

Jordan Metcalf

Somerville, MA ▪ jscottmetcalf@gmail.com ▪ www.jordanmetcalf.com

Education

Northeastern University
Bouvé College of Health Sciences
Academic Standing: 3.6 (4.0 scale)

Boston, MA
DPT 09/12-05/18
Dean's List 2013-2018

Physical Therapy Experience

ATI Physical Therapy

Cambridge, MA & Somerville, MA

Staff Physical Therapist

07/18-Current

- Performed thorough evaluations of patients with various orthopedic concerns including but not limited to:
 - Running related injuries, neck pain, low back pain, shoulder impingement, rotator cuff tendonitis, labral tear, labral repair, SI joint dysfunction, hip labral repair, trochanteric bursitis, various internal derangements of the knee, ankle sprain, chronic ankle instability.
- Developed treatment plans to address underlying biomechanical dysfunction, improve strength and mobility, and assist patients in returning to their prior level of function.
- Administered manual therapy, including but not limited to:
 - Soft tissue manipulation, joint mobilization, muscle energy techniques, mobilization with movement.
- Used various types of exercises to help patients improve biomechanics, increase strength, decrease pain, improve function, and reduce the risk of re-injury.
- Coordinated with referring physicians to provide safe and effective care to patients.
- Written thorough and timely documentation to create accurate records of treatment provided.
- Provided care to, at most, 15 patients in an 8 hour day with the assistance of guided rehabilitation technicians.
- Instructed rehabilitation technicians on specific common exercises and stretches to provide effective guidance to patients.
- Presented to ~15 doctors from MIT medical on the efficacy of blood flow restriction training, especially in those with post-operative exercise limitations.
- Completed level 1 blood flow restriction training course through [Smart Cuffs](#)
- Reviewed current research to ensure that treatments and treatment approaches are evidence-based.

Emerson Hospital Center for Sports Rehabilitation and Specialty Services

Concord, MA

Physical Therapy Clinical Student

09/17-11/17

- Performed evaluations of various patient populations including stroke, Parkinson's, concussion, low back pain, fall risk, and various orthopedic conditions
- Utilized objective outcome measures and patient goals to establish comprehensive treatment plans
- Provided physical therapy treatment consisting of manual therapy, exercise intervention, and patient education
- Presented an in-service about the effects of blood flow restriction training on strength gains

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ATI Physical Therapy

Cambridge, MA

Physical Therapy Clinical Student

05/17-06/17

- Assisted and observed evaluations of patients with various orthopedic conditions including running-related injuries, ergonomic related injuries, and various sports-related injuries
- Debated potential etiologies of various conditions to determine the root cause of pain and dysfunction with clinical staff
- Performed treatments including manual therapy, exercise intervention, patient education, and other modalities
- Presented an in-service on running form and running-related injuries using slow-motion video analysis

Cambridge Health Alliance

Somerville, MA

Physical Therapy Co-op Student

01/16-06/16

- Guided patients through exercises and assessed their responses
- Performed clerical and housekeeping duties to contribute to efficient patient care
- Participated in assessing patient performance and progress with therapy staff

Spaulding Rehabilitation Hospital

Charlestown, MA

Physical Therapy Co-op Student

07/14-12/14

- Taught safe transfer techniques to patients with spinal cord injuries
- Performed “aide programs” consisting of stretching and exercises with patients
- Assembled and adjusted specialty wheelchairs for patients throughout the hospital and assisted with wheelchair postural assessments