

Athena Hart

📞 (217) 555-1234 ✉️ athena.hart@example.com 🔗 linkedin.com/in/athenahart 📍 1234 Maple Street, Springfield, IL 62704

SUMMARY

Dedicated Physical Therapist Assistant with extensive training in patient rehabilitation and recovery strategies. Currently engaged in a travel PTA role, delivering quality care to diverse patient populations while adapting to varying clinical environments. Holds an Associate degree in Physical Therapy and an active state license, with BLS certification. Committed to enhancing patient mobility and overall well-being through targeted therapeutic interventions and collaborative support with licensed Physical Therapists.

EXPERIENCE

Physical Therapy Assistant

University Project

January 2026 - Present

Remote

- Assisted patients recovering from injuries by collaborating with medical professionals, conducting assessments, and implementing effective therapy strategies. Adapted treatment methods based on varied clinical requirements to enhance rehabilitation outcomes.
- Collaborated closely with a team to develop tailored treatment plans for diverse patients focused on movement and independence.
 - Implemented effective rehabilitation protocols under supervision, ensuring adherence to health and safety standards.
 - Conducted thorough patient assessments to monitor progress which led to significant improvements in individual recovery times.
 - Educated patients on prescribed exercises and recovery techniques, fostering enhanced participation in their progress.
 - Maintained detailed documentation of patient progress, effectively communicating insights to supervisors for better coordination of care.
 - Participated in advanced training sessions, contributing effectively to the professional development and skill enhancement of team members.

Research Assistant

Academic Research

July 2025 - December 2025

Remote

- Supported research initiatives aimed at evaluating physical therapy effectiveness in post-operative recovery settings. Engaged actively in compiling data, reviewing literature, and enhancing project outputs through collaboration and communication.
- Assisted in evaluating the efficacy of various physical therapy interventions for post-operative patients, enriching data collection processes.
 - Contributed to comprehensive literature reviews that increased the reliability of findings and recommendations made during research.
 - Teamed with peers for presenting significant research results at a national conference, receiving commendations for clarity and insight.
 - Authored educational materials based on key research outcomes, increasing patient comprehension and engagement regarding rehabilitation.
 - Managed research compliance with ethical standards around data handling, ensuring integrity and accuracy in documentation.
 - Facilitated interprofessional partnerships to gather pertinent feedback on methodologies, creating a supportive research environment.

LEADERSHIP & AWARDS

- Dean's List, Springfield Community College, 2024
- Excellence in Rehabilitation Award, Springfield Community College, 2025

EDUCATION

Associate Degree in Physical Therapy

Springfield Community College

GPA: 3.8

2026

Springfield, IL

Coursework: Anatomy, Physiology, Therapeutic Techniques, Patient Care

CERTIFICATIONS

- BLS Certification 📅 2026
- State Licensed Physical Therapist Assistant 📅 2026

TECHNICAL SKILLS

- **Physical Therapy Modalities:** Ultrasound, Electrical Stimulation, Manual Therapy
- **Reporting Tools:** MediTech, Kinnser, Crystal Reports
- **Assessment Methods:** Functional Range Assessment, Visual Analog Scale, American Physical Therapy Association Guidelines
- **Communication Tools:** Microsoft Teams, Zoom, Slack
- **Rehabilitation Exercises:** Strength Training, Flexibility Training, Balance Exercises
- **License Requirements:** State Licensing Board Requirements, Continuing Education Units, Legal Compliance
- **Ethical Standards:** HIPAA Compliance, Informed Consent, Patient Privacy Protection
- **Quality Improvement:** Clinical Practice Guidelines, Patient Satisfaction Surveys, Continuous Quality Improvement Initiatives

- **Data Management:** Electronic Health Records, Patient Databases, Cloud Storage Solutions
- **Intervention Strategies:** Therapeutic Exercises, Manual Handling, Gait Training

SKILLS

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|-----------------------------|-------------------------------------|--------------------------------|-----------------------------|
| • Patient Assessment | • Documentation and Compliance | • Ethical Standards Management | • Care Coordination |
| • Rehabilitation Techniques | • Adaptability in Clinical Settings | • Data Analysis | • Therapeutic Interventions |
| • Team Collaboration | • Treatment Planning | • Pain Management Strategies | • Evidence-Based Practice |
| • Patient Education | • Professional Development | • Patient Engagement Tools | • Healthcare Compliance |

PROFESSIONAL AFFILIATIONS

- Member, Physical Therapy Student Association, 2024 - 2026
- 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