



MEGHAN STASICA

DOCTOR OF PHYSICAL THERAPY

WORK EXPERIENCE

Doctor of Physical Therapy
Select Physical Therapy

November 2020 - Present

- Leading outpatient physical therapy clinic devoted to exceptional patient care that promotes healing and recovery. Responsible for treating patients across a wide variety of body types with a range of conditions including post-operative rehab, neurological rehabilitation, low back dysfunction, rotator cuff impingement and more. Cultivate trusting relationships with patients while evaluating, setting goals, assessing progress, and educating patients on body mechanics. Treatments include dry needling, joint mobilizations, instrument assisted soft-tissue mobilizations as necessary in addition to therapeutic activities and exercise.

Physical Therapy Intern

January 2020 - March 2020

[Health One Spalding Rehabilitation Hospital](#)

- 10-week clinical internship at 40-bed acute inpatient rehabilitation hospital. Responsible for evaluation, treatment, education, and discharge planning of full case load. Treated patients with stroke, TBI, amputation, neuropathy, low back dysfunction, and complex post-surgical total joint replacements. Collaborated with multi-disciplinarian team on best comprehensive rehabilitation plan for adult and geriatric patients. Conducted family/caregiver education and visited patient homes to recommend equipment and in-home modifications for safety. Provided documentation to support the delivery of skilled physical therapy. Assessed patient progress through outcome measures such as BERG, Tinetti, and TUG. Led guided relaxation and yoga to provide an alternative way for patients to cope and heal. Advocated for patients and worked with equipment representatives on patient fittings.

Physical Therapy Intern

October 2019 - January 2020

[Athletico, Riverside - IL](#)

- 12-week clinical internship at outpatient orthopedic clinic focused on musculoskeletal and neuromuscular domains. Evaluated and treated teen, adult, and geriatric orthopedic patients with diverse diagnoses including RTC impingement, post-surgical shoulder and knee patients, degenerative disc disease, osteoarthritis, lumbar and cervical pain, fractures and breaks with significant autonomy. Responsible for evaluation, treatment, and discharge of a full caseload of patients, interpretation of physician orders, documentation of physical therapy provided, developed and educated patients on individualized home exercise program. Treatments included manual therapy, joint mobilizations and manipulations, traction, stretching, strengthening, ROM, and soft-tissue mobilization.

📍 Longmont, CO

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🌐 www.meghanstasicadpt.com

EDUCATION

Regis University

Doctor of Physical Therapy, 2020

Marquette University

B.A. in Communications, 2007

ABOUT ME

I am a passionate person, fueled by an inner drive to help others live their best life. An avid coffee drinker, I love hiking, biking, camping, running, yoga, dancing, reading, deep connections, and time with my husband and our new puppy.

MY MISSION

As a physical therapist, I am committed to health and well-being through excellence and evidenced-based practice. I strive to improve my patient's quality of life through empathy, integrity, and altruism.

LEADERSHIP

Alpha Sigma Nu | Lifetime Member

American Physical Therapy

Physical Therapy Intern

May 2019 - June 2019

UCHealth, Aurora CO

- 8-week clinical internship in the cardiothoracic ICU focused on early mobilization and rehabilitation of the critically ill. Responsible for evaluation, treatment, education, and documentation of patients. Treated patients with a variety of diagnoses including CVA, myocardial infarction, spinal cord injury, heart transplant, pulmonary embolism, and patients on ECMO. Treatments included supine bike, ROM, assisted ambulation, and tilt table gravity-lessened lower extremity strengthening.

Physical Therapy Intern

August 2018 - October 2018

Give Us Strength Physical Therapy

- 6-week clinical internship in an outpatient clinic in a rural setting focused on musculoskeletal and neuromuscular domains. Responsible for the treatment and education of outpatient orthopedic patients. Diagnoses included lumbar and cervical pain, piriformis syndrome, tendonitis, patellofemoral pain syndrome, meniscus tear, osteoarthritis, and pelvic floor dysfunction. Provided limited documentation to support delivery of skilled physical therapy.

Physical Therapy Aide

October 2016 - June 2017

Accelerated Sports Therapy & Fitness

- Assisted physical therapists in preparing treatments for adolescent, adult, and geriatric patients. Performed clerical responsibilities, including scheduling patients and filing paperwork.

PREVIOUS WORK AND VOLUNTEERING**Manager**

October 2011 - April 2013

Peace Coffee, Minneapolis MN

- Improved coffee shop margins from 32% to 60% allowing the shop to retain revenue
- Developed a team of 8 employees, managed shop budget and inventory

Project Coordinator and Coffeehouse Manager

September 2008 - October 2011

Glas the green coffeehouse

- Developed coffeehouse layout, managed budget and inventory
- Coordinated coffeehouse events, led team of 5 employees

Volunteer

January 2016 - June 2016

Children's Hospital of Minnesota

- Outpatient Physical Therapy for children aged 2 - 16 years old.

Volunteer

March 2016 - March 2016

Prevea Health, WI

- Sports and orthopedic outpatient physical therapy for all ages.

Volunteer

February 2015 - August 2015

Whittier Clinic, Hennepin Healthcare

- Outpatient Physical Therapy treating orthopedic conditions and vestibular dysfunction.

Volunteer

March 2013 - August 2014

Hennepin County Medical Center, MN

- Inpatient Rehabilitation post TBI, stroke, SCI, amputation, etc.

Association | Member 2017 -

Present

Move Forward 5k/10k | Race Day

Committee Chair

Global Health Pathway |

Co-Representative Class of 2020

Canine Companions for

Independence | Puppy Team

Member

SKILLS**Functional Dry Needling | Level 1 Certified**

Technique utilized to provide pain relief and improve muscular function.

Manual Therapy

Hands on technique utilized to improve tissue extensibility, increase range of motion, and reduce pain.

Certified Yoga Instructor

230-hour yoga teacher training with Jennifer Gray at the Yoga Center of Minneapolis. I am committed to creating a safe space for individuals to connect mind and body on a deeper level through asana, breath work, and meditation.