**PROFESSIONAL SUMMARY**

Motivated physical therapist recent graduate with an eagerness to learn, implement new methods into everyday practice, and empower patients and teammates. Excel in both individual and group settings. Incorporate a treatment plan approach with an emphasis on evidence-based practices to ensure patient interventions are impactful and comprehensive. Utilize past leadership experience in collegiate sports, and extensive professional experience in the outpatient physical therapy settings, to establish strong patient communication and rapport.

**EDUCATION**

**Marymount University** Arlington, VA

*Doctor of Physical Therapy Graduated: 08/2021*

**Rutgers University** New Brunswick, NJ

*B.S. Exercise Science & Applied Kinesiology 09/2012 – 05/2015*

**CLINICAL PRACTICUM ROTATIONS**

NovaCare Rehabilitation – Washington, DC – Outpatient Setting 05/2021 – Current

* Utilized Therapy Source EMR documentation
* Patient population includes:
  + General orthopedic conditions
  + Athletes
  + Active adults
  + Older Adult

Inova Prosperity – Fairfax, VA – Outpatient Setting 12/2020 – 03/2021

* Managed an entry level PT caseload
* Patient population included:
  + Postoperative
  + Gait/balance
  + Older Adult
* Utilized EPIC EMR documentation

IvyRehab Physical Therapy – Moorestown, NJ – Outpatient Setting 06/2020 – 07/2020

* Utilized Therapy Source EMR documentation
* Patient population included:
  + Postoperative
  + Older Adult

**INTEGRATED CLINICAL EXPERIENCES**

Inova Physical Therapy Center – Alexandria, VA 09/2019 – 12/2019

* Utilized EPIC EMR documentation
* Outpatient Setting

The Fountains at Washington House – Alexandria, VA 01/2020 – 05/2020

* Performed chart reviews
* Cotreated and performed Initial assessments
* Skilled Nursing Facility

**PROFESSIONAL EXPERIENCE**

**NovaCare Rehabilitation (OP) 10/2021 – 04/2023**

*Staff Physical Therapist Washington, District of Columbia*

* Assessed and evaluated patients' physical abilities, limitations, and conditions to develop individualized treatment plans.
* Provided hands-on therapy, including soft tissue mobilization, joint mobilization, and manual techniques, to restore function and improve physical abilities.
* Taught patients specific exercises and activities to continue progress between therapy sessions.
* Documented all treatment interventions and monitored patients' progress, adjusting treatment plans as necessary via TherapySource/NetHealth

**Snap Fitness 06/2015 – 08/2018**

*Personal Trainer Marlton, New Jersey*

* Certified through American College of Sports Medicine
* Developed comprehensive exercise protocols to guide clients to achieve their specified goals
* Motivated clients to take control of their fitness and supported them in their lifestyle modifications

**VOLUNTEER & OBSERVATION EXPERIENCES**

Healthy Baller Physical Therapy 10/2018 – 02/2020

* Observed evaluations and interventions of high-level athletes

Dr. Lee Cohen Sports Podiatry 06/2011 – 05/2015

* Assisted in gait analysis and plaster orthotic molding of patients

**PROFESSIONAL CERTIFICATIONS & ASSOCIATIONS**

Basic Life Support Certification (CPR & AED) – American Heart Association 08/2019 – 08/2021

American Physical Therapy Association – Member 08/2018 – 08/2021

**NOTABLE ACCOLADES**

Marymount University DPT Program – Social Chair 12/2018 – 04/2020

Rutgers University Rugby Football Club – Team Captain/Vice President 08/2014 – 05/2015