

Justin Lopaka Tong

PROFESSIONAL EXPERIENCE

Physical Therapyworks

Physical Therapist

Santa Monica, CA

August 2022 – Present

- Routinely perform diagnostic and prognostic examinations to evaluate muscle, nerve, joint, and functional abilities
- Customize physical therapy interventions including manual techniques, neuromuscular re-education, therapeutic exercise, and education to meet the specific needs of individual patients
- Recommend equipment, in-home modifications, and activity modification
- Communicate with Health Care Providers regarding patient progress and presentations

Physical Therapyworks

Physical Therapist Orthopedic Resident

Santa Monica, CA

June 2021–August 2022

- Routinely perform diagnostic and prognostic examinations to evaluate muscle, nerve, joint, and functional abilities
- Customize physical therapy interventions including manual techniques, neuromuscular re-education, therapeutic exercise, and education to meet the specific needs of individual patients
- Recommend equipment, in-home modifications, and activity modification
- Communicate with Health Care Providers regarding patient progress and presentations

University of Southern California

Resident Instructor

Los Angeles, CA

September 2021–June 2022

- PT-630 Integrated Patient Management Clinical Skills
- PT-551 Therapeutic Applications of Physical Agents

24 Hour Fitness

Master Trainer

San Francisco, CA

October 2008–March 2018

- Develop individualized fitness programs based on fitness assessment and goals of members
- Instruct members on proper body mechanics and form during exercise
- Evaluate member's progress and provide feedback and guidance
- Assist with maintenance and cleanliness of facilities

24 Hour Fitness

Group Cycle Instructor

San Francisco, CA

October 2008–March 2018

- Develop high energy and motivating
- Instruct members on proper body mechanics and form during exercise
- Evaluate member's progress and provide feedback and guidance
- Assist with maintenance and cleanliness of facilities

Potrero Physical Therapy

Physical Therapist Aide

San Francisco, CA

April 2017–January 2018

- Assist Physical Therapists with patient rehabilitation programs
- Instruct and monitor patients during exercise regimens
- Communicate with Physical Therapists and Health Care Providers on patient progress
- Maintain and organize patient charts and schedules
- Assist with maintenance and cleanliness of facilities

EDUCATION

University of Southern California

Doctor of Physical Therapy

Los Angeles, CA

May 2021

- Honors: Order of the Golden Cane, Academic Achievement in Basic Science, ACAPT National Physical Therapy Student Honor Society
- Student Lead of the LGBTQIA+ Affinity Group
- Tutor of Musculoskeletal Anatomy, Clinical Biomechanics, and Disorders of the Musculoskeletal System

San Francisco State University
Bachelor of Science in Kinesiology

San Francisco, CA
May 2018

- Graduated with Honors
- Biomechanics Department Student Researcher

CLINICAL EXPERIENCES

Rancho Los Amigos National Rehabilitation Center

Los Angeles, CA
January 18, 2020 – May 7, 2020

USC Physical Therapy – UPC

Los Angeles, CA
October 19, 2020 – December 11, 2020

Keck Medical Center of USC

Los Angeles, CA
August 23, 2020 – October 17, 2020

Swift Therapy Services

Los Angeles, CA
Dec 2, 2019 – Dec 13, 2019

Fukuju & Lum Physical Therapy Associates

Kailua, HI
July 8, 2019 – August 16, 2019

OSS Elite Physical and Hand Therapy

Los Angeles, CA
March 11, 2019 – March 21, 2019

PROFESSIONAL TRAINING

University of Southern California
Orthopedic Physical Therapy Residency

Los Angeles, CA
August 2021 – August 2022

University of Southern California
Essentials of Spinal Manipulation

Los Angeles, CA
July 14-16, 2022

PROFESSIONAL AFFILIATIONS

American Physical Therapy Association
APTA ID: 739209

September 2018

National Strength and Conditioning Association

August 2020

LANGUAGES

Native Hawaiian
Limited Working Proficiency

August 1994