



+1 (630) 346 9449



emmagstevenson90@gmail.com



in/emmagstevenson

Emma Geraldine Stevenson

0N321 County Farm Road, Winfield, IL 60190

Doctorate level trained physical therapist with broad experience working in the orthopaedic, acute care, and sports medicine fields. Currently working at Achieve Orthopaedic Rehab Institute in Illinois, United States, as a physical therapist with a focus on sports medicine and manual treatment techniques, including dry needling. Formerly competed as a division 1 collegiate gymnast at the University of Iowa.

EDUCATION

Doctor of Physical Therapy

Clarke University

August 2015 – May 2018 | Dubuque, Iowa, United States

Achievements:

- 4.0 / 4.0 grade point average (GPA)
- Distinguished graduate of graduating class
- Academic tutor for 1st and 2nd year DPT students

BSc Integrative Physiology

University of Iowa

August 2009 – December 2013 | Iowa City, Iowa, United States

Achievements:

- 3.4 / 4.0 grade point average (GPA)
- Teaching assistant for advanced and general anatomy lab
- University tutor for anatomy & physiology lecture and lab classes

RELEVANT WORK EXPERIENCE

Physical Therapist

Achieve Orthopaedic Rehab Institute

May 2019 – Present | Naperville, Illinois, United States

Full-time staff physical therapist at a sports medicine private practice clinic.

- Manage >50 patients/week, averaging 12-16 patients/day as one of three primary full-time physical therapists
- Guide physical therapist technicians to facilitate growth and interpersonal skills when working with patients
- Utilise various techniques including dry needling, Kinesio Taping, cupping, Graston, and soft tissue mobilisation
- Administer carefully designed treatment programs for in-facility and at home therapy routines and adjust based on recent research
- Implemented baseline testing protocols for local gymnastics clubs with Achieve staff
- Adapt communication style for each patient based on age and background to ensure complete understanding of condition and prognosis

Graduate Therapist

Various

May 2016 – May 2018

Breadth of graduate physical therapy clinical experience including: acute care, inpatient, orthopaedic, and sports medicine fields.

- Utilised clinical decision making to determine disposition planning for patients with medically complex diagnoses
- Individualised plans of care for patients across multiple inpatient wards
- Identified contraindications to therapy through thorough chart review as well as patient presentation
- Employed the McKenzie Method and Shirley Sahrmann's Movement System Impairment Syndromes for orthopaedic rehabilitation
- Rehabilitated a range of post-operative injuries including total joint replacements, rotator cuff repairs, and discectomy/laminectomy
- Refined vestibular assessment and treatment strategies for patients with BPPV and vestibular hypo-function
- Applied manual therapy techniques using clinical prediction rules for improved patient outcomes
- Managed both inpatient and outpatient caseloads and devised appropriate plans of care related to diagnosis and patient presentation
- Educated patients and family members on patient prognosis and plan of care going forward

Graduate Teaching Assistant

University of Iowa

Jan 2014 – May 2015 | Iowa City, Iowa, United States

Graduate teaching Assistant for Advanced & General Anatomy Lab

- Taught anatomy lecture and lab material to university students equating to 20 hours per week for 18 months
- Assisted head professor with cadaver and cat full body dissection techniques and provided education on muscle function and location
- Created lecture and test material to evaluate student understanding of unit material
- Graded and entered scores for lab presentations and written test material

ATHLETIC EXPERIENCE

University of Iowa Athletics

Women's Gymnastics Division 1

Competed as a Division 1 full-scholarship gymnast for the University of Iowa whilst obtaining my BSc and BA.

- Two-time MVP Award Winner
- Four-time Varsity Letter and Academic All-Big Ten Recipient

TRAINED SKILLS

Myopain Seminars Dry Needling (Certification 1 & 2)

CPR/First Aid (Certified) Safesport (Certified)

Kinesio taping Cupping

Joint mobilisation

INTERESTS AND HOBBIES

Travelling, Reading, Writing, Blogging, Hiking, Nutrition, Health and Fitness, Piano

LANGUAGES

Native English, Advanced Spanish

REFERENCES

Available upon request