

## Rebecca Shoemaker

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### EDUCATION

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Marymount University	Arlington, VA
• Doctor of Physical Therapy	Aug. 2019
George Mason University	Fairfax, VA
• Bachelor of Science in Kinesiology	May 2014
• Minor in Nutrition	

### CLINICAL EXPERIENCE

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#### Full Time Clinical Experiences:

- Inova Mount Vernon Hospital  
➤ Inpatient Rehab  
➤ 12 weeks/ 480 contact hours  
➤ Provided physical therapy evaluations and interventions for patients with neurologic and complex orthopedic injuries. Assessed physical and environmental barriers to discharge and programmed individualized plans of care using an interdisciplinary approach to ensure optimal outcomes. Independently managed all aspects of patient care including chart reviewing, screening, DME training and procurement, and discharge planning. Alexandria, VA  
May - Aug. 2019
- Aldo Chavarria Hospital  
➤ Global community engagement in an inpatient rehab hospital  
➤ 2 weeks/ 80 contact hours  
➤ Evaluated and provided intense treatment to patients with neurologic injuries in an underserved patient population. Diagnoses included CVA, TBI, SCI, GBS, cancer/tumor resection. Partnered with local doctors and physical therapists to collaborate on intervention strategies and educate them on research-based practice. Managua, Nicaragua  
March 2019
- Gainesville Physical Therapy  
➤ Outpatient orthopedic PT  
➤ 9 weeks/ 360 contact hours  
➤ Independently managed all aspects of patient care including chart reviewing, screening, differential diagnosis, treatment, and discharge. Implemented individualized plans of care to ensure a patient-centered approach, enhance manual skills, and enhance exercise prescription and modification/progression. Gainesville, VA  
Jan. - March 2019
- Ortho Virginia  
➤ Outpatient orthopedic PT  
➤ 12 weeks/ 480 contact hours  
➤ Evaluated, treated, and co-developed plans of care for patients in an outpatient orthopedic setting under the guidance of a COMT therapist. Patient population ranged from 10-90+ years old, primarily treating patients post-operatively. Springfield, VA  
May - Aug. 2018

#### Integrated Part Time Clinical Experiences:

- Ortho Virginia  
➤ Outpatient orthopedic PT  
Jan. - March 2017
- The Jackson Clinics  
➤ Outpatient orthopedic PT  
Arlington, VA  
Sept. - Nov. 2017
- Greenspring Village  
➤ Inpatient Skilled Nursing Facility  
Springfield, VA  
Feb. 2018
- Virginia Hospital Center  
➤ Inpatient Skilled Nursing Facility  
Arlington, VA  
Apr. 2018

## EMPLOYMENT AND INTERNSHIPS

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- Bartender - Open Road Grill and Icehouse Nov. 2014 - Present
- NatPack - Washington Nationals Entertainment Staff Apr. 2013 - Sept. 2015
- Physical Therapy Aide - Kaiser Permanente Dec. 2014 - May 2015
- Strength and Conditioning Intern - Georgetown University June 2014 - Aug. 2014
  - Led summer football training; evaluated individual performance and technique; designed "prehab" program to increase mobility and prevent injuries specific to each sports team.
- Fitness Intern - George Mason University Jan. 2012 - May 2012
  - Planned/coordinated events; assisted trainers with program design; delivered member orientations; evaluated and maintained facility equipment.
- Sports Performance Intern - Next Level Fitness and Performance Jan. 2012 - May 2012
  - Trained members of all ages; led warm-ups; evaluated/addressed individual performance needs, including plyometrics, olympic lifts, and overall fitness training.

## PROFESSIONAL PRESENTATIONS AND PUBLICATIONS

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- UNICA Presentation March 2019
  - Delivered presentation to medical students and professors on a patient's clinical presentation and interventions to expand their knowledge of the role of physical therapy and the importance of an interdisciplinary approach to patient care between healthcare providers.
- Marymount University Student Research Conference
  - The Effects of LSVT BIG Program and Pre-Gait Training on Fall Prevention and Mobility for a Non-Ambulatory Patient with Chronic Stroke.

## MEMBERSHIPS AND CERTIFICATIONS

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- American Physical Therapy Association 2016 - Present
- American Heart Association CPR/AED BLS