

# Joseph R. Epstein

Home Address: 1126 Faulkner Terrace, Palm Beach Gardens, FL, 33418

Phone Number: (315)-657-4648

Email: JREATC7@gmail.com

Date of Birth: December 19<sup>th</sup>, 1988

---

## Education

### **Florida Atlantic University**

777 Glades Rd, Boca Raton, FL 33431

Currently taking classes as a biomedical master's program student. I have been enrolled at FAU from August 2016- present

### **Towson University**

8000 York Road Towson, MD 21252

Attended fall 2009- spring 2013, accumulating a total of 202.7 credits directed towards a Bachelor of Science degree with a concentration in Sports Medicine. Graduated from Towson University on 5/22/13

### **Limestone College**

1115 College Drive Gaffney, SC 29340

From fall 2007- summer 2009 attended this establishment accumulating 49 transferrable credits applied toward Bachelor of Science.

## **Current Certifications:**

### **CPR/AED and wound care certified by American Heart Association**

eCard code: 185502301347

Issue date: 2/3/2018

Renewal date: 02/2020

### **BOC-Certified Athletic Trainer (ATC)**

Certification #: 2000014578

Certification duration: Issued on 07/11/2011

Expires on 12/31/2021

License status: CLEAR/ACTIVE

### **Florida Department of Health state athletic training license**

License #: AL4733

License duration: Issued on 10/04/2016

Expires on 9/30/2020

License status: CLEAR/ACTIVE

### **Maryland Board of Physician's state athletic training license**

License #: A00685

License duration: Issued on 9/30/2014

Expires on 9/30/2021

License status: Clear/Active

---

## Employment History

### **Fyzical Therapy & Balance Centers**

5840 Corporate Way Suite 101, West Palm Beach, FL 33407

Supervisor: Megan Barclay, ATC (director of athletic training)  
Trish Burt, ATC, PTA (Fyzical ATC department head)

Office number: 561-432-0111

Email: ([Mbarclay@fyzicalpbc.com](mailto:Mbarclay@fyzicalpbc.com)) ([Tburt@fyzicalpbc.com](mailto:Tburt@fyzicalpbc.com))

From 8/2017-present

Currently I am currently the acting athletic trainer for The Benjamin School

### **CORA Rehabilitation Clinic**

3450 Northlake Blvd Suite 101, Palm Beach Gardens, FL 33403

(561) 625-2775

Supervisor: Angela Nunez (Head Athletic Trainer)

From January 2017- October 2017

I have been employed by CORA to provide services as an athletic trainer. I was employed specifically as a PRN trainer to help assist in providing medical coverage to various sporting events taking place in the community.

### **Athletic Trainer at Adventist Healthcare**

9909 Medical Center Drive, Rockville, MD 20850

(240)864-6000

Supervisor: Palmer Brady (Head Athletic Trainer)

Employed from August 2014-August 2016

Job specifications:

Provided health care services as an athletic trainer to Springbrook high school. I also worked with the physical therapists at the rehab hospital as a PT tech/ PT assistant. I also helped create and run the wellness program offered to physical therapy patients who wished to continue treatment after discharge. While working at the hospital my responsibilities included; continuing treatment plans for various patients that were newly discharged from physical therapy. While working with these clients I performed all duties within my scope of practice as an athletic trainer.

While working as an athletic trainer at Springbrook high school my duties consisted of supervising all athletes that participated in school related sports. Scope of practice consisted of preventing, evaluating, assessing, referring to supervising physician and or rehabilitating athletic related injuries. I also acted as a first responder in the event of an emergency situation during athletic events.

### **Personal Trainer at Merritt Athletic Clubs**

598 Cranbrook Rd, Cockeysville, MD 21030

(410) 683-1800

Supervisor: Troy Harris (Personal Training Manager)

From May 2013- August 2015 I worked as a personal trainer at Merritt athletic clubs. My job responsibilities included evaluating various clients' goals and creating/ instructing clients how to exercise while having a healthy diet in order to achieve their fitness goals. I was also responsible for marketing myself to potential clients.

### **Medical Scribe**

Gastroenterology and Hepatology of CNY

5112 West Taft Road Liverpool, NY 13088

315-452-3235

Supervisor: Martha Stevener

From May 2006- August 2008 I upheld the job title of a Doctor's personal medical scribe. The job entailed sitting in on all of a Gastroenterologists Doctor consults with various patients either there for routine follow-up exams or initial consultation. During each interaction I would sign in on the computer provided in the exam room and look up the patient's chart. Depending on the reason for visit I would then either write an update note or an initial note based on the verbal communication between the Doctor and the patient. I was mainly responsible for clearly recording each patient's physical exam, symptoms, history, and the doctor's diagnosis. My duties as a personal doctor's scribe provided me with a tremendous amount of experience with regards to keeping organized and complete notes. It also helped me by understanding how to optimally organize notes based on initial evaluation of patients. Finally it also helped me by better understanding how to ask questions in order to quickly and optimally get an accurate assessment.

### **Nutrition and Health Specialist**

General Nutrition Center

9601 Carousel Center Syracuse, NY 13209

315-466-3732

Supervisor: Teraile Stinnet

From May 2008- August 2011 I worked in a very large nutrition store. During my time spent there I received extensive training and completed countless exams that educated me on all nutrition products in the store. My job duties included learning what the customer's main goal is with regards to his or her lifestyle, whether it be to lose weight or gain strength. I then would recommend modifications to the daily activities and or habits such as to limit caloric intake or increase resistance exercises in order to help them. Finally I would then recommend products in the store that many studies suggest can have a positive influence on the health goals with the addition of proper diet and activity. While working at this establishment I learned a great deal about diet. Although many medical professionals would not see this type of job experience beneficial in the athletic training profession I disagree. While working for this company it has provided me with a great deal of insight on a topic not often studied or researched. This topic is ergogenic aids. After spending a great deal of time dealing with these products I feel very confident in instructing athletes what type of ergogenic aids they should stay away from and what kinds might benefit them such as protein powders.

---

## Clinical Experience-

### Professional Clinical Experience:

- Fyzical Balance & Coordination Center
- CORA Rehab Clinic  
PRN Athletic Trainer
- Adventist Rehab Hospital  
PT Assistant/Tech  
Wellness Coordinator  
Spring Brook High school Head Athletic Trainer  
Rockville, MD  
August 2014- August 2016
- Dwyer high school                      Athletic Trainer                      2015-2016
- Fyzical Therapy PT clinic              Physical Therapy Specialist              2015-2016
- Saint John Paul Academy high school      Athletic Trainer                      2018-2019
- The Benjamin School                      Athletic Trainer                      2019-present

### Undergraduate:

While obtaining my degree in the athletic training program I was required to log in over 200 hours of clinical experience every semester. During my clinical experiences I would asses various athletes overall physical fitness, identify any injuries and provide a comprehensive rehabilitation plan the athlete was required to follow until fully recovered. With supervision provided by a supervisor, my primary duty was to rehabilitate any injuries encountered by athletes. I also was required to provide athletes with many self made nutrition plans and exercise programs that directly improved athletic performance. After my most recent clinical experience which was with the Towson men's baseball team, I have received extensive experience in creating numerous exercise programs to assist in improving my clients overall health and wellness. The clinical settings I was assigned to throughout my undergraduate studies occurred from 2008- spring of 2013 and are listed as follows:

- Toronto Blue Jays Spring Training Camp  
373 Douglas Avenue 34698 Dunedin, FL  
Assistant Athletic Trainer Hap Hudson  
Job title: First aid and wound care specialist  
March 16<sup>th</sup>- 25<sup>th</sup> of 2009  
Various High School and college sports division 1, 2 and 3

---

### Notable accomplishments:

- Played 2 years of college lacrosse for a nationally ranked division 2 team at Limestone College. I was starting Face off midi before transferring to Towson University to pursue a strictly academic focus and receive a better education. where I had plans to play for their

- While at Towson from 2010-2011 I played for their club lacrosse team.
- Played for Baltimore's amateur club Lacrosse team from 2011-2014
- Played for Florida Atlantic University club lacrosse team from 2016-2017

---

## References

- Dr. Wade Van Sice     *Supervising Physician*  
Orthopedic Surgeon  
Jupiter Orthopedics & Sports Medicine  
Cell:     (504) 615-6325  
Email:    [Wvansice@msn.com](mailto:Wvansice@msn.com)
- Dr. Steven Hager                     *Mentor*  
Osteopathic Doctor of Medical Oncology  
California Cancer Associates  
Cell:     (559) 270-4625  
Email:    [shager@ccare.com](mailto:shager@ccare.com)
- Megan Barclay                     *Supervisor*  
Director of Sports Medicine at Fyzical Therapy & Balance Centers  
Cell:     (862) 707-7268  
Email:    [Mbarclay@fyzicalpbc.com](mailto:Mbarclay@fyzicalpbc.com)
- Lindsey Webster                     *Peer*  
LCSW-C Adoptions councilor and child psychologist  
Cell:     (315) 657-4635  
Email:    [Lepstein06@gmail.com](mailto:Lepstein06@gmail.com)
- Palmer Brady                     *Supervisor*  
Head Athletic Trainer at Adventist Healthcare  
Cell:     (301) 523-2208  
Email:    [PBrady@adventisthealthcare.com](mailto:PBrady@adventisthealthcare.com)
- Elizabeth Kotroba                     *Supervisor*  
Associate Vice President of Operations & Director of Outpatient  
Physical Therapy of Adventist HealthCare Rehabilitation Hospital  
Cell:     (240) 864-6036  
Email:    [EKotroba@adventisthealthcare.com](mailto:EKotroba@adventisthealthcare.com)