

Ross Brunett, PT, DPT, ATC

rbrunett@pointloma.edu
(619)-849-2200

Profile

Clinically experienced as a dual credentialed Doctor of Physical Therapy and Certified Athletic Trainer in outpatient and sideline care for orthopedic injuries to athletes and the general population. Driven towards pedagogical development to pull this diversity of professional expertise into the classroom setting to facilitate education of Kinesiology students to become passionate clinicians who provide extraordinary patient care. Passionate to provide patients and students with the benefits of interdisciplinary plan of care creation when appropriate, consistently demonstrated in my clinical practice and classroom curriculum.

Professional Experience

Point Loma Nazarene University

Assistant Professor | San Diego, CA

08/2024-Present

Responsibilities: Full time professor role primarily in PLNU's Masters Athletic Training Program and secondarily in the Undergraduate Kinesiology Department. Responsible for course content creation and teaching focusing on evaluation and therapeutic management of orthopedic musculoskeletal injury. Also features roles in undergraduate academic advising and research within the College of Health Sciences.

Point Loma Nazarene University

Adjunct Professor | San Diego, CA

09/2022-12/2023

Responsibilities: Create content for and instruct ATR6010 Therapeutic Interventions lecture and lab course in PLNU's Masters Athletic Training Program. Deliver injury management knowledge and skills regarding exercise rehabilitation, joint mobilization, return to play testing, and pre/post-op protocol familiarity in an interactive and hands on hybrid course format. Class size: 15-20 students/cohort.

San Diego Legion

Head Physiotherapist & Medical Director (PT/ATC) | Carlsbad, CA

11/2021-08/2024

Responsibilities: Team medical director and head physiotherapist (PT/ATC) on field and in clinic injury assessment, plan of care creation, rehabilitation, strapping, COVID administrator, budget and inventory oversight for team of 40 professional rugby athletes.

Catalyst Physical Therapy & Wellness

Ortho & Sports Medicine PT | Mission Valley, CA

09/2021-09/2023

Responsibilities: Per diem Doctor of Physical Therapy at PT owned outpatient clinic treating full spectrum injury rehabilitation with emphasis on non-operative approach. | Caseload: 2 patients per hour with PT aide supervision.

San Clemente Rhinos Rugby Academy 02-11/2021
U10-23 Rugby PT/ATC | San Clemente, CA

Responsibilities: First medical director for the rugby academy creating medical protocols, building and supplying the training room, and establishing relationships with local team physicians, chiropractors, tournament ATC allocators. | Team size: Varies from 25-100 athletes.

Belmont Shore Rugby Club 02-06/2019
Adult Club Rugby ATC | Long Beach, CA

Responsibilities: Part Time services for pre-season health screening, baseline concussion testing, and game day treatments for adult male semi-professional rugby league. | Team Size: Approximately 25 athletes.

Beach Cities Orthopedics & Sports Medicine 09/2019-04/2021
Ortho & Sports Medicine PT | Manhattan Beach, CA

Responsibilities: Full time Doctor of Physical Therapy at surgeon owned outpatient clinic with full spectrum postoperative injury rehabilitation. Vast exposure under sports medicine trained surgeons treating knee and shoulder injuries, as well as beach sport athletes such as surfers, swimmers, and volleyball players. Clinical preceptor for two doctor of physical therapy students over the course of 16 weeks each. | Caseload: 2 patients per hour.

GameTime Sports Medicine 08/2021-Present
ATC/1st Responder | Southern CA

Responsibilities: Concussion evaluations, injury recognition, sideline treatment including first aid, taping, orthopedic treatments and return to sport assessments across various contact and non-contact sports.

Southern California Youth Rugby Association 01/2018 – 02/2019
ATC/1st Responder | Southern CA

Responsibilities: Concussion evaluations, injury recognition, sideline treatment including first aid, taping, orthopedic treatments and return to sport assessments in youth rugby.

Rehab United Physical Therapy 05/2017
ATC/1st Responder | Carmel Valley, CA

Responsibilities: Serve as a first responder and orthopedic injury care provider for the 2017 Manchester City Cup soccer tournament providing coverage for four soccer fields, providing pregame, in game, and post game injury assessment and treatment of elite level juvenile athletes.

Jon Harvard Academy 10/2014 - 05/2016
Tutor | Point Loma, CA

Responsibilities: Provide one on one and group tutoring sessions for middle and high schoolers in subjects including physics, calculus and chemistry.

Rehab United Physical Therapy 06/2015 - 05/2016
Physical Therapy Aide | Carmel Valley, CA

Responsibilities: Assist patients through functional exercises at renowned Rehab United clinics, learning extensively about Applied Functional Science for hundreds of clinical hours. Provide services during Sports Performance Center Classes for various age groups.

Education

University of Southern California (USC) | Los Angeles, CA 05/2019
Doctorate of Physical Therapy: Division of Biokinesiology & Physical Therapy

Point Loma Nazarene University (PLNU) | San Diego, CA 05/2016
Bachelor of Science: Applied Health Science
Bachelor of Arts: Athletic Training Magna Cum Laude with Honors

Licenses & Certifications

Dry Needling Certified | Master Dry Needling | 12/2023

Immediate Care in Rugby II | World Rugby | 12/2021

TPI Certified Level I | Titleist Performance Institute | 12/2020

Functional Movement Techniques (FMT) Basic & Advanced | RockTape | 06/2020

Licensed Physical Therapist (PT) | Physical Therapy Board of California, #297432 | 10/2019

Certification in Applied Functional Science (CAFS) | 08/2017

Certified Athletic Trainer (ATC) | Board of Certification, #2000024785 | 06/2016

Basic Life Support (BLS) Provider | American Heart Association | Valid since 06/2014

Undergraduate Honors Research Project | Whole Body Approach to Injury Reduction in Baseball | 2016

References

Casey Waller, PT, DPT

Clinic Director, Longevity Physical Therapy-San Diego
Adjunct Professor of Kinesiology, Point Loma Nazarene University
(916)-833-8149
cwaller@pointloma.edu

Delaney Cassidy, MS, ATC, CSCS

Assistant Physiotherapist San Diego Legion
Adjunct Professor of Masters Athletic Training, Point Loma Nazarene University
(760)-484-7785

dcassidy.atc@gmail.com

Andre Bosier

Team Manager San Diego Legion

(760)-291-7893

bo@sdlegion.com