





MAYA OKONKWO, PT, DPT

Physical Therapist



CONTACT INFORMATION

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-  Portland, OR

SKILLS

- Manual therapy and joint mobilization
- Post-surgical orthopedic rehab (TKA, THA, RTC, ACL)
- Dry needling (certified)
- Return-to-sport testing
- Vestibular rehab (BPPV)
- WebPT and Epic Rehab documentation
- Clinical instruction (APTA CCIP)
- FOTO outcomes tracking

ABOUT ME

Licensed physical therapist with 7 years treating orthopedic and post-surgical patients across outpatient and acute care. Known for clear home programs that patients stick with and for teaching newer clinicians how to handle complex caseloads. Orthopedic Clinical Specialist (OCS) since 2022.

EXPERIENCE

Senior Physical Therapist

Cascade Sports & Spine Rehab | Portland, OR | 2021-Present

- Carry a caseload of 14-16 patients per day focused on post-op shoulder, ACL, and chronic low back cases.
- Reduced patient no-show rate from 18% to 7.2% by rewriting intake scripts and adding 24-hour text reminders.
- Train and mentor 4 new graduate PTs each year on manual therapy progressions and documentation.
- Lead the clinic's return-to-sport testing protocol, partnering with two local high schools for screening days.
- Sit on the parent network's outcomes committee tracking FOTO scores across 9 clinics.

Staff Physical Therapist

Riverbend Medical Center | Salem, OR | 2018-2021

- Treated acute care patients on ortho and neuro floors averaging 11 evaluations per week.
- Co-wrote the early mobility protocol for the joint replacement unit, cutting average LOS by roughly half a day.
- Covered weekend ICU shifts and supervised two PTA students per semester.
- Selected for the falls prevention task force after first year on staff.

EDUCATION

Doctor of Physical Therapy

Pacific University, 2018

B.S. Exercise Science

University of Oregon, 2015

Orthopedic Clinical Specialist (OCS)

ABPTS, 2022