

Andy Applebaum

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EDUCATION

Arcadia University, Glenside, PA

Doctor of Physical Therapy, January 2021 **GPA 3.8**

University of Chicago, Chicago, IL

B.S. Biology, Endocrinology specialization, Graduated 2019 **GPA 3.9**

CLINICAL EXPERIENCE

ATI Royersford, Full-Time Student Physical Therapist, 09/18/20-10/19/20

- Informed patients on proper posture during strengthening programs
- Facilitated strengthening exercises for patient with positional orthopedic tachycardia syndrome
- Observed administration of iontophoresis on a patient with plantar fasciitis

Mercy Pro Bono Clinic, Physical Therapy Student, 12 hours

-Worked with PT student to conduct evaluations and lead interventions under PT supervision

Moss Rehab Elkins Park Outpatient, Physical Therapy Student, 20 hours

-Conducted patient evaluation including history and examination, conducted outcome measures
-Observed and helped interventions in wide range patient populations

Foulkeways, Physical Therapy Student, 10 hours

-Assisted elderly balance training program run by PT

West Oak Lane, Physical Therapy Student, 5 hours

-Organized and led chair aerobic exercise class

Moss Rehab Tabor Rd Inpatient Rehab, Physical Therapy Student, 20 hours

-Participated in bed mobility and transfers, helped interventions mainly focusing on stroke population

University of Delaware PT Clinic, Physical Therapy Aide, Fall 2019– Spring 2019

-Shadowed Neuro and Orthopaedic Clinics, guided PT-approved exercises
-Helped take patients off traction, scored different outcome measures

Philadelphia College of Osteopathic Medicine, Medical Student, Spring 2018, 240 hours

(Internal Medicine and Cardiovascular Rotations)

-Conducted full patient evaluations and exams, interpreted intervention studies including ABG, BMP, EKG, ECHO

ORGANIZATIONS/VOLUNTEER EXPERIENCE

Arcadia Special Athlete Association, Glenside, PA 2019-2020

Supervised and coached special athletes at volleyball events/tournaments

Spring Preview, Monteverde, Costa Rica

- Participated in a week-long work trip aiding local elementary schools June 2018

HONORS

Dean's List University of Chicago

C. Cherry

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EDUCATION

DOCTOR OF PHYSICAL THERAPY | ARCADIA UNIVERSITY | GPA 3.58 | 2021

MASTERS OF PUBLIC HEALTH | ARCADIA UNIVERSITY | GPA 3.58 | 2021

BIOLOGY BS (BIOMEDICAL) | MESSIAH COLLEGE | GPA 3.70 | DECEMBER 2018

CLINICAL EXPOSURE

INTEGRATED CLINICAL EXPERIENCE

- Outpatient Orthopedics: Mercy Health System (9/27/2020 - 11/29/2020)
- Inpatient SNF: Mercy Health System (1/31/2020– 04/04/2020)
- Performed physical therapy skills under the supervision of a certified Physical Therapist
- Gained confidence in writing patient reports and communicating with patients effectively

PHYSICAL THERAPY INTERNSHIP | FALL 2018

- Gained exposure to inpatient and outpatient settings
- Participated in a wide range of patient interactions
- Gained international Physical Therapy experience in Macha, Zambia
- Developed empathetic skills in a clinical setting

DAN AARON STAY FIT EXERCISE PROGRAM | ARCADIA UNIVERSITY | 2018

- Safely aided people with Parkinson's Disease and Multiple Sclerosis in performing exercises
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WORK EXPERIENCE

SPECIAL EDUCATION ASSISTANT | GARRETT COUNTY SCHOOLS | OAKLAND, MD | 2016

- Taught life skills, mathematics, English and science to children in K-5th grade.
- Monitored children to ensure safety during on and off-campus activities
- Communicated and addressed students' progress with other faculty to improve education

BIOLOGICAL RESEARCH ON PHYTOREMEDIATION | MESSIAH COLLEGE | 2015

- Developed and implemented a research design to determine the Zn uptake qualities of *A. thaliana*
- Performed multiple literature reviews to determine the most up to date information on the subject
- Disseminated findings at poster and oral presentations

STRENGTH AND CONDITIONING COACH | J.T. DORSEY FOUNDATION | HARRISBURG, PA | 2014

- Trained 6-18 year old athletes through the Sportsmetrics ACL Injury Prevention Program
 - Emphasized proper biomechanics and educated on ACL injury prevention
 - Developed quality communication skills within preventative care setting
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VOLUNTEER

INTERNATIONAL COMMUNITY DEVELOPMENT | NORTH CARIBOU LAKE FIRST NATION, ONTARIO | 2014

- Coordinated a Bible School for children with a high rate of fetal alcohol syndrome
 - Adapted teaching methods to individual child learning styles
 - Displayed appropriate cultural sensitivity in a foreign place
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