

Lauren R. Mach

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EDUCATION – Clarke College, Dubuque, IA

Doctor of Physical Therapy

May 2010

Licensed in Iowa (License #004542)

Bachelor of Science in Athletic Training

May 2008

Certified Athletic Trainer; Licensed in Iowa (License #000771)

Certifications

Certificate of Competency in Vestibular Therapy, 2021

Certified Level 1 Functional Dry Needling

Certified Manual Physical Therapist

Certified ASTYM Provider

Certified First Aide / CPR

PHYSICAL THERAPY EXPERIENCE

Site Supervisor and Head Athletic Trainer

Des Moines University

- Supervised physical therapy staff, patient service representative, federal work study students, and athletic trainers.
- Provided exceptional patient care, developed programming including camps, clinics, performance classes and more
- Mentored graduate, undergraduate, and high school students
- Sports Medicine Club Advisor
- Delivered presentations for Grand Rounds, Indian Hills Community College, and more

Facility Manager/ Physical Therapist

Champions Recovery Room and Physical Therapy, LLC

March 2020 to Present

- Managed a sports medicine clinic located inside a baseball/ softball performance center.
- Focused on improving athletic performance, injury prevention, recovery, treatments and more
- Limited work due to COVID pandemic

Case Report Advisor

Clarke University, Dubuque, Iowa

2011 to 2021

- Acted as a case report advisor for third year Clarke University Physical Therapy graduate students. Advising 1-2 case reports per year.

Facility Manager/Physical Therapist

Community Health Partners, Indianola Iowa

November 2017 to March 2020

- Managed a caseload of 40- 50 patients per week and CHP staff while using a unique multi-disciplinary team approach, collaborating with physicians, dieticians, nurses, personal trainers, PTA's, and more incorporating land and aquatic therapies.
- Instructed evidence based aquatic and land fitness classes for individuals with complex health problems
- Collaborated with YMCA staff, executive director, and department managers to assist with driving YMCA membership & enhancing programs

Physical Therapist

Catholic Health Initiatives: Mercy Home Care, Des Moines, Iowa

October 2016 to November 2017

- Managed home care physical therapy services: heart failure, pneumonia, deconditioning, balance deficits, orthopedic, neurologic, and more.
- Participated in weekly case conferences including physicians, nursing, occupational therapy, aides, and social work

Facility Manager, Physical Therapist, and Athletic Trainer

Accelerated Rehabilitations Centers / Athletico Physical Therapy, Indianola, Iowa

December 2011 to October 2016

- Facility Manager from November 2013 to 2016: completed all management tasks effectively and efficiently while supervising 1 physical therapy assistance, 2 physical therapist, and 2 athletic trainers.
- Provided exceptional care to a wide variety of ages and diagnoses, approximately 60-70 patients per week consisting of geriatrics, post-operative, sports medicine, pediatrics, wellness, and more
- Proved athletic training coverage for events as needed, including but not limited to football, basketball, softball, baseball, and gymnastics
- Sports Medicine Champion: Hip preservation Team, ACL 3P team, developed relationship with Indianola and Carlisle High School
- Assisted in marketing to local physicians, chiropractors, fitness clubs, Indianola Chamber, and more.
- Volunteered at multiple community events: road races, fitness clubs, sports clubs, and high schools

Physical Therapist and Athletic Trainer

Cherokee Regional Medical Center, Cherokee, Iowa

July 2010 to December 2011

- Managed 9-15 person case load per day, ages 8 – 98, while providing excellent care to a wide variety of diagnoses and settings
- Examined, evaluated, diagnosed, and treated patients using various treatment techniques while encouraging general health and wellness
- Supervised PTA's, while working closely with a multi-disciplinary team including physicians, nursing, OT, ST, techs, etc
- Assisted with community benefit activities: "Tools for living with arthritis," athletic training services, organizing fun run, giving blood

Additional Athletic Training Experience

Head Athletic Trainer, Galena High School, Galena, Illinois

NCAA DIVISION III Assistant Athletic Trainer / Clinical Instructor, Loras College, Dubuque, IA

Volunteer Athletic Trainer, Chicago Marathon, Chicago, IL

August 2008 - May 2010

March 2009 - May 2009

October 2008

PUBLICATIONS

- Mach L. Raising the Bar for the Overhead Athlete. ASCM's Health and Fitness Journal.

PRESENTATIONS

- Concussion Management: Return to Learn Considerations
- Concussion Management: An Interdisciplinary Approach in collaboration with Dr. Spooner
- Rehabilitation of the Overhead Athlete: Underneath Factors Relevant to Overhead Function in collaboration with Dr. Shane McClinton

OTHER CONTINUING EDUCATION

- Personalized Blood Flow Restriction – Owens Science Recovery Certification
- Level 1 Weight-Lifting Certification
- POSE Method of Running Certification
- Paul Gough: Physical Therapy Business Growth School
- Aquatic Therapy
- IMPACT Certified Manual Physical Therapist
- Kevin Wilks: Evaluation, Diagnosis, and Treatment of the Shoulder Complex and Sport Related Injuries
- APTA Credentialed Basic and Advanced Clinical Instructor
- ARC Mentoring Series: Cervical, Lumbar, Thoracic, Shoulder Complex, Hand/Wrist, ACL injuries, Concussion Management, SI Joint, Industrial, etc
- Other Course Work: The Mulligan Concept, Vestibular Rehabilitation, Geriatric Rehabilitation

LEADERSHIP EXPERIENCE

DMU Sports Medicine Club Advisor 2021-present

Church Youth Leader 2012-present

Middle School Volleyball Coach

Indianola Chamber Ambassador 2013 – 2016

HONORS/AWARDS

Best Physical Therapist of Warren County 2019

Graduated Magna Cum Laude with Honors; Leadership and Presidential Awards

Hopedale Medical Complex Scholarship Award

REFERENCES - Available Upon Request