

Ian Carlo G. Medina

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INTERIM PHYSIOTHERAPIST

During my three years of practice as a physiotherapist, I have been committed to advancing knowledge in rehabilitation sciences through evidence-based and quality physiotherapy care and education. As an aspiring physiotherapy resident in Canada, I intend to utilize my skills, work ethic, and potential to provide the highest care possible and be mentored by clinicians to continue cultivating my clinical reasoning and hands-on skills.

LICENSES AND CERTIFICATIONS

INTERIM PHYSIOTHERAPIST (CANADA)

April 2024 - Present

Canadian Alliance of Physiotherapy Regulators

CERTIFIED OCCUPATIONAL FIRST AID & CPR WITH AED RESCUER

August 2022 - August 2024

Philippine Heart Association | CPR Provider No.: 032452

PHYSICAL THERAPIST REGISTERED, PHILIPPINES

December 2021 - January 2025

Philippine Professional Regulation Commission | License No.: 0034112

EDUCATION

UNIVERSITY OF THE PHILIPPINES - MANILA

Master in Rehabilitation Sciences (*Units*)

Padre Faura St., Ermita, City of Manila, Philippines 1000

UNIVERSITY OF THE EAST RAMON MAGSAYSAY MEMORIAL MEDICAL CENTER, INC.

Bachelor of Science in Physical Therapy

64 Aurora Boulevard, Doña Imelda, Quezon City, Philippines 1113

AWARDS AND RECOGNITIONS

TOP 7 PERFORMING NATIONAL EXAMINEE

December 2021

December 2021, Physical Therapist Licensure Examination

Philippine Professional Regulation Commission

MOST OUTSTANDING PEDIATRIC PHYSICAL THERAPY CLINIC INTERN

July 2020

University of the Philippines - Philippine General Hospital

PROFESSIONAL AFFILIATION

PHILIPPINE PHYSICAL THERAPY ASSOCIATION, INC.

2022 - Present

Membership Certificate No.: 2022-0143

PROFESSIONAL CLINICAL EXPERIENCE

CLINICAL SUPERVISOR

August 2023 - Present

University of the East Ramon Magsaysay Clinic and Training Center

64 Aurora Boulevard, Barangay Doña Imelda, Quezon City, Philippines 1113

- Facility is an out-patient clinic that caters to patients referred for physiotherapy services that specializes in musculoskeletal, amputee, neurologic, and pediatric care;
- The clinic caters to a range of 50-70 patients daily with treatment programs involving therapeutic exercises, physical agents and modalities, neurologic rehabilitation, prosthetic training, and robotic interventions;
- Responsibilities as clinical supervisor mainly involved clinical mentoring to physiotherapy clinic interns in assessment, treatment, and clinical documentation;
- Practiced interdisciplinary care to patients with certified prosthetists and orthotists;
- Developed and maintained productive therapeutic patient/client relationships.

HOME CARE PHYSICAL THERAPIST

December 2021 - Present

Freelance: Physio Prime Home Rehabilitative Interventions

Quezon City, City of Manila, City of San Juan, Mandaluyong City | Metro Manila, Philippines

- Focused on home care physiotherapy in palliative care for patients with referrals from top physicians in geriatrics, palliative medicine, and rehabilitation medicine;
- Offered assessment and treatment of other patients with diverse sets of diagnoses – such as orthopedic, pediatric, pulmonary, lymphatic, and neurologic disorders – in a home care setting;
- Treatment involved evidence-based exercises, electrotherapeutic modalities and physical agents tailored to the patient's needs;
- Educated informants, caregivers, and family members on independent mobility practices to improve patients' daily living independence and reduce complications;
- Performed administrative duties including online reception management, marketing, appointment scheduling, online filing systems, accounting, and billing;
- Analyzed marketing strategies and developed new and impactful plans;
- Increased social media presence by 78% in the 1st quarter of 2022 with continuous engagements until the third quarter of 2023.

PHYSICAL THERAPIST I

April 2022 - July 2023

Cardinal Santos Medical Center

10 Wilson Street, Grenhills West, San Juan, Philippines 1502

- Practiced physiotherapy in a 300-bed-capacity tertiary hospital known as the Center of Excellence in Rehabilitation Medicine in the Philippines with a Platinum seal of accreditation honored by Accreditation Canada and certified for ISO 9001:2015 Quality Management System standards;
- Assigned to the in-patient (acute care) section of the Department of Rehabilitation Medicine;
- Provided assessment and treatment for a variety of conditions, including neurologic, congenital, orthopedic, vestibular, cardiovascular, pediatric, and geriatric and palliative care cases;
- Managed bedside and bring-to-center physical therapy for patients with acute to subacute conditions such as post-operative recovery, acute stroke, deconditioning syndrome, and cancer;
- Assessed business needs and develop attainable goals for revenue generation in physiotherapy;
- Developed and maintained productive therapeutic patient/client relationships.

PEDIATRIC PHYSICAL THERAPY CONSULTANT

January 2022 - April 2023

Move and Think Therapy Specialists Therapy Center, Inc.

157 F. Blumentrit, Pedro Cruz, City of San Juan, Philippines 1500

- Administered evidence-based physiotherapy interventions in the pediatric population and neurodevelopmental clients;
- Practiced interdisciplinary care to pediatric patients across different rehabilitation professionals in the clinic - including occupational therapists and speech-language therapists;
- Worked closely with clinic executives to identify new business opportunities for physiotherapy; routinely participated in the sales process;
- Assessed business needs and develop attainable goals for revenue generation in physiotherapy;
- Collaborated with cross-functional resources to implement direct marketing programs.

PROFESSIONAL ACADEME EXPERIENCE

PHYSICAL THERAPY INSTRUCTOR II

August 2023 - Present

University of the East Ramon Magsaysay Memorial Medical Center, Inc.

64 Aurora Boulevard, Barangay Doña Imelda, Quezon City, Philippines 1113

- Designed instructional plans for delivery of core physiotherapy courses in a private internationally-accredited higher-education university with courses including Pediatric PT, Integumentary PT, Organization and Administration, Neurophysiology, and Therapeutic Exercises;
- Conducted objective-structured clinical examinations and written evaluations for tertiary students;
- Assigned as a member of the promotions board and business development and marketing committees;
- Organized related learning activities and advisement of graduate research studies;
- Attended teaching, research, and development training and workshops.

PHYSICAL THERAPY REVIEW INSTRUCTOR

January - May 2022

Sultan Review Group, Inc.

2213 Highland Building, España, Sampaloc, Manila, Philippines 1008

- Provided review lecture sessions for examinees of Physical Therapy – Occupational Therapy Licensure Examination;
- In charge of providing basic sciences and physical therapy application domains with topics including, but not limited to, Renal System Anatomy and Physiology, Digestive System Physiology, Burns, Pressure Sores, Wound Care Management, Pediatric Rehabilitation, and others;
- Formed post-lecture examination and rationalization for assigned topics.

RELEVANT PROFESSIONAL CLINICAL TRAINING

ACUTE: A COMPREHENSIVE UPDATE ON TREATMENT AND EVALUATION OF COMMON INPATIENT CASES

Nov 8 - Dec 8, 2023

Philippine General Hospital, Department of Rehabilitation Medicine

LEAD: LEVEL UP TO PREVENT AND ADDRESS DISABILITIES IN THE REHAB DECADE 2023 - THE TRANSDISCIPLINARY CARE FOR DIABETIC EXTREMITY FOOT

Aug 19, 2023

Disability First Foundation, Inc.

EMERGENCY CART AND MEDICATION INSPECTION TRAINING

April 19, 2023

Cardinal Santos Medical Center

LYMPHEDEMA WORKSHOP COURSE

July 31, 2023

The Filipino Physio: Physiotherapy Services

GREAT PATIENT EXPERIENCE BASIC COURSE

July 20, 2022

Cardinal Santos Medical Center

SCAR REHABILITATION: INNOVATIONS IN BURN SCAR MANAGEMENT

July 9, 2023

Disability First Foundation, Inc.

VASCULAR AND WOUND SYMPOSIUM

June 29, 2022

The Filipino Physio: Physiotherapy Services

INFECTION PREVENTION AND CONTROL (IPC) TRAINING COURSE

April 3-23, 2021

World Health Organization - Health Emergencies Program

COVID-19 TRAINING FOR HEALTHCARE WORKERS

Dec 21-28, 2020

Stanford University

MANAGING YOUR HEALTH: THE ROLE OF PHYSICAL THERAPY AND EXERCISE

Sept 15 - Oct 27, 2020

University of Toronto

CLINICAL COMPETENCIES



Acute Care Physiotherapy



Pediatric Physiotherapy



Prosthetic Training



Geriatric Physiotherapy



Musculoskeletal Physiotherapy



Clinical Documentation



Clinical Mentoring



Evidence-Based Practice