

## REHABILITATION SPECIALIST / MASSAGE THERAPIST

### Career Focus

To obtain admittance into the Masters of Science in Health Science and Rehabilitation program at Rocky Mountain University.

### Education

Therapeutic Massage and Bodywork , 2013 Nevada School of Massage Therapy - City , State

4.0 GPA

Bachelor of Science : Human Performance , 2012 Florida Gulf Coast University - City , State

- Elected as Student Government Senator for the College of Health Professions.
- Selected to Omicron Delta Kappa National Leadership honor society
- Vice President of Sigma Phi Epsilon Fraternity.
- Human Performance Student Association Event Planner

### Skills

- Microsoft Office (PowerPoint, Word, Excel)
- Distant learning education
- Time management
- Website Development

### Professional Experience

#### Rehabilitation Specialist / Massage Therapist

December 2014 to Current Company Name - City , State

- Privately owned Rehabilitation and Strength & Conditioning center.
- Work closely with owner and head Chiropractor for movement screening and rehabilitation treatments.
- Responsibilities include providing members with personal training, group fitness classes, massage therapy, movement assessment, and rehabilitation.
- Proficient in movement assessment using Functional Movement Screen and Selective Functional Movement Screen.
- Proficient with Move to Perform software for FMS and rehabilitation.

#### Group Fitness Instructor

May 2012 to Current Company Name - City , State

- Teach Aqua Bootcamp and Aqua Aerobics
- Primary focus of classes is to increase strength and endurance with added mobility framework for each class.
- Average class size is 20-30 members.

#### Strength Coach/Massage Therapist

January 2012 to Current Company Name - City , State

- Contracted personal trainer at Las Vegas Athletic Clubs.
- Work with an average of 25 clients per week.
- Primary focus is movement restoration, functional training, weight loss, and massage therapy.
- Manage and organize all business operations.

#### Co-Founder

January 2012 to Current Company Name - City , State

- Extraordinary Trainers is a health and wellness network organization made up of fitness and medical professionals in Las Vegas dedicated to providing top quality care to the community. Our team includes Personal Trainers, Chiropractors, Physical Therapists, Massage Therapists, Registered Dietitians, and Health Coaches. Utilizing a team approach, we are able to ensure that our clients get the treatment they deserve while every professionals remains in their scope of practice. We conduct weekly meetings for networking and building private business through teamwork.

#### Fitness Specialist

January 2013 to December 2013 Company Name - City , State

- Worked with SPRI at conventions such as IHRSA, Club Industry, and Interbike in Las Vegas.
- Educated attendees about SPRI products and demonstrated how they are implemented in different training scenarios.

#### Wellness Coach

January 2012 to May 2012 Company Name - City , State

- Designed new training programs for members of the gym.
- Cleaned and maintained all fitness equipment.
- Gave new member tours of the facility.

#### Wellness Center Internship

August 2011 to December 2011 Company Name - City , State

- Prescribed Fitness programs for members of the wellness center.
- Shadowed in Physical Therapy, Cardiac Rehabilitation, and Orthopedic Surgeries.
- Designed and completed wellness program using Kinesis equipment for weight loss for future study.
- Completed 500 internship hours.

#### Certifications

- Certified Strength and Conditioning Specialist - NSCA
- Certified/Licensed Massage Therapist - NCBTMB
- Certified Personal Trainer - ACE
- TRX level 1 suspension training
- CPR, AED, First Aid - American Heart Association

#### Professional Affiliations

- National Strength and Conditioning Association (NSCA)
- American Massage Therapy Association (AMTA)
- American Council on Exercise (ACE)
- Las Vegas Health and Fitness Chamber of Commerce
- American Heart Association

#### Professional Development

- Selective Functional Movement Assessment Level 1- Minneapolis 2014
- Boston Rehabilitation Summit - Boston, Mass. 2012
- Perform Better Conference - Long Beach 2012
- NSCA National Conference - Las Vegas 2011

#### Community Service

- Free Pre and Post Race Stretching/Movement Assessment for local triathlons and run races, **BBSC Endurance Sports**, 2012-Present
- Fitness educator, **Henderson Bike Exchange** , 2013
- Water/Fuel Station attendant, **IRONMAN Triathlon** , 2013-2014
- Golf Coach/Mentor, **The First Tee**, 2011-2012
- Volunteer Worker, **Habitat for Humanity** , 2010-2012

## Extra-Curricular Activities

### **Endurance Events**

- Qualified for USA Triathlon Age Group National Championship 2013 & 2014
- 2014 Kokopelli Triathlon, Hurricane, UT - 1st place division
- 2014 Sand Hollow Triathlon, Hurricane, UT - 2nd place division
- 2013 Pumpkinman Triathlon, Las Vegas, - 1st place division
- 2013 Las Vegas Triathlon - 2nd place division