

## **Amanda Johnston**

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### **Objective**

To become Program Director of the Physical Therapist Assistant Program at San Diego Mesa College where I can apply my knowledge, skills, and leadership experience to instruct a diverse, well equipped group of individuals who will continue to better the field of Physical Therapy while providing leadership to faculty and colleagues.

### **Work Experience**

#### Acting Program Director Physical Therapist Assistant Program

August 2016-current, San Diego Mesa College

- Advise first and second year students in matters related to professionalism, education, and career
- Meet with faculty regarding courses, outcomes, and other areas related to progress within the PTA Program
- Perkins Grant ordering
- All program related ordering and budget requests
- Program Review lead writer
- Preparation and participation in CAPTE accreditation site visit
- Lead student orientation meetings
- Complete application and lottery process for incoming cohort

#### Adjunct Faculty Member Physical Therapist Assistant Program

October 2015-present, San Diego Mesa College

- Instruct PTA students in multiple courses within the program including Introduction to Physical Therapy, Introduction to Pathology, Orthopedic Rehabilitation, Patient Management, and Human Movement
- Provide feedback on techniques including documentation, exercise progression and manual interventions

#### Adjunct Faculty Member Doctor of Physical Therapy Program

August 2017- current, San Diego State University

- Lab assistant for Integumentary Therapeutics DPT 780
- Assist Doctoral students in the study and practice of manual therapy interventions and modality application including soft tissue interventions, chronic pain, neural tension, traction, ultrasound, taping techniques, and electrical stimulation

#### Physical Therapist Assistant and Pilates Instructor

June 2010-January 2017, Comprehensive Therapy Services Inc

- Provide direct therapeutic care utilizing manual therapy techniques and exercise programs to treat numerous orthopedic injuries (foot and ankle, knee, hip, C/S, T/S, L/S, shoulder, elbow, wrist, TMJ, strains, post-op)

- Perform gait training analysis and corrective exercise prescription (walking and running)
- Educate patients and their families on appropriate therapeutic goals and home programs (including transfers)
- Apply various modalities appropriately for many orthopedic injuries
- Create and lead in-service training on the Pilates apparatus' and other continued education course work for fellow therapists
- Develop and present in core stabilization programs at local gyms
- Develop and instruct MS Pilates/Balance training classes
- Develop an Osteoporosis Pilates training class
- Interact with the treating physical therapist to develop and implement individualized treatments for patients in ethical and professional manner
- Manages HIPAA and OSHA training for all staff
- Manages social media and monthly email correspondence for all contacts (patient and medical professionals)
- Directs website updates

#### Pilates Instructor

January 2004-present, Zoom Fitness & Pilates Studio San Diego, CA

- Create and instruct fitness clients in Mat, Reformer and CCB Pilates workouts
- Transitioned rehabilitation clients to fitness training
- Manage cash flow and all business operations
- Design HEP's for various client needs
- Market and build a successful Pilates business
- Mentor and observation instruction for new Pilates professionals

#### Pilates Instructor and Physical Therapy Aide

2001-September 2006, OrthoSport Health Center San Diego, CA

- Instruct fitness and rehabilitation clients in Mat, Reformer and CCB Pilates
- Apply various modalities and instruct patients through exercise programs
- Assist in billing, phone services, scheduling and general office duties

### **Clinical Rotation Experience**

#### SPTA

Comprehensive Therapy Services, San Diego, CA

- Perform outpatient orthopedic PTA duties including manual therapy, modality application and therapeutic exercise
- Interact with the treating physical therapist to develop and implement individualized treatments for patients
- Refer to work experience above

#### SPTA

SouthBay Rehab at Paradise Valley Hospital, National City, CA

- Perform in-patient acute care, rehabilitation, and outpatient PTA duties with a variety of patients including CVA, Guillain Barre, general debility, CHF, amputations, dementia
- Gait training post stroke (including Max Assist)
- Modify the fitting of crutches and walkers
- Educate patients in use of AFO
- Utilize NDT principles of treatment
- Perform home evaluations prior to discharge
- Interact with the treating physical therapist to develop and implement individualized treatments for patients

### SPTA

Scripps Hospital Chula Vista, Acute Care Setting, Chula Vista, CA

- Perform in-patient acute care PTA duties with variety of patients including CVA, necrotizing fasciitis, TKA, THA, debility, amputations, CHF
- Obtain measurements before, during and after treatment
- Perform transfer training for amputee patients
- Lead body mechanics training for new employees
- Utilize computer based charting and documentation
- Interact with the treating physical therapist to develop and implement individualized treatments for patients

### Education

Master's in Education

August 2016-August 2017, Northern Arizona University

- Emphasis in Educational Leadership in Community College/Higher Education
- Curriculum includes educational theory and methodology, curriculum construction, student evaluation, outcome assessment, history of community college and higher education in the United States, leadership skills, educational technology in the college classroom, access and opportunity in higher education, social entrepreneurship in higher education, professional development seminar and master's seminar.

Physical Therapist Assistant

August 2008-May 2010, San Diego Mesa College, San Diego, CA

- Associate Science degree awarded May 2010
- 4.0 GPA for all PTA coursework

Kinesiology Pre-Physical Therapy

August 2001-May 2004, San Diego State University, San Diego, CA

- Bachelor of Science in Kinesiology with an emphasis in Pre-Physical Therapy
- Graduated Cum Laude

Pilates Instructor

2004-2005, Pilates Training Center of San Diego, San Diego, CA

- Stott Pilates Mat-Plus, Reformer and Cadillac, Chair & Barrel Intensive instructor training courses

### **Continued Education Courses**

- See attached CV for comprehensive listing

### **Memberships/Special Skills**

#### APTA Presentation

- Created and presented “Using Pilates with Lower Back and Upper Quadrant Clients” in San Diego March 2006
- APTA presentation Pilates: “Using the Pilates Equipment, CoreAlign and Mat to Progress Core Strengthening in Orthopedic and Neurological Diagnoses” in San Diego 2015

#### License

- California AT9298

#### IDEA

- IDEA Fitness and Wellness Association member since 2004-2013

#### APTA

- Member since 2009

American Heart Association Healthcare Provider CPR