

# Meredith A. DeBerry

## Professional Highlights

- Experienced physical therapy technician with diversified clinical experience in healthcare centers, and outreach programs
- Demonstrated skills in providing direct patient care to individuals with physical disabilities and functional limitations
- Sound knowledge of the techniques of handling patients, stretching exercises, and various equipment for conducting physical exercises

## Education

Bachelor of Science in Human Performance and Sports Science with concentration in Athletic Training Tennessee State University, Nashville, TN ▪ May, 2014

Doctor of Physical Therapy, Tennessee State University, Nashville, Tn ▪ May 2025-Present

## Professional Experience

**Mpower Physical Therapy- Onboarding Specialist and Lead Technician,**  
Franklin, TN May 2020 –2025

- Provides primary training for newly hired therapy technician to teach them the fundamentals including basic exercise performance and cueing, patient management, patient scheduling, clinic cleaning, and preparation procedures
- Provided additional responsibilities outside of patient care which helped to support the clinic manager and help maintain the facility, for instance, inventory management, checklists for identification of areas of focus for cleaning and repairs to the clinic

**Advanced Ortho and Spine Group – Therapy Technician, Nashville, TN ▪**  
November 2014 – 2020

- Confer with physical therapy staff to discuss and evaluate patient information for planning, modifying and coordinating treatment
- Instruct, motivate, safeguard, and assist patients as they practice exercises and functional activities
- Measure patients' range of joint motion, body parts and vital signs to determine the effects of treatment and gather information for patient evaluations
- Observe patients during treatment, compile and evaluate data on patients' response and progress, and report results to physical therapist
- Prepare treatment areas and equipment for use by therapists and patients

**Elite Sports Medicine & Orthopedic Center – Therapy Technician, Nashville, TN ▪**

December 2013 – May 2014

- Administered physical exercises and tractions to relieve patients from pain and improve their strength
- Provided necessary instruction to patients in exercise therapy and the proper use of mobility aids
- Monitored the progress of patients and reported information to assigned physical therapist

**Elite Sports Medicine and Orthopedic Center - Intern, Nashville, TN ▪ August 2013–December 2013**

- Co-treated patients and assisted with treatment planning, under the supervision of a therapy technician
- Assisted patient exercises and usage of medical devices to ensure appropriate physical therapy methods were utilized

**MTSU Athletic Department – Student Athletic Trainer, Murfreesboro, TN ▪ January 2013 – May 2013**

- Assisted the graduate assistant with injury assessments and therapeutic treatments for the following sports: volleyball, football, and baseball
- Developed a new exercise plan to reduce player injuries and monitor the results
- Wrote athletic case notes and collected statistics to track the effects of physical therapy treatment at various stages

**Rutherford County High Schools – Student Athletic Trainer, Smyrna, TN ▪ August 2009 – May 2011**

- Assisted the certified trainer in the administration of physical exercises, and treatment of injuries
- Discussed with coaching staff and therapeutic staff to plan and apply rehabilitation treatments
- Served student athletes at the following school: Oakland, Siegel, Smyrna, and Middle Tennessee Christian School

**Awards**

- POTUS Fellows, May 2025-Present

**Professional Affiliation/Volunteer Experience/Certification**

- Boys and Girls Club, Volunteer, January 2014 to May 2014
- Methodist South Hospital – Physical Therapy Department Volunteer, March 2012 to August 2013
- Habitat for Humanity, Volunteer, April 2009 to May 2013
- Southeast Athletic Trainers Association, Member, February 2009 to February 2011
- Adult, Child, Infant CPR/AED Certification, February 2025-2027