

# Courtney Spongberg

Student Physical Therapist at Rockhurst University

spongbergc@hawks.rockhurst.edu

---

## Education

### **Rockhurst University**

Doctor of Physical Therapy (DPT), Physical Therapy, 2013 - 2016

### **Nebraska Wesleyan University**

Bachelor of Science (B.S.), Athletic Training/Trainer, 2009 - 2013

Activities and Societies: Athletic Training Student Association (ATSA)

Wesleyan Alumni Student Association

Human Health and Performance Club

---

## Summary

Goals:

I will be able to design a rehab program independently for a patient with a general musculoskeletal injury by the end of my 3 week clinical.

I will be able to list off the top 5 common injuries and patient clientele of an outpatient orthopedic clinical setting in a smaller community by the end of my 3 week clinical.

I will be able to conduct a full examination independently with confidence to a patient in an orthopedic outpatient clinic within 3 weeks.

---

## Experience

### **Graduate Assistant Athletic Trainer at Rockhurst University**

August 2013 - Present (1 year 4 months)

Work with men's and women's soccer, men's and women's basketball, cross country, men's and women's lacrosse, softball and baseball. Evaluating, use of modalities, and implementing rehabilitation programs for various athletes with various musculoskeletal injuries.

### **Physical Therapy Technician at Lincoln Orthopedic Physical Therapy**

August 2012 - May 2013 (10 months)

Clean and prepare rooms, apply modalities to patients under supervision, aid the physical therapist with patient's exercises, file and document patient progress reports, answer phone calls and questions patients may have, and assist with scheduling patients

### **Student Athletic Trainer at Nebraska Wesleyan University**

August 2010 - May 2013 (2 years 10 months)

200 hours of clinical experience per semester, to date accumulation of over 1,200 hours

Worked with football, volleyball, men's and women's soccer, men's and women's basketball, men's and women's track and field and cross country, baseball, and softball teams

Completed Outpatient Rehabilitation hours, observe and instruct patients through different rehabilitation exercises

Completed General Medical Clinic hours, observe and help a medical doctor with general exams on patients

Volunteered as a first aid responder for wrestling tournament at Boys Town High School

Evaluate injuries, use of therapeutic modalities, and rehabilitation of injuries

---

## Skills & Expertise

**Athletic Training**

**Cpr Certified**

**AED**

**Sports**

**First Aid**

**Microsoft Excel**

**Microsoft Word**

**CPR Certified**

**Injury Prevention**

**Clinical Research**

---

## Certifications

**CPR/AED**

American Red Cross      January 2014 to January 2016

**Athletic Training**

CAATE License 2000013567      June 2013

**Lifeguarding**

American Red Cross      June 2012 to June 2015

---

## Volunteer Experience

**Volunteer at Red Ribbon Week**

April 2009 - April 2013 (4 years 1 month)

Helped underprivileged children

**Volunteer at Nebraska Wesleyan University**

April 2009 - April 2013 (4 years 1 month)

Helped clean up campus by planting flowers, spreading mulch, ect.

**Student Physical Therapist at Damien House**

August 2014 - August 2014 (1 month)

Evaluated and treated inpatients and outpatients who had been diagnosed with Leprosy and had received a cure. For five days patients were evaluated and given exercises or adaptive equipment to help them adapt to the side effects of their disease for the following year.

**Student Physical Therapist at ProBono Volunteer Experience**

July 2014 - Present (5 months)

Evaluated and treated patients in the surround community that do not have access to healthcare services due to their financial status. Working closely with another physical therapy student and occupational therapy student to effectively assess, give interventions, and effectively document and communicate with other healthcare professionals on the first Friday of every month to a variety of patients.

---

# Courtney Spongberg

Student Physical Therapist at Rockhurst University

spongbergc@hawks.rockhurst.edu

---



[Contact Courtney on LinkedIn](#)