

VIJETA PARVATIKAR

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PROFESSIONAL SUMMARY

- Direct access licensed Physical Therapist in Pennsylvania and active researcher in the field of physical therapy with 15+ years of professional experience.
- Active Member of American Physical Therapy association and abstract reviewer for PA chapter conference.
- Clinical Director/PT, Corp Management with AdvantageCare Rehabilitation, LLC.
- Director of Rehabilitation/PT, outpatient with AdvantageCare Rehabilitation, LLC.
- Biomechanical Orthopedic Assessment and Rehabilitation, Outpatient therapy.
- Supervising Physical Therapist at Allcare Rehabilitation, Outpatient therapy.
- Primary Physical Therapist at Latrobe Health and Rehabilitation Center, Skilled nursing facility with 107 beds.
- Managed multiple outpatient clinics in New York City, by providing physical therapy services to pediatric, adult (orthopedic and sports injuries), and geriatric population.
- Certified in Manual Therapy: Integrated approach for Vertebral Column, Pelvic Complex, Temporo-mandibular Joint, Neural Tissue and extremities. India.
- Proficient in billing various insurances; training physical therapists, physical therapist assistants, physical therapist aides, and billing assistants.
- Ability to identify priorities and work collaboratively with team members to deliver quality patient care.

EDUCATION

ARCADIA UNIVERSITY

Doctor of Physical Therapy

Glenside, PA

May 2018

UNIVERSITY OF PITTSBURGH

MS Health and Rehabilitation Science concentration in Musculoskeletal Physical Therapy

Pittsburgh, PA

Aug 2012

RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES

Bachelor of Physiotherapy

Bangalore, India

Mar 2009

EMPLOYMENT

AdvantageCare Rehabilitation

Clinical Director/PT, Corp Management

Pittsburgh, PA

October 2023 to present.

Director of Rehabilitation – outpatient (IL)

Sept 22 to Oct 23

Supervising physical therapist

March 22 to Sept 22

Biomechanical Orthopedic Assessment and Rehabilitation

Supervising Physical Therapist

Bentleyville-Charleroi, PA

April 2018 -Present

Allcare Rehabilitation dba

Supervising Physical Therapist

Dunbar, PA

Dec 2017-April 2018

The Grove at Latrobe

Physical Therapist

Pittsburgh, PA

Mar 2015 – Dec 2017

ACE HEALTHCARE RESOURCES, LLC

Physical Therapist

New York, NY

Jan 2013 - Feb 2015

UNIVERSITY OF PITTSBURGH

Lab assistant/Teaching Assistant, Physical therapy volunteer/observer
 Research Assistant

Sept 2012 - Dec 2012
 Oct 2011 - July 2012

S.D.M. COLLEGE OF MEDICAL SCIENCES AND HOSPITAL

Physical Therapist

Dharwad, India
 June 2009 - June 2010

MELVANKI FRACTURE AND ORTHOPEDIC CLINIC

Physical Therapist

Dharwad, India
 Feb 2009 - May 2009

Clinical Intern ships:

- **NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES**

Bangalore, India

- Psychiatric And Neurological Rehabilitation including Acute Care

Jan2009 - Jan 2009

S.D.M. COLLEGE OF PHYSIOTHERAPY AND USHA'S HOSPITAL

Clinical Intern - Orthopedic, Pediatric, General surgical unit, OBGYN unit and ICU

Dharwad, India
 Oct 2008-Dec 2008

FORTIS HOSPITALS

Clinical Intern - Cardio-pulmonary unit, OP/IP unit, Antenatal/Postnatal unit, Fitness training

Bangalore, India
 Sept 2008 - Sept 2008

HOSMAT

Clinical Intern - Orthopedic and Sports Rehabilitation and Acute Care

Bangalore, India
 July 2008 - Aug 2008

CLINICAL EXPERIENCE**AdvantageCare Rehabilitation****Clinical director/PT**

- PT evaluation and treatment onsite full caseload and supervision.
- Head telerehab division and programming program for Advantage: Led development and implementation of TeleRehab programs collaborating with the founder to align initiatives with organizational vision and goals. Programming in skilled nursing, ensuring compliance with state guidelines. Created training modules and delivered training for therapy staff on TeleRehab protocols, enhancing service delivery and patient outcomes. Coordinated weekly management calls, DOR calls and facilitated ongoing program improvements. Performed audits specific to telehealth regulations. Developed specific training content, consent forms and guidance documents to streamline informed telehealth care across the continuum.
- Spearhead mentorship program for Advantage: creating content and structure for mentorship, collaborating with HR, supervisor and working closely to efficiently implement and roll out clinical programs to the areas. Coordinating with mentors, DORs and mentees to establish the program for the sites. Mentors enlisting/add and outreach, collaborate with DORs for recommendations calls, and personalized outreach for the mentorship program, restructuring training, updating mentoring resources, recent updates from organizations. Clinical coordination and communication on ongoing programs.
- Performed compliance and regulatory audits and provided feedback for multiple facilities within the company.
- Provide regular update with corporate management and field teams to deliver timely updates on regulatory and compliance requirements from Medicare, APTA, and other governing entities. Ensured alignment with industry standards and optimized program practices through proactive communication and continuous monitoring of policy changes.

Pittsburgh, PA

Oct 23-present

- Develops and provides the clinical content, on-line and/or on-site training, for clinical and management staff to assist with implementation, monitoring, and appraisal of clinical programs and products within assigned areas or across areas, at least annually and as needed.
- Provides orientation, clinical training, and support to the Clinical Specialists/Program Champions to achieve consistency in delivery of clinical products/programs, in-services, and seminars in the field.
- Provides clinical support, relevant clinical information, and collaterals to the Recruitment, Human Resources, and Business Development teams as requested.
- Collaborates and communicates with all levels of the corporate management team regarding area clinical initiatives, program implementation/roll out, training strategies, and strategic planning to ensure optimal management of clinical resources and outcomes and to identify trends and solutions to optimize area clinical performance.
- Communicates pertinent clinical/operational concerns from area visits and training sessions to supervisor and/or Vice President of Operations/Area Director/Director of Rehabilitation.
- Communicate and collaborate with Area Clinical Specialists/Program Champions at least bimonthly, regarding area clinical performance, program implementation, training initiatives, and Area clinical activities and initiatives and at least quarterly regarding new clinical products, training initiatives, program status, and operational performance.
- Provide licensed therapy treatment on-site or via telehealth as needed.

March 22-Oct 23

Director of Rehabilitation – outpatient

- Oversee operations of entire outpatient
- Oversee and supervise Physical therapists, Physical therapy assistants, Occupational therapists, Speech therapist, Aides.
- Scheduling therapy visits: patient and therapist scheduling.
- Ensure compliance with regulations and clinic policies.
- Collaborating meeting with nursing, rehab, and marketing team in facility.
- Perform documentation and insurance audits.
- Perform performance review.
- Maintain patient care standards.
- Implement vestibular rehabilitation and fall prevention program.
- Team meetings for corporate, facility and insurance compliance.
- Authorizations through various insurances

Supervising physical therapist/CCRC - outpatient

- Responsibilities include full patient case load and management of CCRC- outpatient clinical setting, Interdisciplinary team meetings.
- Evaluating and treating patients with varied diagnoses, discharge planning, documentation, consultation, recommending adaptive equipment, educated family and patient. Training and supervising PT's, PTA's, PT aides. Performing vestibular and fall assessments and treatments.

Biomechanical Orthopedic Assessment and Rehabilitation, Inc

- Supervising/Clinical management Physical Therapist.
- Responsibilities include full patient case load and management of 2 outpatient clinical settings.
- Evaluating and treating patients with varied diagnoses, discharge planning, documentation, consultation, recommending adaptive equipment, educated family and patient. Training and supervising PT's, PTA's, PT aides. Performing biomechanical analysis and providing direct guidance for sports injured athletes.

**Bentleyville-
Charleroi, PA
April 2018 –
March 2021**

Dunbar, PA

Allcare Rehabilitation dba

- Supervising Physical Therapist.
- Evaluating and treating patients with varied diagnoses, discharge planning, documentation, consultation, recommending adaptive equipment, educated family and patient, billing.
- Training and supervising PT's, PTA's, PT aides, and billing assistants.

- Treating diverse range of patients including pediatric, adult (orthopedic and sports injuries), geriatric group with orthopedic, sports injuries, cardio-pulmonary, neurological, and vestibular rehabilitation and fall prevention.

The Grove at Latrobe/Former Latrobe Health and Rehab center, client of HealthPro Rehab
Physical Therapist

Latrobe, PA
Mar 2015 – Dec 2017

- Primary Physical Therapist at Latrobe Health and rehabilitation center, a skilled nursing facility.
- Responsibilities include screening, Initial evaluation, consultation, documentation, treatment, home assessment, discharge planning, interdisciplinary care meetings, recommending adaptive equipment, restorative programs, supervising PTAs, and aides, educating and training patients, nursing staff and family.
- Evaluation and treatment planning incorporating various therapeutic procedures, pathways designed to restore functional independence and improve functional mobility.
- Implementing fall prevention strategy in middle aged and elderly population including vestibular stimulation and stabilization techniques.

Client: First Class Physical Therapy, PC
Supervisor and Senior Physical Therapist

Brooklyn, NY
Jan 2013 – Feb 2015

- Senior Physical Therapist treating 75-90 patients per week.
- Responsibilities include full patient case load and management of outpatient clinical setting.
- Evaluated and treated patients with varied diagnoses, discharge planning, documentation, consultation, recommending adaptive equipment, educated family and patient, billing.
- Training and supervising PT's, PTA's, PT aides, and billing assistants.
- Performed biomechanical analysis and provided direct guidance for sports injured athletes.
- Treated diverse range of patients including pediatric, adult (orthopedic and sports injuries), geriatric group with orthopedic, sports injuries, cardio-pulmonary, neurological, and vestibular rehabilitation and fall prevention.

UPMC Centre for Sports Medicine
Physical Therapy Volunteer and Observer

Pittsburgh, PA
Sept 2012 - Dec 2012

- Duties include observing patient interviews, clinical examination and supervising patients while exercising. Assisted supervising physical therapist with preparing and planning treatment protocol for adult athletes and geriatric group.

University of Pittsburgh
School of Health and Rehabilitation Science
Department of Physical Therapy
Teaching Assistant

Pittsburgh, PA
Sept 2012 - Dec 2012

- Duties include supervision of students in manual therapy laboratory procedures, assisted professors in teaching and grading laboratory sessions for MS and Doctorate PT students. Arranging group discussions, lab and lecture reviews, practice quizzes and case studies for course work preparation.

University of Pittsburgh
Human Engineering and Research Laboratory
Department of Rehabilitation Science and Technology
Research Assistant

Pittsburgh, PA
Oct 2011 - July 2012

- Assisted on research project, "Development of measurement tools for propulsion training in neutral environment for manual wheelchair users."

- Responsibilities include subject testing, data analysis, literature review, synchronizing accelerometers, and SmartWheel with MATLAB program and Excel.

S.D.M College of Medical Sciences and Hospital

Physical Therapist/Clinical instructor

Dharwad, India

June 2009 - June 2010

- In-patient/outpatient and acute care facility incorporating all therapy disciplines.
- Responsibilities include consultation, documentation, treatment, home assessment, discharge planning, recommending adaptive devices, restorative programs, educating patients and family.
- Patient case load includes orthopedics, pediatric, cardio-pulmonary, neurological rehabilitation.
- Training and supervising physical therapy students for hands on manual techniques, teaching clinical courses.

Melvanki Fracture and Orthopedic Clinic

Physical Therapist

Dharwad, India

Feb 2009 - May 2009

- Out-patient clinical setting with orthopedic pre/post-surgical and conservative rehabilitation.
- Daily treatment, evaluation, documentation, discharge planning, family and patient education.

CERTIFICATIONS

- Licensed Physical Therapist, State Board of Physical Therapy, Pennsylvania. License no. PT024130
- Direct access License, State Board of Physical Therapy, Pennsylvania. License no. DAPT003941
- Licensed Physical Therapist, New York State Education Department. New York, USA. (not active) License no. 035869
- Certificate in Manual Therapy (CMT): Integrated approach for Vertebral Column, Pelvic Complex, Temporomandibular Joint, Neural Tissue, and extremities. India. Cer no. MTFI/Tr/2011M029
- CPR & AED (American Heart Association BLS for Health care Providers). American Heart Association, USA. TC ID: PA20293

PUBLICATIONS

- Parvatikar V, Agarwal M, "PT management of a patient with diagnosis of SIJ dysfunction secondary to double scoliosis: A case report." 2024 (Submitted).
- Mukkannavar, P., Desai, B. R., Mohanty, U., Kulkarni, S., Parvatikar, V., & Daiwajna, S. (2013). Pelvic girdle pain in Indian postpartum women: a cross-sectional study. *Physiotherapy Theory and Practice*, 30(2), 123–130. <https://doi.org/10.3109/09593985.2013.816399>
- Mukkannavar P, Desai BR, Mohanty U, Parvatikar V, Karwa D, Daiwajna S. Pelvic girdle pain after childbirth: the impact of mode of delivery. *J Back Musculoskelet Rehabil*. 2013;26(3):281-290. doi:10.3233/BMR-130378
- Parvatikar V, Mukkannavar P, "Comparative Study Of Grip Strength in Different Positions Of Shoulder And Elbow With Wrist In Neutral And Extension Positions". *Journal of Exercise Science And Physiotherapy*, Vol.5, No.2: 67-75,2009 · Dec 1, 2009

ABSTRACT REVIEWER FOR AMERICAN PHYSICAL THERAPY ASSOCIATION CONFERENCE: Pennsylvania chapter

- Reviewed and evaluated research abstracts for presentation selection, ensuring alignment with APTA standards and quality criteria.
- Provided constructive feedback to authors, contributing to the advancement of evidence-based practice in physical therapy.

SCIENTIFIC POSTER PRESENTATIONS

- "Do postpartum pelvic girdle syndromes related to pelvic girdle pain differ with the type of delivery and parity", at science 2011 NEXTGEN conference, October 7, 2011, University of Pittsburgh, Pittsburgh, PA, USA.

- Parvatikar V, "Grip Strength Effect of Testing Shoulder and Elbow Position", March 3, 2007. Department of Physiotherapy, Krishna Institute of Medical Sciences, Karad, Maharashtra, India.

WORKSHOPS

- Evidence Based Physiotherapy Practice, June 5, 2010. Father Muller Medical College and Hospital, Mangalore. Contact hours: 6
- Muscle-Energy Techniques for Lumbo-pelvic Region, August 15, 2009. Padmashree Institute of Physiotherapy and Federation of Indian Manual Therapists, Bangalore. Contact Hours: 8
- Exercise Planning and Prescription for Diabetes Mellitus And Hypertension, December 7, 2008. S.D.M College of Physiotherapy, Dharwad. Contact hours: 8
- Hippo-therapy for Motor Developmental Delay, August 5, 2007, held at Usha's centre for special children, Hubli. Contact hours: 6

TECHNICAL SKILLS

- PC hardware and software installation and configuration for Windows and Mac.
- Applications- Microsoft Office- Word, PowerPoint, Access, Outlook.
- WebPT, Medent, Therapute, HealthMax, casamba, NetHealth SPSS, MATLAB programming.

REFERENCES

*Available upon request