



Jesse Mellema DPT

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10956 Warner Avenue, Fountain Valley, CA 92708

Education

- Azusa Pacific University Doctor in Physical Therapy: Graduate 2024
- Cal State University of Long Beach Exercise Science Bachelor's Degree: Graduate 2021
- Golden West College Associates for Transfer: Graduate 2019

Professional Experience

Coast Physical Medicine – Fountain Valley, CA

(2025 – current)

- Provide physical therapy evaluations for personal injury (PI) patients as part of an integrated chiropractic, rehabilitation, and pain management team.
- Assess musculoskeletal and functional deficits, create tailored treatment plans, and coordinate with chiropractors and interns for optimal recovery outcomes.
- Recommend evidence-based therapies including therapeutic exercise, modalities, and spinal rehabilitation to support patient progress.

In Motion OC Physical Therapy - Irvine, CA

(2025 - current)

- Physical Therapist
 - Treat a diverse patient population, primarily orthopedic and sports-related cases, while also working with individuals with Parkinson's disease, elderly patients, and those with balance deficits, generalized weakness, vestibular disorders, and neurological conditions. Design and implement strengthening programs to improve mobility, function, and overall quality of life.

Orthopedic and Spine Care Physical Therapy - Huntington Beach, CA

(April 2019 - October 2021)

- Physical Therapy Aide
 - Actively engaged in outpatient hours as part of my preparation for the Doctor of Physical Therapy program. Collaborated closely with physical therapists, providing valuable assistance during exercises, efficiently managing patient rotations, maintaining clinic cleanliness, and offering dedicated support to the assigned physical therapist, catering to their needs and ensuring seamless workflow.

Accomplishments and Volunteer Work

- Eagle Scout for Boy Scouts of America: 2014
- Lead Server and Trainer Bartender: 2018 - 2021
- Participating in Non-Profit organizations at Refuge Church in Huntington Beach: 2018 - 2020
- Voluntary Humanitarian Aid: Mexico (2012, 2013, 2014), El Salvador (2013), Panama (2014), Nicaragua (2015).
- Voluntary Aid work at Precision Rehabilitation Outpatient Neuro clinic in Long Beach for 50 hours
- Volunteer work at Rancho Los Amigos Hospital Acute Rehabilitation center for 70 hours

Research

- CSULB Deadlifting study analyzing barefoot vs shoes mechanics during deadlift-Kevin Valenzuela
- CSULB Strength and Conditioning study looking at the effects of Omega 3 supplementation on DOMS- Lauren Viscotti