



# Sylvia Cabrera

## Physical Therapist Assistant

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### STRENGTHS

- 👤 Patient Engagement**  
Built meaningful connections with patients, improving their rehabilitation experiences and motivation.
- 📄 Documentation Expertise**  
Ensured accurate patient records, contributing to effective treatment planning and regulatory compliance.
- 👥 Team Collaboration**  
Worked closely with healthcare professionals, creating cohesive care teams focused on patient outcomes.
- 📖 Education & Training**  
Created and delivered informative materials, enhancing patient's understanding and compliance with care plans.
- 🔄 Adaptability**  
Adjusted care approaches based on varied patient needs in dynamic clinical environments, promoting positive shifts in recovery.

### SKILLS

- Patient Care
- Health Education
- Documentation Management
- Treatments Administration
- Collaborative Practices
- Time Efficiency
- Therapeutic Exercises
- Clinical Analysis
- Community Outreach
- Safety Compliance
- Problem-Solving Skills
- Rehabilitation Techniques

### SUMMARY

Compassionate and dedicated Physical Therapist Assistant with over two years of experience in rehabilitative care. Trained in implementing effective treatment strategies, ensuring patients receive personalized therapies aligned with their needs. Proven ability to engage meaningfully with patients while collaborating closely with healthcare teams. Proficient in documentation practices that support accurate medical records and billing processes. Committed to ongoing professional development and advocacy for physical therapy within the community. Motivated to enhance patient outcomes through evidence-based approaches and compassionate support.

### EXPERIENCE

#### Physical Therapist Assistant

Wellness Health 📅 June 2025 - Present 📍 Rapid City, SD

Provide patient-focused therapeutic services under the direction of licensed physical therapists. Collaborate with interdisciplinary teams to enhance operational efficiency in the Physical Therapy Department, applying clinical knowledge to support patient recovery. Train and supervise students and junior staff, fostering a collaborative atmosphere for learning and growth.

- Implemented tailored treatment plans alongside physical therapists, leading to improved patient rehabilitation outcomes.
- Maintained thorough documentation of patient progress, aligning with federal and state standards to support continuity of care.
- Coordinated patient care across multiple sites, ensuring equitable access to services for various populations.
- Engaged continuously in professional education to uphold licensure requirements and investigate new techniques.
- Trained incoming staff and interns on state regulations and departmental protocols, promoting compliance and safety.
- Developed resources supporting patient education on treatment methodologies and discharge instructions.

#### Physical Therapy Aide

HealthFirst Rehabilitation 📅 January 2024 - May 2025 📍 Rapid City, SD

Supported daily operations of the physical therapy clinic by preparing the treatment environment and assisting therapists during sessions. Focused on maintaining patient-centered care through encouragement and mobility assistance.

- Facilitated a seamless patient experience by preparing treatment areas and ensuring timely readiness for therapy sessions.
- Documented essential information for billing accuracy and regulatory compliance, enhancing overall department operations.
- Assisted therapists in developing patient care plans, incorporating individual goals to track progress effectively.
- Provided empathetic support to patients, helping them stay motivated throughout their rehabilitation processes.
- Conducted safety checks on equipment to maintain an optimal environment for patient healing.
- Participated in community outreach initiatives, raising awareness about physical therapy benefits and injury prevention.

### LEADERSHIP & AWARDS

- Dean's List, South Dakota State University, 2023
- Outstanding Student in Physical Therapy Award, 2024

Crisis Interventions

Healthcare Regulations

Equipment Maintenance

## LANGUAGES

English Native

Spanish Intermediate

## MY CAREER



● Physical Therapist Assistant at Wellness Health (1.1 Years)

● Physical Therapy Aide at HealthFirst Rehabilitation (1.3 Years)

## EDUCATION

### Bachelor's Degree in Physical Therapy

South Dakota State University 🎓 GPA: 3.8 📅 2024 📍 Brookings, SD

**Coursework:** *Rehabilitation Science, Anatomy, Patient Care Techniques, Medical Ethics*

## CERTIFICATIONS

- Physical Therapist Assistant (PTA) 📅 2025
- CPR and First Aid Certification 📅 2024

## TECHNICAL SKILLS

- Patient Care Tools:** Therapy Equipment, Mobility Aids, Gait Trainers
- Documentation Software:** EMR Systems, Microsoft Office, Google Docs
- Communication Tools:** Zoom, Microsoft Teams, Phone Systems
- Rehabilitation Techniques:** Manual Therapy, Exercise Therapy, Neuromuscular Reeducation
- Billing Systems:** ClaimTrack, MediSoft, TherapyNotes
- Regulatory Standards:** HIPAA, APTA Guidelines, State Laws
- Supervisory Skills:** Mentoring, Oversight Practices, Feedback Mechanisms
- Continuing Education:** Webinars, Workshops, Certifications Programs
- Community Health Programs:** Screening Events, Educational Fairs, Health Initiatives
- Therapeutic Modalities:** Ultrasound, Cold Therapy, Electrical Stimulation

## PROFESSIONAL AFFILIATIONS

- Member, South Dakota Physical Therapy Association
- Volunteer, Community Health Fair, Rapid City, SD

## ADDITIONAL INFORMATION

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

## REFERENCES

AVAILABLE ON REQUEST