



# Department of Physical Therapy and Rehabilitation Science

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## **Sarah Balys Pawlowsky, PT, DPT, OCS**



**Associate Clinical Professor, SFSU**

**Assistant Director of Clinical Education**

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### **EDUCATION**

- BA, Integrative Biology, University of California, Berkeley, CA, 2001
  - MSPT, Physical Therapy, University of California, San Francisco / San Francisco State University, CA, 2004
  - DPT, Physical Therapy, University of California, San Francisco / San Francisco State University, CA, 2007
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### **BOARD CERTIFICATIONS**

- Physical Therapist <sup>[3]</sup> (PT)
- Orthopedic Clinical Specialist <sup>[4]</sup> (OCS)

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## **BIOGRAPHY**

Prior to joining the faculty, Sarah worked as a physical therapist at UCLA and Physiotherapy Associates in Hayward. She completed her post-professional DPT in 2007 and joined the UCSF faculty that same year. She became an Orthopedic Certified Specialist in 2008. In 2013, Sarah accepted a full-time faculty appointment at San Francisco State University, where she teaches modalities and orthopedics in the UCSF/SFSU Graduate Program in Physical Therapy and serves as the Assistant Director of Clinical Education. Dr. Pawlowsky's research publications have focused on an exercise program for older women with osteoporosis, as well as a randomized controlled trial on restorative yoga and stretching for patients with metabolic syndrome.

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## **COURSES**

- PT 742 Musculoskeletal Pathokinesiology II
  - PT 743 Musculoskeletal Pathokinesiology III
  - PT 410, PT 801, PT 802, PT 418 Assistant Director of Clinical Education
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## **CLINICAL EXPERTISE**

Dr. Pawlowsky has worked with a wide variety of orthopedic patients throughout her career, utilizing her expertise as an Orthopedic Certified Specialist. Sarah has been honored to be a frequent guest speaker at the annual UCSF Spine Symposium in recent years. She has worked extensively with Peter Edgelow, PT, and employs the Edgelow treatment program when treating patients with thoracic outlet syndrome. Her research projects on exercise interventions for women with osteoporosis as well as for individuals with metabolic syndrome (the precursor to Type 2 diabetes) further expand her clinical repertoire. Her background in ballet and whaleboat rowing provides her with a unique perspective in working with dancers and rowers.

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## **CLINICAL & RESEARCH INTERESTS**

- Thoracic outlet syndrome/ upper limb neurovascular entrapment
  - Low back pain and cervical spine pain
  - Osteoporosis
  - Metabolic syndrome
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## **PUBLICATIONS**

- Pawlowsky, S; K Hamel; W Katzman. Stability of Kyphosis, Strength, and Physical Performance Gains One Year After An Exercise Program in Community-Dwelling Older Women. Archives of Physical Medicine and Rehabilitation. Volume 90, Issue 2, Pgs 358-361, 2009.
- Kanaya AM; MR Araneta; SB Pawlowsky; E Barrett-Connor; D Grady; E Vittinghoff; M

Schembri; A Chang; ML Carrion-Petersen; T Coggins; D Tanori; JM Armas; RJ Cole. Restorative yoga and metabolic risk factors: The Practicing Restorative Yoga vs. Stretching for the Metabolic Syndrome (PRYSMS) randomized trial. J Diabetes Complications. Volume 28, Issue 3, Pgs 406-412, 2014.

- Corey S; E Epel; M Schembri; S Pawlowsky; R Cole; MR Araneta; E Barrett-Connor; A Kanaya. Effect of Restorative Yoga vs. Stretching on Salivary Cortisol and Psychosocial Outcomes in Individuals with the Metabolic Syndrome: The PRYSMS Randomized Controlled Trial. J Altern Complement Med. Volume 20, Issue 5, 2014.

View the list on PubMed <sup>[5]</sup>

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#### Links

[1] <mailto:jetlee@sfsu.edu>

[2] <mailto:pawlowsk@sfsu.edu>

[3] <http://www.apta.org/>

[4] <http://www.abpts.org/Certification/>

[5] [http://www.ncbi.nlm.nih.gov/pubmed/?term=pawlowsky\[Author\]](http://www.ncbi.nlm.nih.gov/pubmed/?term=pawlowsky[Author])