

# Sarah M. Henderson

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## PROFESSIONAL SUMMARY

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Board-certified Senior Physiotherapist with over 10 years of experience specializing in orthopedic and sports-related injuries. Proven track record of reducing patient recovery times by 15% through the implementation of advanced manual therapy and personalized rehabilitation protocols. Recognized for exceptional patient education and collaborative care within multidisciplinary hospital environments.

## WORK EXPERIENCE

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### Senior Physiotherapist | Austin Medical Center | Austin, TX

May 2018 - Present

- Lead a team of 8 physical therapists and assistants in a high-volume orthopedic department.
- Developed a post-operative hip replacement protocol that reduced average inpatient stay by 1.5 days.
- Improved department productivity by 22% through the implementation of a streamlined EMR documentation workflow.
- Conducted weekly training sessions on advanced manual therapy techniques for junior staff members.
- Achieved a 99% compliance rate in clinical documentation during annual state healthcare audits.

### Sports Physiotherapist | Elite Sports Rehabilitation | Dallas, TX

Jun 2014 - Apr 2018

- Designed personalized recovery programs for professional and collegiate athletes, resulting in a 10% faster return-to-play rate.
- Managed the rehabilitation of over 200 ACL reconstructions with a 0% re-injury rate within the first 12 months.
- Integrated video gait analysis technology to identify biomechanical inefficiencies in long-distance runners.
- Collaborated closely with orthopedic surgeons and athletic trainers to optimize multi-stage recovery plans.
- Secured a \$15,000 grant for the purchase of advanced therapeutic laser equipment.

### Staff Physical Therapist | North Dallas Community Hospital | Dallas, TX

Aug 2011 - May 2014

- Provided acute care physiotherapy for a 30-bed surgical ward with a focus on early mobilization.
- Redesigned patient educational materials which increased home exercise program adherence by 30%.
- Served as a Clinical Instructor for 5 doctoral students from the University of Texas.
- Facilitated a cross-departmental task force that lowered patient fall incidents by 18%.
- Streamlined the equipment ordering process, saving the department \$4,000 in annual supply costs.

## EDUCATION

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### University of Texas Southwestern Medical Center | Doctor of Physical Therapy (DPT) | Physical Therapy

Aug 2008 - May 2011

### Texas A&M University | Bachelor of Science | Kinesiology

Sep 2004 - May 2008

## SKILLS

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Manual Therapy, Neurological Rehabilitation, Orthopedic Assessment, Wound Care Management, Chronic Pain Management, Dry Needling, Patient Education, Compassionate Care, Active Listening, Multidisciplinary Collaboration, Conflict Resolution, Time Management, Electronic Medical Records (EMR), Telehealth Platforms, Gait Analysis Software, Shockwave Therapy Equipment, Billing and Coding (ICD-10)

## CERTIFICATIONS

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Board Certified Orthopaedic Clinical Specialist (OCS) | American Board of Physical Therapy Specialties (Oct 2016)  
Certified Strength and Conditioning Specialist (CSCS) | NSCA (Mar 2012)

## LANGUAGES

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English (Native)  
Spanish (C1 (Professional Working Proficiency))

## ACTIVITIES

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### **Volunteer Physiotherapist**

Providing pro-bono services at local track and field events for underprivileged youth athletes.

### **Annual APTA Combined Sections Meeting**

Regular attendee and contributor to sessions focused on orthopedic rehabilitation innovations.

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CV example from guide at [vitae.so](http://vitae.so)