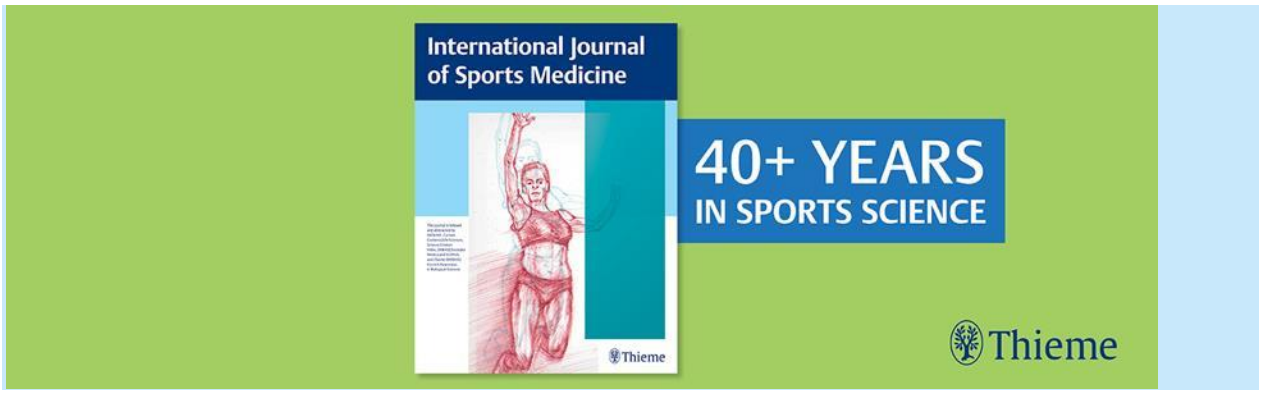

Interview with Callie Pohlman

We are excited for the opportunity to interview Callie Pohlman, author of the article Effects of Body Weight Support in Running on Achilles Tendon Loading published in the *International Journal of Sports Medicine.* Read the interview below.

READ THE ARTICLE

About Callie Pohlman is from Appleton, WI. She earned a Bachelor of Science degree in Biology from McKendree University in Lebanon, IL. Currently, Callie is a 3rd year student out on clinical internship in the Doctoral Program in Physical Therapy (DPT) at the University of Wisconsin - La Crosse where she is expected to graduate in May 2024. Her research focus has been related to Achilles tendon loading in runners as well as knee injury prevention using augmented feedback in middle and high school female athletes.

Connect with Callie Pohlman

What motivated you to write your paper *Effects of Body Weight Support in Running on Achilles Tendon Loading*, and what was your experience like?

Callie Pohlman: I had the wonderful opportunity to be the research assistant for Dr. Kernozek this past year. He was the one who really sparked my interest in biomechanics, running related injuries, and Anterior Cruciate Ligament injury prevention. Dr. Kernozek as well as my other co-authors at

the University of Wisconsin – La Crosse provided their input that helped to guide me through the writing process. Through these experiences I gained a greater appreciation for scientific writing, understanding of the body of work surrounding our topic, and the discipline that it takes to craft a manuscript. It was also a pleasure to present our research at the American College of Sports Medicine conference in Denver this year as a thematic poster. I enjoyed being able to communicate our findings to other clinicians and scientists and how our study relates to other research relative to running related injury.

Do you think your gender affects your work? If so, how?

Callie Pohlman: I personally do not think my gender affected my work. Dr. Kernozek was amazing to work with because he was an excellent teacher and mentor who provided me with guidance and resources to be successful. There are certain areas of research that are more male dominant, however, I feel like more women are becoming involved and taking leadership roles in clinical research. This is great to see. It is a true honor to be selected to represent my university, our clinical research program in physical therapy at the international level on behalf of #WomenInMedicine within Sports Medicine.

5 things you have learned as a woman in medicine:

Callie Pohlman:

1. Build strong collaborative interdisciplinary relationships
2. Be confident in your abilities, but don't be afraid to seek out help
3. Use every opportunity as a true learning opportunity
4. Don't let others dictate what you should or shouldn't do – blaze your own path and find out what brings you joy
5. Be grateful for the position you are in, the people around you, and the resources available to you that foster your educational opportunities

What advice can you give to other women in the field?

Callie Pohlman: Advocate for yourself and seek out opportunities to learn and grow.

What are the current hot topics in your specialty?

Callie Pohlman: A lot of our current research in biomechanics is focused on running related injuries as well as Anterior Cruciate Ligament injuries, especially in young female athletes. Many strive to answer how these injuries may be prevented and to determine strategies for rehabilitation after injury. These are areas that Dr. Kernozek and others within the La Crosse Institute for Movement Science (LIMS) at University of Wisconsin - La Crosse are highly involved in. In addition to working with runners within the La Crosse community, we have worked with local middle and high school female athletes using augmented feedback to improve landing mechanics. This work informs athletes, trainers and coaches on how to incorporate these strategies into practices and games to prevent knee injury.

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