

Giovanni Figueroa, DPT

Giovanni Figueroa is a graduate of the University of Puerto Rico Medical Science Campus where he received his Doctorate of Physical Therapy (DPT).

As a Doctor of Physical Therapy, Giovanni has received specific training in differential diagnosis, pharmacology, radiology and imaging, manual therapy, health care management, prevention and wellness, health promotion, histology, and pathology. He additionally holds Bachelor of Science degree in Exercise and Health Promotion from the University of Sacred Heart.

Giovanni's clinical interests within the field of physical therapy include sport and fitness related injuries, post-operative rehabilitation, spine disorders, concussion rehabilitation, and shoulder, hip and knee injuries.

Giovanni favors active listening, he orients his interventions according to the patient's specific goals to take patients where they want to go, be it living without pain, facilitating activities of daily living with chronic conditions or achieving a fitness-oriented goal (strength & conditioning, weight loss). He is also a strong advocate of the principle that physical exercise is often the best medicine. He considers the physiotherapist's role as that of a guide to a patient involved in his own well-being. Hence, his treatments encourage the empowerment and self-efficacy of his patients.

To that end, he favors a therapeutic style that prioritizes patient education and active forms of treatment such as gradual exposure to activity and active manual therapy. If appropriate, he completes his interventions with passive treatments like classical manual therapy and muscle releases. Finally, his systemic evaluation also allows for the use of interdisciplinary tools such as mindfulness for chronic pain cases.

In his free time, Giovanni enjoys training and competing in Brazilian Jiu Jitsu, pursuing his fitness goals like a 500lb deadlift, and exploring the Great Outdoors!

RECENT PROFESSIONAL ACTIVITIES

Lecturer: Pain and Injury Reduction for Combat Athletes in Combat 360, Guaynabo Puerto Rico (12/2021)

Lecturer: Nothing Works for Pain Seminar, for Puerto Rican Association of Physiotherapy (7/2021)

Online Mentor in Puerto Rico PTToday Mentorship Program (03/2020)

Online Performance Coach for Combat Athletes - The Fighters Way (02/2021)

EDUCATION

B.S. in Exercise Science and Health Promotion from the University of Sacred Heart Santurce, Puerto Rico,
D.P.T (Doctor of Physical Therapy), University of Puerto, Medical Science Campus Rico San Juan Puerto Rico

POST GRADUATE EDUCATION

DIFFERENTIAL DIAGNOSIS

Advanced Differential Reasoning for Physical Therapists

Gail Dean Deyle PT, DSc, DPT, OCS, FAAOMPT

12/2020

NEUROLOGICAL REHABILITATION

Outpatient Neurologic Rehabilitation

PT Solutions Continuing Education Program

02/2020

CLINICAL ATHLETE

Pain Science What You Need to Know

Jared Maynard PT, MSc PT

06/2021

BARBELL REHABILITATION

Barbell Rehab Workshop

Dr. Michael Mash, DPT, CSCS

01/2020

NATIONAL STRENGTH & CONDITIONING ASSOCIATION (NSCA)

Dynamic Warm-Ups and Plyometrics

Jim C. Radcliffe

11/2015

PUERTO RICAN PHYSIOTHERAPY ASSOCIATION

Therapeutic exercises a vital tool of rehabilitation of injuries

APF

10/2016

ONLINE STUDY COURSES

Movement Screening Tests for Athletes: Tools for Effective Clinical Practice.

Meghan Warren, PT, PhD

8/2020

Is It Really Back Pain? A Case-Based Approach to Differential Diagnosis and Medical Screening.

Jeffrey Ebert, PT, DPT

8/2020

Movement System Musculoskeletal Diagnoses of Lumbar Spine and Shoulder

Shirley Sahrman, PT, PhD, FAPTA

8/2020

What Would You Do? Injury Prevention and Return-to-Play Criteria in Sports Physical Therapy

Terr Malone, PT, DPT

8/2020

Using Outcomes Data to Drive Improvement

Zachary Walston, PT

8/2020

OTHER

Combined Sections Meeting

APTA

01/ 2019

GRADUATE RESEARCH

- Figueroa, G, Velez, L, Adams, K, and Bellido, V. *Experience of Patients with Lower Limb Amputation Secondary to Vascular Diseases with Physical Therapy Services in Puerto Rico*
Department of Physical Therapy, School of Medicine, University of Puerto Rico 2018

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association
Sports Section, APTA <http://www.apta.org/>
<https://www.aaspt.org/>
- Puerto Rican Association of Physiotherapy <https://apfpr.com/>
- Texas Physical Therapy Association <https://www.tpta.org/>

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