

Kelsey Scarbrough, PT, DPT, MS, CSCS

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Work Experiences

LINCOLN HEALTH (HUGO, CO) | TRAVEL PHYSICAL THERAPIST

OUTPATIENT/INPATIENT/HOME HEALTH | NOV. 2022 – PRESENT

- Evaluated and provided physical therapy treatments, including exercise and manual therapy interventions, to patients in rural outpatient, inpatient, skilled nursing, assisted living, and home health settings
- Collaborated with physicians, nursing staff, and other therapy disciplines to provide optimal patient care
- EMR: Cerner, Centriq, Matrix

ADVENT HEALTH CARE CENTER (ZEPHYRHILLS, FL) | TRAVEL PHYSICAL THERAPIST

SUB-ACUTE/LONG-TERM CARE SKILLED NURSING FACILITY | MAY 2022 – NOV. 2022

- Evaluated and delivered treatment and education to patients with sub-acute and post-operative conditions, as well as long-term care patients to improve functional mobility skills and quality of life
- Determined appropriate level of assistance to be provided by caregivers and family members and prescribed assistive devices for patients influenced by weight-bearing restrictions, strength, and balance capabilities
- EMR: Rehab Optima (Net Health)

PT SOLUTIONS | STAFF PHYSICAL THERAPIST

OUTPATIENT ORTHOPEDICS | JAN. 2022 – APRIL 2022

- Evaluated and provided therapeutic interventions to pre- and post-surgical candidates involving total joint replacements, open reduction internal fixations, ligament and tendon repairs, and spinal fusions, as well as a variety of additional acute and chronic musculoskeletal conditions
- Performed manual therapy interventions daily, including joint mobilizations, soft tissue mobilization, pin and stretch techniques, and muscle energy techniques
- EMR: Phoenix

Clinical Internship Experiences

- EXOS (Outpatient Orthopedics and Sport Performance), Aug. 2021 – Dec. 2021
- Andrews Institute Rehabilitation (Outpatient Orthopedics), June 2021 – Aug. 2021
- Louisa Health and Rehabilitation Center (Skilled Nursing Facility), Jan. 2021 – March 2021

Education

- **DOCTOR OF PHYSICAL THERAPY** | DEC. 2021 | BAYLOR UNIVERSITY
- **MASTER OF SCIENCE IN SPORT SCIENCE** | MAY 2019 | EAST TENNESSEE STATE UNIVERSITY
- **BACHELOR OF SCIENCE IN PHYSICAL EDUCATION** | DEC. 2016 | EAST TENNESSEE STATE UNIVERSITY

Licenses/Certifications

- Licensed Physical Therapist in Tennessee, Florida, and California
- National Strength and Conditioning Association Certified Strength and Conditioning Specialist
- Cogent Steps Emergency Response for the Athlete Certification (Nov. 2021)
- American Heart Association BLS (CPR and AED) Certification (Nov. 2022 – Nov. 2024)
- EXOS Sport Performance Specialist Certification (May 2019)