

# MICHAEL ANDERSON

Functional Rehabilitation Coach

- San Francisco, CA
- (555) 234-5678
- michael.anderson@email.com

Experienced Functional Training Coach with a comprehensive background in integrating functional fitness within rehabilitation and physical therapy settings. Demonstrated ability to collaborate with multidisciplinary teams to develop effective rehabilitation programs that incorporate functional movement principles. Expertise in assessing patient needs and designing tailored training protocols that promote recovery and enhance physical capabilities.

## WORK EXPERIENCE

### Functional Rehabilitation Coach | Healing Hands Therapy Center

Jan 2022 – Present

- Designed functional training programs in collaboration with physical therapists for rehabilitation clients.
- Conducted initial assessments to establish client baselines and recovery goals.
- Monitored patient progress and adjusted programs based on individual needs.
- Provided education on functional movements to enhance recovery techniques.
- Led group rehabilitation sessions focusing on functional fitness.
- Utilized feedback from healthcare professionals to optimize training protocols.

### Functional Movement Therapist | Rehab Fitness Solutions

Jul 2019 – Dec 2021

- Implemented functional assessments to identify client capabilities and limitations.
- Developed individualized rehabilitation plans that promote functional recovery.
- Collaborated with multidisciplinary teams to ensure comprehensive care.
- Educated clients on the role of functional fitness in rehabilitation.
- Monitored adherence to rehabilitation protocols and provided ongoing support.
- Created a supportive atmosphere that encourages client success and motivation.

## SKILLS

Rehabilitation coaching

Functional assessment

Multidisciplinary collaboration

Patient education

Program design

Compassionate care

## EDUCATION

### Bachelor of Science in Exercise Physiology

2015 – 2019

University of Rehabilitation Sciences

## ACHIEVEMENTS

- Improved patient outcomes by 40% through tailored functional rehabilitation programs.
- Recognized as Outstanding Rehabilitation Coach by the National Therapy Association in 2023.
- Successfully assisted clients in returning to competitive sports post-injury.

## LANGUAGES

English

Spanish

French