Monica Alvarez

LICENSED PHYSICAL THERAPIST

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SUMMARY

Licensed Physical Therapist with 5 years of inpatient rehabilitation and outpatient practice and an active California license. Completes patient evaluations, writes individualized treatment plans and leads gait training and neurological rehabilitation after stroke and brain injury. Compassionate with families and steady in collaboration with physicians, nurses and therapists.

SKILLS

Physical Therapy • Patient Evaluations • Individualized Treatment Plans • Neurological Rehabilitation • Gait Training
Therapeutic Exercise • Home Exercise Plans • Progress Reports • Collaboration • Compassionate

EXPERIENCE

Licensed Physical Therapist 03/2023 - Present

Pacific Coast Rehabilitation Hospital San Diego, CA

Physical therapist at a 90-bed inpatient rehabilitation hospital for stroke, brain injury and spinal cord patients.

- Complete 3 patient evaluations a week and manage a caseload of **9** inpatients receiving 3 hours of daily therapy.
- Lead gait training with body-weight support and robotic devices, raising average walking speed by 0.3 meters per second.
- Teach patients and families transfers, wheelchair skills and home exercise plans; 78% of patients discharge home.
- Present goals and progress at weekly team conferences with physicians, nurses, OT and speech therapy.

Physical Therapist 08/2021 - 02/2023

Mission Valley Outpatient Therapy San Diego, CA

Outpatient clinic for orthopedic and neurological patients with 5 therapists and 2 aides.

- Treated about 13 patients a day with back pain, joint replacement and Parkinson's disease.
- Started a Parkinson's balance class that ran weekly for 18 months with 12 regular participants.
- Wrote progress reports for insurance reviews, keeping authorization denials under 5%.
- Supervised 2 physical therapy aides on exercise setup and clinic flow during busy afternoon hours.

DPT Clinical Intern 01/2021 - 04/2021

Inland Empire Neuro Rehabilitation Center Riverside, CA

Final 12-week inpatient neurological rehabilitation rotation.

- Carried a caseload of 6 stroke and spinal cord injury inpatients by the last 4 weeks of the rotation.
- Ran balance and gait tests at admission and discharge and charted results for the team.
- Taught caregivers of 15 patients safe transfers and car transfers before discharge home.

EDUCATION

Doctor of Physical Therapy (DPT) 05/2021

Azusa Pacific University Azusa, CA

Physical Therapy

CERTIFICATES

California Physical Therapist License 07/2021

Physical Therapy Board of California

Certified Brain Injury Specialist (CBIS) 09/2024

Brain Injury Association of America

BLS for Healthcare Providers 03/2026

American Heart Association