

EDUCATION

Texas Woman's University School of Physical Therapy – Dallas **May 2021**
Doctorate of Physical Therapy

The University of Texas at Austin **May 2017**
Bachelor of Science in Kinesiology and Health, Exercise Science

- Medical Fitness and Rehabilitation Specialization
- Pre-Health Professions Certificate, College of Natural Science
- Biology Minor
- University Honors List

CLINICAL EXPERIENCE

Lady Bird Physical Therapy **October 2023-Present**
Staff Physical Therapist

- Pelvic Floor Physical Therapist

Austin Sports Medicine, Austin, Texas **August 2022-October 2023**
Staff Physical Therapist

- Served as student volunteer and observer coordinator
- Performed both post operative and conservative rehabilitation of a wide variety of patients and surgeries

Memorial Hermann Sports Medicine and Rehabilitation, Houston, Texas **August 2021-August 2022**
Orthopedic Physical Therapy Resident

- Performed two rotations through a 6 month sports specific clinical experience and a 7 month spine specific clinical experience with advanced mentorship in order to promote clinical excellence across a variety of diagnosis
- Physician rounding performed with UTHealth orthopedic surgeons and Mischer Neuroscience neurosurgeons
- Involvement in Research
- Implementation of Evidence Based Practice

RESEARCH

Predictors for Revision Surgery for Low Back Pain

Performed a retrospective cohort student analyzing possible predictors for patients undergoing lumbar revision surgery. Presented at the Texas Residency Symposium. Poster presented at AAOMPT 2022.

Correlation of center of pressure excursion during the three reach distances of the Y-balance test: a validation study

Conducted research under the direction of Kelli Brizzolara at Texas Woman's University – Dallas Campus. Presented at TWU research day, April 2021.

PROFESSIONAL CERTIFICATIONS

Orthopedic Clinical Specialist recognized by the ABPTS **July 2023**
Dry Needling **February 2023**
Certified Clinical Instructor **April 2022**
First Aid Certified by AHA **March 2022-Present**

PHYSICAL THERAPY LEADERSHIP EXPERIENCE

Clinical Instructor **May 2022-Present**

- Certified clinical instructor through the Texas Consortium for Physical Therapy Clinical Education

Clinical Integration Teaching at Texas Woman's University – Houston

August 2021-April 2022

- Led physical therapy students through clinical integration cases
- Graded manual therapy exams for physical therapy students
- Assisted with orthopedic clinical integration practicals

CONTINUING EDUCATION

Pelvic Floor

- Postpartum Patient: General Examination, Medbridge. Oct 2023
- Postpartum Patient: General Treatment, Medbridge. Oct 2023
- Abdominals in the Postpartum Population: Evaluations and Treatment, Medbridge. Oct 2023
- Pelvic Floor in the Postpartum Patient: Evaluation and Treatment, Medbridge. Oct 2023
- Orthopedic Connections to Pelvic Floor Dysfunction, Medbridge. Oct 2023
- The Postpartum Athlete; Guidelines to Returning to Sport, Medbridge. Oct 2023
- Pelvic Floor Level 1, Herman&Wallace: Pelvic Rehabilitation Institute. Oct 2023
- Queer & Trans Patients: The Underserved Population in Pelvic Floor Rehab, Pelvic Floor University. Jan 2024