



AALIYAH BROOKS, OTR/L, CHT

Lead Hand Therapist

Certified Hand Therapist with 6 years in outpatient orthopedic clinics. Treats post-surgical hand, wrist, and elbow caseloads with a focus on return-to-work outcomes for manual laborers and athletes.

CONTACT INFORMATION



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Charlotte, NC, NY 12345

SKILLS

- Post-op tendon, fracture, and nerve rehab
- Custom orthosis fabrication
- Work conditioning and FCE
- Mirror therapy and graded motor imagery
- Ultrasound and e-stim modalities
- Epic, WebPT, Raintree
- Surgeon liaison and protocol alignment
- Fieldwork education (Level I and II)
- Manual therapy
- Outcome tracking (DASH, QuickDASH, PRWE)

EXPERIENCE

LEAD HAND THERAPIST | PIEDMONT ORTHOPEDIC & HAND CENTER | CHARLOTTE, NC | 2022-PRESENT

- Manage outpatient caseload of 11-14 patients per day, covering flexor tendon repairs, distal radius fractures, and CMC arthroplasties.
- Cut average time-to-return-to-work for warehouse clients from 9.5 weeks to 6.8 weeks by adding work-conditioning into week-3 protocols.
- Train 3 staff OTs on Duran and modified early active motion protocols, with quarterly competency reviews.
- Liaise with referring hand surgeons at two practice groups to align post-op timelines and orthosis specs.
- Run a Saturday splinting clinic that produces around 25 custom orthoses per month.

OCCUPATIONAL THERAPIST | QUEEN CITY REHAB ASSOCIATES | CHARLOTTE, NC | 2019-2022

- Treated outpatient orthopedic and neuro caseloads averaging 50 visits per week.
- Completed CHT exam prep program and earned certification in 2021.
- Introduced mirror therapy into CRPS treatment plans, with documented pain score improvements in 7 of 9 cases.
- Served as student fieldwork coordinator for 6 Level I students from Winston-Salem State University.

STAFF OCCUPATIONAL THERAPIST | SANDHILLS COMMUNITY HOSPITAL | PINEHURST, NC | 2018-2019

- Covered acute care floors including ortho, med-surg, and ICU with daily caseloads of 9-11 patients.
- Completed early mobility competency and joined the ICU mobility team three days per week.
- Documented in Epic and trained two new hires on charge-capture workflows.

EDUCATION

- Master of Occupational Therapy, East Carolina University, 2018 |

- B.S. in Exercise Science, UNC Charlotte, 2016 |
- Certified Hand Therapist (CHT), 2021 |