# Stanford

# Corey Rovzar

Postdoctoral Scholar, SCRDP/ Heart Disease Prevention

## Bio

### BIO

Corey Rovzar, PhD, DPT is a postdoctoral fellow at the Stanford Prevention Research Center in the School of Medicine. She holds a PhD in Geography 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.

### PROFESSIONAL EDUCATION

- Doctor of Philosophy, University of California Los Angeles (2016)
- Master of Arts, University of California Los Angeles (2012)
- Doctor of Philosophy, University of Colorado Denver (2018)
- 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)

### STANFORD ADVISORS

- Christopher Gardner, Postdoctoral Faculty Sponsor
- Marcia Stefanick, Postdoctoral Research Mentor

## 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