

Abdul Banafa, DPT, PT

Education

Sports Medicine Physical Therapy Resident- Los Gatos Sports Therapy/O'Connor Hospital **Current**
Doctor of Physical Therapy - Mount Saint Mary's University **October 2019**

Awards: B.E.L.I.E.F Foundation Leadership Scholarship, Minority Scholarship Award, Societal Impact Award, HPA Scholarship, Kaiser NorCal Scholarship

Bachelor of Science in Kinesiology - San Francisco State University **May 2015**

Professional Experience

Sports Physical Therapy Resident **June 2020 – Present**

Los Gatos Orthopedic and Sports Therapy, Los Gatos, CA

- Treated and evaluated general orthopedic and sports related injuries and surgeries.
- Attend regular journal clubs, and con ed related to sports rehabilitation.
- Treat a variety of athletes from youth to professional athletes from varying sports.

Founder/Content Creator **January 2019 – Present**

Injury Insiders Sports Analysis

- Manage a team of 5 and market our 3000+ follower social media platform that is dedicated to the analysis of sports injuries.
- Sports injury analysis of major sports injuries including a biomechanical analysis of their mechanism and analysis of data related to recovery and outcome from medical literature.

Physical Therapy Intern **April 2019 – October 2019**

Kaiser Northern California: South Sacramento Inpatient/Outpatient Physical Therapy, Sacramento, CA

- 6-month clinical rotation providing rehabilitative care for patients in an acute setting ranging from trauma, ICU, PACU, Telemetry, medical surgery.
- Led an in-service on parkinsonism differential diagnosis, and treatment and diagnosis of non-arthritic hip pain.
- 3 months of acute inpatient, 3 months of orthopedic/sports medicine.

Student Trustee **January 2018 – January 2020**

California Physical Therapy Association: Government Affairs Committee Sacramento CA

- Selected as first student trustee of this committee.
- Assigned bills to review and provide an official stance of the CPTA.
- Serving as liaison to all California physical therapy students on the updates of the Government Affairs Committee and directions we will proceed.

Adjunct Faculty Anatomy Lab **August 2018 – December 2018**

Mt. Saint Mary's University, Los Angeles, CA

- Teaching freshman and sophomore-level laboratory sections to support our Anatomy and Physiology lecture courses.
- Maintaining office hours, preparing lesson plans, lectures, and other course materials such as quizzes, exams, final grades, and attendance reports.

Research Experience

The relationship between infrasternal rib angle and body mass index.

Validity study of Redcord sling system as a lower extremity injury predictor.

Biomechanical analysis of a bilateral American football throws.

Profession Affiliations

- Academy of Orthopedic Physical Therapy Mentorship Program
- Member of the American Academy of Sports Physical Therapy
- Member of the Academy of Orthopedic Physical Therapy