



ARIANA HARLAN

PELVIC FLOOR PHYSICAL THERAPIST

CONTACT

ariharlan2@gmail.com
720-737-9463
880 N 200 E Logan, UT 84321
@arianaraedpt

EDUCATION

Doctor of Physical Therapy
Tufts University School of Medicine
2022 | Boston, MA

Bachelor of Science in Kinesiology
Utah State University
2020 | Logan, UT

CONTINUING EDUCATION

Pelvic Floor Level 1
Herman & Wallace | April 2022

Pelvic Floor Level 2A
Herman & Wallace | September 2022

Pelvic Floor Level 2B
Herman & Wallace | September 2022

Myofascial Mobilization: Pelvis and
Lower Extremity- Ramona Horton
Herman & Wallace | August 2022

Dry Needling & the Pelvic Floor
Herman & Wallace | March 2022

Dry Needling 1, 2, 3 and Pelvic Floor
Myopain Seminars | Registered & to
be completed by November 2023

HIGHLIGHTS, SKILLS and CERTIFICATIONS

- Pregnancy and Postpartum Corrective Exercise specialist (PCES) educated
- Trained in various manual therapy techniques including myofascial mobilization, IASTM, cupping, percussion tool massage, and dry needling
- Dry Needling experienced- neuromodulation & trigger point therapy
- BLS certified
- Skilled at focused patient centered care, efficient documentation, performing functional outcome measures, assessing, diagnosing and treating patients
- Conversational Spanish
- Efficient, organized, self motivated and goal oriented
- Strong base in yoga, dance, mindfulness, and pain science

CLINICAL EXPERIENCE | STUDENT PT

Reborn Pelvic Health and Wellness: Outpatient Pelvic Health |
August-December 2022 (15 weeks)

- Evaluated and treated 8-10 patients per day with diverse pelvic and orthopedic diagnoses under supervision of a licensed physical therapist.
- Practiced manual interventions such as myofascial mobilization, joint manipulation/mobilization, IASTM, cupping, and percussion massage.

Logan Regional Hospital: Acute Care | June-August 2022 (8 weeks)

- Evaluated and treated 7-15 patients per day with diverse diagnoses and demographics on the medical, surgical, intensive care, and emergency units under supervision of a licensed physical therapist.
- Collaborated with physicians, nurses, nurse aides, occupational, speech and respiratory therapists, pharmacists and social workers to determine appropriate plans of care for patients as well as discharge and referral planning.

ATI Physical Therapy: Outpatient Orthopedics | January-March 2022 (8 weeks)

- Evaluated and treated 8-10 patients per day with post-operative, acute and chronic knee and shoulder diagnoses and diverse demographics under supervision of a licensed physical therapist
- Practiced manual interventions such as joint manipulation/mobilization, taping, IASTM, cupping, and percussion massage.

RELEVANT WORK AND LEADERSHIP EXPERIENCE

Tufts University School of Medicine | January 2021-December 2021
DPT Student Admissions Ambassador

Aided in recruitment of new DPT students by hosting Zoom open houses, calling admitted students, and advocating for the program via social media.

Tufts PHPD Diversity, Equity, and Anti- Racism Committee | February 2021-Present
Assessed and addressed student climate pertaining to DEI concerns, recruited speakers for educational series, developed student scholarship program.

Intermountain Healthcare: Logan Regional Hospital | 2020-2021
COVID-19 Greeter/Screeners, Temporary
Greeted and screened patients of the Womens Health Center of LRH for symptoms of COVID-19.

The Church of Jesus Christ of Latter Day Saints
Boston, MA February 2016-September 2017
Full-Time Missionary
Volunteered as a full time missionary and learned skills in communication/human relation, instructed individuals and facilitated various service projects.