



# KEVIN MARTINEZ

## Home health aide with a strong background in physical rehabilitation

Experienced home health aide with over five years of assisting clients in post-surgery and physical rehabilitation programs. Proficient in therapeutic exercise support, progress documentation, and personalized care plans.



## KEY SKILLS

- Physical therapy assistance
- Recovery monitoring
- Exercise routine guidance
- Injury prevention
- Client progress tracking



## PROFESSIONAL EXPERIENCE

### Rehabilitation aide

Wellness Recovery Center, Los Angeles, CA | August 2018 to present

- Supported therapy sessions for five clients weekly, improving rehabilitation outcomes by 25% within six months
- Monitored patients' responses to therapy, documenting progress and adjusting routines accordingly
- Trained clients in safe mobility techniques, reducing fall incidents by 40%

### Home health aide

California Recovery Care, Los Angeles, CA | April 2016 to July 2018

- Assisted post-surgery patients with exercises prescribed by therapists, speeding up recovery timelines by 15%
- Collaborated with health care providers to develop care plans tailored to individual recovery goals
- Provided transportation to medical appointments, ensuring timely follow-ups and continuity of care



## EDUCATION AND CERTIFICATIONS

- Certified Nursing Assistant (CNA) | California Health Academy
- CPR and First Aid Certified | American Heart Association