

# Laura Mesches, PT, DPT

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## Profile:

Physical therapist with specialized training in management of patients with neurologic injury and disease. Work experience in multiple clinical settings with a wide variety of patients across the continuum of care.

## Professional Employment:

### **Physical Therapist, Virginia Hospital Center**

December 2019-Present

- Primarily outpatient; CVA, vestibular, MS, movement disorders.

### **Physical Therapist, Rancho Los Amigos National Rehabilitation Center**

October 2018-October 2019

- Six months inpatient rehabilitation; general neurology and SCI units.
- Six months outpatient; CVA, SCI, neuromuscular disease, and movement disorders.
- Over 150 mentored hours.
- Additional focus on gait analysis, custom orthotic prescription, wheelchair and cushion ordering, and implementation of the OPTIMAL theory of motor learning.
- Volunteering at adaptive sporting events and stroke survivor walk.

### **Physical Therapist, Seton Medical Center**

December 2016-July 2018

- Intensive care and step-down units.
- Populations include: orthopedic (amputation, joint replacement), cardiac (LVAD, heart transplant, CABG), neurological (CVA, vestibular), and oncological.
- Leading body mechanics and transfer training classes for nurses.
- Clinical Instructor for 8-week PTA student.

### **Physical Therapist, Per Diem, Health South Rehabilitation Hospital**

October 2017-April 2018

- Inpatient rehabilitation and skilled nursing units.
- Primary populations include: neurological, orthopedic, and cardiac.

## Teaching Experience:

### **University of Southern California, DPT Program -Hybrid**

January 2020- Present

- Electrophysiology: Clinical Instructor, live session instructor

### **University of Southern California, DPT Program**

August 2018- August 2019

- Neuroanatomy: Teaching Assistant, gross anatomy lab and clinical skills lab.
- Neuropathology: Teaching Assistant, leading lab discussions and group facilitation.
- Electrophysiology: Teaching Assistant, writing labs, creating quiz questions, leading lab groups.
- Clinical Modalities: Guest Teaching Assistant, assisting in labs and examinations.
- Differential Diagnosis: Guest tester, final oral exam.

## Education & Training:

### **University of Southern California/ Rancho Los Amigos Neurologic Physical Therapy Residency**

August 2018- 2019

### **Stony Brook University- Doctor of Physical Therapy**

June 2013- June 2016

- Student representative to the University Dean.
- Recipient of the class of 2016 Community Service Award.

### **CUNY Hunter College- B.A. in Political Science**

September 2010- July 2012

Additional Employment:

**English Instructor, Madrid, Spain**

January 2013- May 2013

- TEFL certified English instructor

**Physical Therapist Aide, South Shore Neurologic Associates**

November 2014- December 2015

Volunteer Experiences:

**Lone Star Paralysis**

March 2017- July 2018

- Assisting people with spinal cord injuries and amputations during adaptive sporting activities.
- Helping at fundraising events for the foundation.

**Empower SCI**

July 2014 - July 2016

- Assisted participants with recent spinal cord injuries with their daily routines comprising: bowel and bladder programs, suprapubic catheter care, bathing, dressing, transferring, eating, nightly positioning and pressure sore assessment.
- Participated in adaptive recreational activities: swimming, surfing, kayaking, cycling, rugby and yoga.
- Participated in physical therapy treatment sessions such as: dynamic stabilization, developmental positioning, transfer training, dynamic standing and ambulation.
- Assisting with advanced wheelchair skills courses.

Professional Associations:

**American Physical Therapy Association, Virginia Chapter  
Neurology Section; CVA, Vestibular, and SCI SIG**

2013-Present

2016-Present

Licensure:

Virginia Licensed Physical Therapist, License # 2305213306

2019-Present

New York Licensed Physical Therapist, License # 040947

2016-Present

Texas Licensed Physical Therapist, License # 1285203

2016-2019

California Licensed Physical Therapist, License # 294916

2018-2019

Professional Development:

- Neuroconsortium 2018-2019: 26 webinar lectures, 8 onsite days of lecture and lab, and six months of journal club.
- APTA CSM 2016, 2017, & 2019

Additional Qualifications:

- AHA BLS CPR certified.