

# Addison Lang PT, DPT

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## Education

**University of Missouri, Columbia**

Date of graduation: May 2022

*Doctor of Physical Therapy*

**University of Missouri, Columbia**

Date of graduation: December 2018

*Bachelor of Health Science in Health Science; Multicultural Certificate*

**CIEE Study Abroad: Paris, Madrid, Berlin**

January 2017 - May 2017

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## Clinical Experience

**Pivot Physical Therapy** - Hampton, Virginia

July 2022 - Present

*Outpatient Orthopedics - Staff Physical Therapist*

- Deliver patient-centered care to those with simple to complex orthopedic injuries via thorough initial evaluations, initiation of exercise programs unique to each individual, and implementation of patient education
- Enhance interprofessional communication by working closely with front desk staff, physical therapist assistants and techs to ensure mutual understanding of patient care plans in order to promote excellent continuity of care
- Interact with a patient load heavily populated with veterans of all ages and backgrounds, understanding the psychosocial impact on pain, and offering education alongside exercise to assist with pain management

**SSM Health Physical Therapy** - Warrenton & Wentzville, Missouri

January - March 2022

*Outpatient Orthopedics - Student Clinical Education IV*

- Provided skilled physical therapy to patients with a wide range of pathologies in the orthopedic setting with a focus on optimizing functional capabilities and pain management utilizing the biopsychosocial model of care
- Developed and taught patients how to perform, along with the importance of compliance of home exercise programs in order to increase patient adherence and improve health outcomes

**PhysZou** - Columbia, Missouri

November 2019 - May 2022

*Orthopedic, Neurologic and Pediatric - Student Clinical Education*

- Developed professional behavior and clinical reasoning skills during 4-week orthopedic, pediatric and neurological rotations in a pro-bono physical therapy clinic under the supervision of physical therapy professors
- Provided skilled therapy to underserved populations, improved cultural competencies, and navigated healthcare services and equipment in the absence of insurance/ ability to pay

**North Kansas City Hospital** - North Kansas City, Missouri

October - December 2021

*Inpatient Rehabilitation - Student Clinical Education III*

- Initiated patient evaluations and progressed daily interventions that aligned with a multidisciplinary team-centered plan of care in order to aid in restoration of patient function and safe discharge planning
- Utilized updated research to provide evidence-based interventions for patients with neurologic injuries and deconditioned cardiopulmonary systems to promote efficiency in restoring functional mobility

**Barnes Jewish Hospital** - St. Louis, Missouri

March - June 2021

*Acute Care - Student Clinical Education II*

- Performed evaluations for those with acute mild to complex orthopedic injuries in order to create an appropriate plan of care including education on how to safely navigate their environments after hospital discharge
  - Provided education and demonstrations to patients regarding safety precautions, home exercise programs, and proper mobilization techniques to ensure safe and efficient continued healing processes post surgical interventions
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## Certifications, Licenses and Memberships

*Licensed Physical Therapist in the state of Virginia | American Heart Association BLS Heartcode Certified*

