

Alexandria M. Arnston

1001 Homestead Road | LaGrange Park, IL
708.528.0577 | alexandria.arnston@marquette.edu

EDUCATION:

Marquette University, Milwaukee, WI

August 2014-June 2020

Bachelor of Science in Exercise Physiology (December 2018)

Doctor of Physical Therapy (June 2020)

- Advanced Studies in Pediatrics (See *Other Work and Volunteer Experience*)

PROFESSIONAL EXPERIENCE:

Ascension Columbia St. Mary's Hospital-Ozaukee

June 2020

Student Physical Therapist-4 week clinical

Mequon, WI

- Evaluate patients in an acute care setting, including obtaining medical history, functional mobility, and tests and measures
- Provide skilled physical therapy services to and educate patients with pulmonary, cardiac, musculoskeletal, neuromuscular, and psychiatric diagnoses
- Communicate with nurses, occupational therapists, speech-language pathologists, physical therapist assistants, doctors, and surgeons in determining the best plan of care for each patient
- Manage a case load of up to 8 patients per day

Ann & Robert H. Lurie Children's Hospital of Chicago

January 2020-March 2020

Student Physical Therapist-9 week clinical

Chicago, IL

- Perform patient evaluations and provide skilled physical therapy services in the outpatient pediatric setting, incorporating various tests and measures, obtaining medical history, and observing patient's functional mobility
- Develop and deliver a plan of care for patients between 2 months and 18 years of age with varying diagnoses and levels of disability
- Observe and assist in delivery of treatment in Duchenne muscular dystrophy and Orthopedic specialty clinics
- Volunteer at and participate in an in-service on early detection of cerebral palsy in infants
- Manage a caseload of up to 10 patients per day for hour-long sessions

Concentra Urgent Care-Charlotte Freedom

May 2019-August 2019

Student Physical Therapist-10 week clinical

Charlotte, NC

- Evaluate and provide skilled physical therapy services to the Workers Compensation population in an outpatient orthopedic setting
- Independently create exercise protocols and progressions for patients in the outpatient orthopedic setting
- Communicate with other health professionals in order to determine the best plan of care for each patient
- Manage a case load of up to 12 patients per day

Aurora Medical Center-Summit

November 2018-December 2018

Student Physical Therapist-4 week clinical

Summit, WI

- Perform physical therapy interventions in both acute care and inpatient settings
- Independently create exercise protocols and progressions for patients in the inpatient setting
- Collaborate with MD and PA in the clinic for comprehensive patient care approach
- Collaborate with CI when working with a case load of up to 8 patients per day

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OTHER WORK AND VOLUNTEER EXPERIENCE:

Advanced Studies in Pediatrics

August 2019-December 2019

Marquette University Student and Volunteer

Milwaukee, WI

- Attend specialty elective class one time per week
- Provide treatment to a child with cerebral palsy once a week in Marquette University's pediatric physical therapy clinic
- Participate in aquatic therapy and introduction to NDT training
- Volunteer with Katy's Kloset in providing adaptive equipment to community members

Hearts in Motion

January 2019

Student Physical Therapist Volunteer

Zacapa, Guatemala

- Evaluate and provide physical therapy services to citizens of Guatemala from low socio-economic backgrounds
- Educate Spanish-speaking patients on a home program that incorporates therapeutic exercises and lifestyle modifications
- Provide patients with various orthotics and assistive devices based upon patient presentation and need

Holiday Home Camp

June 2016-August 2017

Overnight Cabin Counselor, Lifeguard, and Mentor

Williams Bay, WI

- Provide leadership and guidance to underprivileged adolescents ages 6-13
- Teach various skills such as swimming, archery, recreational sports, and health to campers
- Act as the primary caregiver for a group of 12 campers for each week-long session
- Assist as a lifeguard at the lakefront, including running swim tests and teaching lessons as necessary

Rehabilitation Institute of Chicago

July 2015-August 2015

Caring for Kids Camp Volunteer

Chicago, IL

- Mentor young adolescents in working through physical, social, and mental disabilities
- Demonstrate and participate in adaptive physical activity with children ages 8-13
- Ambulate and perform physical activity with patients with prosthetics, bandages, and other aids based on patients physical and mental capabilities

EHR EXPERIENCE:

2020	Cerner EMR software
2020	EPIC documentation system
2019	Allscripts documentation system
2018	EPIC documentation system

CERTIFICATIONS AND MEMBERSHIPS:

2018-present	American Physical Therapy Association Member
2014-present	Occupational Safety and Health Administration Certification
2011-present	American Heart Association Cardiopulmonary Resuscitation and Automatic External Defibrillation
2011-present	American Heart Association First Aide Certification
2011-2019	American Red Cross Water Safety Instructor

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HONORS AND AWARDS:

- Great Plains Conference Champions-Marquette University Club Softball
- MU Pere Marquette Scholarship Recipient
- Hansen Physical Therapy Scholarship Recipient
- John Orlandini Physical Therapy Scholarship Recipient

EXTRACURRICULAR ACTIVITIES:

- Vice President of Marquette Club Softball Team (2016-2017)
 - Treasurer of Marquette Club Waterski Team (2016-2017)
 - Wheelchair Rugby Coordinator of Marquette Adaptive Abilities Club (2018-2019)
 - Student Physical Therapist in Hearts in Motion Service Trip to Guatemala (2019)
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