

# Talya Singleton

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## Skills

Licensed Virginia Physical Therapy Assistant | Knowledgeable with Microsoft Office Suite | Editing and Proofreading | Licensed North Carolina Physical Therapist Assistant | Organization | Time Management | Adaptable | Communication | Open to New Challenges | Independent and Collaborative | Proficient with Microsoft Word and Powerpoint

## Experience

May 2023 - Present

### **Wellcare Home Health, NC – Physical Therapy Assistant**

- **Progress Monitoring & Documentation** – Accurately tracking outcomes and updating plans of care.
- **Functional Mobility Training** – Helping patients move safely in their home environment.
- **Pain Management Techniques** – Including manual therapy, positioning, and therapeutic exercises.
- **Patient Education** – Teaching patients and caregivers how to perform exercises and use assistive devices.
- **Communication with Interdisciplinary Teams** – Coordinating with nurses, OTs, MDs, etc.
- **HIPAA Compliance** – Maintaining privacy in less-controlled environments.

February 2015 - October 2022

### **Kempsville Health & Rehab Center, Virginia Beach, VA – Physical Therapy Assistant**

- Perform therapeutic services by administering manual exercises, while instructing, encouraging and assisting patients performing physical activities.
- Educate and assist patients with bed mobility and transfers.
- Contribute to physical therapist's effectiveness by identifying patient care issues and providing information and commentary, as well as recommending options and course of action for care.
- Documentation of therapeutic services, as well as updating and documenting patient medical history.
- Creation of educational documentation for patients and patient families.
- Assess patient health by interviewing them and performing physical examinations.
- Utilized time management and scheduling skills to fully treat patients as well as create daily progress notes, while working around patients pre-existing daily schedules.

November 2021- May 2022

### **Kohl's Chesapeake, VA- Fulfillment Associate**

- Supporting sales driving culture while focusing on creating a consistent customer experience.
- Accurately deliver on operational processes, BOPUS, BOSS, MLS, SFS.
- Leverage omni channel offerings to deliver a frictionless customer experience.

June 2006 - May 2010

**Langley Air Force Base Commissary, Hampton, VA – Store Associate**

- General customer service.
- Loading, unloading, stocking, organization, pricing, and inventory of store products.
- Store and warehouse sanitation.
- Occasional rotation of duties between, warehouse, cashier, meat department, and produce department.
- Set up and rearrangement of store displays and shelving.

## **Education**

August 2017 - July 2022

**Old Dominion University, Norfolk, VA**

B.A. degree in Biology

August 2012 - May 2014

**Riverside School of Health Careers, Newport News, VA**

A.A.S Degree in Physical Therapy Assistant