



Title: Program Intern Reports

To: Owner: Dr. W. Ezara Greene, PT, DPT

Classification: Intern/Student

Mission Statement

To provide professional gymnastics-specific physical therapy rehabilitation and performance training with an individualized and personal treatment plan for a full return to competition-level gymnastics.

Our Vision

To provide gymnasts, dancers, and cheerleaders with the highest quality care and full return to sport with a team-based approach in a safe and healthy rehab facility.

Overview of Description and Direction of Care

This clinic will be tailored to the individual gymnastics specifications and requirements to return to the competitive level. The comprehensive five points of care that Perfect 10.0 Physical Therapy uses as an approach to exceptional patient care is what brings this gymnastics-specific rehabilitation clinic to life. The five points of care are: patient-identified problem, mobility, stability, load distribution, and self-efficacy. The first point is identifying the patient-identified problem (PIP), which for each gymnast is a full return to competition-level gymnastics. We create a professional environment by addressing this PIP through mobility with hands-on work with safe and effective flexibility work in the gym setting. We use stability with a focus on proper form, shapes, and proximal stability before distal mobility through which skills can be accomplished. Load distribution comes after the gymnast has shown competence with mobility and stability to perform tumbling passes or high-level skills requiring an excessive load on distal and proximal joints. Throughout our entire approach, we establish self-efficacy through independence with HEP (home exercise program), progressions of skills, and long-term management and prevention of injuries for each gymnast.

The Perfect 10.0 Physical Therapy clinic creates a gymnastics-focused specialty with specific physical therapy care to offer immediate injury screening, full-service physical therapy and

return-to-competitive level gymnastics to gymnasts. Perfect 10.0 Physical Therapy provides young gymnasts, coaches and their parents comprehensive education through PowerPoint presentations regarding common injuries and strategies for prevention care/training and the need for screening and individualized plans to ensure that body systems are honed to maximize strength and control for optimization of ability for advancement in skills. Perfect 10.0 Physical Therapy also educates coaches, gymnasts, and parents about the need for skilled physical therapy even after discharge from traditional physical therapy to return safely to competitive gymnastics. Additionally, a quick screen clinic is provided for acute injuries occurring during practice or competition for gymnasts to receive earlier care and skilled physical therapy intervention for a quicker return to sport after injury.

Purpose of Position:

As a Program Intern (PI) of Perfect 10.0 Physical Therapy, you will be required to fill many roles. The purpose of this position is to assist in implementing all aspects of patient care, including but not limited to: scheduling new and current patients, new patient paperwork delivery, patient exercise implementation and monitoring, patient recruitment, taking/receiving payments from patients, marketing on social media and website maintenance, overseeing documentation compliance concerning to HIPAA regulation laws, setting up and taking lead of orchestrating continuing education days, cleaning and organizing facility, ongoing site monitoring, and pre and post-physical therapy surveys to measure physical therapy effectiveness, outcomes, and impact.

The PI works closely with the appointed physical therapist to deliver excellent and efficient physical therapy to patients, including: appointments, marketing, and physical therapist support according to the Perfect 10.0 Physical Therapy mission statement and vision. This position will work closely with the appointed physical therapist to ensure that Perfect 10.0 Physical Therapy quality and participant outcomes meet expectations. The responsibilities of the PI require a high degree of organizational capacity and flexibility. This position is an unpaid internship, but interns will receive a small stipend for their participation at the end of their internship.

Areas of Responsibility:

Organization

- Assist with data entry, scheduling, social media management, facility cleanliness/organization, daily notes, progress reports, initial evaluation and manage patient information in rules and regulations with HIPAA compliance, patient recruitment and retention data tracking systems
- Support new patient intakes and logistics
- File and log patient (new, current, and discharged) documentation
- Conduct needs assessments to help Perfect 10.0 Physical Therapy better serve gymnasts, dancers, cheerleaders, and their families in Northern Virginia
- Support Perfect 10.0 Physical Therapy as needed

Communication

- Support community engagement and external communication for Perfect 10.0 Physical Therapy team
- Develop outreach strategies for reaching new patients and communities
- Design recruitment and promotional materials
- Track site visit evaluations, and form reports, which support Perfect 10.0 Physical Therapy quality assurance procedures

Event Planning

- Support Perfect 10.0 Physical Therapy with continuing education days
- Support Perfect 10.0 Physical Therapy free screen planning and implementation
- Assist with outreach and community engagement events

Other

- Assist in additional Perfect 10.0 Physical Therapy development, management, and planning tasks as needed

Qualifications:**Required**

- Organized, with an ability to prioritize time-sensitive assignments
- Creative and flexible
- Strong communication skills
- Professionalism
- Excellent customer service skills

Desired

- Background in Marketing, Communication, Physical Exercise, Physical Training, Gymnastics, Dance, or Cheerleading, Sports Medicine, Education, Nonprofit Management, or other related disciplines
- Proficient in or a desire to learn Google Drive, Microsoft Office, and Mac/HP products, excel spreadsheet, word documents, PowerPoint, google calendar, Paypal, Square
- Spanish language proficiency is a plus

Suggested Schedule:

Interns are suggested to work 12 to 20 hours per week, generally between 10:00AM-6:00PM Mondays-Fridays (with some evening and weekend availability requested). The Summer internship runs from mid-June through mid-August, and the Fall internship runs from mid-August through early- December.

Equal Employment Opportunity Policy Statement

Perfect 10.0 Physical Therapy, PLC is an Equal Opportunity Employer and prohibits discrimination and harassment of any kind.

Perfect 10.0 Physical Therapy, PLC is committed to the principle of equal employment opportunity for all employees and to providing employees with a work environment free of discrimination and harassment. All employment decisions at Perfect 10.0 Physical Therapy, PLC are based on business needs, job requirements, and individual qualifications, without regard to race, color, religion or belief, national, social or ethnic origin, sex (including pregnancy), age, physical, mental or sensory disability, HIV status, sexual orientation, gender identity and/or expression, marital, civil union or domestic partnership status, past or present military service, family medical history or genetic information, family or parental status, or any other status protected by the laws or regulations in the locations where we operate. We will not tolerate discrimination or harassment based on any of these characteristics. We encourage applicants of all ages.

To Apply:

Please send a cover letter and resume to Dr. Ezara Greene, PT, DPT at egreene@perfect10pt.org.