

Information:

Address: University of Pittsburgh
School of Health and Rehabilitation Sciences
100 Technology Dr
Pittsburgh, PA, 15219

Phone: (412) 383-6565

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Email: ran131@pitt.edu

Education and Training:

2015-2019 Concordia University, River Forest, IL. (**BA**, Exercise Science; Cum Laude, Former College Football Player)

2019-2022 Midwestern University, Downers Grove, IL. (**DPT**, Physical Therapy)

2022-2023 Orthopedic Residency Program (**Residency**)

2024-Current Division I Sports Physical Therapy Fellowship (**Fellowship**)

Licensures:

2022-Current Illinois Physical Therapy License, #070.026990

2024-Current Pennsylvania Physical Therapy License, PT031960

Certification:

2022-Current Emergency Response for the Athlete (ERA), Cogent LLC

Clinical Employment:

2016-2019 Physical Therapy Technician, Midwest Orthopedics at Rush, Chicago, IL

2016-2019 Student Athletic Trainer, Concordia University of Chicago, River Forest, IL

2022-2023 Physical Therapist and Orthopedic Physical Therapy Resident, University of Illinois at Chicago, Chicago, IL

2023-2023 Physical Therapist, National Staffing Solutions, Winter Park, FL

2024-Current Physical Therapist and Division 1 Sports Physical Therapy Fellow, University of Pittsburgh, Pittsburgh, PA

Professional Organizations:

2019-Present Member, American Physical Therapy Association (APTA)

Member, Orthopedic Section

Member, Sports Section

2019-Present Member, Illinois Physical Therapy Association (IPTA)

Professional Activities:

A. Intramural Activities

2023 Volunteered with University of Illinois at Chicago's Division 1 Baseball Team

Teaching Activities:

A. Graduate School Courses

Institution	Class	Role	Date
University of Illinois at Chicago (UIC)	Gross Anatomy	Resident/Teaching Assistant	Fall 2022
UIC	Kinesiology	Resident/Teaching Assistant	Spring 2023
UIC	PT 616 Biophysics	Resident/Teaching Assistant/Guest Lecturer	Summer 2023

Professional Presentations:

A. Peer-Reviewed Poster Presentations:

1. Nava R, Keller S. The Impact of a Positive Therapeutic Alliance and Pain Education as Adjuncts to a Moderate Intensity Strengthening Program for an Adult with Multiple Sclerosis and Chronic Pain: A Case Report. Illinois Physical Therapy Association. REVITALIZE Virtual Conference, 3/1/22-3/30/22.

B. Research

1. Determining a patient's return to sport following Anterior Cruciate Ligament Reconstruction. A survey of Physical Therapists in the United States.

Seminars:

1. Demystifying Concussion: Evidence Based Practice for Improved Outcomes. Vanderbilt Orthopedic Institute, Nashville TN, April 30-May 1, 2022.

Additional Skill(s):

1. Fluent in both English and Spanish. Able to perform evaluation and treatment sessions with Spanish speaking patients.