

# DR. MELISSA ROSINTOSKI

Physical Therapist

## ▶ WHO I KNOW

Robert Brugger,  
Director of Therapy  
Services

Rob and I have known each other since starting at SCL Health-Holy Rosary.

- ▶ “Dr. Melissa goes above and beyond to research, document, and clearly communicate the reasoning behind decisions. She values time, mentors’ colleagues on prioritizing demands and working efficiently. She goes beyond her normal duties to excel and gain new skills and experiences that will take her career to the next level.”

— Robert Brugger



## WHY I WANT TO BE HERE

I am passionate about providing quality physical therapy care and helping to facilitate patient recovery. As a physical therapist, I believe I can use my strong clinical and communication skills to help patients maximize their health outcomes. Additionally, I am eager to use my experience and knowledge to help improve patient care and to foster positive outcomes. Transforming healthcare will continue to move forward by analyzing and assessing collaborative approaches for patient-centered care.



## HOW I CAN ADD VALUE

As a physical therapist, I can add value by making a positive impact regarding patient centered care and finding strategies to provide effective interdisciplinary care. I believe excellent patient care comes from an interdisciplinary team that excel in communication resulting in optimal patient experience and outcomes. I am confident that my strong background in developing educational workshops on wellness initiatives, managing individuals for leading healthy lifestyles, launching preventative care workshops, and generating functional movement assessments can contribute to the success of your organization. I look forward to using my skills and experience to create meaningful and lasting change in the community.



## WHERE I'VE BEEN

### Physical Therapist: Outpatient/Acute Care

Intermountain Healthcare (Legacy SCL Health) Holy Rosary

- Conduct evaluation procedures and analyze results to develop appropriate measures for patients’ needs. Regularly performing patient history, examination, clinical presentation, and clinical decision making while routinely collaborating with interdisciplinary care team for addressing critical and non-critical care and treatment. Promoting excellent communication skills for information sharing between healthcare providers outside of immediate organization.
- Coordination, consultation, and collaboration of care necessary for addressing needs of patients while providing the highest level of care. Leading transition to updating documentation processes with rehabilitation team for inpatient and outpatient settings for streamlining POC documentation.

### Travel Physical Therapist/Acute Care

Delta Healthcare Providers

- Implemented treatment plans and coordinated scheduling with interdisciplinary care team within three settings included skilled nursing facility, critical access hospital-swing bed and outpatient therapy services as lead physical therapist.
- Developed strategies to promote expansion of outpatient therapy services to surrounding community. Updated user documents for patient entry forms to adhere to standard of care practices. Created visual template for home safety assessment in acute setting for rehabilitation training to prepare for safe patient discharge from hospital.

### Travel Physical Therapist/Outpatient

Cariant Health Partners

- Provided highest standard of care while adapting to workflow modifications based on patient needs with high caseload. Coordinated with rehab team to facilitate training for staff to screen patients appropriately and efficiently.
- Managed and supervised physical therapy assistants for safe patient handling and care with therapist treatment programs. Mentored physical therapy technicians for coordinating and scheduling patient care.



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## Strategic Planner, Health Fitness Specialist

Better Me Program, Rochester Institute of Technology

- Created strategic plans and innovative solutions to help expand wellness opportunities to over 20,000 students, faculty and staff.
- Expanded educational workshops to the RIT community about wellness initiatives including healthy eating, exercise, ergonomics, nutrition and weight loss, joint or muscle discomfort and stress management.
- Utilized project management skills to ensure workshops were executed efficiently and on schedule for creating successful wellness initiatives that are accessible to the community.
- Established blood pressure screenings and education adapted from the American Heart Association Know Your Numbers movement to RIT faculty, staff, students and the surrounding Rochester community at numerous campus events.
- Researched and designed an education osteoporosis awareness campaign for the university, utilizing my knowledge of health education and promotion to create an effective and impactful campaign.
- Educated and managed high-risk individuals on leading healthy lifestyles through exercise, weight loss, joint or muscle discomfort and lifestyle management.
- Experience teaching one-on-one or small group training to individuals of all fitness levels. Provided personalized guidance and support to help individuals achieve their health and fitness goals, and create sustainable habit changes to improve overall well-being.
- Implemented functional movement assessments for faculty, staff and students, utilizing evidence-based techniques to improve mobility and biomechanics. My assessments helped identify and address any issues that could be preventing individuals from achieving their health and fitness goals.
- Launched preventative care workshops to facilities management teams to decrease the number of workplace injuries caused by musculoskeletal disorders. My workshops focused on educating teams on the importance of proper posture, ergonomics, and exercise techniques, as well as providing personalized strategies to address musculoskeletal disorders affecting muscles, nerves, blood vessels, ligaments and tendons.



## WHAT I'VE LEARNED

### Doctor of Physical Therapy


- Nazareth College

### Bachelor's of Science, Exercise Physiology

- SUNY Brockport

 mrosintoski@gmail.com

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