

Alexis Ortiz, Ph.D.

Research Development Officer Houston Campus & Associate Professor, School of Physical Therapy at Texas Woman's University

Houston, TX, US

Alex Ortiz is an expert in sports medicine, sports enhancement, injury prevention, physical activity as medicine and ACL rehab.

Description

Alex Ortiz is interested in the whole spectrum of sports medicine; from sports enhancement and injury prevention to physical activity as medicine to prevent chronic diseases. His latest projects have been in the area of ACL rehab, physical activity in breast cancer survivors, and exercise in adults living with HIV. Ortiz's responsibilities in the entry-level curriculum are: exercise testing and prescription and therapeutic exercise.

Industry Expertise

Education/Learning, Research, Health Care - Services, Fitness

Topics

Physical Therapy, Sports Medicine, Kinesiology, University Teaching, Rehabilitation, Exercise Physiology, Clinical Research, Biomechanics, Injury Prevention, Athletic Training, Manual Therapy

Affiliations

National Strength & Conditioning Association, American Physical Therapy Association, American College of Sports Medicine, Clinical Exercise Physiology Association

Past Talks

Muscle Activation Patterns during TRX Suspension Training Exercises

62nd Annual Meeting American College of Sports Medicine

Immediate and Carryover Effects of Lumbopelvic Manipulation on Hip and Knee Electromyography Amplitude and Pain Intensity in People with Patellofemoral Pain Syndrome

Combined Sections Meeting, American Physical Therapy Association

Mediated effects of Social Cognitive Theory variables on physical activity in Hispanic breast cancer survivors

7th American Association of Cancer Research Conference on The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved

Balance Assessment in Adults Diagnosed with HIV

Combined Sections Meeting, American Physical Therapy Association

Balance And Sensibility Impairments In Adults Diagnosed With HIV: Effectiveness Of An Exercise Program

60th Annual Meeting American College of Sports Medicine

Education

Texas Woman's University
Ph.D. Physical Therapy

Texas Woman's University
M.S. Physical Therapy

University of Puerto Rico
B.S. Physical Therapy

Accomplishments

Mentor/Student Travel Award

American College of Sports Medicine Annual Meeting, San Diego, CA, May 26-30, 2015. Federation of American Societies for Experimental Biology-Minority Access to Research Careers. Funded by a grant from the National Institute of General Medical Sciences, National Institutes of Health.

Postdoctoral Professional Development & Enrichment Award

Awarded by the Federation of American Societies for Experimental Biology-Minority Access to Research Careers.

Clinical Research Education and Career Development Award

Public Health Service Grant from The National Institutes of Health.

Young Investigator Research Award

Awarded by the National Strength & Conditioning Association.

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