

STANISLAVA MEDIGOVIK

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[LinkedIn](#) | [GitHub](#) | [Portfolio](#)

Motivated and detail-oriented Full Stack Developer dedicated team player, able to collaborate with internal and external partners to achieve business objectives. Instrumental in streamlining and improving processes, enhancing productivity, and implementing efficient solutions.

TECHNICAL SKILLS

Languages: JavaScript ES6+, CSS3, HTML5, SQL, NoSQL

Applications: GitHub

PROJECTS

Trail Chasers Hike Finding App

- Summary: Trail Chasers helps the user to custom search trails to find the perfect one for you based on multiple sets of criteria.
- Role: participated in creating the API routes for the application
- Tools: HTML, CSS, JavaScript, jQuery, Google API, Hiking Projects API, Open Weather Map API, Bulma, Font Awesome, MomentJS.

WeatherApp

- Summary: Weather app that provides current and future weather forecasts in cities.
- Role: Sole author
- Tools: HTML, CSS, JavaScript, jQuery, API, Bootstrap

Workout Buddy Exercise App

PROFESSIONAL EXPERIENCE

PRN PHYSICAL THERAPIST | Overlake Hospital, Bellevue, WA 2019 to Present

- Provide physical therapy, education, and support to patients with geriatric related medical diagnosis, sports injuries, complex multiple injuries, low back, neck, shoulder, hip, knee and foot related pain, headaches, and vestibular related problems in an outpatient orthopedic clinic.
- Utilize diagnostic techniques to identify root cause, and apply multiple techniques, exercises, and manual therapy to treat patients and meet their goals.
- Quickly adapt to changing case load while assisting colleagues, offering support, and partnering with care teams.

PRN PHYSICAL THERAPIST | Kaiser Permanente, Seattle, WA 2017 to 2018

- Aided patients with geriatric and neuro related diagnosis by applying manual therapy to correct patient dysfunction while providing education and resources that encouraged independence.
- Delivered one-on-one care to vestibular and orthopedic patients.

- Designed and communicated home exercise plans to support recovery.

PHYSICAL THERAPIST | Highline Physical Therapy, Burien, WA 2016

- Treated patients with complex co-morbidities, orthopedic, surgical, sports injury, motor vehicle accident, and L&I cases.
- Applied skilled techniques to aid in recovery, including Graston techniques, joint mobilization, full-body assessments, scar mobilization, and myofascial release.
- Educated patients and caregivers, designing at-home exercise programs to aid in recovery and prevention of recurrence.

PHYSICAL THERAPIST | Springfield Hospital, Springfield, PA 2014 to 2015

- Collaborated with physical therapy assistants and cross-functional care teams to aid patients in recovery.
- Utilized manual therapy techniques to treat orthopedic, neurological, vestibular, and women's health diagnoses.

PRN PHYSICAL THERAPIST | Penn Medical System, King of Prussia, PA 2012 to 2014

- Delivered physical therapy treatment to diverse patients in outpatient orthopedic, skilled nursing, assisted living, acute care, and long-term care facilities.
- Aided with the rehabilitation and treatment of patients suffering from diverse injuries and conditions, including orthopedic and sports injuries, pre- and post-operative, vestibular, balance, CVA, CHF, Parkinson's, dementia, traumatic brain injury, MS, and de-conditioned cases.
- Adhered to organizational and regulatory policies and procedures and maintained accurate records and documentation while working with multi-disciplined care teams.

PHYSICAL THERAPIST | Apex Physical Therapy, Lafayette Hill, PA 2011 to 2012

- Evaluated, diagnosed, and treated injuries by providing physical therapy treatment in an outpatient orthopedic facility.
- Accurately and efficiency documented patient treatment and medical status to ensure proper continuation of skilled therapy interventions when appropriate.
- Served as subject matter expert and utilized diverse treatments to aid in patient recovery, including manual therapy, Maitland, Graston, and myofascial release techniques.

PHYSICAL THERAPIST | Dynamic Physical Therapy, Media, PA 2010 to 2011

- Evaluated, diagnosed, and treated injuries by providing physical therapy treatment in an outpatient orthopedic facility.
- Accurately and efficiency documented patient treatment and medical status to ensure proper continuation of skilled therapy interventions when appropriate.
- Served as subject matter expert and utilized diverse treatments to aid in patient recovery, including manual therapy, Maitland, Graston, and myofascial release techniques.

EDUCATION & CERTIFICATES

Full Stack Developer Boot camp UW 6 month program, Seattle, WA 2020/2021

Doctor of Physical Therapy | Temple University, Philadelphia, PA, 2009

Bachelor of Science in Exercise Science | Rutgers University, New Brunswick, NJ, 2006

CPR | First Aid | Graston Certified | Clinical Instructor Certification

PROFESSIONAL TRAINING

Maitland Certification, *in progress*

MT-1 Basic Peripheral Seminar | MT-2 Basic Spinal | MT-ST Stabilization & Functional Rehab

**MT-O Evidence Based Orthopedic Diagnostic Exam | Pelvic Floor Level I | Myofascial Release I
| Graston Technique I & II**

Sports Related Injuries in Young Athletes & Runners | Vestibular Assessment & Treatment