

Curriculum Vitae

Completed a content review for ACSM's Resources for the Group Exercise Instructor 1st Edition

Physical Therapist UPMC Allegheny Regional Health System Oct 2010- Present- Casual Pod

Administering patient examination, evaluation, diagnosis, prognosis, and plan of care development on a casual basis for acute care patients with orthopedic, cardiopulmonary, neurologic, and musculoskeletal diagnoses

Physical Therapist Garvey Manor Hill, Haysburg PA- Present- Casual Pod

Administering patient evaluation and treatment on a part-time basis for geriatric patients with orthopedic, cardiopulmonary, neurologic, and musculoskeletal diagnoses
Educating staff regarding ergonomics, body mechanics, and workplace safety at facility-wide and to staff in services and nursing competencies
Advocating for patients for appropriate equipment, insured coverage of services, levels of care provided by family and staff, physician referral, and diagnostic testing
Establishing ROM splinting programs for patients with joint contractures
Participating as a full peer for management in interdisciplinary team member
Referring to me and community reintegration assessments

Adjunct Instructor DeSales University June 2021

Lab instructor/co-instructor in courses in Physical Therapy Procedures and Cardiopulmonary Patient/Client Management in Physical Therapy

Fitness Instructor YMCA Hill, Haysburg Aug 2009- Present

Instructing group aerobics, strength training and circuit training classes

Instructing Silver Sneakers® programs for older adults

Instructing Tai Chi for Rehabilitation

Adjunct Instructor Saint Francis University Aug 2010- December 2015

Facilitated the development of clinical skills and functional knowledge in physical therapy students

Implementing lab competency exams, lecturing and developing unique student learning experiences

Courses taught were sytiidiallecteds of cardiopulmonary and neurology patient/client management lab acute care special topics, complex medical patient case studies, nes case " II " y w

- Conducted equipment safety education tours
- Developed exercise programs for all new members
- Served as guest lecturer to gymnastic team regarding nutrition
- Instituted group fitness classes

Dietetic Technician - Colquitt Regional Medical Center, Milledgeville, GA - December 2002- April 2003
 Reformed nutritional screens and assisted in nutritional assessments for reformed dietary patients in the acute hospital setting under the supervision of a registered dietitian
 Participated in interdisciplinary team meetings, monitored and calibrated feedings
 Instituted patient on physician prescribed meal plans

Awards & Activities

- Special Olympics - Saint Francis University Spring Section Coordinator (University event planning and Healthy Habits implementation) 2019/2021/Planning for April 23, 2022**
- Special Olympics - Saint Francis University PT Student coordinator PA State Games (Fun Fitness Implementation) 2018/2023**
- Guest Speaker: Mich Meeting of West Central District of the Pennsylvania Physical Therapy Association "Tai Chi Application and Research Related to Physical Therapy" - Mich 10, 2010**
- American Board of Physical Therapy Specialties - Specialization Academy of Content Experts member 2010**
- American Physical Therapy Association Member - Oct 2007**
- American Physical Therapy Association Member - Geriatric Section 2013**
- American Physical Therapy Association Member - Cardiopulmonary Section 2019**
- American Physical Therapy Association Member - Healthcare Policy Section 2019**
- Pennsylvania State Association for Health, Physical Education, Recreation, and Dance, inc. - Member 2008/2009**
- Presenter at State Convention of the Pennsylvania State Association for Health, Physical Education, Recreation, and Dance, inc. 2009**
- Recipient of the Saint Francis University Physical Therapy Research Excellence Award 2009**
- Student Research Poster Presenter at Pennsylvania Physical Therapy Association Annual Conference 2009**

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