

Lisa R. Ravalli, PT, DPT, OCS, CSCS

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Licensure

- Licensed Physical Therapist, Physical Therapy Board of California, #35433
Valid: 2/2009 - 7/2024
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Education

- Doctor of Physical Therapy, University of Montana, August 2021.
specialized education in Physical Therapy law and ethics (depositions, standards of proof, expert witness preparation, APTA clinical practice guidelines)
 - Masters of Physical Therapy, California State University Long Beach, June 2008
 - Bachelors of Arts in Communications and Kinesiology, California State University Fullerton, June 2003: *Cum Laude Graduate, Division I Scholar Athlete*
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Experience

Physical Therapist, Inpatient/Outpatient (GS-0633-13)

Veterans Affairs Medical Center (La Jolla, CA), 5/2009-Present (40 hours/week)

- Advanced knowledge and expert skill in a range of specialized interventions and treatment modalities used in a specialized treatment area of physical therapy to serve as a consultant and subject matter expert for health care providers regarding the delivery of care within Physical Therapy.
- Certified Orthopaedic Clinical Specialist; Perform and interpret specialized Orthopaedic evaluative procedures and tests to serve as the subject matter expert for orthopedic specialty area and as a consultant to Physical Therapy and other medical center staff in evaluating and treating patients in this specialty area, serves as PT liaison for Orthopedic Service including specialty coordination of pre-operative and post-operative patient caseloads and weekly discussions regarding patient care.
- Advanced knowledge and expert skill in the evaluation and treatment of patients in Community Living Center (on-site Skilled Nursing Facility) setting including issuance of adaptive equipment, therapy interventions, family/caregiver training, nursing education and patient education, including the development and implementation of nursing education for accreditation of CARF/CIIRP program.
- Advanced knowledge of post-operative protocols, timelines, APTA clinical practice guidelines and standard of care for Physical Therapy rehabilitation and intervention.
- Exceptional customer service as Lead Physical Therapist for Inpatient and Outpatient post-operative population including evaluation, treatment, and direct orthopedic team communication. Inpatient, Subacute, and Outpatient experience including patients with Polytrauma, Cerebral Vascular Accident (CVA), loss of limb, Traumatic Brain Injury (TBI), Total Joint Replacement, Low back pain, neck pain, whiplash injury, ankle/foot surgery, ankle/foot fractures, femur fracture, tibial fracture, knee injury, knee surgery, shoulder injury, shoulder surgery, hip injury, hip surgery, sciatic nerve pain, radiculopathy, myelopathy, chronic illness, and mental illness.

- Specialization in post-operative rehabilitation; developed and implemented Pre-Operative Clinic for total joint replacement patients. Established system for scheduling, created home exercise program handouts, produced patient/caregiver education brochures outlining goals/expectations of post-operative rehabilitation. Coordinate and manage pre-op clinic on a weekly basis. Responsible for overall planning, administering, monitoring and evaluating the PT pre-operative total joint replacement program.
- Center Coordinator of Clinical Education (CCCE); identify, organize and coordinate clinical learning experiences, maintain open lines of communication with school program faculty, assign clinical instructors (CIs) for each clinical placement after evaluating each CI's readiness and preparedness to serve as a CI, organize, coordinate, direct, evaluate, and supervise activities of the CIs and students assigned to the clinical site. Collaborate with academic institutions and provide feedback with respect to curriculum per accreditation guidelines.
- Certified Physical Therapy Clinical Instructor for 1-2 Doctor of Physical Therapy students per year; developed a study for total knee replacement patients examining the benefits one pre-operative Physical Therapy visit combined with a home exercise program (HEP) on outcome measures including timed up and go (TUG), patient specific functional scale (PSFS), 6-minute walk test (6MWT), inpatient gait distance walked post-op day 1, and inpatient length of stay (cost and statistical analysis). Raw research reviewed with Chief of Orthopedic Surgery facilitating process improvement with focus of optimization of total joint replacement process at VA San Diego. Responsible for weekly overall planning, administering, monitoring and evaluating this program.
- Consult manager for triage of Physical Therapy (PT) outpatient consults (service receives >100/day), tasking includes receiving/triaging consults for appropriateness for PT, scheduling direction, initial Community Care eligibility determination and educating referring providers re: these processes.
- Serve as subject matter expert, coordinate and collaborate with other disciplines to include physicians, nurses, physical therapists, occupational therapists, recreation therapists, social workers, prosthetists, orthotists, and other clinical providers
- Supervisor of diverse Physical Therapy Department in absence of Rehab Coordinator and Physical Therapy Supervisor; PT department point of contact for all pending status projects/tasks, coordinate/facilitate staff coverage, collaborate with Health Administration Services (HAS) to reschedule/redistribute patients to prevent missed opportunities, serve as technical expert for questions/concerns related to direct patient care, set priorities, delegate tasks, direct clinic performance, demonstrate knowledge of human resources administration.
- Coordinate and collaborate with other disciplines to include physicians, nurses, physical therapists, occupational therapists, recreation therapists, social workers, prosthetists, orthotists, other non-clinical providers and service Chiefs. Consistently communicate with compassion, courtesy, tact, timeliness and politeness during all interactions.

Volunteer Roles and Certifications

- Lead Physical Therapist and clinical gymnastics instructor for local, regional, National and International gymnastics competitions, (*athlete injury prevention education, athlete on-site treatment, parent/coach education, proper technique for injury prevention/chronic injury, drills for safe skill progression, importance of goal setting, referral to specialists*) San Diego County, 8/2008-present.
- Coordinator for medical team (orthopedic surgeon, Athletic Trainers, EMTs, Physical Therapists) at YMCA National Gymnastics Competition, (*athlete injury prevention education, athlete on-site treatment, parent/coach education, referral to specialists, coordinate care with team orthopedic surgeon, coordinate staffing for event, secure medical supplies through donations*), San Diego, 7/2010
- NSCA Certified Strength and Conditioning Specialist (CSCS), 8/2008-present
- 1st Aid/BLS Certified, 6/2003-present
- Basic Water Rescue Certified, 4/2010-present
- Certified Physical Therapy Clinical Instructor, 6/2013-present
- Orthopedic Clinical Specialist (OCS), 07/2020-present
- Blood Flow Restriction Certified, 06/2023-present