



## Stacy Rumfelt, OTR/L, OTD, CHT, CLT

### Bio

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As an occupational therapist and certified hand therapist at OrthoCarolina, Stacy has had the opportunity to grow in both leadership and clinical positions. She currently serves as the Occupational/Hand Therapy Fellowship Coordinator and is a team member of both the Amputee and Brachial Plexus Specialty Clinics. She loves to be active both indoors and out and enjoys all things fitness: running, hiking, biking, strength training & yoga.

**P: 704.671.1860**

### LOCATIONS

- Gastonia Physical & Hand Therapy

**FUN FACT:** She entered her first competitive sports event at age 11 and won a 10- speed bike for my efforts; riding the most miles and raising the most funds for the Cystic Fibrosis Bike a Thon. This started a lifelong quest for health and fitness.

### CLINICAL SPECIALTIES

### Education

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- **University of Pittsburgh, Pittsburgh, PA** – *Bachelor of Arts – Psychology*
- **University of Southern California, Los Angeles, CA** - *Master's Degree Occupational Therapy*
- **Rocky Mountain University of Health, Professions, Provo, UT** – *Doctorate of Occupational Therapy*

### Practice

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- Certified Lymphedema Therapist since 2000
- Certified Hand Therapist since 2001
- Certified Yoga Instructor since 1999

- Hand and Upper Extremity Rehabilitation
  - Amputee & Brachial Plexus Specialty Clinics
  - Edema Management
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- American Occupational Therapy Association
- American Society of Hand Therapists
- National Board of Occupational Therapy
- North Carolina Board of Occupational Therapy
- Lymphology Association of North American
- National Lymphedema Network
- Yoga Alliance

## Awards

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- OrthoCarolina Employee of the Year – 2016
- OrthoCarolina Catalyst Award – 2016
- American Society of Hand Therapists Volunteer of the Year - 2006
- Occupational/Hand Therapy Fellowship received National Accreditation - 2017

## Research

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- *Implementing a Two-Step Night Orthosis Protocol for Treating Mallet Fingers* - IRB approved May 2018 - a study in process.
  - *Retrospective Survey and Analysis Assessing Upper-Extremity Amputees', Usage of Prostheses* – IRB approved Dec 2018 – a study in process.
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## PUBLICATIONS

- Rumfelt, S., Mintz, T., & Brooks, A. (2023). Rehabilitation and orthoses for adult hand fractures. In *Pediatric and Adult Hand Fractures: A Clinical Guide to Management* (pp. 389-413). Cham: Springer International Publishing.
- Delarosa, M., Gaston, R. G., Loeffler, B., Monroe, B., & Rumfelt, S. (2019). Team Approach: Modern-Day Prostheses in the Mangled Hand. *JBJS reviews*, 7(7), e6.