

# Selena Reddy

## Outpatient Physical Therapist

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### STRENGTHS

-  **Critical Thinking**  
Consistently identified patient needs quickly, leading to sans-reactive treatment adjustments, fostering faster recoveries.
-  **Effective Communication**  
Built rapport with patients and peers, creating an environment where concerns were addressed swiftly and professionally.
-  **Team Collaboration**  
Worked seamlessly within multidisciplinary teams, aligning goals to enhance both patient satisfaction and outcomes.
-  **Empathy**  
Recognized unique patient struggles, offering emotional support that boosted morale and encouraged active recovery participation.
-  **Adaptability**  
Quickly adjusted methods as necessary, employing new strategies to tackle diverse patient challenges effectively.

### SKILLS

- Patient Assessment
- Treatment Planning
- Evidence-Based Practice
- Team Collaboration
- Communication Skills
- Time Management
- Pain Management
- Mobility Training
- Patient Education
- Therapeutic Exercises
- Psychosocial Support
- Clinical Documentation
- Orthopedic Therapy

### SUMMARY

Dedicated physical therapist with over 2 years of experience in outpatient rehabilitation. Proven ability to develop and implement effective treatment plans tailored to each patient's needs. Demonstrates strong critical thinking and problem-solving skills, ensuring high-quality care throughout the recovery process. Committed to ongoing professional development while utilizing evidence-based practices. Excited about the opportunity to collaborate with a multidisciplinary team, focusing on improving patient mobility and enhancing overall quality of life.

### EXPERIENCE

#### Outpatient Physical Therapist

CareWell Therapy Center  January 2025 - Present  San Jose, CA

- As an Outpatient Physical Therapist at CareWell, specialized in creating personalized rehabilitation protocols for diverse patients with various conditions. Actively collaborated with healthcare professionals to ensure cohesive treatment plans that promote optimal recovery outcomes.
- Developed and executed treatment plans prioritizing mobility restoration and pain alleviation.
  - Collaborated across disciplines, fostering a unified healthcare approach that benefited patient outcomes.
  - Monitored patient progress while adapting therapeutic interventions based on real-time assessments.
  - Conducted educational sessions promoting self-management strategies for better patient adherence.
  - Maintained comprehensive documentation reflecting patient care processes and outcome improvements.
  - Engaged in continuous education and skill enhancement to remain updated with industry best practices.

#### Physical Therapy Assistant

Rehab Innovations  June 2024 - December 2024  Santa Clara, CA

- In this role, supported licensed physical therapists by helping implement treatment strategies and coordinating patient activities within rehab settings.
- Assisted in executing treatment strategies set by physical therapists during patient recovery.
  - Provided compassionate support, closely engaging with patients through their rehabilitation journeys.
  - Ensured compliance with health standards through maintenance of clean, safe treatment environments.
  - Gathered patient data systematically, effectively communicating progress to supervising therapists.
  - Facilitated communication channels between patients and healthcare teams, optimizing feedback loops.
  - Participated in collaborative meeting discussions centered around enhancing patient care techniques.

### LEADERSHIP & AWARDS

- Dean's List, University of California, 2022

### EDUCATION

#### Doctor of Physical Therapy

University of California, San Francisco  GPA: 3.8  2024  San Francisco, CA  
**Coursework:** *Physiology, Anatomy, Rehabilitation Techniques, Patient Assessment*

### CERTIFICATIONS

- Licensed Physical Therapist, CA  2025

Geriatric Rehabilitation

Neurological Rehabilitation

## LANGUAGES

English Native

Spanish Proficient

## MY CAREER



- Outpatient Physical Therapist at CareWell Therapy Center (1.5 Years)
- Physical Therapy Assistant at Rehab Innovations (6 Months)

- BLS - Basic Life Support Healthcare Provider 📅 2025

## TECHNICAL SKILLS

- **Clinical Protocols:** Patient Evaluation, Treatment Strategies, Assessment Tools
- **Medical Software:** EMR Systems, Rehabilitation Tech, Scheduling Programs
- **Therapeutic Techniques:** Manual Therapy, Exercise Prescription, Pain Management
- **Patient Education Tools:** Instructional Materials, Digital Resources, Feedback Surveys
- **Interprofessional Collaboration:** Healthcare Teams, Multidisciplinary Meetings, Care Coordination
- **Documentation Standards:** SOAP Notes, Compliance Checks, Quality Assurance
- **Emergency Procedures:** CPR Techniques, Safety Protocols, Risk Assessments
- **Condition-Specific Methods:** Musculoskeletal Rehabilitation, Neurological Measures, Pediatric Therapy
- **Equipment Utilization:** Therapy Equipment, Assistive Devices, Functional Aids
- **Professional Development:** Continuing Education, Best Practice Workshops, Networking Events

## PROFESSIONAL AFFILIATIONS

- Member, Physical Therapy Student Association, 2023
- Volunteer, Community Health Fair, 2024

## ADDITIONAL INFORMATION

**Work Status** : Authorized to work in United States. No sponsorship required.

## REFERENCES

AVAILABLE ON REQUEST