

CURRICULUM VITAE

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Education:

Doctorate of Physical Therapy, West Coast University, Los Angeles, California, Anticipated Graduation, August 2019

Bachelor of Science (Kinesiology-Exercise Science), California State University Northridge, Northridge, California, August 2014 - May 2015

Associate Degree (General Studies), Los Angeles Pierce College, Woodland Hills, California, August 2011 - June 2014

Employment and Positions Held:

Physical Therapy 1st Rehabilitation & Wellness, Montebello, CA, January 2020 - Present

- Evaluation, movement diagnosis for patient with different orthopedic diagnosis
- Evaluation and treatment of concussion and whiplash associated disorders due to sports and MVA
- Treatment, Therapeutic exercise prescription, Manual therapy,
- Cupping, Graston technique, Mobilization and manipulation
- Post-op treatment and plan of care

Physical Therapist, Gillette & Associate Physical Therapy, Woodland Hills, CA, September 2019 – January 2020

- Evaluation, movement diagnosis for patient with different orthopedic diagnosis
- Evaluation and treatment of concussion and whiplash associated disorders due to sports and MVA
- Treatment, Therapeutic exercise prescription, Manual therapy,
- Cupping, Graston technique, Mobilization and manipulation
- Post-op treatment and plan of care

Physical Therapy Aide, Gillette & Associate Physical Therapy, Woodland Hills, CA, November 2015- August 2016

- Managing and scheduling PT aides
- Helping with front desk and scheduling patients
- Worked with high school athletes and general orthopedic patients

Physical Therapy Aide, Back2health PT and Aquatic Therapy, West Hollywood, CA, June 2015- October 2016

- Outpatient clinic with the focus on general orthopedic PT (TKR, ACLR, Spine)
- Worked with patients with chronic pain and neuropathy in aquatic therapy
- Worked with patients with stroke and TBI one and one in aquatic therapy

Physical Therapy Aide, Rehab Specialist (Women Health), Beverly Hills, CA, January 2015- March 2016

- Aide in outpatient physical therapy facility focused on women's health and pelvic health
- Assisting patients in completing therapeutic exercise program

- Assisting patients with stroke and general weakness in aquatic therapy

Physical Therapy Aide Volunteer, West Hills Health and Rehab Center, Woodland Hills, CA, January 2015-March 2015

- Aide in in-patient skilled nursing facility
- Insure patient safety during performing therapeutic exercise programs

Physical Therapy Aide Volunteer, Klotz Student Health Center, Northridge, CA, January 2015-June 2015

- Student volunteer and aide for outpatient physical therapy facility focused on general orthopedic PT
- Assist front desk in patient scheduling
- Assist patients in their therapeutic exercise program

Student Intern, Brown Center (Adapted and Therapeutic Aquatic Exercise), California State University Northridge, January 2016-May 2016

- Supervised and helped patients with stroke, traumatic brain injury and spinal cord injury in aquatic therapy
- Helped pediatric patients with Autism Spectrum Disorder and Cerebral Palsy in aquatic therapy

Clinical Internships:

Student Physical Therapist Internship, Synergy Chiropractic and PT, Westlake Village, CA, May 2019 – July 2019

- Evaluation, functional assessment of patients with orthopedic/sports impairments
- Evaluation and treatment of concussion and whiplash associated disorders due to sports and MVA
- Treatment and plan of care for patient with orthopedic and sports impairments
- Post-op treatment and plan of care
- Return to sports programs for different athletes after and injury or surgery.

Student Physical Therapist Internship, Two Trees Physical Therapy and Aquatics, Camarillo, CA, February 2019- April 2019

- Evaluation and assessments of patients with different orthopedic/sports and neurological impairments, and MVA
- Treatment and Plan of Care for patient with different orthopedic/sports and neurological impairments
- Exercise prescription for land and aquatic therapy for different patient with different impairments and ages.
- Manual therapy, joint mobilization and manipulation
- Movement assessments and biomechanics assessments for different patient and athletes
- Physical Therapy Aide training, and working with Aides for patient care

Student Physical Therapist Internship, Ventura Orthopedics/Sports, Camarillo, CA, September 2018 – January 2019

- Evaluation and assessments of patients with different orthopedic/sports and Post-op patient for different body parts
- Treatment and Plan of Care for patient with different orthopedic/sports and Post-op patient for different body parts
- Working with physical therapy aides for optimal patient care
- Manual therapy, joint mobilization and manipulation
- Movement assessments and biomechanical assessments of patient with different

backgrounds

Student Physical Therapist Internship, Providence Company of Merry, Burbank, CA, March 2018- April 2018

- Home health physical therapy for elderly population and people who are bedbound.
- Exercise prescription and functional movements training for elderly population
- Gait training and balance training

Membership in Scientific/Professional Organizations:

American Physical Therapy Association (#832019), 2022 - Present
California Physical Therapy Association, 2022 - Present

Certifications

Basic Life support (BLS) for Healthcare Workers, January 25, 2022
Hospital Fire and Life Safety Certification, January 24, 2022
CPR and First Aid Certification, January 24, 2022
NIH Research Certification, September 18, 2018

Honors and Awards:

Outstanding student worker, Oviatt Library Student Worker Award, California State University Northridge, 2015

Peer Reviewed Presentation

Poster Presentation at Tri-State Physical Therapy Conference, Las Vegas, Nevada

- Effects of Environment on dual task timed up and go tests: Do we pay additional cost in outdoor environment?

Continuing Education Attended:

Reframing Pain: Clinical Applications of Pain Neuroscience for the Physical Therapist, January 2022 (Contact hours 5.5; .55 CEUs)
Regional Interdependence in Management of Upper Quarter Musculoskeletal Impairments, January 2022 (Contact Hours 5.75; .575 CEUs)
Defensible Documentation Part 1: Balancing Offense and Defense, April 2020 (LMS-902, 0.2 CEUs)
Defensible Documentation Part 2: If you were the Auditor, April 2020, (LMS-916, 0.2 CEUs)
Defensible Documentation: A Framework for Physical Therapy Documentation, April 2020, (LMS-916A, 0.2 CEUs)
Cancer Rehabilitation Models, April 2020, (LMS-743, 0.2 CEUs)
Traumatic Brain Injury Gait Training, March 2020, (0.1 CEU)
PT-CPI/WEB Assessment, February 2020, (LMS-0521A, 0.2 CEUs)
Combined Section Meeting Conference, Denver, CO, February 2020
California Physical Therapy Association Tri-State Conference, Las Vegas, NV, October 2020

Mind Meets Movement, Movement Meets Mind, November 2019, (CEUs 0.8)
An Individual's Right to Access and Obtain Their Health Information Under HIPAA, January 2019, (CEUs 0.5)
Professionalism Module 3: Ethical Compass, January 2019, (LMS-975, 0.3 CEUs)
The International Certification of Functioning, Disability, and Health: Overview, August 2018, (LMS-122, 0.0 CEUs)
Law and Ethics, West Coast University, September 2018, (CEUs 0.2)
Professional Model 1: Introduction to Professionalism, September 2018, (LMS- 4, 0.2 CEUs)
Professional Model 2: History of Professionalism, September 2018, (LMS-5, 0.2 CUEs)

Community Service:

Ventura Falls Prevention Forum, September 2018

- Volunteer for falls prevention screening

Special Olympics Summer Games, June 2018

- Volunteer with event set up and games coordination
- Volunteer for injury prevention screening

Spinal Cord Injuries Game, Rancho Los Amigos Foundation, September 2018

- Volunteer with event set up and games coordination

3WINS Fitness, California State University Northridge, Providence, Los Angeles City Parks and Recreations, January 2017 - January 2018

- Diabetic screening
- Group exercise programing and training
- Program coordinator and manager

Services to the University/College/School on Committees/Councils/Commissions:

Teaching Assistant for Clinical Skills I, Fall 2018

- Organized open labs and scheduled review sessions
- Scheduled mock practical
- Private tutoring

Student Assembly Representative for Greater Los Angeles District, August 2018 - 2019

- Volunteer in conferences
- Student Assembly Representative in CPTA meetings

Teaching Assistant for Clinical Skills II, Spring 2019

- Organized open labs and scheduled review sessions
- Scheduled mock practical
- Private tutoring

Teaching Assistant for Kinesiology, Spring 2019

- Organized open labs and scheduled review sessions
- Scheduled mock practical
- Private tutoring

Class Representative, West Coast University, September 2018 – September 2019

- Liaison among faculty and cohort
- Set-up volunteering events
- Set-up fundraising events

