

Natalia Lanier

laniernatalia36@gmail.com | 561-319-0411 | www.linkedin.com/in/natalialanier

Education

University of Central Florida, BS in Kinesiology

Aug 2020 – May 2024

- Exercise Physiology Track

Experience

Fitness Consultant, Fitness Program Coordinator, UCF RWC and UFC Gym –
Orlando/Sunnyvale, FL/CA

August 2022 - Now

- Provide personalized fitness recommendations to clients based on their goals, enhancing member satisfaction and retention.
- Build strong relationships with members by actively engaging, answer fitness-related questions, resolve complaints, and promote programs and supplements tailored to individual needs.
- Collaborate with team members to consistently achieve and exceed monthly sales quotas.

Prosthetic and Orthotic Assistant/Technician, Prosthetic and Orthotic Associates –
Orlando, FL

Aug 2021 – July 2024

- Conducted comprehensive patient assessments and developed tailored treatment plans.
- Cultivated and maintained relationships with patients in order to understand their story and needs.
- Collaborated with technician in the customization and fabrication of prosthetics and orthotics including, double-wall sockets, below-the-knee sockets, AFOs, and foot orthotics.
- Worked with patients to relearn gait and mobility on their new prosthesis or orthotic, and monitored their progress (using OPIE).
- Mentored interns and trainees on the processes of fabricating and fitting a prosthetic or orthotic.

Research Assistant, EPIC Lab at UCF, Institute of Exercise Physiology and
Rehabilitation Science - Orlando, FL

Aug 2023 – May 2024

- Analyzed the participant and their clinical data to identify trends and implement evidence-based improvements.
- Facilitated participants through each step of the protocol including taking anthropometric data (InBody), ultrasound, urine and blood samples, warm up, isoinertial squat tests, force production tests, vertical jump tests, and scheduling.
- Organized and analyzed large sets of data in Excel, to make them accessible and easily navigated by the research team. (Hawkins Dynamics, Desmotec, Image J)

Lead Intern with Velys Robotic Assisted Solutions, Johnson and Johnson – Palm
Beach Gardens, FL

May 2022 – Aug 2022

- Led the team of interns and coordinated various projects with the Velys Robotic Assisted Solution Team.
- Managed creative agency to edit videos regarding cadaver surgery research and organized educational content for the Velys Robotic Assisted Solution.
- Utilized this educational content to edit and execute the Velys page on the company intranet site to educate sales, marketing, and engineering teams.

Certifications and Publications

Co-Author, *The Reliability of Functional and Systemic Markers of Muscle Damage in Response to a Flywheel Squat Protocol*, European Journal of Applied Physiology
(2024)

NASM Certified Personal Trainer

CPR and First Aid Certification, American Red Cross

Skills and Languages

Languages: Fluent in English and Spanish

Skills: Product Expertise (Ossur, Ottobock, Bulldog, Velys RAS), Customer Relationship Management proficiency (Salesforce), Project Management, Patient care, Detail-oriented, Interpersonal Communication, Mentorship, Time management, Collaboration, Problem Resolution, Client-facing Interaction, Creative, Customer Success and Retention, Training, Education, Inventory Management, Sales, Physical Therapy, Leadership, Microsoft Suite, Data Analysis (Hawkins Dynamics, Desmotec, Image J).