

Stanford



Corey Rovzar

Instructor, Medicine - Stanford Prevention Research Center

Bio

BIO

Corey Rovzar, PhD, PT, DPT is an Instructor of Medicine and Wu Tsai Human Performance Alliance Clinician-Scientist at the Stanford Prevention Research Center in the School of Medicine. She holds a PhD in Geography/Environmental Studies from UCLA and a doctorate in physical therapy from the University of Colorado. Her broad research interests include physical activity promotion, movement optimization, and biomechanical assessment to support healthy aging. Her current research involves designing and implementing a novel, education and exercise-based remote intervention to enhance balance and movement quality and reduce the risk of falls in older women.

Clinically, she has worked in an outpatient setting with individuals across the lifespan recovering from orthopedic injuries and has witnessed the potency of exercise as medicine. She has also consulted with health tech start-up companies to measure the effectiveness of digital health programs in reducing musculoskeletal pain and improving function when compared to outcomes following traditional rehabilitation or surgery. She is passionate about improving access to health and believes that lifestyle medicine is the foundation for empowering individuals to confidently manage their own health and well-being.

<https://www.linkedin.com/in/corey-rovzar/>

ACADEMIC APPOINTMENTS

- Instructor, Medicine - Stanford Prevention Research Center

PROFESSIONAL EDUCATION

- DPT, University of Colorado, Anschutz Medical Campus , Physical Therapy (2018)
- PhD, University of California, Los Angeles , Geography (2016)
- BA, University of California, Los Angeles , Geography/Environmental Studies (2011)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Enhancing human movement through scalable, remotely delivered physical activity interventions, remote assessment and monitoring of human movement, health technology development, fall prevention, aging, digital balance assessment, improving access to health and healthcare, increasing healthspan, lifestyle medicine

Publications

PUBLICATIONS

- **Sex Differences in Resistance Training Participation and Beliefs Among Adolescent Athletes: An Exploratory Cross-Sectional Study.** *Sports (Basel, Switzerland)*
Rovzar, C. M., Howell, D., Armento, A.
2026; 14 (1)
- **Lifestyle Interventions and Supplements for Joint and Arthritis Pain: A Narrative Review.** *American journal of lifestyle medicine*
Nguyen, S., Kaufman, M., Shetty, M., Rovzar, C., Friedlander, A., Fredericson, M.
2025: 15598276251395980
- **Knowledge, attitudes, and beliefs about balance among adults in the United States.** *SAGE open medicine*
Rovzar, C. M., Tee, S., Calvachi, P., Ganapathy, A., Knauer, A., Brezoczky, K., Phelan, E. A., Kado, D. M.
2025; 13: 20503121251374966
- **Fall risk in relation to strength training, walking, and sitting among women aged 75-105 years: a cross-sectional study within the Women's Health Initiative Strong and Healthy (WHISH) Intervention Cohort.** *Research square*
Rovzar, C., Jhandi, S., Mackey, S., Laddu, D., Shen, S., LaCroix, A., Stefanick, M. L.
2025