

Nina Parrish

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SUMMARY

Compassionate Physical Therapist with a Master's degree and practical expertise in patient assessment, treatment design, and execution. Focuses on enhancing recovery through personalized therapy programs. Skilled communicator adept at fostering interdisciplinary collaboration to optimize patient education and care outcomes. Constantly pursues knowledge and professional growth, integrating evidence-based practices into all facets of therapy. Demonstrates commitment to mentoring peers and improving practice standards while addressing organizational goals. Engages patients and families effectively, ensuring well-rounded support throughout their rehabilitation journey.

EXPERIENCE

Physical Therapist PRN

June 2026 - Present

HealthFirst Rehabilitation Services

Austin, TX

Provides direct patient care within a dynamic multidisciplinary team to enhance patient outcomes through tailored rehabilitation strategies.

- Evaluated diverse patient populations, creating personalized therapy plans for optimal functional recovery.
- Maintained comprehensive clinical records and accurately processed billing, adhering to compliance guidelines.
- Collaborated with medical teams in discharge planning, equipping patients and families with necessary educational resources.
- Mentored students and supervised ancillary staff, fostering a supportive learning environment.
- Engaged in continuous education and research to incorporate advanced techniques based on clinical evidence.
- Aligned personal objectives with departmental targets, promoting enhanced service delivery and patient care.

Capstone Project Developer

January 2026 - May 2026

University Project

Austin, TX

Led an academic project focusing on developing rehabilitation strategies within therapeutic settings, translating theoretical concepts into real-world applications.

- Created a targeted rehabilitation approach aimed at post-surgery patient mobility enhancement.
- Employed data analysis methodologies to assess procedural efficacy and modify approaches based on feedback.
- Conducted workshops to share innovative practices related to patient engagement and restoration.
- Worked collaboratively with faculty to accrue research findings, presenting the results at health science conferences.
- Documented comprehensive insights regarding methodologies and results, offering promotional materials for future use.
- Recognized for superior presentation skills during the university's health sciences symposium.

Research Assistant

September 2025 - December 2025

Academic Research

Austin, TX

Supported research projects focused on physical therapy impacts, contributing substantially to peer-reviewed publications.

- Assisted in capturing and analyzing data related to aging patients' recovery timelines.
- Conducted interviews that informed ongoing studies under licensed therapist supervision.
- Synthesized findings for presentations, framing implications essential for clinical adaptation.
- Actively participated in team discussions, strategizing effective research frameworks and schedules.
- Facilitated patient outreach initiatives, raising awareness regarding therapeutic benefits available.
- Took part in training new team members which streamlined research processes.

LEADERSHIP & AWARDS

- Dean's List, University of Texas at Austin, 2024-2026
- Best Capstone Project Presentation, Health Sciences Symposium, 2026

EDUCATION

Master of Science in Physical Therapy

2026

University of Texas at Austin GPA: 3.7

Austin, TX

Coursework: Anatomy, Physiology, Orthopedics, Neurology

CERTIFICATIONS

- Physical Therapist (PT) 📅 2026
- Basic Life Support (BLS) 📅 2026

TECHNICAL SKILLS

- **Rehabilitation Equipment:** Therapeutic Ultrasound, Electrotherapy, Resistance Bands
- **Documentation Systems:** EMR, Practice Management Software, Billing Platforms
- **Clinical Assessment Tools:** Functional Independence Measure, Berg Balance Scale, Timed Up and Go
- **Communication Tools:** Microsoft Teams, Zoom, SharePoint
- **Educational Resources:** Patient Handouts, Workshops, Online Courses
- **Data Analysis Software:** SPSS, Excel, R
- **Collaborative Practices:** Multidisciplinary Team Meetings, Case Conferences, Peer Reviews
- **Healthcare Regulations:** HIPAA, Medicare Compliance, State Licensing Laws
- **Mentoring Techniques:** Feedback Sessions, Joint Patient Handling, Teaching Essentials
- **Physical Therapy Modalities:** Manual Therapy, Exercise Prescription, Aquatic Therapy

SKILLS

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|---------------------------|-----------------------------|-------------------------|----------------------------------|
| • Patient Evaluation | • Evidence-Based Practice | • Supervisory Skills | • Technical Proficiency |
| • Treatment Planning | • Team Collaboration | • Dynamic Multitasking | • Patient Advocacy |
| • Clinical Documentation | • Patient Education | • Time Management | • Continuing Education |
| • Effective Communication | • Rehabilitation Techniques | • Regulatory Compliance | • Interdisciplinary Coordination |

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association Member
- Volunteer, local rehabilitation center supporting underserved communities

LANGUAGES

- English (Native)
- Spanish (Intermediate)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST