- **Invited Speaker**, American Osteopathic Academy of Sports Medicine Conference, “*‘CORE’ Considerations: Functional Control and Dynamic Stability for the Performing Artist,*” Providence, RI 2011
- **Invited Speaker**, American Osteopathic Academy of Sports Medicine Conference, “*Core stability lab*” Providence, RI 2011
- **Invited Speaker**, American Osteopathic Academy of Sports Medicine Conference, “*Taping and bandaging lab*” Providence, RI 2011

- **Invited Speaker**, National Athletic Trainers' Association Convention, "*The 'Core': Considerations in dynamic stability for the performing artists*" New Orleans, LA, 2011
- **Speaker**, International Association for Dance Medicine and Science, "*Bandaging and taping considerations for the dancer patient*," The Hague, Netherlands 2009
- **Moderator**, International Association for Dance Medicine and Science, "*Interactive session: Open forum for attendees to share and demonstrate clinical wisdom and tricks of the trade.*" The Hague, Netherlands, 2009
- **Speaker**, Performing Arts Medicine Association, "*Revisiting the core: Its relationship to injury, crucial role in rehabilitation and functional return to dance*," Aspen, CO 2009
- **Speaker**, International Association for Dance Medicine and Science, Special interest groups day for Athletic trainers and physical therapists: "*Knee and hip: the role of core stability in functional rehabilitation and progressive return to dance*," Cleveland, OH, 2008
- **Speaker**, International Association for Dance Medicine and Science, "*Concussion injury in dance: a call for awareness*," Cleveland, OH, 2008
- **Invited Speaker**, National Athletic Trainers' Association: Workshop on Performing Arts Medicine: "*Epidemiology and injury considerations in dance and musical theater*," Anaheim, CA 2007
- **Speaker**, International Association for Dance Medicine and Science, "*Athletic training in dance medicine and science*," Palm Beach, FL 2006
- **Presentation**, "First Aid, Emergency Care, and Sports Medicine for the Softball Coach." Amateur Softball Association Coaches. Newport News, VA. January 18, 1998

PROFESSIONAL PUBLICATIONS

- Author "Facts on CBD for Dancers," Dance/USA Task Force on Dance Health 2020
- Submitted: Medical and recreational cannabis: Rudimentary information, research findings and applications for dancers and healthcare providers – a preliminary overview of current literature 2019
- Author "[Facts on Medical Marijuana \(Cannabis\) for Dancers](#)," Dance/USA Task Force on Dancer Health 2019
- Co-Author "[Tips on Concussion for Dancers](#)," Dance/USA Task Force on Dancer Health: 2019
- Submitted: Lumbar discectomy and return to professional modern dance: Case report 2018
- Submitted: Lumbar disc herniation and rehabilitation in elite dancers: Literature review 2018
- Dance Magazine Consultant: [Concussion Injury in Dance](#) 2014
- Dance Magazine Consultant: [Performance Anxiety in Dance](#) 2014
- Author "Concussion Tips for Dancers," Dance/USA Task Force on Dancer Health 2013

- Contributing Author “Anxiety Tips for Dancers,” Dance/USA Task Force on Dancer Health 2013

- Guest Editor and Author, *The Journal of Dance Medicine and Science*, Special Issue: Athletic Training in Dance Medicine and Science 2010

- Published Article Abstract, *The Journal of Dance Medicine and Science* 2010

- Published Article Abstract, *The Journal of Dance Medicine and Science* 2007

- Columnist, “Performing Artists’ Health Corner” *San Diego Performer Magazine*
 - [Bass Guitar Carpal Tunnel Syndrome](#) 2009
 - [Dancers Hip Pain](#) 2008

- Columnist, “Dancers’ Health Corner” *Dance San Diego Magazine*
 - [Dancers Bunions](#) 2008
 - [Dancers Low Back Pain](#) 2008
 - [Dancers Snapping Hip](#) 2008
 - [Dancers “Cracking” Knees](#) 2008
 - [Dancers Neck Pain](#) 2007
 - [Dancers Knee Pain](#) 2007
 - [Nutrition for Dancers](#) 2007

- Interviewee: [Advance for Directors in Rehabilitation](#) 2008

- Publication, “Tips for Prevention and Care of Athletic Injuries.” American Red Cross, VA 1998