

DIANA E. STOKES

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LICENSED PHYSICAL THERAPIST ASSISTANT

HIGHLIGHTS

- **Licensed Physical Therapist Assistant** with diversified clinical experience in geriatrics, orthopedics, neurology and pediatrics. **APTA** member since 2004.
- **Certified** Personal Trainer, Group Fitness Instructor, CPR and First Responder.
- **Demonstrated skills in providing direct patient care to individuals with physical disabilities and functional limitations** in clinics, healthcare centers, hospitals and outreach programs; assist patients in exercises, use of wheelchairs and other devices; evaluate patient progress, educate patients and families in appropriate physical therapy methods. Technical skills include MS Word, Excel and PowerPoint.

EDUCATION

Associate of Applied Science in Physical Therapist Assistant
Everest Institute – Rochester, NY

Bachelor of Science in Business Administration
Kean University – Union, NY

Associate of Applied Science in Business Administration
Kean University – Union, NY

PROFESSIONAL EXPERIENCE

ROCHESTER COMMUNITY HOSPITAL – ROCHESTER, NY

PHYSICAL THERAPIST ASSISTANT

2007 – PRESENT

Assist patients with dressing and fitting for orthopedic braces, prostheses and support devices. Confer with physical therapy staff to discuss and evaluate patient information for planning, modifying and coordinating treatment. Instruct, motivate, safeguard and assist patients as they practice exercises and functional activities. Measure patients' range-of-joint motion, body parts and vital signs to determine effects of treatments and information for patient evaluations. Monitor operation of equipment, observe patients during treatment to compile and evaluate data on patients' responses and progress, and report results to physical therapist. Prepare treatment areas and electrotherapy equipment for use by physiotherapist, administered active and passive manual therapeutic exercises and massages.

- Effectively demonstrate and articulate sound clinical reasoning in treatment planning, implementation and monitoring of patient progress.
- Consistently meet patient care productivity standard for position and perform all required data collection for the department accurately and within expected time frame.
- Assist physical therapist in utilizing appropriate methods and materials for effective learning, monitoring response to education and adapting program appropriately.

ST. PETER'S HOSPITAL – ROCHESTER, NY

PHYSICAL THERAPIST ASSISTANT

2006 – 2007

Coordinated between orthopedic unit and long term care orthopedic rehabilitation for sub-acute care patients with total knee and hip replacement, multiple fractures and other orthopedic complications, and geriatric population with decreased function secondary to dementia, CVA and advanced stages of Parkinson. Handled and monitored specific clinical equipment, communicated with nursing staff, social workers and case managers. Co-treated with other disciplines such as occupational and speech therapy, and assisted with discharge notes. Assisted with evaluations under the supervision of the physical therapist, and maintenance of medical, staffing and evaluation records.

- Ensured patient care documentation was timely, legible, efficient and comparable to departmental standards.

CLINICAL EXPERIENCE

- UNITED CEREBRAL PALSY – NEW YORK, NY 2006 – 2006
 - Assisted pediatric population with reaching functional goals in and out of the classroom.
 - Provided voluntary assistance to students in the Empire Games for the Physically Challenged.

- NEW YORK MEDICAL CENTER – NEW YORK, NY 2006 – 2006
 - Supported licensed physical therapist and physical therapist assistant with bedside and out of room rehabilitation for patients suffering from CVAs, TBIs, knee and hip replacements, paraplegics and back surgery patients. Rendered assistance in prosthetic and family training.
 - Aided licensed physical therapist on the pediatric wing with post surgical CP patients and NICU while working under supervision of NDT certified physical therapist.

- DAVIDSON UNIVERSITY HOSPITAL – ALBANY, NY 2005 – 2005
 - Performed ROM, stretching, strengthening, goniometry, application of modalities and soft tissue massages for patients with sports related injuries.
 - Reviewed and assisted patients with their HEP.

- NORTHWOODS REHABILITATION AND EXTENDED CARE – ALBANY, NY 2005 – 2005
 - Helped physical therapist with maintaining premium patient care for the senior and adult resident population including dementia, Alzheimer’s, Parkinson’s, CVA and amputees.

ADDITIONAL EMPLOYMENT

- BALLY TOTAL FITNESS – ROCHESTER, NY 2007 – PRESENT
GROUP FITNESS DIRECTOR
 - Oversee the development, coordination and maintenance of the group fitness class schedule.
 - Manage team of fitness instructors to develop fitness classes and organize coverage.
 - Interview and audition potential new instructors, facilitate and implement fitness events and promotions at the facility.

- PERSONAL FITNESS TRAINER/MASTER TRAINER** 2001 – PRESENT
 - Train children and adults with severe weight problems, adults with orthopedics complications, CVA clients and senior citizens with rheumatoid, osteoarthritis, heart disease, HTN, diabetes and seizure disorders.
 - Lead group fitness classes for children, seniors and high level athletic adults.

- BENJAMIN & RIBAUDO – BRONX, NY 1997 – 2005
ASSOCIATE DIRECTOR OF STRATEGY
 - Held accountable for the planning, implementation and follow-up of national and global media plans, and managed planning teams including supervisors, strategists and assistant strategists.
 - Collaborated with human resources on the interviewing and hiring of assistants.

- DOREMUS & COMPANY – BROOKLYN, NY 1996 – 1998
MEDIA PLANNER
 - Planned and coordinated budgets of national media plans for Allstate, Nationwide and the launch of The New York Post in color.

- KOREY KAY & PARTNERS – ALBANY, NY 1995 – 1996
MEDIA ASSISTANT
 - Assisted Media Director with the development and follow up for local and high tech clients’ media plans.