

Shiao-Lan Li

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EMPLOYMENT OBJECTIVE

Licensed Physical Therapist seeking employment. (License number: PT34575)

EDUCATION

tDPT program in Utica College
Graduated December, 2014

Masters of Physical Therapy, CSU Long Beach
Graduated December 2007
Overall GPA 3.378

Master of Science, Institute of Immunology, National Taiwan University
Graduated June 2002
Overall GPA: 3.3

Bachelor of Science, Department of Zoology, National Taiwan University
Graduate June 1998
Overall GPA: 3.3

PHYSICAL THERAPY AND EXERCISE RELATED EXPERIENCE

Tai-Chi Exercise Group in OC Physical Therapy, Irvine, CA (6/2010-2016)
--Class Instructor

Group therapy and exercise by using Tai-Chi as the topic to focus on body mechanics, balance, coordination and self awareness. Course content includes basic movements, Tai-Chi form and interactive practice of pushing hands.

OC Physical Therapy/ South County Spine Care, Irvine, CA (9/2009-current, starting full time since 4/2010)

--Physical Therapist

OC Physical Therapy was a private practice founded in 2009 and Shiao-Lan Li is one of the owners. Perform administrative work and regular physical therapy outpatient evaluation and treatment for orthopedic patients of all body parts. Coordinating the patient treatment plans with chiropractics, pain management physicians, orthopedic doctors and primary physicians.

Senior's Choice Physical Therapy (in Leisure World Health Care Center), Seal Beach, CA(9/2009-4/2010, part time as 3 days/wk)

--Physical Therapist

Perform regular physical therapy outpatient treatment and evaluation primarily for geriatric population (age 65+) with orthopedic, cardiopulmonary, neurologic, gait related issues. Frequent communication with orthopedic specialized and primary physicians regarding treatment plan and response with patients.

Traditional Chinese Scraping Therapy (July 2004-Current)

Treating primarily orthopedic patients.

Chinese Taipei Tanglanquan Association, R.O.C. (June 1997 to present)

--Class B Instructor

Provide instruction for traditional Chinese martial arts practice, specialized at Tanglanquan, Wing-Chun, Tai-Chi and pushing hands.

Crystal Cove Health Care Center, Newport Beach, CA (2/2009-9/2009)

--Physical Therapist

Perform regular inpatient subacute treatment and evaluation primarily orthopedic, geriatric, cardiopulmonary patients. Frequent communication with other health care professionals regarding treatment and response with patients.

Fairview Developmental Center, Costa Mesa, CA (10/2008-2/2009)

--Physical Therapist

Perform regular physical therapy evaluation and treatment primarily orthopedic with clients who have developmental deficits. Frequent communication with other health care professionals regarding treatment and response with patients.

Flagship Health Care Center, Newport Beach, CA (5/2008-10/2008)

--Physical Therapist

Perform regular inpatient subacute treating and evaluation primarily orthopedic, geriatric, cardiopulmonary patients. Frequent communication with other health care professionals regarding treatment and response with patients.

Unicare Physical Therapy, Irvine, CA (July 2004 – Dec. 2004)

--Physical Therapy Aide

Perform regular PT aide patient related task for geriatric and orthopedic patients.

Institute of Clinical Immunology, Medical School, National Taiwan University (July 2002 – Jan. 2004)

--Research Assistant

Perform techniques of protein purification, ELISA, PCR, cell proliferation assessment, and animal model assessment for the project of autoimmune diseases-Systemic Lupus Erythmatosus.

CONTINUE EDUCATIONS

- FMS level in 2020 (before pandemic)
- SFMA level I in 2019.
- Graston level II in 2018.
- Graston level I in December, 2017.
- Board Certified Orthopedic Specialist (OCS) in May, 2012.
- Complete Decongestive Treatment courses and Certified Lymphedema Therapist (CLT) through Norton School in January, 2010.
- Kinesiology taping certified in 2013.
- Completion of S1, S3, S4 and E1 courses in USA in 2010.
- Completion of course of Diagnosis and Treatment of Movement Impairment Syndromes in 2009.

- Completion of McKenzie postgraduate program of study, Part A: Lumbar Spine in 2009.
- Evaluation and treatment of the Cervical & Thoracic Spine: A Maitland Approach in 2008.
- Dance Medicine: Strategies for the Prevention and Care of Injuries to Dancers in 2008.

SPECIAL SKILLS AND ACTIVITIES

- Member of APTA and CPTA since 2005.
- Brazilian JuiJitsu lover since 2016.
- Board Certified Orthopedic Specialist (OCS) in May, 2012
- Certified Lymphedema therapist through Norton School since January, 2010.
- Certified kinesiology taping in 2013.
- Certified in BLS for Healthcare Provider, valid until March 2019.
- Twenty years of Traditional Chinese Martial Arts experience with teaching experience of no less than 10 years.
- Ten years experience of traditional Chinese scraping therapy.
- Translation and other services in The Church in Irvine.
- Languages spoken: Mandarin (fluently), and English.
- Computer skills: Windows, Microsoft Word, Excel, Powerpoint.
- Experience of Pilates (Mat) for over 30 hours.

REFERENCES

References shall be furnished upon request.

PHILOSOPHY

As a physical therapist, Shiao-Lan does not see separate issues relating to only one body part without relation to the rest of the body. Although a specific portion of the body may be the most obviously injured or restricted in its motion, other aspects of the body's functioning are also immediately impacted, causing the formation of a specific compensatory pattern. The compensating pattern can result in limited recovery in the original area as well as possible future injury in the supporting area. Physical therapy achieves the highest success when treatment is focused on the restoration of the strength/muscle tone balance between the muscle groups, the coordination of the movement, and the elimination of compensatory patterns.

Shiao-Lan usually uses all possible tools such as manual therapy, scraping, Yoga, traditional martial arts, and etc. according to patient's individual situation to maximize the benefits of the therapy.