

Denis Donovan

West Palm Beach, FL 33401

EDUCATION

Touro College School of Health Sciences
Binghamton University, State University of New York

Earned: September 2020

Earned: December 2016

PHYSICAL THERAPY/WORK EXPERIENCE

Sloane Stecker Physical Therapy

Staff Physical Therapist/Clinical Instructor

New York, NY/West Palm Beach, FL

July 2020-January 2021/January 2021-Present

- Transitioned to full time staff therapist position following the completion of fourth clinical affiliation working at state of the art rehabilitative studio; re-located to companies West Palm Beach, FL office in January 2021 as part of company expansion plan
- Utilizes iso-inertial flywheel resistive training principles, watt bike and woodway treadmill technology as well as kineo systems to develop unique and phase appropriate plans of care for patients from a wide range of orthopedic/musculoskeletal/neurologic pathologies
- Passionate about golf performance and golf rehab; received Titleist Performance Institute Level I Certification (May 2021) and implements screening tool into golf performance clients/golf related pathology patients plans of care in order to maximize what the body is able to achieve in regard to the golf swing
- APTA Certified Clinical Instructor, advisor to DPT students educating them on advanced technology in rehab, evidence based practice, manual therapy techniques and graded exercise progression/return to sport
- Trained in TECAR Therapy; high frequency electrical bio-accelerator used actively and passively to further healing and improve patient recovery and outcomes

Select Physical Therapy

Student Physical Therapist

Wesley Chapel, FL

January 2020-March 2020

- Completed third clinical affiliation working under Dr. Milton Macias, PT, DPT, COMT, for 8 weeks in outpatient orthopedic setting
- Used Therasource to complete documentation for patient evaluations, treatments, re-evaluations, and discharge planning for a broad range of patients across post-operative/orthopedic, vestibular, geriatric and neurologic populations
- Worked in conjunction with PTAs; learned and practiced fundamental techniques of IASTM

Life Strength Physical Therapy

Student Physical Therapist

Nesconset, NY

May 2019-July 2019

- Completed second clinical affiliation working under Dr. Lisa Greico, PT, DPT, OCS, CSCS for 8 weeks in outpatient orthopedic manual specialty setting
- Used WebPT to complete patient evaluations, follow up treatments, re-evaluations, plans of care, and discharge planning for a wide range of orthopedic and neurologic patients
- Learned and utilized a variety of advanced manual techniques including spinal mobilizations, soft tissue releases, active release techniques and McConnell taping

Texas Orthopedic Hospital

Student Physical Therapist

Houston, TX

October 2018- December 2018

- Completed first clinical affiliation working under Brian Morton, PT for 6 weeks in acute orthopedic bedside care setting. Worked in conjunction with PTAs, OTs, Nurses and Respiratory Therapists to provide interdisciplinary patient care
- Completed patient evaluations and re-evaluations, developed a plan of care consistent to a patient's diagnosis and level of function, discharge planning, patient and family education, in an acute care setting with a wide range of orthopedic patients

Bright Bay Physical Therapy

Physical Therapy Aide

Brightwaters, NY

September 2018-Present

- Assisted Dr. Ray Mattfeld, PT, DPT, OCS, ATC former major league physical therapist for the Boston Red Sox in an outpatient orthopedic setting
- Supervised patients through rehabilitation exercise programs while assuring proper technique, posture and form
- Responsible for maintaining office cleanliness, cleaning equipment, laundry, organizing ther-ex sheets for patient files, accompanying patients from waiting area to treatment area, and communicating with patients and relaying information to the treating physical therapist

North Island Physical Therapy

Office Aide/Intern

Stony Brook, NY

December 2014-September 2015

- Oversaw patients throughout individual therapy regimens monitoring for form, posture, and completion
- Guided patients awhile therapists worked with individual patients in private rooms by answering questions and providing assistance
- Interned and shadowed under the supervision of Dr. Robert Mosca, learning basic physical therapy concepts

Binghamton University Athletic Training Room

Sports Medicine Intern

Binghamton, NY

January 2015—May 2017

- Collaborated with athletic trainers while assisting in the treatment of athletes, observing a broad range of treatments
- Engaged in educational discussion with ATCs, learning appropriate treatment types, and assisted 5 supervisors during multiple men's and women's soccer, basketball, volleyball and baseball games
- Worked with Director of Sports Medicine Chris Downey to find more functional ways to make facility run effectively and efficiently

Continuing Education

APTA Combined Sections Meeting

Washington, DC

Attendee

January, 2019

- Attended sessions “Elbow Mechanics and Rehab of the Overhead Throwing Athlete”, “Pearls of Post-concussion Syndrome”, “ Science Meets Practice: Neuroplasticity Following ACL Reconstruction”, “SCI and Neuroplasticity”, “Sports Medicine Secrets: Ankle and Foot Strength, Mobility and Coordination Deficits”, “The Many Faces of Sports Physical Therapy”, and “The Dark Side of Neuroplasticity”
- Participated in multiple exhibit demonstrations including “The Shoulder Sphere”, “OttoBock Prosthetics” and “Kinesiotaping”

APTA Combined Sections Meeting

Denver, CO

Attendee

February, 2020

- Attended sessions “Bridging the Gap Between Rehabilitation and Performance in the Overhead Athlete”, “An Introduction to Dry Needling for the Upper Extremity”, “Interventions for the Foot and Ankle”, “Factors Affecting Joint Loading After ACL-R”, “Applying the Evidence to Patients with LBP Who Have Movement Coordination Impairments”, “Factors Affecting Elbow Injuries in Overhead Throwers”, and “Can Athletes with Advanced OA and Total Joint Replacements Return to Sport”
- Participated in multiple exhibit demonstrations including “Blood Flow Restriction”, “AlterG Treadmill” and “ZeroG Gait and Balance System”

Schwarz Institute 1st Annual Sports Medicine Symposium

Massapequa, NY

Schwarz Institute at Pro Sports Care of Long Island

June, 2017

- Attended symposium where lecturers included New York Yankees team physician Christopher S. Ahmad, MD; speaking on UCL tears and Tommy John surgery prevention
- Lectured on DARI Motion Analysis; marker less motion analysis camera that tracks biomechanical movements at the sub-millimeter level

Professional Seminars 6th Annual Student Seminar

Garden City, NY

Professional PT Garden City

March 2018

- Attended symposium where guest speakers and specialists presented on the healing continuum and acute rehab principles, upper/lower extremity functional progressions, trunk/core functional progressions, hand therapy and medical exercise therapy

Memberships/Certifications

- **Titleist Performance Institute (TPI) Level I Certified**
- **APTA Certified Clinical Instructor**
- **Heart Saver First Aid/CPR/AED**
- **Occupational Safety and Health Administration (OSHA) Certified**

References

- **Available upon request**