

# ALYSSA R. OKUN

ALYSSAOKUNPT@GMAIL.COM + MAYNARD, MA + (617) 308-0713

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## EDUCATION

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**MGH Institute of Health Professions**, Boston, MA  
Doctor of Physical Therapy

*January 2009*

**New York University**, New York, NY  
Bachelor of Science, Neural Science (Minor: Chemistry)

*January 2003*

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## CLINICAL EXPERIENCE

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**Brain Body Synergy**, Maynard, MA

Founder & Sole Practitioner

*July 2020 – Present*

- Established private outpatient physical therapy practice focusing on rehabilitation, injury prevention, and performance optimization to help patients achieve their highest level of function through exercise instruction, manual therapy, & education

**Boston Medical Center**, Boston, MA

Licensed Physical Therapist, DPT – Inpatient; Per Diem

*September 2010 – August 2018; January 2020 – Present*

Licensed Physical Therapist, DPT – Inpatient; Full Time

*September 2009 – September 2010*

Physical Therapy Doctoral Intern, Full Time One Year Internship

*September 2008 – September 2009*

- Work in the largest 24-hour trauma center in New England evaluating, and establishing physical therapy goals for a socially, economically, and culturally diverse population
- Treat patients on a wide range of units including: Surgical & Medical ICUs, Orthopedic and Neurological Trauma, Cardiothoracic Surgery, Neurology & Neurosurgery, Cardiology, Oncology & General Medicine/Surgery

**Emerson Hospital**, Concord, MA

Licensed Physical Therapist, DPT – Outpatient; Full Time

*September 2017 – December 2019*

- Evaluated and provide comprehensive treatment for patients with complex orthopedic and neurological conditions including concussion/PCS management
- Collaborated closely with the Robert C. Cantu Concussion Center located in the Emerson Health Center

**Spaulding Rehabilitation Hospital**, Wellesley, MA

Licensed Physical Therapist, DPT – Outpatient; Part Time

*November 2015 – May 2017*

- Primarily treated patients with neurological conditions such as Parkinson's Disease, Multiple Sclerosis, history of stroke, balance and gait disorders, as well as complex orthopedic dysfunction

**Harvard Vanguard Medical Associates**, Somerville, MA

Licensed Physical Therapist, DPT – Outpatient; Full Time

*October 2010 – June 2014*

- Primarily treated patients with orthopedic conditions including post-surgical rehab as well as neurological disorders such as Parkinson's Disease, Multiple Sclerosis, history of stroke, and gait disorders
- Co-managed and taught "Stepping On", a balance and falls prevention program for the elderly, funded by the NIH, at the Somerville HVMA location

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## RELATED EXPERIENCE

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**Tufts University School of Medicine**, Boston, MA

*May 2003 – February 2006*

**Department of Anatomy and Cellular Biology**

Research Technician / Senior Research Technician

- Performed general lab maintenance, maintained and advanced the animal colony including genotyping utilizing PCR
- Performed tissue embedding, sectioning, immunohistochemistry, and culture of hybridomas for production of monoclonal antibody; established in vitro cultures of substantia nigra neurons

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### SCHOLARSHIPS & AWARDS

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- Physical Therapy Clinician of the Year Award** 2013
  - Voted for by peers at Harvard Vanguard Medical Associates
- James T. Melvin Scholarship Fund** 2006
  - Received merit award from MGH Institute of Health Professions

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### CONTINUING EDUCATION

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- Muscle Stretching – Innovative Educational Services *April 2021*
- Foot & Ankle Orthopedic Disorders – Innovative Educational Services *July 2024*
- Women’s Health Summit – PESI Rehab *March 2024*
- Fall Prevention Specialist Certification – Medbridge Education *May 2021*
- Introduction & Basic Skills in Lifestyle Medicine – Medbridge Education *April 2021*
- Pumped: Building a Better Brain Through Exercise & Movement, Institute for Brain Potential *July 2020*
- What To Do When It’s Not BPPV – Challenging Vestibular Disorders Including Post Concussion Syndrome, Educational Resources Inc *April 2020*
- Third Annual Concussion Diagnosis and Management Conference, Lowell, MA *September 2019*
- Vestibular Rehabilitation, Emerson Hospital, Concord, MA *March 2019*
- Second Annual Concussion Diagnosis and Management Conference, Lowell, MA *April 2018*
- Understanding and Treating Generalized Anxiety and Related Anxiety Disorders, Waltham, MA *March 2018*
- Concussion Management Training: Emerson Hospital & Medbridge Education *September – December 2017*
- Postural Restoration Institute: Myokinematic Restoration, Boston, MA *June 2017*
- Reiki I & II (Certifications), Spaulding Rehabilitation Hospital, Charlestown, MA *May 2017*
- Revolutionary Yoga Rehabilitation: The Science of Recovery & Restoration, Worcester, MA *May 2016*
- Balance & Gait Tests & Measures, Charlestown, MA *April 2016*
- Animal Rehabilitation in Veterinary Medicine, Springfield, MA *September 2014*
- Selective Functional Movement Assessment, Boston, MA *April 2014*
- Understanding the Gut Brain: Appetite, Digestion and Mood, Danvers, MA *March 2014*
- Graston Technique – M1 Basic Training, Boston, MA *June 2013*
- Norwegian Approach to Orthopaedic Manual Therapy of the Lumbar Spine, Boston, MA *November 2012*
- Improving Your Hips: From Release to Power, Wayland, MA *November 2012*
- Therapeutic Taping Techniques, Warwick, RI *May 2012*
- Therapeutic Tai Chi, Boston, MA *February 2012*
- Norwegian Approach to Orthopaedic Manual Therapy of the Cervical Spine, Boston, MA *November 2011*
- Eighth Annual Sports-Related Conference on Concussion & Spine Injury, Boston, MA *May 2011*
- Assessment & Treatment Strategies for Shoulder Injuries, Boston, MA *April 2011*

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### TEACHING EXPERIENCE

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- Co-taught “Stepping On”, a balance and falls prevention program for the elderly *September 2012 – March 2014*
- Clinical Instructor for a student from Boston University, Clinical Experience I *July – September 2010*

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### VOLUNTEER EXPERIENCE

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- Boston Marathon Medical Volunteer *2015 – 2018, 2021*
- Massachusetts State Science & Engineering Fair Judge *2015 – 2018*