

CARA M. GIUSTI

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EDUCATION AND LICENSURE:

License to Practice as a Physical Therapist, Florida, Current and Active License

Doctor of Physical Therapy, Shenandoah University, Winchester, VA

Master of Physical Therapy, Shenandoah University, Winchester, VA

Bachelor of Science – Biology Major and Chemistry Minor

Secondary Education; **Postgraduate Teaching License** (biology and chemistry)

Virginia Polytechnic Institute and State University (Virginia Tech), Blacksburg, VA

CLINICAL WORK EXPERIENCE:

Building Bones and Balance (B3), Hallandale, FL; March, 2013 – Present; *Owner*

Management and prevention of orthopedic injuries and movement disorders involving gait and balance.

Expert Rehab, Aventura, FL; March, 2004 – March, 2013;

Director of Rehabilitation Services and Physical Therapist

Worked as a full-time clinician and the clinic director to administer staff and office procedures. Treated a diverse population whose conditions included orthopedic/spine, neurologic, vestibular, cardiac and sports related injuries. Responsibilities included business management and staff development, marketing, productivity/outcome analysis, and teaching. Assisted with opening the clinic in 2004 including office design, ordering equipment/furniture, marketing, hiring staff, and development of the office policies and procedures.

Foreign Credentialing Commission on Physical Therapy (FCCPT), Alexandria, VA; July 2006 –

November 2007; *Case Reviewer*

Worked as part of the credentialing team to review the professional coursework for foreign trained applicants. Each review is performed based on the approved guidelines of the FCCPT. These guidelines meet or exceed the minimal credential requirements for the U.S. Citizenship and Immigration Services (USCIS).

Cleveland Clinic Hospital, Weston, FL; September 2003 – December 2004; *Staff Physical Therapist*

Worked in collaboration with physicians and other staff members as a staff physical therapist in the outpatient department to examine and treat a variety of patients. Designed, conducted and completed a doctoral case research study with Dr. Biscup and associates of CCH in addition to my clinical responsibilities.

Sibley Memorial Hospital, Washington, DC; June, 2001 – September, 2003;

Outpatient Rehabilitation Physical Therapist; June, 2002 – September, 2003

Worked as a full-time staff therapist to examine and treat a large geriatric population whose conditions included orthopedic/spine, neurologic, cardiac, oncologic, and chronic pain. Treatment strategies emphasized manual therapy techniques, aquatic therapy, neuromuscular reeducation, and therapeutic exercise. Proficiency and certification achieved for the physical examination and treatment of golfers.

Inpatient and Outpatient Rehabilitation; June 2001 – June, 2002

While holding a full-time teaching position, worked as a part-time staff therapist in both inpatient and outpatient rehabilitation departments to examine and treat patients whose conditions included med-surgical, oncologic, orthopedic/spine, neurologic and cardiac.

Clinical Internships: The Johns Hopkins University Hospital; Baltimore, Maryland; 1998 and 2000.

TEACHING EXPERIENCE:

Full-Time Instructor; West Potomac Academy, Alexandria, Virginia; August, 2000 – June, 2002;
Fairfax County Public Schools
Course Title: Physical / Occupational Therapy – funding provided by a Federal Grant
Curriculum development and instruction. Sole curriculum developer and instructor for three ninety minute classes in a state-of-the art classroom and clinical lab setting. Utilized a variety of pedagogical strategies including lecture, discussion, Socratic seminars, demonstrations, and hands-on cooperative learning strategies. Also incorporated many guest lecturers and field trips including open heart surgery, cadaver dissection, university tours, and development of an eight week student clinical rotation at fourteen different clinical sites. Participated in professional in-services and staff development activities.

CLINICAL RESEARCH:

“The Efficacy of Immediate Rehabilitation Following Minimally Invasive Microdiscectomy of the Lumbar Spine: A Case Report.” Unpublished

Sole author of this study conducted at Cleveland Clinic Hospital, Weston, Florida; 2004 - 2005.

“The Effect of Plyometric Training in Female Athletes for Reduction of Risk Factors Leading to Knee Osteoarthritis: A Randomized Clinical Trial.” Unpublished

Sibley Memorial Hospital, Washington, DC; 2002 – 2003.

OTHER WORK EXPERIENCE:

Microbiologist Intern; Nestlé Research and Development, New Milford, Connecticut; August, 1996 – March, 1997. Supported the Food Safety Group by performing general lab duties in addition to assisting with product research and microbiological challenge and storage testing. Additional responsibilities included enumeration and identification of microorganisms as well as aseptic sterility testing, sample preparation for microbiological analysis and determination of pH.

CERTIFICATIONS AND CONTINUING EDUCATION

Functional Movement Taping Rock Tape, October 2015

Functional Movement Screen (FMS), 2015

Selective Functional Movement Assessment (SFMA), Dr. Greg Rose, 2014;

Coding, Payment, and Reimbursement Update, APTA, 2012;

Vestibular Rehabilitation, APTA, 2011;

Maximizing the Potential of the Adolescent Athlete: Cleveland Clinic Florida, 2009;

Vestibular Rehabilitation, 2009;

Vestibular Rehabilitation Therapy: Practical Management of the Patient with Dizziness, 2007;

Dizziness and the Unbalanced Patient, 2005;

The New Business of Therapy, 2005;

Certified Golf Fitness Instructor, Advantage Golf Seminars - Dr. Greg Rose (Titliest Performance), 2002;

Geriatric Orthopedics, Great Seminars – Carole Lewis, 2002;

Functional Relationships of the Lower Half, Richard Jackson, 2000;

Differential Diagnosis of the Lumbar Spine, Ola Grimsby Institute, 1999.

PROFESSIONAL DEVELOPMENT AND ACCOMPLISHMENTS:

American Physical Therapy Association, Member (APTA), 1997 - present;

Private Practice Section of the APTA, Member (APTA), 1997 - present;

Orthopedic Practice Section of the APTA, 2005 - present;

West Potomac Academy Advisory Board, Member, 2002 – 2004;

Virginia Tech Human Nutrition, Foods, and Exercise Advisory Board, Member, 2000 – 2003;

Wilson High School Home Health Aide Program, Adjunct Teacher, 2002;

Education Practice Section of the APTA, 1997 – 1998;

Acute Care-Hospital Clinical Practice Section of the APTA, Member, 1998 – 1999;

Collegiate Level Lacrosse and Cheerleading Team, Member, VA Tech.