

Sabir E. Greenwell

Physical Therapist

Address



Phone



E-mail



Physical Therapist possessing strong clinical assessment and evaluation skills. Provides supportive environment conducive to addressing individual needs. Distinguished client-facing skills and experience working closely with health care professionals to assess and treat complex conditions. Focused Physical Therapist committed to helping patients manage pain and injuries. Skillful in monitoring results and prescribing exercises for long-term health. Communicative and reliable professional well-versed in collaborating with practitioners and adhering to treatment instructions.

Skills

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|---|--|-----------|
| Patient-focused therapy | | Excellent |
| Skilled in patient relations | | Excellent |
| Trained in motor and cognitive skills therapy | | Excellent |
| Pediatrics knowledge | | Very Good |
| Trained in diagnostics and prognostics | | Excellent |
| Patient Management | | Excellent |
| Integrated Therapy Approach | | Excellent |
| PNF | | Very Good |
| Orthopedic Residency Trained | | Excellent |
| Physical Stamina | | Very Good |
| Patient education | | Excellent |

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|-------------------------|---|-----------|
| Family education |  | Excellent |
| Joint Manipulation |  | Very Good |
| Chronic Pain Management |  | Very Good |
| CRPS Management |  | Very Good |

Work History

2022-07 - Current

Physical Therapist

Positive Physical Therapy, Los Angeles, United States

- Constructed physiotherapy treatment plans to increase functionality and strength.
- Supported patients' progress and physical health by prescribing and demonstrating at-home exercises.
- Educated patients and family members regarding diagnosis, injury prevention and therapeutic treatments.
- Planned individually-designed treatment programs to restore, maintain and improve physical functioning, alleviate pain and prevent disability.
- Conducted clinical assessment and evaluation to determine patient needs.
- Planned and administered range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle reeducation.
- Managed acute and chronic conditions with full understanding regarding complex therapy needs.
- Adapted therapy sessions and exercises according to patient progress and limitations.

2021-07 - 2022-08

Physical Therapist

Rehab Specialists Inc, Los Angeles, United States

- Constructed physiotherapy treatment plans to increase functionality and strength.
- Supported patients' progress and physical health by prescribing and demonstrating at-home exercises.
- Educated patients and family members regarding diagnosis, injury prevention and therapeutic treatments.
- Planned individually-designed treatment programs to restore, maintain and improve physical functioning, alleviate pain and prevent disability.
- Managed complicated patients within an interdisciplinary team of medical doctors, psychiatrists, and occupational therapists dealing with mainly CRPS and other chronic pain

- Supported patients with conditions ranging from spinal cord injury to severe obesity with tailored exercise programs in an aquatic setting

2021-03 - 2021-05

Physical Therapy Student Intern

United Cerebral Palsy Of Orange County, Orange County, CA

- 8-week OP Pediatric
- Reviewed journals and various recourse actions to collect information on treatment and therapies for various developmental conditions.
- Performed therapy interventions utilizing standard physical therapy techniques and skills.
- Worked one-on-one to restore function, relieve pain and prevent disability.
- Observed patient tolerance and status during treatment to modify treatment program if necessary.
- Managed and developed creative plans of care for children from 4 months to 24 years old with complex cognitive, behavioral, and developmental delays.
- Utilized and integrated approach with PTAs, OTs, and SLPs to provide well rounded care for children with diagnoses ranging from Down's Syndrome, Cerebral Palsy, Rett Syndrome, seizure disorders, Developmental Coordination Disorder, Torticollis, Plagiocephaly, etc
- Presented evidence based in-service to better equip and improve the clinic with current evidence on pediatric care
- Integrated orthopedic, neurologic concepts as well as assistive technology to improve movement and physical function for the pediatric population and their caregivers.

2021-01 - 2021-03

Physical Therapy Student Intern

Tustin Physical Therapy Specialists, Tustin, CA

- 8-week OP Ortho
- Managed and progressed a full adult patient case load while also providing rehabilitation to the younger population in return to sport therapy.
- Assisted in the management of complex vestibular patients alongside certified vestibular therapists.
- Utilized information from weekend continuing education courses presented by Kaiser Permanente Sports Fellows

2020-08 - 2022-12

Physical Therapy Student Intern

Longevity Physical Therapy , San Diego, CA

- 16-week OP Ortho
- Exercised a full caseload of patients primarily with complex psychosocial histories and utilized modern methods to modify behavior change.
- Managed additional patients with ACLR, bilateral knee replacements, posterior shoulder dislocations, etc in their return to sport and activity.
- Utilized appropriately, concepts taught at weekend continuing education courses in joint manipulation by Dr. Davis Koh, Functional Range Conditioning by Dr. Andreo Spina, and Technology Assisted Movement Analysis by Dr. Chris

Powers.

2019-12 - 2019-12

Physical Therapy Student Intern

Sharp Grossmont Hospital, San Diego, United States

- 2 weeks IP Acute Mixed
- Worked with physicians, nurses, and PTs in the management of patients with stroke, spinal cord injury, amputation, Parkinson's.
- Participated in grand rounds, presenting patient cases, and progress updates to supporting staff and family members.

2019-07 - 2019-08

Physical Therapy Student Intern

Professional Physical Therapy, Roslyn, NY

- 6 weeks OP Ortho
- Managed and progressed a high volume of patients ranging from cardiopulmonary to foot reconstruction surgery.
- Instructed multiple aides in the management of patients scheduled every 15 – 20 minutes
- Utilized weekend continuing education courses in kinesiology taping offered by Dr. Davis Koh and Movement Analysis by Dr. Chris Powers.

2019-03 - 2019-03

Physical Therapy Student Intern

Alves & Martinez Physical Therapy, Elk Grove, CA

- 2 weeks OP Ortho
- Assisted a high volume of geriatric patients and tailored therapeutic activities to match geriatric needs and symptom management.
- Supported the SCCE with marketing for triathlete DEXA scans and VO2 Max testing

Education

2018-09 - 2021-05

Doctor of Physical Therapy: Physical Therapy

University of Southern California - Los Angeles, CA

- USC Orthopedic Residency 2021-2022
- Member of National Student Honor Society
- Awarded 2020 DPT Merit Scholarship
- **Continuing education:**

- Advanced Functional Biomechanics of the Lower Quarter: Integration of Technology into Practice - Dr. Chris Powers
- Essentials of Spinal Manipulation - Dr. Phillip Tehan and Dr. Robert Landel
- The Athlete Movement System: Upper Half - Dr. Jared Vagy
- FRC Mobility Specialist - Dr. Andreo Spina
- Evaluation and Treatment of the Injured Runner - Dr. Chris Powers
- Advanced Concepts in Kinesiology Taping - Dr. Davis Koh
- Joint Thrust Techniques - Dr. Davis Koh

- Certified Ergonomic Assessment Specialist - Dr. Ronald Porter

2008-09 - 2012-06

Bachelor of Science: Biology

University of California, Irvine - Irvine, CA

Affiliations

- American Physical Therapy Association (APTA)

Additional Information

Brown Belt in Brazilian Jiu Jitsu under Carlos Eduardo Francis: 12+ years experience