

HAYDEN FOOTE

Hudsonville, MI 49426 | hayd2020@gmail.com | 616-644-8556

PROFESSIONAL SUMMARY

Dynamic professional with a strong background in health and wellness, seeking to transition into the field of physical therapy. Extensive experience in promoting overall wellness through hands-on care, patient support, and health education. Proven track record of assisting individuals in improving physical well-being and providing tailored guidance for injury prevention, recovery, and rehabilitation. Skilled in creating customized fitness plans, monitoring progress, and maintaining a compassionate, patient-centered approach. Committed to delivering high-quality care while continuously learning and adapting to the latest advancements in the healthcare field. Eager to apply knowledge and passion for helping others achieve optimal physical health in a new, impactful role within physical therapy.

AREAS OF EXPERTISE

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| ▪ Patient Care | ▪ Physical Assessment | ▪ Fitness Plans & Strength Training |
| ▪ Injury Prevention | ▪ Pain Management | ▪ Health Education & Wellness Programs |
| ▪ Rehabilitation Techniques | ▪ Patient Progress Monitoring | ▪ Communication & Interpersonal Skills |
| ▪ Leadership & Team Collaboration | ▪ Recovery Strategies | ▪ Body Mechanics & Weight Lifting |
| ▪ Therapeutic Exercises | ▪ Client Engagement | ▪ Problem-Solving & Decision Making |

WORK EXPERIENCE

Butterworth Hospital - 4S, Grand Rapids, MI

Nurse Technician

Oct 2024 - Present

- Provided compassionate and efficient direct patient care on a 38-bed in-patient neuroscience unit during the night shift, ensuring comfort and safety for all patients.
- Diligently monitored and accurately documented vital signs and patient repositioning, contributing to the overall well-being and recovery of individuals under care.
- Collaborated effectively with nurses to implement personalized care plans tailored to meet the unique needs of each patient, resulting in improved health outcomes and patient satisfaction.
- Maintained meticulous and thorough patient records, ensuring accurate tracking of progress and facilitating seamless communication among healthcare team members for enhanced continuity of care.
- Demonstrated exceptional teamwork and communication skills while working alongside nurses to deliver high-quality, individualized patient care on the neuroscience unit.

University of Michigan Athletics - Ann Arbor, MI

Landscaper and Facilities Team Member

Apr 2024 - Feb 2024

- Managed and maintained the grounds of University of Michigan's largest sports complex, ensuring a visually appealing and well-kept environment for athletes and visitors.
- Played a key role in ensuring the successful execution of game day events by assisting in preparations and ensuring the safety of athletes and attendees, contributing to a seamless event experience.
- Led special projects focused on facility and grounds improvements at University of Michigan Athletics, including reconfiguring spaces and implementing upgrades to enhance team performance and overall aesthetics.
- Collaborated with team members to implement innovative solutions and improvements, resulting in increased operational efficiency and elevated standards for facility maintenance.
- Demonstrated strong attention to detail and proactive problem-solving skills in managing landscaping tasks and facilitating event setup to support the smooth operation of University of Michigan Athletics.

Concussions, Pain, Mental Health Awareness - Jupiter, FL

Medical Research Assistant

Feb 2021 - Jun 2021

- Conducted in-depth research on sports-related concussion statistics and trends, analyzing data to identify patterns and inform strategies for injury prevention and management.

- Developed comprehensive concussion protocols tailored to different sports and age groups, ensuring the safety and well-being of athletes through standardized guidelines and procedures.
- Collaborated with multidisciplinary teams to implement evidence-based practices and protocols for concussion management, contributing to the advancement of sports safety and player welfare.
- Presented research findings on concussions, pain management, and mental health awareness at conferences or seminars to raise awareness and promote best practices in sports medicine.

Powerstrength Training Systems — Walker, MI

Assistant Strength and Conditioning Coach - Intern

Nov 2020 - Apr 2021

- Provided personalized education on exercise strategies, nutrition, and supplement usage to optimize physical performance and athletic well-being for clients at Powerstrength Training Systems.
- Collaborated with athletes to set, pursue, and achieve individual and team goals, fostering motivation and accountability to drive performance improvements and success.
- Played a key role in developing and implementing customized workout programs in collaboration with a team of coaches, optimizing gym space and equipment utilization for athletes ranging from age 12 to 60+.
- Demonstrated strong communication and teamwork skills while working with coaches to design effective training programs tailored to the specific needs and goals of athletes across different age groups.
- Monitored and tracked progress towards fitness goals, providing ongoing support and guidance to athletes to ensure consistent progress and performance enhancement.

College Hunks Hauling Junk & Moving — Grand Rapids, MI

Team Lead / Wingman

May 2020 - Aug 2020

- Engaged with clients both in-person and over the phone to assess job requirements, determine pricing, and ensure quality assurance standards were met, resulting in enhanced customer satisfaction and retention.
- Provided comprehensive training to new team members on equipment operation and support positions, leading to increased team efficiency and productivity levels.
- Played a pivotal role in inventory management, warehouse expansion, and remodeling projects, contributing to improved operational efficiency and a more streamlined workflow.
- Implemented paperwork procedures to maintain accurate records and enhance system efficiency, ensuring compliance with organizational standards and facilitating seamless operations.
- Led a team of employees by example, fostering a collaborative and supportive work environment that promoted teamwork, efficiency, and overall success in job execution.

EDUCATION

Bachelor of Science: Biopsychology, Cognition, and Neuroscience

University Of Michigan - Ann Arbor — Ann Arbor, MI | May 2024

- Relevant coursework: Physics 1 & 2, Intro to Biology, General Chemistry, Organic Chemistry 1 & 2, Neurobiology, Biochemistry, Neurobiology Lab Methods, Human Neuropsychology Senior Seminar
- GPA: B+ to A- range

CERTIFICATIONS

- Certified Phlebotomy Technician - Phlebotomy Training Specialists | May 2024
- Nationally Certified Phlebotomist Technician - NHCOT | May 2024