

Morgan Sunderland, DPT

Morgan is a graduate of the University of Miami where she received her Doctorate of Physical Therapy (DPT).

As a Doctor of Physical Therapy, Morgan has received specific training in differential diagnosis, primary care screening, pharmacology, radiology and imaging, manual therapy, therapeutic interventions, health care management, prevention and wellness, health promotion, histology, and pathology. This curriculum also included neurological rehabilitation, cardiopulmonary rehabilitation, vestibular rehabilitation, pediatrics.

Morgan loves having the ability to meet and treat a wide variety of patients, ranging from young athletes to active older adults, and everything in between. Morgan's clinical interests include orthopedics, sports medicine, pre and postoperative rehab, running analysis, fall prevention, and chronic pain management. Morgan's primary goal is to empower her patients through education so that they understand their injuries and can take control over their own health. She believes in treating each individual as a whole person rather than a diagnosis.

In her free time, Morgan is an avid runner and weightlifter. One of her many passions includes educating runners on proper strength training to enhance performance and reduce injury rate. Morgan ran her first full marathon in January 2024, and she is currently training for her next at this November's New York City Marathon. Morgan will be running as a charity runner, raising funds for Team for Kids, which helps inspire students across America to be physically active for life. Additionally, Morgan loves to hike and explore the outdoors, which she is excited to enjoy with her boyfriend and her mini Bernedoodle puppy.

RECENT PROFESSIONAL ACTIVITIES

- PT Volunteer (Aug 2023) St Pete College Concussion Screening and Physical Examination for Student Athletes
- Student PT Volunteer (2019-2020) DOCS Fair, providing health screening for underserved communities
- Student PT Volunteer (March 2020) Hurricane Challenge, organizing and conducting a day of fun activities for children living with disabilities
- Student PT Volunteer (Jan-March 2020) Shake a Leg Foundation, working with sailors with disabilities who need additional stability and mobility support
- Certified Personal Trainer (A.C.E) (2017-2020), Florida Atlantic University
- Rehabilitation Technician (2018-2019) Bommarito Performance System's NFL Combine training Program

EDUCATION

Doctor of Physical Therapy (DPT), University of Miami

Bachelor of Science (B.S.), Exercise Science and Health Promotion, Florida Atlantic University

POST GRADUATE EDUCATION- LIVE COURSES

EVIDENCE IN MOTION

Management of Cervical and Thoracic Disorders

10/2022

OPTIMAL PERFORMANCE and PHYSICAL THERAPIES

ACL Rehabilitation and the Latest Information

9/2022

RESEARCH

Espinosa, Fernando; Sunderland, Morgan. *Staged Revision Anterior Cruciate Ligament Reconstruction Surgery in a High School Soccer Player: A Case Report*

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association (APTA) <http://www.apta.org/>
- Oregon Physical Therapy Association (OPTA) <http://www.opta.org/>

