

## **Professional Experience**

Select Rehab – Encinitas, CA (*March 2020 – Current*)

**PRN Physical Therapist Assistant at Seacrest Village Retirement Communities**

- PTA within the Skilled Nursing Facility, working on an as needed basis, assisting the rehabilitation team by seeing a variety of new patients for 30 minute increments, all while maintaining an average productivity standard of 90%.

Therapy Specialists at HealthPro Heritage – Carlsbad, CA (*May 2019 – Current*)

**Full time Physical Therapist Assistant at GlenBrook Health Center**

- Continued work at GlenBrook Health center, managing time working within both the Assisted Living community for outpatient therapy and Skilled Nursing Facility, all while taking on new roles with assisting the director and filling in for the Assisted Living transition coordinator when needed.
- Utilized modalities such as ultrasound, electrical stimulation and gentle soft tissue mobilizations as well as, the use of Biodex Balance System to further optimize the patient's care and decrease the percentage of falls within the communities. Incorporated gentle joint mobilizations

RehabCare/Kindred – Carlsbad, CA (*August 2018 – May 2019*)

**Full time Physical Therapist Assistant at GlenBrook Health Center**

- Work with a geriatric population within a skilled nursing and assisted living facility, with an emphasis in working as the primary provider within the memory unit. Negotiating up to 14 patients while collaborating with occupational therapist, speech therapist and the nursing staff in order to optimize the patient's care.

Behavior Frontiers – San Diego, CA (*May 2016 – September 2017*)

**Behavioral Therapist for children with autism**

- Specialized in applied behavior analysis (ABA) therapy, working with children ages 3 to 8, within the autism spectrum disorder.
- Utilized ABA therapy to teach academic and social living skills, self-care, communication techniques, play skills, and reduce problematic behaviors for low to high functioning children, through the use of motivation, repetition, and patience.
- Collaborated with behavioral analyst consultants and speech therapists, with an emphasis on family education, for progressing therapy and optimizing the child's care.
- Worked with verbal and non-verbal children, parents, healthcare providers, and non-English speaking individuals and was able to appropriately adapt my communication style to best fit the individual.

Park Ave. Outpatient Physical Therapy – Merced, CA (*August 2013 – February 2014*)

**Physical Therapist Volunteer**

- Managed and assisted with providing electrical stimulation, ultrasound, cryotherapy and heat.
- Assisted patients, of various ages, with therapeutic strengthening and mobility exercises, providing education for proper form and instruction of the task.
- Performed non-patient related tasks including laundry, cleaning and preparing treatment stations and modalities, in order to maximize the flow of the clinic while allowing for the physical therapist to focus on hands on patient related tasks and documentation.

## **Education**

San Diego Mesa College

- Physical Therapist Assistant, Associates of Science (*Aug 2016 – May 2018*)

University of California, Merced

- Psychology, Bachelor of Arts (*Aug 2011 – May 2015*)

## **Clinical Affiliations**

Kaiser Permanente Outpatient Viewridge – San Diego, CA (*March 5, 2018 – April 27, 2018*)

*Outpatient orthopedics setting (Completed 226 hours)*

- Provided patient care for an extensive amount of diagnoses, from numerous types of post surgical patients to neurological diagnoses.
- Assisted with Parkinson's classes containing up to 9 patients and frequently performed post surgical total knee classes. Coordinating and time managing patient care and documentation for 3 patients at one time.
- Further improved and emphasized manual therapy skills within treatment, from passive range of motion to joint mobility techniques.
- Created a lumbar stabilization protocol for the clinic to utilize.

Veterans Administration Medical Center – San Diego, CA (*January 8, 2018 – March 2, 2018*)

*Outpatient orthopedics & inpatient acute setting (Completed 228 hours)*

- Provided patient care for up to 10 orthopedic patients and 5 acute patients, daily, within 5 floors of the hospital setting.
- Coordinated and communicated with members of the interdisciplinary team regarding patient care and discharge plans.
- Administered modalities, manual therapy skills, and utilized therapeutic exercises and gait training within treatments.
- Performed the Graston Technique and utilized hawkgrrips for performing soft tissue mobilizations.
- Incorporated proprioceptive neuromuscular facilitation and electrical stimulation for re-education.
- Provided treatment for acute patients, including geriatric and bariatric patients, of all different cultural, socio-economic, and medical backgrounds while negotiating and managing 5+ lines.
- Performed an in-service on rehabilitation for vestibular disorders, focusing on benign paroxysmal positional vertigo.

Veterans Administration Medical Center – San Diego, CA (*October 16, 2017 – December 8, 2017*)

*Spinal cord injury unit: outpatient & inpatient neurological setting (Completed 150 hours)*

- Performed and assisted with wheelchair measurements, training and implementation of parts and usage.
- Administered therapeutic exercises within a wheelchair adaptive gym, utilizing standing frames, tilt tables, motorized movement therapy devices, parallel bars and an Alter-G anti-gravity treadmill.
- Performed and educated patients on safe transfers to and from a wheelchair, bed, car, and floor; utilizing a slide board and Hoyer lift.
- Assisted with wound care rounds alongside interdisciplinary team.
- Provided patient care utilizing and adapting PROM, AAROM, AROM and joint mobilizations, grade I-IV, techniques and therapeutic exercises for patients experiencing spasticity, clonus and orthostatic hypotension.
- Administered and educated patients and nursing on orthotic devices and TLSO use with ambulation and mobility.

**Certifications/License**

Physical Therapist Assistant License (*Expiration – July 2022*)

BLS Certified (*Expiration – February 2023*)

**Skills**

Proficient in Farsi and basic knowledge of Spanish.

**References**

Available upon request.