

BRETT SHAGENA, DPT

Professor, Physical Therapist

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Summary

My background in biomechanics, physical therapy, and coaching has instilled in me a deep passion for optimizing movement and promoting community well-being. My extensive experience in working with diverse populations, ranging from college-aged students to geriatric individuals, and my commitment to bridging communication gaps on a daily basis have honed my exceptional communication skills.

Experience

- Westmont College**
Assistant Professor
University

Santa Barbara, CA
08/2024 - Present

 - As a Biomechanics professor at Westmont College, I have honed my strong presentation skills while lecturing three times a week. In the lab, I have lead and motivated students in the development and implementation of their own research projects.
- Central Coast Home Health, Inc.**
Physical Therapist
Home Health Company

Santa Barbara, CA
08/2022 - Present

 - As a physical therapist at CCHH, I independently manage and treat a diverse group of patients on their healthcare journeys following hospitalization and prior to their return to the community. My daily routine involves visiting patients in their homes, which span from luxurious Montecito mansions to individuals residing in Section Eight housing. While managing various priorities, I assist individuals in setting and achieving their individual goals.
- Westmont College**
Assistant Track And Field Coach
University

Santa Barbara, CA
08/2022 - 05/2024

 - As an assistant track and field coach, I coached a team of pole vaulters to two NAIA national championships, one all-American title, one national qualifier, and three conference champions.
- New York University**
Student Physical Therapist
Rehab Hospital and PT Clinics across the US

Brooklyn, NY
01/2021 - 05/2022

 - During my three clinical rotations which spanned over two years, I applied my knowledge of physical therapy towards the treatment of various patient populations and managed their healthcare journey's.
- P1440 & O.C. Fast-Twitch**
Sports Performance Coach
Professional volleyball development program

Orange County, CA
06/2018 - 06/2019

 - Managed and developed training programs for aspiring professional volleyball players including a current two-time olympic beach volleyball player.
- Alamitos Physical Therapy Associates and Hayashida Physical Therapy**
Physical Therapy Aide
Physical Therapy Clinic

Los Alamitos, CA & Santa Barbara, CA
08/2019 - 06/2018

 - Gained experience observing experienced physical therapists and providing patients with skilled therapeutic exercises.

Experience

CEMEX

Santa Barbara, CA

Talent Development Professional

05/2018 - 08/2018

Industry-leading global construction materials company

- At Cemex, I was selected to be part of the Talent Development Program which is an accelerated career development pathway designed for high achieving recent graduates to launch their careers. In the role I spent three months managing construction development projects along the California coast in Santa Barbara and Ventura Counties. I eventually stepped away from the program to pursue physical therapy school.

Education

Long Island University

Doctor of Physical Therapy, Summa Cum Laude

01/2019 - 12/2022

Westmont College

Kinesiology

01/2014 - 12/2018

Skills

Public Speaking • Research • Microsoft Word • Microsoft PowerPoint • Leadership • Communications • Teaching • Management • Community Outreach

Certification

Basic Life Support for the Healthcare Provider

Licensed Physical Therapist

Certified Strength & Conditioning Specialist

Languages

Spanish Proficient ●●●●●