

Meadow Barrett

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SUMMARY

Dedicated and compassionate Physical Therapist with a Doctorate in Physical Therapy, offering over a year of clinical experience across diverse rehabilitation settings. Developed and implemented customized treatment programs that optimize patient mobility, ensuring thorough assessments to support recovery journeys. Known for strong communication skills and effective collaboration with interdisciplinary healthcare teams, enhancing overall patient care. Committed to evidence-based practices while placing great emphasis on educating patients and their families, empowering them during this healing process. Eager to leverage experiences and insights gained to contribute positively in future roles.

EXPERIENCE

Physical Therapy Intern

June 2025 - Present

University Research Lab

Champaign, IL

- Support various research initiatives as Physical Therapy Intern, assisting leading faculty members in rehabilitation studies and patient assessments. Gained direct exposure to conditions requiring varied physical therapy interventions, collaborating closely in multi-disciplinary settings to enhance research outcomes.
- Conducted detailed assessments of patient conditions, allowing precise development of individualized treatment plans tailored to unique needs.
 - Designed and implemented rehabilitation strategies aimed at optimizing patient progress, fostering motivation among diverse patient populations.
 - Worked collaboratively with clinicians in evaluating effective therapy interventions, prioritizing best-practice standards to improve service quality.
 - Documented patient outcomes thoroughly, maintaining regulation compliance and sharing insights through team discussions.
 - Facilitated engaging workshops focused on educating patients and families about recovery techniques, promoting informed participation in treatment.
 - Participated actively in clinical research assessing the effectiveness of different therapeutic approaches, contributing to continuous improvement.

Physical Therapy Assistant

January 2024 - May 2025

Health First Rehabilitation Center

Peoria, IL

- Assisted licensed therapists in delivering high-quality care, supporting effective rehabilitation processes while refining hands-on skills and patient interaction capabilities. Cultivated a patient-centered approach increasing client satisfaction and engagement.
- Collaborated on treatment plans, helping execute physical therapy sessions per licensed therapist's guidance, leading to improved patient rapport.
 - Monitored patient progress meticulously, documenting changes and efficacy to inform strategic adjustments in actions taken.
 - Educated patients on exercises and safe techniques to maximize recovery potential, reinforcing continuity of care philosophy.
 - Fostered smooth communication between patients and healthcare providers, efficiently addressing concerns to improve therapeutic alliances.
 - Managed therapy equipment, ensuring a hazard-free environment vital for maximizing session effectiveness.
 - Engaged in professional development initiatives, participating in workshops that enhanced skills in innovative therapeutic practices.

LEADERSHIP & AWARDS

- Dean's List, University of Illinois (2022 - 2025)
- Research Presentation Award, Annual Physical Therapy Conference (2026)

EDUCATION

Doctorate in Physical Therapy

2026

University of Illinois GPA: 3.8

Champaign, IL

Coursework: Anatomy, Physiology, Rehabilitation Techniques, Evidence-Based Practice

CERTIFICATIONS

- CPR Certification 📅 2025
- Licensed Physical Therapist (PT) 📅 2026

TECHNICAL SKILLS

- **Assessment Tools:** Goniometers, Muscle Test Instruments, Functional Assessment Tools
- **Documentation Software:** Electronic Health Records, Patient Management Systems, Clinical Documentation Tools
- **Therapy Equipment:** Ultrasound Machines, Electrical Stimulation Units, Resistance Bands

- **Communication Platforms:** Telehealth Systems, Messaging Apps, Professional Networks
- **Rehabilitation Methods:** Manual Therapy, Strength Training, Neuromuscular Reeducation
- **Educational Resources:** Patient Information Handouts, Therapy Guidelines, Continuing Education Workshops
- **Medical Terminology:** Anatomical Terms, Functionality Terms, Treatment Plan Language
- **Team Collaboration Tools:** Collaboration Apps, Shared Dashboards, Meeting Calendars
- **Quality Assurance Standards:** CMS Guidelines, APTA Standards, Local Regulatory Requirements
- **Compliance Regulations:** HIPAA Guidelines, State Laws, Professional Conduct Codes

SKILLS

- Patient Assessment
- Patient Education
- Recovery Strategies
- Rehabilitation Sciences
- Treatment Development
- Interdisciplinary Collaboration
- Data Analytics
- Problem-solving
- Clinical Documentation
- Therapeutic Techniques
- Communication Skills
- Interpersonal Skills
- Evidence-Based Practice
- Healthcare Regulations
- Professional Development
- Empathy

PROFESSIONAL AFFILIATIONS

- Member, Physical Therapy Student Association (2024 - Present)
- Volunteer, Community Health Fair, Springfield (2025)

LANGUAGES

- English (Native)
- Spanish (Intermediate)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST