

JACK JEFFERSON
123 Any Street
Any City, State 55555

(213) 555-1234
Cellular/Messages: (213) 777-5678
e-mail: JackJefferson@earthlink.net

A physical therapist with 20 years' diverse clinical and administrative experience in pulmonary rehabilitation, sports medicine and cardiac rehabilitation in both acute and outpatient programs for major healthcare facilities.

PROFESSIONAL EXPERIENCE

Western Hospital, Los Angeles, California

2002-Present

Cardiac Rehabilitation Supervisor (2008-Present)

Responsible for the overall operation of an outpatient cardiac rehabilitation program in a 400-bed hospital.

- Provide direct patient care to more than 3,000 patients, including treatments in monitored endurance, strength training and individualized therapeutic exercise.
- Supervise and trained ten staff.
- Participate in budget preparation, policy and procedure development and a continuous quality improvement program.
- Established a community education lecture series and a cholesterol screening program.

Physical Therapist – Center for Sports Medicine and Fitness (2002-2008)

Directed the start-up of an outpatient cardiac rehabilitation program.

- Participated in the development of an athletic fitness testing program for aerobic capacity, body composition, strength and exercise prescription.
- Conducted weekly athletic injury screenings and treatments.

California State University, Los Angeles, Los Angeles, California

1999-2004

Part-time Instructor

Formulated and taught "Clinical Specialties, Cardiac Rehabilitation," an elective course in the Physical Therapy curriculum.

- Developed course content that included EKG interpretation, cardiac pathology, exercise prescription, treatment goals and progression, diagnostic test interpretation and documentation.
- Taught more than 200 students who successfully completed this course.

Community Hospital Medical Center, Los Angeles, California

1989-2002

Clinical Supervisor (1998-2002)

Provided clinical supervision of physical and occupational therapists in the cardiac and pulmonary rehabilitation programs.

- Treated a full patient load for cardiac, pulmonary and orthopedic problems.

Senior Physical Therapist (1993-1998)

Provided treatment for cardiac and pulmonary rehabilitation and orthopedic out-patient clinic patients.

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Community Hospital Medical Center, Continued

- Wrote staff schedules and conducted inservice presentations.
- Served as a preceptor for students.

Staff Physical Therapist (1989-1993)

EDUCATION

California State University, Northridge, Northridge, California

**Master of Arts, Physical Education – Exercise Physiology
Bachelor of Science, Health Science – Physical Therapy
Bachelor of Arts, Physical Education**

MILITARY SERVICE

U.S. Marine Corps First Lieutenant, 1981-1984

PUBLICATIONS

“EKG Stress Testing,” A.F.A.A., 2 (May-June): 26-28, 1994

“Exercise for Life: Uses, Requirements, Benefits, as Well as Some of the Pitfalls of Aerobic Exercises,” A.F.A.A., 1 (Oct.-Nov.): 7, 1993

AFFILIATIONS

American Physical Therapy Association
American Running and Fitness Association