

Annet Sumi, MPT

Licensed Physical Therapist · Outpatient Orthopedics

Kailua-Kona, HI · annetrod@gmail.com · English / Spanish

SUMMARY

Physical therapist with nearly 20 years of outpatient orthopedic care on the Big Island, licensed in Hawaii, Colorado and Florida. Known for hands-on manual therapy, clear patient education and helping people get back to work, sport and the outdoor activities they love. Bilingual in English and Spanish. Seeking part-time clinical work in Kona and South Kona, or telehealth.

LICENSES AND CERTIFICATIONS

Licensed Physical Therapist (Hawaii, Colorado, Florida) · BLS · Court Interpreter Certification (Spanish)

CLINICAL SKILLS

- **Patient/client management:** examination, evaluation, diagnosis, prognosis and plan of care consistent with APTA practice standards
- **Orthopedic and sports:** spine, shoulder, hip, knee and ankle; acute, chronic and overuse conditions
- **Pre- and post-operative rehab:** joint replacement, ACL reconstruction, rotator cuff repair and spine surgery
- **Neurological rehab:** balance, gait and functional mobility deficits from neurological conditions
- **Manual therapy:** joint and soft tissue mobilization, myofascial release, McKenzie (MDT)
- **Fall prevention:** standardized fall risk screening (CDC STEADI), gait and transfer training
- **Outcomes and documentation:** standardized outcome measures; EPIC; Medicare, Medicaid and commercial payers
- **Patient education:** in English and Spanish, in clinic and via telehealth

EXPERIENCE

Outpatient Physical Therapist · Club Rehab South Kona PT, Kealahou, HI *June 2023 – Present*

- Examine, evaluate and treat a diverse caseload, from pre- and post-operative orthopedics to neurological and chronic pain patients
- Establish plans of care with measurable functional goals and track progress with standardized outcome measures

Physical Therapist · Kaiser Permanente, Kailua-Kona, HI *June 2015 – December 2021*

- Treated acute and chronic musculoskeletal conditions in a fast-paced, high-volume integrated health system
- Documented in EPIC, built home exercise programs in Medbridge and delivered telehealth visits

Home Health Physical Therapist · West Hawaii Home Health, Kailua-Kona, HI *July 2014 – June 2015*

- Provided in-home therapy for homebound Medicare and Medicaid patients, including fall prevention, gait and transfer training

Physical Therapist · Hawaiian Rehabilitation Services, Kailua-Kona, HI *May 2007 – July 2014*

- Treated outpatient orthopedic patients of all ages with individualized plans focused on pain relief, mobility and return to daily activities

Founder · Lava Rock Labs LLC, Kailua-Kona, HI *2025 – Present*

- Designed and launched S.O.M.E. Fitness, a PT-built wellness app on the App Store and Google Play, plus a companion print journal

EDUCATION

M.S. Physical Therapy, University of Florida, 2005 · **B.S. Health Sciences**, summa cum laude, Florida State University, 2002