

## Giovanni Figueroa, DPT, CSCS

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. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA) and is presently pursuing Board Certification as Orthopedic Clinical Specialist (OCS) through the American Physical Therapy Association of Board Specialties.

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

Marketing & Social Media management and assistant designer of continuing education, PT Today, Puerto Rico Physical Therapy Association (2022)

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

Lecturer: Nothing Works for Pain Seminar, Puerto Rico Physical Therapy Association 7/2021)

Online Mentor in Puerto Rico PT Today 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

### HIP AND KNEE REHABILITATION

*Complex Understanding for Simple Solutions: Hip & Knee* Erik Meira, PT, DPT, SCS, CSCS 10/2022

### DIFFERENTIAL DIAGNOSIS

*Advanced Differential Reasoning for Physical Therapists* Gail Dean Deyle PT, DSc, DPT, OCS, FAAOMPT 12/2020

### McKENZIE INSTITUTE U.S.A.

*McKenzie Mechanical Dx & Therapy: Part A Lumbar* Joshua Kidd DPT, OCS, CSCS, MOMT, Dip. MDT, FAAOMPT 4/1-4/3/2022  
*McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic* David Pleva, DPT, OCS, Dip. MDT 8/12 - 8/14/2022

### NEUROLOGICAL REHABILITATION

*Outpatient Neurologic Rehabilitation* PT Solutions Continuing Education Program 02/2020

### NEURO ORTHOPAEDIC INSTITUTE (NOI)

*Explain Pain* Benjamin Boyd PT, DPTSc, OCS 2/3 - 2/4/2023

## 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.*

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

*Movement System Musculoskeletal Diagnoses of Lumbar Spine and Shoulder*

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

*Using Outcomes Data to Drive Improvement*

Meghan Warren, PT, PhD

Jeffrey Ebert, PT, DPT

Shirley Sahrman, PT, PhD, FAPTA

Terr Malone, PT, DPT

Zachary Walston, PT

8/2020

8/2020

8/2020

8/2020

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
- Puerto Rican Association of Physiotherapy
- Texas Physical Therapy Association

<http://www.apta.org/>

<https://www.aaspt.org/>

<https://apfpr.com/>

<https://www.tpta.org/>