

# **JULIENNE I. SAUER, ATC**

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## **EDUCATION**

### **UNIVERSITY OF SOUTHERN CALIFORNIA (USC)**

DIVISION OF BIOKINESIOLOGY AND PHYSICAL THERAPY

Master of Science in Biokinesiology Sports Science Emphasis (Expected Graduation June 2023)

### **THE OHIO STATE UNIVERSITY**

SCHOOL OF HEALTH AND REHABILITATION SCIENCES

Bachelor of Science in Athletic Training (May 2021)

## **ATHLETIC TRAINING CLINICAL EXPERIENCE**

### **JAMESON CRANE SPORTS MEDICINE INSTITUTE, Columbus, OH (September 2020 to October 2020)**

- Collected patient history, prepared exam room, reviewed medical notes, and assisted with exams.
- Practiced identifying and analyzing anatomy through MRI, X-ray, and ultrasound imaging.
- Assist physicians with ultrasound-guided injection and suture removals.

### **BRADLEY HIGH SCHOOL, Hilliard, OH (August 2020 to April 2021)**

- Experience working with adolescents, high school coaches, and parents.
- Gain clinical skills efficiency and time management skills working with a large athlete population.
- Refine on-field evaluations by working with a broad variety of injuries and diverse sports.

### **COLUMBUS CREW SOCCER CLUB, Columbus, OH (February 2020 to April 2020)**

- Perform therapeutic modalities and treatments on lower extremity injuries.
- Acquire new hip joint mobility techniques and assisted with rehabilitation.
- Experience medical team aspects, such as strength conditioning, nutrition, and data analytics.
- Provide interactive practice coverage by assisting with drills and return to play patients.

### **MEN'S VOLLEYBALL – OHIO STATE UNIVERSITY (September 2019 - May 2020)**

- Assisted with supervision and guidance of the first year AT students on skills and clinical goals.
- Assisted staff members with evaluations, treatments and rehabilitations of injuries for all athletes.
- Performed sport specific return to play techniques for ACL tears, sports hernia, ankle sprains, strains, and labrum tears.
- Functioned as a professional role model and resource person for guidance of student athletes.

### **WOMEN'S LACROSSE - OHIO STATE UNIVERSITY (January - May 2019)**

- Applied therapeutic modalities, such as manual/thermo therapy, electrical stimulation, ultrasound, laser, iontophoresis, and HIVAMAT deep oscillation treatments.
- Evaluated chronic and acute injuries to develop treatment protocols with certified AT collaboration.
- Utilized water therapy and treadmill to perform rehabilitation with surgical patients.

## **FOOTBALL - OHIO STATE UNIVERSITY (November – December 2018)**

- Selected, applied, and modified protective equipment, taping, bracing, and padding.
- Gained experience understanding emergency action plans for multiple emergency situations.
- Performed practice set up and gain skills for adapting to various weather conditions.

## **MEN'S BASKETBALL - OHIO STATE UNIVERSITY (August – October 2018)**

- Managed injury and treatment documentation on a medical database.
- Observed athlete evaluations, injury diagnoses, rehabilitation treatments and conduct hands-on learning with guidance of certified athletic trainer.
- Maintained facility cleanliness and organization.

## **SUMMER INTERNSHIPS**

### **ACCELERATED SPORTS PERFORMANCE (Summer 2021)**

- Coach clients through exercises ensuring proper technique and form.
- Assist with the creation of individualized exercise programs for clients.
- Edit database of over 3,500 exercises and formulate the weekly social media posts.

### **VOLLEYBALL FESTIVAL ALL GIRLS TOURNAMENT PHOENIX ARIZONA (Summer 2019)**

- Part of medical staff responding to emergencies, evaluating injuries, and providing first aid as needed.
- Worked closely with head athletic trainers to provide optimal medical care.
- Performed medical emergency assistance for on field injuries and by-standers.

## **VOLUNTEERING**

### **AIDS LIFECYCLE (Summer 2019)**

- Treated cyclists during a seven-day cycling tour through California with minimal AT equipment.
- Gained knowledge of long-distance chronic injuries and treatment protocols.
- Worked with a variety of patients 18-80 years old with various athletic levels.
- Interacted with medical professionals, such as chiropractors, physicians, acupuncturists, and massage therapists) from all over the United States.

## **PROFESSIONAL AFFILIATIONS**

National Athletic Trainers' Association (NATA), Member since 2018

## **AWARDS**

Ohio State Health Sciences Scholars Program (Member since September 2017)

Dean's List School of Health and Rehabilitation Sciences (Fall 2017, Fall 2019, Spring 2020)

## **ATHLETICS**

Ohio State Women's Club Water Polo Scarlet (Fall 2017)

Certified Swim Instructor and Lifeguard - American Red Cross (2016 to present)

## **CERTIFICATIONS**

American Red Cross Basic Life Support for Healthcare Providers with First Aid since May 2018