

## **Rebecca A. Glass, PT, DPT**

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### **OBJECTIVE**

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Results-driven, licensed physical therapist with strong interpersonal skills, seeking a clinical coordinator position in a Doctor of Physical Therapy program that provides opportunities for professional growth and development.

### **EDUCATION**

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- 2006 – 2009      **University of Massachusetts Lowell**, Lowell, MA  
*Doctorate of Physical Therapy (DPT)*
- 2000 – 2004      **Saint Joseph's College of Maine**, Standish, ME  
*Bachelor of Science (BS); Major: Exercise Science; Minor: Biology*

### **LICENSE AND CERTIFICATIONS**

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#### **Licenses**

02/2010 – present    Physical Therapist, Commonwealth of Massachusetts (License Number: 18953)

#### **Certifications**

- 09/2019 – present    Certified Level 1 Kettlebell SFG Instructor, StrongFirst
- 09/2019 – present    Reflexive Performance Reset – Level One, Reflexive Performance Reset
- 06/2019 – present    Certified Pre & Postnatal Coach, Girls Gone Strong
- 06/2010 – present    Credentialed Clinical Instructor (CI), American Physical Therapy Association (APTA)
- 09/2006 – present    Cardiopulmonary Resuscitation (CPR) Certified, American Red Cross
- 03/2005 – 08/2006    Crisis Prevention Intervention Certified, Crisis Prevention Institute

### **PROFESSIONAL EXPERIENCE**

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- 11/2013 – present    **Futures HealthCore**, Springfield, MA  
*Physical Therapist (school setting)*
- Evaluate and treat students grade level K-5 primarily for gross developmental delay, Autism Spectrum Disorder, and Cerebral Palsy
  - Educated school staff regarding appropriate gross motor movement breaks
  - Collaborated with multidisciplinary team to optimize student outcomes and grades
  - Attended individualized education program (IEP) meetings to discuss student strengths, areas of improvement, and need for continued services
  - Completed quarterly progress reports of students
  - Developed PT goals and benchmarks to optimize the ability of students to be successful within the school curriculum and to access school resources
- 05/2014 – Present    **SLS Fitness Strength & Conditioner Center**, Lowell, MA  
*Physical Therapist and Coach*
- Provide cash-based PT services, including, but not limited to: shoulder, spine, hip and knee dysfunction, complications due to diastasis recti, pelvic organ prolapse and incontinence; limitations associated with Parkinson's Disease, Alzheimer's Disease, Cerebral Palsy
  - Developed the Pre & Postnatal Strength Training Program
  - Supports women's health and pelvic health in the community
  - Delivered continuing education programming to staff, members, corporate partners, and the general public on subjects such as: optimizing core strength, reducing back pain in the workforce, maintaining strength during pregnancy, and safely returning to movement postpartum
  - Participate in supporting/co-teaching within the RockSteady Boxing Program, a non-profit organization that developed a program designed to manage Parkinson's Disease symptoms and complications
  - Communicate and coordinate with physicians, physical therapists, and other medical professionals to facilitate seamless transition of patients from outpatient physical therapy to a return to fitness and recreational activities
  - Assess functional movement quality of new and existing members to identify dysfunction and develop programming as needed
  - Coaches small group classes with focus on TRX suspension training and kettlebells

01/2014 – 06/2020 **Genesis HealthCare**, Westford, MA

*Physical Therapist (acute care)*

- Worked in skilled nursing facility setting to complete initial evaluations, progress reports, re-certifications and discharges for patients with a variety of medical diagnoses, including, but not limited to: cerebral vascular accident (CVA), Parkinson's Disease, Alzheimer's Disease, total joint replacements, falls, etc.
- Evaluated, treated, and discharged patients in the rehabilitation unit as well as long-term care residents
- Assessed treatment plans and made adjustments as needed for maximum benefits
- Attended family team meetings to discuss patient progress and main barriers to discharge
- Supervised PTAs regularly to ensure and guide proper treatment protocols
- Conducted caregiver education to optimize patient safety in preparation for discharge home
- Attended multidisciplinary team meetings to discuss patient caseload, intervention plans, and troubleshoot barriers to discharge
- Communicated with physicians to provide updates and status changes on patient care

12/2011 – 01/2014 **Diversified Staffing Group, Inc.**, Framingham, MA

*Physical Therapist (traveling)*

- Worked as a physical therapist in a variety of inpatient settings ranging 4 weeks to 6 months
- Provided therapeutic treatments for patients with a variety of medical diagnoses, including, but not limited to: CVA, Parkinson's Disease, Alzheimer's Disease, total joint replacements, falls, etc.
- Evaluated, treated, and discharged patients in the rehabilitation unit as well as long-term care residents

09/2009 – 11/2011 **Spaulding Hospital for Continuing Medical Care**, Cambridge, MA

*Physical Therapist (long term acute care)*

- Evaluated and treated patients on the Complex Medical/Ventilator Unit with a variety of medical diagnoses, including, but not limited to: Guillain Barre Syndrome, CVA, Traumatic Brain Injury, Spinal Cord Injury, Cancer, Congestive Heart Failure (including need for ventricular assistive device)
- Served as a clinical instructor (CI) and mentored Doctor of Physical Therapy students during their clinical rotations for 3 years
- Attended family team meetings to discuss patient progress and barriers to discharge
- Conducted family/caregiver education in preparation for discharge home

12/2004 – 08/2006 **Spaulding Rehabilitation Hospital**, Boston, MA

*Rehabilitation Aide*

- Observed patients undergoing treatments and reported status changes to supervising therapist for immediate attention
- Demonstrated respect, friendliness, and willingness to assist wherever needed
- Transported patients to and from treatment areas using wheelchairs and assistive devices
- Performed passive, active, and active assistive range of motion intervention on patients on the Traumatic Brain Injury (TBI) Unit
- Assisted with functional and mechanical transfers of patients during OT and PT sessions
- Completed preventative maintenance and mechanical repairs on equipment

## HONORS & AWARDS

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2010	Partners in Excellence Award, Spaulding Hospital for Continuing Medical Care
2004	Graduation with Distinction, Saint Joseph's College of Maine
2003	Member, Beta Omicron Chapter, Delta Epsilon Sigma, Saint Joseph's College of Maine
2003	Outstanding Future Professional Award, Massachusetts Association for Health, Physical Education, Recreation and Dance (MAHPERD)
2000	Blue and White Scholarship, Saint Joseph's College of Maine

## PROFESSIONAL PRESENTATIONS

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2021 (July)	<b>Glass RA.</b> Prenatal Exercise and Returning to Fitness Postpartum. Seminar to be delivered virtually for Lowell General Hospital (Lowell, MA).
2021 (June)	<b>Glass RA.</b> What is the Minimum Effective Dose of Exercise? Seminar to be delivered virtually for Lowell General Hospital (Lowell, MA).
2021 (June)	<b>Glass RA.</b> The Importance of Strength Training for HealthCare Workers. Seminar to be delivered virtually for Lowell General Hospital (Lowell, MA).

2021 (April)	<b>Glass RA.</b> Prenatal Exercise and Returning to Fitness Postpartum. Seminar to be delivered virtually for Lowell General Hospital (Lowell, MA).
2021	<b>Glass RA.</b> Turkish Get Up. Hands-on clinic delivered for SLS Fitness Strength & Conditioning Center members (Lowell, MA).
2020	<b>Glass RA.</b> One Strong Mama. Seminar delivered for SLS Fitness Strength & Conditioning Center members (Lowell, MA).
2020	<b>Glass RA.</b> KettleBell Swing. Hands-on clinic delivered for SLS Fitness Strength & Conditioning Center members (Lowell, MA).
2019	<b>Glass RA.</b> Increase Your Core Strength. Seminar delivered for SLS Fitness Strength & Conditioning Center members (Lowell, MA).
2019	<b>Glass RA.</b> Strength Training – Where Do I Start? Seminar delivered at Lowell General Hospital (Lowell, MA).
2019	<b>Glass RA.</b> Movement Matters. Seminar delivered at Lowell General Hospital Cancer Center (Lowell, MA).
2019	<b>Glass RA.</b> Back Pain at Work – Preventing Pain and Injury. Seminar delivered for employees at MACOM Technology Solutions (Lowell, MA).
2019	<b>Glass RA.</b> Back Pain in the Workforce – What to Do and How to Lessen Your Risk. Seminar delivered for employees at MACOM Technology Solutions (Lowell, MA).
2018	<b>Glass RA.</b> The Pelvic Floor. Seminar delivered for SLS Fitness Strength & Conditioning Center members (Lowell, MA).
2017	<b>Glass RA.</b> Connecting to Your Core: With or Without Pregnancy. Seminar delivered for SLS Fitness Strength & Conditioning Center employees (Lowell, MA).
2016	<b>Glass RA.</b> The Pelvic Floor After Childbirth. Seminar delivered for SLS Fitness Strength & Conditioning Center members (Lowell, MA).

## **SERVICE**

### **Professional Committee Service**

06/2019 – present	Member/Physical Therapist, Pelvic Floor Dysfunction Referral Program, The Clough Family Center for Rehabilitative and Sports Therapies, Emerson Hospital Outpatient Clinic
03/2018 – present	Physical Therapist, The Phoenix Cancer Program
11/2019 -- present	Member, Women's Health Cabinet, Lowell General Hospital (LGH)

### **Community Volunteer Service**

09/2006 – present	Volunteer, Fitness for a Cure to benefit St. Jude Children's Research Hospital
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## **CONTINUING EDUCATION**

2017	<i>Reasoning with Unreasonable People: Focus on Disorders of Emotional Regulation.</i> Institute for Brain Potential.
2016	<i>Functional Pelvic Floor Training for Weakness, Pain and Dysfunction.</i> Summit Professional Education.
2015	<i>Effective Strategies, Interventions and Resources for Autism, ADHD, and Sensory Processing Disorder.</i> Summit Professional Education.
2011	<i>KT 3: Advanced Concepts and Corrective Techniques for the Kinesiotaping Method.</i> Kinesio Taping Association International (KTAI).
2011	<i>KT 2: Advanced Concepts and Corrective Techniques of the Kinesiotaping Method.</i> Kinesio Taping Association International (KTAI).
2011	<i>KT 1: Fundamental Concepts of the Kinesiotaping Method.</i> Kinesio Taping Association International (KTAI).

## **ADDITIONAL SKILLS**

### **Software Proficiencies**

- Microsoft Office (Word, Excel, Outlook, PowerPoint, etc.)
- Online Communication Software (Zoom, Teams, Skype, Google Meet, etc.)
- Physical Therapy Documentation Software (Rehab Optima, etc.)

## PROFESSIONAL REFERENCES

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Katie McCauley  
General Manager, SLS Fitness Strength & Conditioning Center  
345 Chelmsford St  
Lowell, MA 01851  
Phone: (978) 427-0680  
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