

NICOLE CLARK GUTE, PT

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PROFESSIONAL EXPERIENCE

- Optimal Performance Physical Therapy, Scarborough, ME** **July 2021 - Present**
Staff Clinical Physical Therapist Outpatient Private Practice. Evaluate and treat orthopedic and sports medicine injuries/dysfunction in clients of all ages. Perform manual therapy, prescribe therapeutic exercises for home, work and clinic program. Pt education for prognosis and intervention for optimal outcome and return to daily function.
- MMP Portland Family and Sports Medicine, Portland, ME** **Oct 2016 – July 2021**
Staff Clinical Physical Therapist Outpatient Clinic. Work alongside Sports Medicine and Primary Care Physicians. Utilized APTA membership to implement best practice guidelines in clinic. Evaluate and treat orthopedic and sports medicine injuries/dysfunction in clients of all ages. Perform manual therapy, prescribe therapeutic exercises for home, work and clinic program. Pt education for prognosis and intervention for optimal outcome and return to daily function. Implemented workflow for insurance authorizations/approvals
- Mercy Physical Therapy Center, Portland, ME** **June 2015 – October 2016**
Per Diem Physical Therapist Outpatient Clinic. Evaluate and treat orthopedic and sports medicine injuries/dysfunction in clients of all ages. Perform manual therapy, prescribe therapeutic exercises for home, work and clinic programs, aquatic therapy. Pt education for prognosis and intervention for optimal outcome and return to daily function.
- Southern Maine Pediatric Therapies, LLC, Windham, ME** **November 2014 – October 2016**
Contract Pediatric Physical Therapist in outpatient clinic and preschools. Evaluate and treat pediatric population with developmental delays and orthopedic diagnoses through private insurance and contracted with Child Development Services. Collaborate with teachers, family and other specialists to develop and implement IEP for classroom participation and peer interaction.
- Eastern Connecticut Rehabilitation Centers (ECRC), Colchester, CT** **June 2011 – November 2014**
Staff Clinical Physical Therapist Outpatient Private Practice. Evaluated and treat orthopedic, neurological, and sports medicine injuries/dysfunction in clients of all ages. Performed manual therapy, prescribed therapeutic exercises for home, work and clinic program. Pt education for prognosis and intervention for optimal outcome and return to functional daily, work, recreational and sport activities.
- New Britain General Hospital, New Britain, CT** **June 2004 – October 2014**
Per Diem Physical Therapist. Evaluated and treat medical, surgical and orthopedic patients in acute hospital setting. Evaluated pre-operative total joint patients with education for course of treatment. Recommendations and planning for discharge and home equipment needs.
- Middlesex Hospital Homecare, Middletown, CT** **October 2006 – June 2011**
Staff Clinical Physical Therapist. Evaluated and treated homebound patients with medical, orthopedic, hospice and neurological diagnoses. Provided home safety evaluations. Assessed and ordered equipment for ambulation and functional mobility needs. Devised home exercise programs for most effective carryover by patients. Maintained consistent communication with MD and clinical staff in homecare agency for continuity of care and safety in the home. Evaluated need for other rehab disciplines during homecare episode and after discharge from agency. Family and patient education for role of rehab, PT plan of care and expected outcomes.

Gwinnett Medical Hospital System, Lawrenceville, GA

October 1999 – March 2004

Staff Clinical Physical Therapist

Outpatient pediatric therapy: Evaluated and treated pediatric population with range of developmental delays, sensory processing disorders and premature birth developmental clinic. Developed aquatic physical therapy program. Provided family education for patient diagnosis and successful home/school carryover. Created rehab documentation forms and family education packets for various diagnoses. Increased patient referrals and clinic revenue during employment.

Neonatal Intensive Care Unit: Provided developmental assessments for all premature infants born from 24 to 34 weeks gestation. Prescribed developmental positioning and therapeutic activities for caregivers/nurses. Family education for developmentally supportive care during stay and discharge to home. Training for newly hired nurses in developmental care.

Inpatient: Evaluated and treated orthopedic, neurological and medical patients. Developed and implemented ante partum therapeutic program. Training for nurses and nurse technicians on ante partum unit.

EDUCATION

Northeastern University, Bouve College of Pharmacy and Health Science, Boston, MA

Bachelor of Science, Physical Therapy

June 1998,

Lincoln Academy, Newcastle, Maine

High School diploma

June 1993

CONTINUING EDUCATION

Certified Personal Trainer (CPT) National Academy of Sports Medicine (NASM)	April 21 2024
Performance Enhancement Specialization (PES) NASM National Academy of Sports Medicine (NASM)	November 23 2024
Maximizing Nutrition with Science, Cindi Lockhart RDN,LD, IFNCP	November 3 2021
Foundations for Dry Needling for Ortho Rehab and Sports Performance Northeastern University Boston, MA. Brian Hartz PhD ATC	March 6-8 2020
Double Crush Syndrome, CT school IMT Thomas Giammatteo, DC.,PT.,I MTC	May 7-9 2019
Selective Functional Movement Assessment level 1 Certification, Kyle Kiesel PT, PhD	May 8-9 2018
Core Zero Balancing, Christine Baldwin, PT Poland Spring, Me	March 31-April 3 2016
Upledger Institute SomatoEmotional Release I Palm Beach Gardens, Florida	April 2015
The Running Athlete part A – Biomechanics and Analysis	October 2014
Upledger Institute CranioSacral Therapy II, Frederick Stahlman Meriden, CT	September 5-10 2014

Integrated Structural Therapy, pelvis and sacrum, Matthew Gardella, PT Trinity Seminars Columbia, CT	June 1-2 2013
Chi Running Workshop, Vince Vaccaro Portland Maine	March 30 2013
Myofascial Release I, John F Barnes PT Hartford, CT	April 13-15 2012
The Mulligan concept, Michelle Quirk, MS., PT East Hartford, CT	August 6-7,2011
The Future of Therapy in Home Health, Cindy Krafft Middlesex Hospital, Middletown, CT	January 20, 2011
Integrated Structural Therapy 1, Matthew Gardella, PT Trinity Seminars, Columbia CT	September 10-11 2010
Upledger institute CranioSacral Therapy I, Dick Larson Meriden, CT	March 11-14,2010
Reiki Master Certification, Carleen Wells Hebron, Connecticut	September 2010
Athletic Taping and Bracing, David Perrin, PhD, ATC University of North Carolina at Greensboro	November 16 2009
Differential Diagnosis of back pain for the home care patient, Eric Smullen Hartford, CT	May 13 2009
Effective examination and treatment techniques for the foot and ankle, Jim Keller New Haven, CT	October 23 2008
Fallproof!, Debra Rose California State, Fullerton CA (online)	November 24 2008
Prescription for excellence, customer care program	November 2007
Therapeutic Yoga: Bridging Ancient Practices with Tradition, Julie Whitbeck, OTRL/L, CYT Hartford, CT	October 18 2007
Say No to Plateau, neuro rehab for the patient with Hemiparesis, Valerie Carter, PT, DPT, NCS, Gaylord Hospital, Wallingford, CT	October 14-15 2006
Decision Making in Pediatric Neurological PT, Jeffrey McCamman BS, MPT (online)	November 7-10 2005
Making the most of Natural learning opportunities, Mary Rugg M. Ed. University of Georgia,	February 6, 2004
Current Research to PT practice in Early Intervention, Patricia Montgomery P.T. Ph.D. Clayton College and state University Morrow, GA	May 2-3, 2003
Sensory Integration and Behavioral Regulation, Activities for Integration of Novel Sensation,	

Ricardo Carrasco PhD.,OTR/L FAOTA Gwinnett Medical Center, Duluth GA	March 15-16 2002
Botulinum treatment of spasticity and myofascial disorders, Arthur Schiff, MD Georgia Neurology Care, Lawrenceville, GA	March 12 2002
Ethics and Jurisprudence for PT's, Ron Scott Attorney at Law Atlanta, GA	April 13, 2002
Developmental Interventions in Neonatal Care conference San Francisco, CA	October 23-26 2002
Intro NDT: management of Children with cerebral palsy, Marie McKenzie MS, OTRT/L Children's Healthcare of Atlanta, GA	December 3-7 2001
Ethics and Jurisprudence for PT's, Jane Lamberti Sams, Esq. Atlanta, GA	September 9, 2000
Developmental Interventions in Neonatal Care conference New Orleans, LA	November 6-8 2000
Pediatric treatment using a Sensory Integrative Approach, Linda Stephens MS, OTR/L, FAOTA Jacksonville, FL	October 2-3 1999
Pediatrics growth and development, Richard Willhite	October 25 1999
AEPS for infants and toddlers, Babies Can't Wait Macon, GA	June 9 1999

SPECIAL SKILLS

CPR Certification June 1994- Present American Heart Association Adult, Child and infant CPR
 Selective Functional Movement Assessment Level 1 Certification

Special Interests/Community Service

Scarborough High School Football Booster club member	2021-present
Organized Prebble Street Donation Drive at MMP Portland	February 2020
Girls on the Run race day volunteer	April 2019
MMP annual Holiday Party volunteer	2015-2019
Hebron CT MOMS Club, Board member	2004-2008
Gwinnett Early Childhood Interagency Council, Board member	2000-2004
Boston Marathon medical tent volunteer	April 18 1994
Participant in half marathons, 10k's and 5k's in Maine, Massachusetts and Connecticut	2006-present