

CÉSAR CABAL, DPT

SPORTS PHYSICAL THERAPIST

CONTACT

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Miami, FL 

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EDUCATION

Doctor of Physical Therapt
University of Florida
2011 - 2013
Miami, FL

Bachelor of Science
Sports Medicine
University of Florida
2006 - 2010
Gainesville, FL

SKILLS

Mobility
Patient Communication
Goal Setting
Engaged
Professional Development
Patient Evaluation

WORK EXPERIENCE

Sports Physical Therapist

Physiofitness

2018 - current / Miami, FL

- Provided injury prevention treatment, reducing the risk of injury in high-intensity sports by 35%.
- Rehabilitated athletes after injury occurrence, maximizing the likelihood of return to peak performance.
- Worked with wide range of patients, including approximately 60% in injury prevention and 40% in rehabilitation.
- Oversaw prevention care prevention care program for 50+ professional athletes.
- Delivered therapeutic services such as manual stretching, gait training with adaptive device after serious injury, and balance training.
- Developed individualized management plans for 12+ patients and clients per day.

Sports Physical Therapist

SPEAR Physical Therapy

2015 - 2018 / Miami, FL

- Evaluated 100% of new clients using functional testing to understand individual needs.
- Collaborated with physiologists, nutritionists, sports psychologists, and sports coaches to develop appropriate injury prevention plans.
- Utilized 10+ therapeutic modalities to relieve strain, and improve joint function and mobility.
- Effectively contributed to injury prevention and treatment plans, eliminating the need for 50% of sport-related surgeries in patients.
- Compassionately communicated with patients in pain, retaining 98% of patients after initial assessment appointments.

Physical Therapist

ArchCare

2013 - 2015 / Miami, FL

- Spearheaded the introduction of ultrasound equipment use for therapeutic purposes, rather than solely diagnostic purposes, increasing blood flow to damaged tissue and speeding the time to full recovery by 14%.
- Primary physical therapist for on-site visits addressing foot pain resulting from spurs, strains, fractures, tendinitis, and plantar fasciitis, with 10+ DPT's referring patients with suspected foot injury.
- Awarded the Richard Bowing Orthopedic Clinical Practice Award in 2015 for substantially improving care quality.
- Consoled patients during times of frustration with injury, illness, and slow progress, reducing the likelihood of abandoning PT sessions by 35+%.
- Developed personalized rehabilitation programs in coordination with 5+ other health professionals, ensuring the highest quality of care and likelihood of complete recovery.