

# CANDICE QIAN CHEN

2 Aboyne Ave, Seacliff Park, South Australia

(61) 0411-600-865

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## OBJECTIVE/HIGHLIGHT

Registered Physiotherapist in private practice in Australia, specialized in musculoskeletal injuries and women's pelvic health.

Specialized in hydrotherapy and clinical Pilates rehabilitation for both 1-on-1 and group classes.

Successfully completed 26 weeks of physiotherapy clinical placement in hospital and aged care setting with different specialties including neurological, cardiovascular, orthopedic and geriatric.

Had previously working as Kinesiologist in clinic and community setting.

Fluent in English, Cantonese & Mandarin

## EDUCATION

**Masters of Physiotherapy** at Flinders University 2021 to 2022

**Bachelor of Kinesiology** at Simon Fraser University 2011 to 2016

- Certificate in Occupational Ergonomics
- Certificate in Health and Fitness Studies

## WORK EXPERIENCE

**Core Physiotherapy and Pilates Studio – Physiotherapist** Jan 2023 – Present

- Conducted thorough assessments to diagnose musculoskeletal conditions and implementing tailored treatment plans to maximize clients' well-being.
- Provided one-on-one therapy sessions, including hydrotherapy and clinical Pilates to facilitate client's rehabilitation progression.
- Provided assessment, treatment, and guidance to help women manage conditions such as pelvic pain, incontinence, pregnancy-related discomfort, and postpartum recovery.
- Proactively engaged clients by providing essential education on pain management strategies and lifestyle modifications. Empowered individuals to take an active role in their own rehabilitation and long-term health by imparting valuable knowledge and guidance.
- Collaborated seamlessly within a multidisciplinary healthcare team, which encompassed occupational therapists, physical therapists, counselors, General Practitioners, and case managers.

**Sahara Rehabilitation Consulting – Kinesiologist** Dec 2016 – May 2021

- Conducted a wide spectrum of assessments, including biomedical evaluations, fitness testing, and functional appraisals, to comprehensively address clients' diverse injuries and rehabilitation needs.
- Developed and implemented highly personalized exercise prescriptions, which included specialized programs such as aquatic therapy and home/gym-based exercises.
- Proactively engaged clients by providing essential education on pain management strategies and lifestyle modifications. Empowered individuals to take an active role in their own rehabilitation and long-term health by imparting valuable knowledge and guidance.
- Collaborated seamlessly within a multidisciplinary healthcare team, which encompassed

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occupational therapists, physiotherapists, counselors, General Practitioners, and case managers.

## **Developmental Disabilities Association – Disability Support Worker**

Dec 2016 – May 2018

- Provided comprehensive care and support to individuals with disabilities, assisting them in developing independence and fostering community engagement.
- Demonstrated proficiency in managing clients with complex and challenging needs, encompassing behavioral, emotional, psychological, and developmental well-being concerns.
- Contributed to clients' personal and professional growth by enhancing their employment skills through life skills coaching and valuable volunteering experiences.

## **PHYSIOTHERAPY CLINICAL PLACEMENT**

### **Student Physiotherapist Orthopedic Inpatient Rehab at Modbury Hospital, NALHN, SA**

- Assess and treat patients with post operative orthopedic conditions during their hospital stays.
- Participating in discharge planning with multidisciplinary team and referring patients to adequate health service as needed

### **Student Physiotherapist Neurological Inpatient Rehab at Hampstead Rehabilitation Center, CALHN, SA**

- Similar inpatient rehabilitation as above but working with patients with neurological disorders.
- By the end of this 5-week placement, I was taken over 80% of caseload from clinical supervisor.

### **Student Physiotherapist Geriatric Rehab at Onkaparinga Lodge, Southern Cross Care**

- Gained experience with geriatric population at age-care setting.
- Working with residents with complex health conditions independently with minimal supervision
- Participated in research for Sunbeam Program for data collection.

## **CERTIFICATES AND PROFESSIONAL DEVELOPMENT**

Women's Pelvic Health Level 2 – APA	Feb 2024
Headache Treatment Level 1 – Dean Watson	Feb 2024
Clinical Pilates Level 1 – 3 – Core Physio	Sep 2023
Women's Pelvic Health Level 1 – APA 2023	Aug
Lower Limbs Mobilization with Movement – Mulligan	Jul 2023
Dry Needling Level 1 – GEMt	Jul 2023
Introduction to McKenzie Method for Cervical Spine 2023	Mar
Introduction to McKenzie Method for Lumbar Spine 2023	Feb
Neurokinetic Therapy Level 1 & Level 2	April 2019
Soft Tissue Release	Sep 2018
Functional Movement Screening	Mar 2015

## **INTERESTS**

- Watching Sports, hiking, backcountry camping, biking, and traveling