

KAITLYN N. BERNHARD
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814-996-4134 | 814-996-4173

WORK EXPERIENCE

Tussey Mountain Foot & Ankle Specialists, State College, PA	2021 - Present
Eagle-Summit Foot & Ankle, PO Box 5260, Avon, CO	2020 -2021
Foot Specialist Associates, 950 E. Harvard Ave, Denver CO	2017 – 2020

QUALIFICATIONS/CERTIFICATIONS

American Board of Foot and Ankle Surgery - Board Certified in Foot Surgery
American College of Foot and Ankle Surgeons – Fellow

HOSPITAL AFFILIATION

Staff physician – Penn Highlands Huntingdon	2022 – Present
Staff physician – Mount Nittany Medical Center	2021 – Present

EDUCATION

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- Highlands/Presbyterian St. Luke’s Medical Center, Denver, CO
- Podiatric Medicine and Surgery with Reconstructive Rearfoot and Ankle certification, June 2017
- Kent State University College of Podiatric Medicine, Independence, OH
- Doctor of Podiatric Medicine, May 2014
- Mercyhurst College, Erie, PA
- Bachelor of Science, Biology, Magna cum laude, May 2009

ACADEMIC PUBLICATIONS

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- Ng, A, Bernhard, K. Osteochondral Autograft and Allograft Transplantation in the Talus. Clinics in Podiatric Medicine and Surgery. Published online July 14, 2017.
- Ng, A, Bernhard, A, Bernhard, K. Advances in Ankle Cartilage Repair. Clinics in Podiatric Medicine and Surgery. Published online July 29, 2017.
- Ng, A, Bernhard, K. The Use of Juvenile Cartilage in Foot and Ankle Surgery. Clinics in Podiatric Medicine and Surgery. In print.
- Sachs, BD, Bernhard, K. Mesenchymal Stem Cell Allograft in a Nonunion Fibular Fracture: A Case Report. Clinics in Surgery. 2 (2017): 1-5
- Bernhard, K, Ng, A, Kruse, D, Stone, PA. Surgical Treatment of Bone Marrow Lesion Associated with Recurrent Plantar Fasciitis: A Case Report Describing a Novel Technique Utilizing Subchondroplasty. J Foot Ankle Surg. 57.4 (2018): 811-815.
- Bernhard, K, Morgan, K, Kruse, D, Stone, PA. Rare Presentation of a Marjolin’s Ulcer Secondary to a Post-Traumatic Injury. Journal of Foot and Ankle Surgery. 56.1 (2017): 112-116.
- Campitelli, N, Spencer, S, Bernhard, K, Heard, K, Kidon, A. Effect of Vibram FiveFingers Minimalist Shoes on the Abductor Hallucis Muscle. Journal of the American Podiatric Medical Association. 106.5 (2016): 344-351

RESEARCH EXPERIENCE

Study Coordinator: A Comparative Study of Injectable Human Amniotic Allograft (ReNu) versus Corticosteroids for Plantar Fasciitis: A Prospective, Randomized, Blinded Study.

- Ongoing study

Undergraduate Research Assistant: Mercyhurst College, 2007-2009

- Assessed the water quality by utilizing quantitative real time PCR to differentiate *Bacteroides* specific to humans to the total *Bacteroides* present in the sample for Tributaries and Presque Isle Beach Waters. Advisor: Steven Mauro, Ph.D.
- Investigated the impact of gliadin on common gut bacteria: implications for celiac disease. Advisor: Steven Mauro, Ph.D.

HONORS, AWARDS, & SCHOLARSHIPS

- Mildred Kaufman Memorial Award, 2014
- Bert Bernard Brosky, DPM Award, 2014
- The Florence & Bernard Block Unsung Hero, 2014
- Pi Delta National Honor Society Member 2012-2014
- Dean's List 2010-2014
- Presidential Scholarship 2010-2011
- Scott Alter, DPM Memorial Scholarship 2010-2011

ACADEMIC SYMPOSIUMS/COURSES

- Highland's Institute Conference, Vail, CO, February 6-8, 2020
 - Oral Presentation: "Treatment of Lesser Metatarsophalangeal Joint Arthritis"
- Zimmer Total Ankle Course, Denver, Co, 2016
 - Certified to implant the Zimmer Total Ankle
- ACFAS Arthroscopy Course, Chicago, IL, October 1-2, 2016
 - Cadaveric lab on foot and ankle arthroscopy
- Highland's Institute Conference, Vail, CO, January 23-26, 2016
 - Oral Presentation: "Marjolin's Ulceration in a Post-Traumatic Patient"
- Colorado Foot and Ankle Society Annual Conference, Denver, CO, October, 2015
 - Oral Presentation: "Primary Repair of Rearfoot and Ankle Tendinopathies"
- Pennsylvania Academy of Science, Camp Hill, PA, March 27-29, 2009
 - Oral Presentation: "Differential Impact of Gliadin on Common Gut Bacteria: Implications for Celiac Disease."
- Innate, Adaptive, and Regulatory Immune Responses to Intestinal Microbiota, Taos, NM, January 13-18, 2009.
 - Presented Poster: "Differential Impact of Gliadin on Common Gut Bacteria: Implications for Celiac Disease."
- The 12th International Symposium on Microbial Ecology, Cairns, Australia, August 17-22, 2008.
 - Presented Poster: "Utilization of Real-Time PCR to Determine Non-Point Sources of Bacterial Pollution in an Aquatic Ecosystem."
- Pennsylvania Academy of Science, Grantville, PA, April 4-6, 2008.
 - Presented Poster: "Real Time PCR Detectors of Bacterial Contamination Found in Tributaries and Beach Waters of Presque Isle State Park."