



Meghan Amthor

PHYSICAL THERAPIST

Details

(989) 860-7785

Meghan.Amthor@UVM.edu

Links

[LinkedIn](#)

[Portfolio](#)

Skills

Ability to Work in a Team

Effective Time Management

Physical Evaluations

Adaptability

Patient Education

Exercise Prescription

Documentation

Hobbies

Hiking, Kayaking, Plant Parent,
Dog Walking

Certifications

BLS - American Red Cross

Wilderness First Aid - American
Red Cross

Profile

Dedicated Physical Therapist adept in thoroughly assessing the condition of patients and creating powerful and innovative rehabilitation plans to meet their needs. Committed to providing patients with accurate and effective evaluations, interventions, educational resources, and individualized therapy plans. Experience in working with all ages in outpatient orthopedic setting, geriatric patients in skilled nursing, and in exercise prescription ranging from functional skills to Pilates to general strengthening. Dedicated to remaining up to date with the latest research, and wholly committed to providing my clients with a superior patient-focused experience every time.

Experience

Student Physical Therapist, Medical Facilities of America, Huntersville, NC

SEPTEMBER 2022 – DECEMBER 2022

- Worked with multidisciplinary team members to provide comprehensive care and up-kept meticulous documentation of patient care
- Assessed the functional status of new patients, reviewed their medical charts, and performed in-depth physical examinations.
- Utilized safe practices of checking vital signs, a gait belt, and with nursing while meeting strict efficiency measures.

Student Physical Therapist, Select Medical, Monument, CO

JUNE 2022 – SEPTEMBER 2022

- Accurately assessed the needs of clients and designed individualized comprehensive treatment programs to maximize physical wellness.
- Maintained excellent documentation on the online Net Health system.
- Helped patients to restore and maintain optimal physical function by using evidence-based practice, multiple modalities, and Pilates based exercise prescription.

Educator, Lululemon, Burlington, VT

JANUARY 2022 – JUNE 2022

- Educated guests on performance fabrics and prepared them for exercise with guidance of new and old products alike while maintaining store standards to increase productivity.

Student Physical Therapist, Drayer Physical Therapy, Beaver Creek, OH

OCTOBER 2021 – DECEMBER 2021

- Enhanced my manual therapy skills under a certified manual therapist.
- Guided patients to restore and maintain optimal physical function utilizing modalities such as BFR and orthopedic based exercises.

Work Study Student, University of Vermont, Burlington

SEPTEMBER 2020 – MAY 2022

- Achieved a consistent look and visual theme across the website by promoting uniform fonts, formatting, images, and layout that exceeds UVM accessibility standards.

Nutrition Intern, Central Michigan University, Mount Pleasant

DECEMBER 2018 – MAY 2019

- Collaborated with Dr. Hildebrandt to create and maintain athlete nutritional plans to enhance performance and recovery.
- Assisted in pre-, post-, and in- game nutrition.

Education

Doctor of Physical Therapy, University of Vermont, Burlington

JUNE 2020 – JANUARY 2023

Bachelors of Science, Central Michigan University, Mount Pleasant

SEPTEMBER 2015 – MAY 2019

Double Majored in Exercise Science and Biology. Graduated with President's Silver Volunteer Service Award. Academic Prestige Scholarship Award.