

# ALEXANDRA L. GRYDER, PT, DPT

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## EMPLOYMENT HISTORY

### **ProSport Physical Therapy and Performance**

Rancho Palos Verdes, CA

Physical Therapist

June 2019 - Present

- Responsible for the evaluation, treatment, and discharge of adult and pediatric patients with orthopedic and sport related conditions. Work closely with other physical therapists on proper case management and treatment to assist each patient with improved function and further injury prevention after discharge.

### **DynamX Physical Therapy**

Santa Monica, CA

Physical Therapist

June 2018 - May 2019

- Evaluated, treated, and discharged patients responsible for with orthopedic conditions. Learned and utilized Applied Functional Science assessments and movements to best treat these patients while analyzing movement patterns to best focus on mobility and stability exercises and manual therapy.

## CLINICAL EXPERIENCE

### **Adventist Health Glendale, Therapy and Wellness Center**

Eagle Rock, CA

16-week Full-Time Clinical Internship- Outpatient Orthopedics/Sports Medicine

January 2018 - April 2018

- Responsible for adult orthopedic patients from evaluation to discharge, including evaluating for the appropriateness of aquatic therapy when applicable. Utilized movement analysis, manual therapy, exercise prescription, and modalities to improve patient functions and meet patient identified goals.

### **Harbor Physical Therapy and Sports Medicine**

San Pedro, CA

16-week Part-Time Clinical Internship - Outpatient Orthopedics/Private Practice

August-December 2017

- Evaluated and treated adult and pediatric orthopedic patients with diverse diagnoses, including post-surgical joint replacement, degenerative joint disease, cervical spine pain, medial elbow pain, and ankle instability. Responsible for case management of up to nine patients a day including treatment, exercise programs, progress notes, and contact with the doctor when necessary.

### **Orthosport Physical Therapy**

Culver City, CA

6-week Clinical Internship - Outpatient Orthopedics/Private Practice

May-June 2017

- Treated and assisted with treatment for patients with musculoskeletal diagnoses, incorporated Pilates Reformer and Mat exercises into treatment programs.

### **Torrance Memorial Medical Center**

Torrance, CA

2-week Clinical Internship - Progressive Care Unit

March 2017

- Worked closely with nurses and occupational therapists to treat patients with neuromuscular diagnoses, including acute stroke, respiratory failure, and post-surgical secondary to trauma.

### **Providence Little Company of Mary San Pedro**

San Pedro, CA

2-week Clinical Internship – Hospital Based Outpatient Care

October-November 2016

- Assisted in care for community dwelling patients with orthopedic, neurological, and complex medical diagnoses. Attended a home physical therapy visit with occupational therapy to train caregivers on proper transfers within the home.

### **Torrance Physical Therapy**

Torrance, CA

8-week Clinical Internship - Outpatient Orthopedics/Private Practice

February-March 2016, July -August 2016

- Split into 2 weeks in the spring semester, 6 weeks in the summer semester. Responsible for learning the aspects of hands-on patient care and proper documentation for insurance and communication with other medical professionals.

## RELATED EMPLOYMENT HISTORY

### **Success Physical Therapy and Balance Center**

Torrance, CA

Physical Therapy Aide

May 2012 – August 2015

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## EDUCATION

**University of Southern California**  
Doctor of Physical Therapy

Los Angeles, CA  
Graduation Date: May 2018

**Loyola Marymount University**  
Bachelor of Science – Natural Science

Los Angeles, CA  
Graduation Date: May 2013

## LICENSES/CERTIFICATIONS

California Physical Therapy License: 295201

American Heart Association BLS for Health Care Providers CPR & AED

Certified APPI Mat Pilates Instructor

## VOLUNTEER HISTORY

### **Special Olympics Southern California**

Healthy Athletes - FUNFitness Clinical Director

November 2018 - Present  
Los Angeles, CA

- Direct clinical and non-clinical volunteers through FUNFitness events at the Southern California Summer and Fall Games. Assist walking Special Olympic athletes throughout each station to ensure each fitness screen has been completed for proper education. Manage overall event and volunteers.

### **Special Olympics Southern California**

Healthy Athletes – FUNFitness Clinical Volunteer

November 2015 - November 2017  
Long Beach, CA

- Conducted fitness screens assessing cardiovascular, strength, endurance, balance, and flexibility for Special Olympics athletes at the Southern California Summer and Fall Games. Provided education to athletes and their coaches on stretches and exercises to complete at home or at practice. Assisted in event management and mentored 1<sup>st</sup> time volunteers. Recruited DPT student volunteers to participate in FUNfitness and fundraising events.

### **Special Olympics Southern California**

Healthy Athletes – FUNFitness Non-Clinical Volunteer

November 2013 - July 2015  
Long Beach, CA

- Completed registration and screen questionnaires for Special Olympics athletes at the Southern California Summer and Fall Games.

### **Special Olympics World Games**

Healthy Athletes – FUNFitness Non-Clinical Volunteer

July 2015  
Los Angeles, CA

- Completed registration and screen questionnaires for Special Olympics athletes from 165 nations, utilizing non-verbal communication techniques and language interpreters. Provided feedback to representatives from Special Olympics registration process at future international events.

### **Optimal Living with MS Community Exercise Class**

Physical Therapy Student Volunteer

January - April 2017  
Los Angeles, CA

- Evaluated the needs and exercise tolerance of a patient with Multiple Sclerosis over a period of eight weeks. Created a personalized exercise program specific to the patient's long term and short term goals throughout eight visits and discussed multiple ways to help the patient understand and manage fatigue with daily activities.

### **USC Fit Families Program**

Physical Therapy Student Volunteer

August - September 2015  
Los Angeles, CA

- Conducted general health screens and fitness assessments for new adult and pediatric participants to have a baseline of each individual's health. Created and participated in group warm up, exercises and sports games to show each participant that exercise is beneficial and enjoyable.