

ANNA STINSON

PT, DPT

CONTACT

- ✉ astinson@albion.edu
- 🌐 nextstepperformance.wixsite.com/next-step

EDUCATION

2015-2017
GRAND VALLEY STATE UNIVERSITY

- Doctorate of Physical Therapy

2010-2014
ILLINOIS STATE UNIVERSITY

- Bachelor of Science in Kinesiology
- Spanish Minor
- GPA: 4.0 / 4.0
- 4 year member of ISU's NCAA D1 Soccer Team

CERTIFICATIONS

- EXOS Performance Specialist
- Certified in the treatment of Post-Concussion Syndrome
- Certified provider of Blood Flow Restriction training

SKILLS

- Leadership
- Management skills
- Effective Communication
- Critical Thinking
- Work Ethic
- Marketing
- Problem Solving
- Teamwork
- Adaptability

PUBLICATIONS

- "2D Video Analysis of the Effects of TheraBand CLX Neuromuscular Exercises on Overhead Deep Squat"

PROFILE SUMMARY

Versatile leader with a unique blend of clinical expertise, business acumen, and academic credentials. Successfully founded and managed a physical therapy clinic, while contributing to Albion College as a visiting professor. Dedicated to educating the next generation of healthcare professionals and revolutionizing clinical practice through research, innovation, and ethical business practice.

WORK EXPERIENCE

Next Step Physical Therapy & Sports Performance

Founder, Owner, & Physical Therapist 2023 - PRESENT

- Serve as the physical therapist for a wide variety of orthopedic and neurological conditions
- Track finances, expenses, and accounting
- Manage marketing, compliance, and legal responsibilities

Albion College

Visiting Professor 2022 - PRESENT

- Teach KIN classes including Musculoskeletal Evaluation, Care & Prevention of Athletic Injury, Therapeutic Exercise, and Nutrition

NovaCare Rehabilitation

Physical Therapist 2018-2023

- Worked as a licensed physical therapist
- Concurrently served as the physical therapist for the Olivet College Athletic Department
- Selected as a PT intern for EXOS in Phoenix, AZ to work with professional and collegiate athletes

HONORS / AWARDS

Lowe's Senior CLASS Award 1st Team All-American 2013

- Honoring the attributes of NCAA Division I senior student-athletes in four areas: community, classroom, character, and competition

Missouri Valley Conference (MVC) Woman of the Year; 2013
NCAA Woman of the Year Finalist

- Honoring the attributes of NCAA Division I senior student-athletes in four areas: community, classroom, character, and competition

3x Recipient of the Elite 18 Award: 2011-2013

- Awarded to one athlete per sport in every conference with the highest combined achievement in academics and athletics