

Pamela Jahelka, PTA

Pamela earned her Bachelor degree from San Diego State University and sat for Physical Therapist Assistant boards, per licensing regulations in California. After practicing for 17 years, she returned to school to update her knowledge of physical therapy and earned an AAS, Physical Therapist Assistant degree from Mt. Hood Community College. Pamela has practiced in a wide variety of therapy settings including critical care and inpatient rehabilitation, home health, as well as outpatient therapy. From the pediatric to geriatric population, her clinical focus has been on orthopedic and neurologically impaired patients.

Education

- Associate Applied Science Degree, Physical Therapist Assistant, 2007
Mount Hood Community College, Gresham OR
- Bachelor of Arts, Psychology, 1988
San Diego State University, San Diego CA
- Massage Therapist Program, 1997
East-West College of the Healing Arts, Portland OR

Experience

Physical Therapy

Physical Therapist Assistant Physical Rehabilitation Institute, San Antonio, TX	2011-present
Physical Therapist Assistant Choctaw Archiving Enterprises: San Antonio, TX US Army, Institute Of Surgical Research, Burn Unit: SAMMC	2009-2011
Physical Therapist Assistant Legacy Health Systems: Portland, OR Legacy Rehabilitation Institute of Oregon/Legacy Float Pool	2007 -2009
Physical Therapist Assistant Mendocino Coast District Hospital: Fort Bragg, CA	2003- 2006
Physical Therapist Assistant Larry Hinson Physical Therapy/ Mendocino Sports Club: Fort Bragg, CA	2002-2006
Physical Therapist Assistant S&S Physical Therapy Services: Fort Bragg, CA	1999-2002
Physical Therapist Assistant Hillhaven/Vencor Corporation: Longview, W A and San Luis Obispo, CA	1991-1996
Physical Therapist Assistant/Physical Therapy Aide O.M.G. Physical Therapy: San Diego, CA	1989-1991
Physical Therapy Aide North County Escondido Physical Therapy, Escondido, CA	1984-1989

Massage Therapy

Massage Therapist Larry Hinson Physical Therapy/ Mendocino Sports Club: Fort Bragg, CA	2002-2006
Massage Therapist Redwood Health Club: Fort Bragg, CA	1999-2001
Licensed Massage Therapist Trillium Massage Self Employed: Portland, OR	1997-1999

Professional Speaking/Community Service

- 1991-2011 In-services for staff: proper body mechanics and lifting techniques, wheelchair management and propulsion, soft tissue mobilization with rib dysfunction.
- Clinical Instructor for Physical Therapist Assistant students for Hillhaven Corporation, Legacy Health Systems and Army Institute of Surgical Research.

- 2003-2004 GATE After school Class Coordinator and Instructor / Gate Advisory Committee Fort Bragg Unified School District: Fort Bragg, CA. Provided materials, coordinated instructors and facilities, instructed classes in Human Body: Anatomy & Physiology and Balance & Coordination for the gifted children in the district.
- 2007-2009 Head Chaperone Sunset Apollo Marching Band and Auxiliary Sunset High School, Beaverton School District: Beaverton, OR. Provided supervision and assistance for stretching and first aid for high school band students.

Continuing Education Courses

- “Burn Management Symposium”
- “The Perfect Fit: The Pocket Guide: Session to Building a Manual Wheelchair around the Rider for Optimal Performance and Health”
- “Positioning for Function”
- “FCT Casting”
- “PNF1: The Functional Approach to PNF”
- “Functional Orthopedics 1”
- “Introduction to Assessment of Adult Hemiplegia: A NDT Based Approach”
- “Strain Counterstrain 1”
- “Dynamic Stabilization and Other Uses of the Therapy Balls”
- “Current Issues in Sports Medicine”-1990
- “Training Upright Control and Gait in the Patient With Neurological Dysfunction”
- “Introduction to Gait for the PTA”
- “Explain Pain”
- “Strategies for Excellence in Stroke Care”
- “Occupational and Physical Therapy Management of Spinal Cord Injury”
- AMTA Commission-Approved Massage Training Program