



Meet our *Superstar* Physio!

AP



| Sex                   | Age Range        |  |
|-----------------------|------------------|---|
| Male                  | 26 - 30          |   |
| Level Experience      | Desired Contract |   |
| Level 3 - 7-10 points | The Kea Package  |   |

Qualifications

Doctor of Physical Therapy (2022)

University

Regis University, USA

Points System

| Criteria  | Years Experience      | Points | Total |
|---|-----------------------|--------|-------|
| Fast Track Country Experience (Ireland, UK, Canada, South Africa) + Australia and USA | 0 - 1                 | 1      | 2     |
|   | 2 - 4                 | 2      |       |
|   | 5 - 7                 | 4      |       |
|   | 8 - 10                | 6      |       |
|   | 11 - 13               | 8      |       |
|   | 14 - 17               | 10     |       |
|   | 18+                   | 12     |       |
| Private Practise Musculoskeletal Experience   | Years Experience      | Points | Total |
|   | 0 - 1                 | 0      | 1     |
|   | 2 - 3                 | 1      |       |
|   | 4 - 5                 | 2      |       |
|   | 6 - 7                 | 3      |       |
|   | 8 - 9                 | 4      |       |
|   | 10+                   | 5      |       |
| Post Grad Experience  | Years Experience      | Points | Total |
|   | 0 - 4                 | 1      | 1     |
|   | 5 - 10                | 2      |       |
|   | 11+                   | 3      |       |
| New Zealand Experience  | Months Experience     | Points | Total |
|   | 0 - 6                 | 1      | 1     |
|   | 7 - 12                | 2      |       |
|   | 13 - 18               | 4      |       |
|   | 19 - 24               | 6      |       |
| Ligament Experience   | Months Experience     | Points | Total |
|   | 0 - 6                 | 1      | 1     |
|   | 7 - 12                | 2      |       |
|   | 13 - 18               | 3      |       |
|   | 19 - 24               | 4      |       |
| Post Grad Qualifications  | Courses               | Points | Total |
|   | Post Grad Courses     | 1      | 0     |
|   | Post Grad Certificate | 2      | 0     |
|   | Post Grad Diploma     | 3      | 0     |
|   | Post Grad Masters     | 4      | 4     |
| Total:  |                       |        | 10    |

Work History

AP is a physiotherapist with clinical experience across a range of outpatient orthopedic settings, where he has treated diverse patient populations—from older adults recovering from joint replacement surgeries to young athletes involved in sports such as swimming, track and field, and wrestling. His most recent role has been within a public hospital, providing care to both inpatient and outpatient clients across a broad spectrum of conditions. He is particularly focused on expanding his expertise in working with neurologic populations and is drawn to challenging environments, including lower-resource settings where individuals may have limited access to physical therapy services. AP is deeply committed to advancing his clinical practice and is actively considering further education to pursue specialization in the near future.

Port of Spain General Hospital, Trinidad and Tobago | 05/2025 - Present  
AP currently provides both inpatient and outpatient physiotherapy care within a public hospital setting. His responsibilities include delivering acute physiotherapy services across various wards, such as orthopedic, general surgery, and general medical units. He rotates between wards as needed to ensure adequate coverage during staffing shortages. Additionally, AP administers respiratory physiotherapy interventions, including airway clearance techniques, incentive spirometry, and early mobilization.

Aries Sport Performance, Trinidad & Tobago | 08/2024 – Present  
In this outpatient setting, AP delivers physiotherapy care within a gym environment that serves both recreational and high-performance athletes. He designs and implements exercise programs focused on active mobility, muscle reeducation, agility, and strength training. AP also assesses athletes' readiness to return to sport and collaborates with strength and conditioning coaches to coordinate their reintegration into training.

Freelance Physiotherapist, Trinidad & Tobago | 05/2024 – Present  
As a freelance practitioner, AP provides home-based physiotherapy services to individuals with a range of diagnoses, including Parkinson's disease, tennis elbow, post-surgical rehabilitation, and other orthopedic conditions. He conducts initial evaluations to determine patient needs and develops personalized treatment plans aligned with their goals. AP also offers education to patients, families, and caregivers on diagnosis management, exercise techniques, assistive device usage, safe transfers, and overall patient safety.

CACC Physical Therapy, Aurora, Colorado | 06/2022 – 06/2023  
During his time at CACC Physical Therapy, AP treated a diverse patient population spanning various age groups. He evaluated and managed cases involving joint replacements, cerebellar degeneration, and chronic fatigue syndrome. AP played a key role in facilitating return-to-sport protocols for both adolescent and adult athletes and worked closely with physical therapy assistants to deliver coordinated care.

Center at Lincoln, Parker, Colorado | 01/2022 – 04/2022  
In this 12-week experience within a skilled nursing facility, AP primarily treated geriatric patients with conditions such as hip fractures, traumatic brain injuries, Parkinson's disease, post-COVID complications, and total joint replacements. He conducted caregiver training to enhance patient safety and independence and participated in weekly interdisciplinary meetings to review the status of Medicare patients. AP also collaborated with occupational and speech therapists to provide comprehensive care.

Denver Health, Denver, Colorado | 10/2021 – 12/2021  
Over the course of this 12-week placement, AP provided physiotherapy services to a broad patient demographic, ranging from young adults to older individuals. He managed cases involving total joint replacements, ACL reconstructions, whiplash-associated disorders, and chronic low back pain. His interventions included manual therapy techniques such as mobilizations and manipulations aimed at reducing pain and improving functional outcomes.

Areas of Skills and Expertise

MSK - Intermediate - Manual Therapy, Elbow and Wrist injuries, dry needling, Treatment of back pain, neck pain  
Orthopedics - Intermediate - post-surgical joint replacement, ACL repair, meniscus repair, ORIF, etc.  
Sports - Beginner - Mostly lower extremity injuries, both overuse and traumatic. Facilitating subsequent return to sport and coordinating with S&C coach.  
Neurology - Beginner - CVA's both acute inpatient and outpatient, Parkinson's Disease,  
Cardiorespiratory - Beginner - Mostly inpatient bedbound patients, GSW victims, Other post-surgical cases (e.g. Ex. Lap)  
Working within a gym setting - Beginner/Intermediate - lifting injuries and prevention, facilitating return to gym training.

Private Practise MSK Experience

Over the past two years, AP has gained valuable clinical experience across two distinct settings: one year at a private outpatient clinic specializing in orthopedic and musculoskeletal conditions, and one year—ongoing—working independently within a gym environment. At the private practice clinic, AP's role extended beyond assistant physiotherapy duties to include collaborative caseload management with an assigned physical therapy standard. He frequently rotated between affiliated clinics to provide coverage as needed, demonstrating flexibility and teamwork. While the clinic primarily focused on musculoskeletal care, AP also treated patients with neurological conditions such as Parkinson's disease, reflecting the diverse nature of the caseload.

In his current role within the gym setting, AP operates independently, providing physiotherapy services to a population that includes both recreational and performance-oriented individuals. He regularly coordinates with strength and conditioning coaches and massage therapists to ensure continuity of care, particularly in cases requiring referral or interdisciplinary input. This environment places a strong emphasis on biomechanical analysis and correction, especially in relation to general lifting techniques and sport-specific movements. Although the majority of cases are musculoskeletal in nature, AP has also managed less common conditions such as benign paroxysmal positional vertigo (BPPV), pediatric ataxia, and Parkinson's disease.

Hospital Experience

AP is currently employed at a general hospital, where he provides physiotherapy services across both inpatient wards and the onsite outpatient clinic. By the time of his relocation to New Zealand, he will have accumulated six months of experience in this setting. Inpatient care is delivered based on physician referrals, and AP is responsible for documenting treatment sessions to ensure continuity and transparency among the multidisciplinary team.

A significant component of his role involves chest physiotherapy, which is frequently requested for patients across various units. His interventions range from the use of incentive spirometry to more hands-on techniques such as airway clearance and guided breathing exercises. This experience has allowed AP to further develop his clinical versatility and responsiveness in a dynamic hospital environment.

CPD Courses

Dry needling course

Who am I?

AP was born and raised in Trinidad and Tobago as the eldest of three siblings in a family of five. With extended family spread across both sides of the Atlantic, he has had the opportunity to travel widely from a young age, cultivating a deep appreciation for new places, cultures, and experiences. This global perspective led him to spend much of the past decade living outside of Trinidad, pursuing academic and professional opportunities across four different states in the United States.

Socially, AP is naturally introverted and tends to be reserved in unfamiliar settings. However, he thrives in thoughtful, spirited conversations and is known by those close to him for his light-heartedness and playful sense of humor. He is an avid reader with a particular interest in fantasy, science fiction, and philosophy, and frequently immerses himself in audiobooks throughout his day. AP also enjoys games and puzzles, which reflect his analytical and curious nature.

While no longer as active in sports as he once was, AP continues to enjoy physical activities such as hiking and hopes to return to bouldering—a sport he previously loved but found less accessible in his home country. In recent years, he has developed a strong interest in language learning and has been steadily studying Spanish, dedicating a meaningful portion of his time to expanding his fluency and cultural understanding.

Quotes from References

AP did well with time management skills regarding patient care and accuracy and can improve on having documentation completed in a more timely manner.

AP worked well and established good rapport with patients. He is trustworthy, reliable and adaptable. He is always willing to learn and able to work under pressure.

AP is able to meet deadlines and able to take initiative in the workplace.

