

Dominic Hann

Physical Therapist

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Education

- Certified Throwing Athlete Specialist – Overhead Athletic Institute August 2023
- Northern Illinois University – DeKalb, IL August 2022 – May 2024
 - Kinesiology Major Cumulative GPA: 4.00
- Michigan State University – East Lansing, MI September 2020 – May 2022
 - Kinesiology Major Cumulative GPA: 3.87

Experience

- Overhead Athletic Institute – Oxford, MI June 2023 – present
 - Overhead Biomechanical Specialist/Coach
 - Conducted throwing lessons to clients to help overhead athletes back to full functionality and maximize performance.
 - Coached these clients using my knowledge of biomechanics, anatomy, and physiology.
 - Prescribed throwing programs and home exercise programs.
- HealthQuest Physical Therapy – Oxford, MI June 2023 – present
 - Physical Therapy Technician
 - Helped run patients through exercise programs that were prescribed by the therapist. I aided in teaching patients exercises as well as keeping the flowsheet up to date.
 - I also helped input information into the corporate website for the therapists.
 - Ran introductions of the facility to new patients.
- NIU Strength & Conditioning – DeKalb, IL September 2023 – October 2023
 - Observed 15 hours over the course of 6 weeks. Observed strength and conditioning professionals prepare and conduct exercise programs for division 1 collegiate athletes. Discussed technique, programming, and nutrition.
- Kishwaukee YMCA – Sycamore, IL October 2023 – December 2023
 - Observed 15 hours over the course of 6 weeks. Observed swim practices and personal trainers. Discussed class preparation, exercise leadership, and exercise/practice programming.
- Oak Crest Retirement Center – Sycamore, IL September 2023 – December 2023
 - Made and implemented a detailed 11-week exercise program designed to help each older adult achieve their exercise related goals.
 - Led an older adult through a variety of balance, mobility, strength, ROM, coordination, cognitive and fall prevention exercises, each session.

- Consistently communicated with client(s) to manage workout programs and exercises, coach technique as well as inspire client(s) to continue exercising and staying healthy.

Involvement

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| ○ College Athlete at NIU – Baseball | August 2022 – May 2024 |
| ○ Athletes in Action at NIU – Religious Group | September 2022 – May 2024 |
| ○ College Athlete at MSU – Baseball | September 2020 – May 2022 |
| ○ Athletes in Action at MSU – Religious Group | January 2021 – May 2022 |
| ○ Varsity Baseball – Captain | March 2020 – June 2020 |
| ○ Teen Challenge – Missions’ Trip | July 2019 |
| ○ STATIC – Religious Group | September 2017 – May 2018 |
| ○ Fine Arts – Religious Team | January 2015 – March 2018 |

Skills

- Proficient in time management and working as a team. Was a full-time collegiate athlete as well as a full-time student.
- Proficient applied knowledge of overhead athletes and the basis of anatomy, physiology, and biomechanics.
- Certified Throwing Athlete Specialist
- Proficient in working with older adults, middle-aged adults, young adults, and teenagers in the areas of exercise and biomechanics.