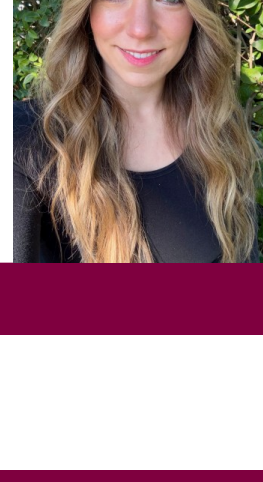


Meet our *Superstar* Physio!

CK



Sex	Age Range
Female	31 - 35
Level Experience	Desired Contract
Level 4 - 11-15 points	The Kea Package

Qualifications

Bachelor of Science in Kinesiology, Major in Athletic Training (2017)
 Doctor of Physical Therapy (2020)

University

University of Michigan, USA

Points System

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

Work History

CK is a dually credentialed Doctor of Physical Therapy and Certified Athletic Trainer with extensive clinical experience across a diverse range of United States healthcare settings, including skilled nursing, assisted and independent living facilities, and specialized orthopedic and neurological outpatient clinics. Her versatile clinical background spans the entire lifespan, from pediatric populations working toward developmental milestones to adults and athletes focused on pain reduction, functional independence, and structured return-to-sport pathways.

Maintained in current CPR/AED certification and certified in dry needling, CK integrates an advanced toolkit of evidence-based interventions into her practice, including the McKenzie Method, Muscle Energy Techniques (MET), joint mobilization, Instrument-Assisted Soft Tissue Mobilization (IASTM), and kinesiotaping. Her extensive tenure in travel physical therapy has deeply enriched her clinical adaptability, providing her with a unique understanding of diverse patient cultures and socio-economic backgrounds, which she leverages to deliver highly customized, patient-centered care.

Outpatient Physical Therapist | Active Recovery Physical Therapy and Sports Rehab | December 2025 – Present
 Treating orthopedic injuries and conditions for the general population in a full-time capacity, CK oversees physical therapy assistants and clinical students. She ensures all treatments remain strictly within the legal scope of practice, manages clinical referrals based on red flags or conservative treatment failure, and utilizes dry needling to facilitate tissue healing. Additionally, she provides comprehensive patient education on the proper application and use of orthotics and assistive devices to optimize home safety and recovery.

On-Call Physical Therapist | The Sequoias Portola Valley | July 2023 – September 2025
 Operating across skilled nursing and independent living facilities, CK assessed and rehabilitated functional mobility and stability to enhance home safety and prevent falls. She developed advanced specializations in treating geriatric individuals post-fall or surgery, conducting formal gait analysis, and optimizing functional transfers, balance, and strength. She systematically utilized electronic medical records (EMR) to maintain clinical documentation in strict compliance with legal, ethical, and insurance standards.

Outpatient Orthopedic Physical Therapist | Golden State Orthopedics and Spine | October 2023 – October 2024
 In this full-time role, CK focused on returning post-surgical and sports-related injury patients to their prior level of function. She integrated advanced modalities—including infrared laser, H-wave, and blood flow restriction (BFR)—alongside manual therapies such as cupping, IASTM, and strain-counterstrain. She collaborated closely with surgeons and allied health professionals, delivered clinical in-services on new rehab devices, and managed detailed EMR documentation to justify medical necessity for ongoing insurance compliance.

Full-Time Physical Therapist | Dartmouth-Hitchcock Cheshire Medical Center | March 2023 – September 2023
 Providing care within an outpatient clinic, CK treated orthopedic and neurological deficits across pediatric and adult populations. Her work included utilizing kinesiotaping, performing comprehensive balance and safety assessments, and designing interventions focused on age-related neurodevelopmental milestones. She adopted a team-based approach to complex psycho-mechanical conditions, relying on evidence-based research and regulatory board guidelines to meet all ethical and legal documentation obligations.

Outpatient Orthopedic Physical Therapist | Back Bay Rehab - Huggins Hospital | September 2022 – March 2023
 CK managed a full-time outpatient orthopedic caseload spanning infant to geriatric populations, treating congenital abnormalities, general deconditioning, post-surgical recovery, and acute or chronic pain. Her clinical practice incorporated aquatic therapy, functional strengthening, core stabilization, joint mobilization, and Muscle Energy Techniques (MET). She maintained continuous communication with the patient care team, led evidence-based clinical in-services, and managed secure, handwritten medical records compliant with state practice regulations.

Outpatient Pediatric Physical Therapist | Mary Free Bed at Covenant | February 2022 – August 2022
 Focusing primarily on pediatric and adult outpatient care, CK implemented targeted training in transitional and functional positions, gross motor coordination, and advanced balance strategies. She prioritized detailed patient and family education regarding anatomy and physiology. Furthermore, she coordinated professional referrals to allied practitioners in accordance with DPT scope of practice and authored detailed medical necessity notes to insurers regarding adaptive and assistive equipment.

Full-Time Outpatient Physical Therapist | Ivy Rehab | February 2021 – February 2022
 CK treated a diverse demographic of patients aged 10 to 95 presenting with varied orthopedic, neurological, and immunological deficits. She maintained rigorous medical documentation to meet legal and ethical benchmarks, routinely engaging with insurance representatives to discuss treatment plans and advocate for ongoing healthcare coverage. During this tenure, she completed targeted CPD coursework covering the physiology and treatment of concussions, advanced dry needling anatomy, and the McKenzie Method for pain management.

Certified Athletic Trainer | NovaCare Rehabilitation | August 2019 – September 2022
 Serving on an on-call basis, CK provided immediate on-field emergency care and off-field rehabilitation for high school student-athletes. She applied critical thinking to respond to acute injuries and safely manage return-to-play timelines, utilized structural taping and bracing techniques, and maintained clear lines of communication with parents and coaching staff. Throughout this role, she maintained active First Aid and CPR/AED certifications.

Travel Physical Therapist | ATI | November 2020 – February 2021
 In this full-time role, CK managed daily travel between three general outpatient clinics, dynamically progressing patient exercises and treatments based on real-time assessments and physical tolerance. She effectively utilized EMR tracking to maintain up-to-date documentation for complex worker's compensation cases, ensuring all clinical records strictly aligned with the legal and ethical requirements of occupational claims.

Athletic Training Student | University of Michigan | June 2015 – June 2017
 During her clinical training, CK prepared for environmental hazards, managed acute medical emergencies, and provided preventative care during sports camps for high school and collegiate athletes. She educated athletes on hydration, nutritional strategies, and musculoskeletal optimization to enhance performance. An active member of the National Athletic Trainers' Association (NATA), she attended state board conferences, maintained her first aid and CPR/AED credentials, and recorded injury care tracking within an electronic database.

Areas of Skills and Expertise

Musculoskeletal: Advanced Experience Level
 CK brings 12 years of extensive experience in preventing, evaluating, and rehabilitating acute and chronic musculoskeletal injuries across private clinics and on-field settings. Her expertise spans post-surgical recovery, congenital, acquired, degenerative, and immunological pathologies. She is proficient in a comprehensive suite of evidence-based interventions, utilizing Maitland and Kaltenborn manual therapy for joint mobility, the McKenzie Method for spinal centralization, and targeted soft tissue modalities including Instrument-Assisted Soft Tissue Mobilization (IASTM), cupping, kinesiotaping, and dry needling. Additionally, she incorporates trigger point release, Muscle Energy Techniques (MET), lymphedema massage, and advanced neuromuscular re-education to restore functional activity.

Orthopedics: Advanced Experience Level
 Her advanced orthopedics background spans hospital, private, and physician-owned practices, managing both traumatic and non-traumatic ligament, meniscus, bone, and soft tissue pathologies. CK is experienced in managing the entire continuum of surgical care, prescribing targeted "prehab" protocols to optimize baseline function prior to total joint replacements or muscle repairs, followed by structured post-surgical rehabilitation. Her diverse surgical caseload also includes complex pediatric orthopedic presentations, such as patients undergoing limb-lengthening procedures.

Sports/On Field Sports: Advanced Experience Level
 Starting her career in athletic training, CK possesses comprehensive experience delivering preventative care, emergency response, and rehabilitation to middle school, high school, and collegiate athletes. She is fully proficient in acute on-field assessments, including the evaluation of spinal fractures, traumatic brain injuries (concussions), and ligament damage. Maintained in current AED/CPR certification, she is skilled in spine-boarding, first aid, and structural taping, and routinely designs evidence-based return-to-play progressions across a diverse array of sports, including American football, soccer, lacrosse, wrestling, and track and field.

Pediatrics: Intermediate Experience Level
 CK has over a decade of experience treating pediatric populations, managing orthopedic bone, muscle, and ligament pathologies to restore age-appropriate functional mobility. Her background includes working within hospital-based outpatient clinics treating orthopedic and neurological conditions in children aged 0–16, as well as providing home-based early intervention (0–5 years) within school districts. She is proficient in evaluating and implementing pediatric bracing, splinting, assistive mobility devices, and wheelchair configurations, frequently collaborating within multidisciplinary teams alongside OTs and SLPs.

Geriatric: Advanced Experience Level
 Operating across skilled nursing facilities, independent and assisted living centers, and private practices, CK specializes in treating complex geriatric presentations. Her clinical focus encompasses falls prevention, cardiovascular conditioning, safety awareness, vestibular ocular reflex (VOR) training, and home safety assessments for individuals managing Parkinson's disease, BPPV, vestibular hypofunction, and general deconditioning. She utilizes aquatic therapy to improve activity tolerance and collaborates closely with nursing staff, OTs, SLPs, and PTAs to deliver cohesive, multi-disciplinary care.

Neurology: Intermediate Experience Level
 Her neurological experience spans hospital outpatient clinics, skilled nursing, and private facilities, where she treats stroke, Parkinson's disease, spinal cord injuries, and vestibular disorders. CK focuses heavily on gait retraining, transfer efficiency, and balance training utilizing intrinsic and extrinsic feedback systems. Her diagnostic and therapeutic capabilities include performing the Dix-Hallpike maneuver and Epley canalith repositioning for BPPV, utilizing principles from LSVT BIG for Parkinson's management, and conducting comprehensive wheelchair and orthotic assessments in partnership with orthotists.

Leading Exercise Classes: Intermediate Experience Level
 CK is experienced in designing and delivering group fitness classes tailored for residents within independent living facilities. She possesses the clinical insight to adapt exercises dynamically, ensuring programs remain accessible and challenging for participants of all physical abilities while maintaining a strictly safe environment.

Mentoring Juniors: Intermediate Experience Level
 As a formal Clinical Instructor, CK mentors students enrolled in Doctor of Physical Therapy (DPT) programs in the United States, as well as clinical physical therapy technicians. She provides structured guidance in clinical reasoning, progressive exercise prescription, documentation standards, manual techniques, and patient relationship building, ensuring all students develop professional efficiency while practicing safely within their legal scope.

Private Practise MSK Experience

CK brings seven years of comprehensive private practice experience, operating across full-time, contract, and clinical student roles as a Doctor of Physical Therapy and Certified Athletic Trainer. Her clinical responsibilities included leading complex patient evaluations, performing diagnostic screenings, designing independent home exercise programs, and conducting evidence-based treatments. A collaborative professional, she maintained seamless, ongoing communication with multidisciplinary clinical staff—including PTAs, OTs, SLPs, nursing, and social work—while actively participating in clinical in-services and mentoring physical therapy students. Additionally, CK managed essential clinic operations, which included processing patient payments, coordinating with health insurance providers to monitor authorizations, and directly interfacing with physicians and allied health professionals to ensure highly coordinated, continuous care pathways.

Hospital Experience

CK possesses two years of comprehensive hospital-based experience across acute care and hospital outpatient clinics, specializing in the evaluation and treatment of pediatric and adult patients presenting with complex orthopedic and neurological conditions. Her clinical scope included conducting patient screenings, leading diagnostic evaluations, designing independent home exercise programs, and conducting evidence-based rehabilitation. To ensure safe, comprehensive care transitions, she regularly conducted critical functional safety and home safety assessments, evaluated assistive mobility devices, managed orthotic and oxygen tank configurations, and trained patients and families for subsequent levels of care. A highly collaborative clinician, CK managed cross-departmental communication with PTAs, OTs, SLPs, nursing, and social work, and regularly partnered with physicians and allied health teams to coordinate seamless discharge planning and post-hospital continuity of care. Additionally, she participated in hospital in-service training and managed patient insurance plans and authorizations to support care compliance.

CPD Courses

- Dry needling course
- CPR/AED, clinical instructor course
- Heads Up concussion course
- Pain management
- Implicit bias training

Who am I?

Born and raised in a small rural lake town in Michigan, CK grew up alongside her parents and two sisters, cultivating an early appreciation for the outdoors. Known by her friends and family as a loyal, kind, easy-going, and energetic individual, she naturally thrives on adventure and seeks out new challenges. Over the past few years, this passion for exploration has led her to travel extensively across the United States and Europe, where she actively focuses on building genuine relationships and fully immersing herself in local cultures.

An avid outdoor and sports enthusiast, CK grew up skiing, hiking, biking, swimming, and boating. Her travels reflect this active lifestyle, as she consistently engages in region-specific adventures, including surfing, parasailing, white-water rafting, and hiking mountains and volcanoes. Driven by physical endurance, she has successfully competed in triathlons, marathons, and half-marathons. Beyond her athletic pursuits, CK enjoys creative outlets such as painting and craft projects, as well as attending live theater performances. In the kitchen, she channels her creativity into trying new foods, exploring local restaurants, and experimenting with her own customized recipes. Above all, CK prioritizes quality time with her friends and family—whether they are discovering a new dining spot, attending football and basketball games, or spending a day on the water—bringing a vibrant, positive energy to every community she joins.

Quotes from References

CK has strong clinical skills as a physiotherapist. She works well with all staff and patients too. She is always willing to learn and reliable. She produces a great standard of work.

CK's charts are always done on time and usually by end of shift. She is thorough and accurate in her reporting. She is able to manage her workload well.

She is flexible, reliable and trustworthy. She is also fun to work with and has great communication skills with patients and staff.

