



Meet our *Superstar* Physio!

MB



Sex	Age Range
Female	26 - 30
Level Experience	Desired Contract
Level 3 - 7-10 points	The Kea Package

Qualifications

Doctor in Physical Therapy (2023)

University

Washington University, USA

Points System

Criteria	Years Experience	Points	Total
Fast Track Country Experience (Ireland, UK, Canada, South Africa) + Australia and USA	0 - 1	1	1
	2 - 4	2	
	5 - 7	4	
	8 - 10	6	
	11 - 13	8	
	14 - 17	10	
	18+	12	
Private Practise Musculoskeletal Experience	Years Experience	Points	Total
	0 - 1	0	0
	2 - 3	1	
	4 - 5	2	
	6 - 7	3	
	8 - 9	4	
	10+	5	
Post Grad Experience	Years Experience	Points	Total
	0 - 4	1	1
	5 - 10	2	
	11+	3	
New Zealand Experience	Months Experience	Points	Total
	0 - 6	1	1
	7 - 12	2	
	13 - 18	4	
	19 - 24	6	
Ligament Experience	Months Experience	Points	Total
	0 - 6	1	0
	7 - 12	2	
	13 - 18	3	
	19 - 24	4	
Post Grad Qualifications	Courses	Points	Total
	Post Grad Courses	1	
	Post Grad Certificate	2	
	Post Grad Diploma	3	
	Post Grad Masters	4	4
Total:			7

Work History

MB is a licensed Doctor of Physical Therapy with experience treating individuals with stroke, traumatic brain and spinal cord injuries, and limb amputations across inpatient and outpatient environments. Her clinical practice emphasizes functional rehabilitation, neuroplasticity-driven interventions, and the development of personalized treatment programs that support mobility, motor recovery, and reintegration into home and community settings. She also brings additional skills in pelvic floor health and orthopedic conditions. MB is committed to ongoing professional development and aims to grow as a versatile, innovative, and highly skilled therapist.

Physical Therapist, SSM Day Institute, June 2023 - present (November 2025)

Evaluate all assigned patients and develop, implement, and modify treatment plan in accordance with the patient's need and physician direction. Responsible for delegation and direction of all discipline specific therapy services for those assigned patients. Ensures design of functional treatment programs allowing for effective return to community activities. Serves as an educator of patients, families, students, coworkers and self. Performs other professional duties associated with the care of the patient, development of discipline specific therapy services and design of program delivery. MB was also a recipient of the "Select Medical Living the Way" in October 2025.

Physical Therapist, SSM Inpatient Rehabilitation Hospital , January 2024 - October 2024

Evaluates each assigned patient and develops tailored treatment plans that are implemented and adjusted to alignment with patient goals and medical guidance. Oversees and directs all therapy services relevant to the discipline for assigned patients, ensuring that intervention programs are functional, goal-oriented, and supportive of a safe and effective return to everyday community activities. Provides education to patients, families, students, and colleagues, while remaining committed to ongoing learning and professional development. Additionally, carries out broader responsibilities related to patient care, contributes to the development of discipline-specific therapy services, and supports the planning and delivery of high-quality rehabilitation programs.

Areas of Skills and Expertise

Musculoskeletal – Intermediate

MB has a solid foundation in musculoskeletal rehabilitation built through outpatient practice, clinical rotations, and hospital experience. She has treated a range of MSK presentations, including low back pain, joint replacements, and soft-tissue injuries. Her approach includes thorough assessment, manual therapy, exercise prescription, and functional movement training. She focuses on restoring mobility and strength while promoting long-term recovery through individualized home programs and education.

Orthopedics – Intermediate

MB's orthopedic experience includes managing post-operative patients in both outpatient and hospital settings. She has supported recovery following hip and knee replacements, fractures, meniscectomies, and upper-extremity surgeries. Her clinical rotation in Anchorage strengthened her skills in treating acute and chronic orthopedic conditions, while her international placement in Italy provided exposure to pediatric post-surgical rehabilitation. She is adept at designing progression-based programs that support safe and effective functional return.

Neurology – Advanced

Neurology is MB's strongest clinical area. Since 2023, she has worked extensively with patients recovering from stroke, traumatic brain injuries, spinal cord injuries, Parkinson's disease, amputations, and other complex neurological conditions. Her practice emphasizes neuroplasticity-driven interventions, gait and balance retraining, neuromuscular re-education, and functional mobility training. She is skilled in adapting treatments to varying physical and cognitive levels, supporting safe reintegration into home and community environments.

Pelvic Health – Intermediate

MB gained meaningful pelvic health experience through a dedicated 12-week clinical rotation in Pittsburgh. She managed pelvic-floor dysfunction, urinary and bowel symptoms, pelvic pain, and post-surgical needs, including cases associated with oropharyngeal cancer recovery. Her work involved education, pelvic-floor muscle training, behavioral strategies, and functional retraining. She maintains a strong foundational skill set and remains open to expanding her expertise in this discipline.

Geriatrics – Advanced

Working primarily with older adults in her current neurologic and inpatient roles, MB has developed strong expertise in geriatric rehabilitation. She understands the unique challenges associated with aging, such as fall risk, mobility decline, and chronic conditions. Her practice focuses on functional strengthening, balance training, endurance conditioning, transfer training, and safety education. She emphasises patient-centered goals that promote independence and quality of life.

Pediatrics – Beginner

MB's pediatric exposure comes from her clinical experience in Italy, where she assisted in rehabilitation for children recovering from complex hand surgeries. This experience strengthened her understanding of developmental needs and play-based functional approaches. While not a primary specialty area, she is open to developing further skills in pediatric practice.

Sports & Fitness Integration – Intermediate

MB has worked in several gym-based clinical environments and integrates functional fitness principles into her rehabilitation practice. She has experience with graded strength training, cardiovascular conditioning, and movement-based programming aimed at returning patients to active lifestyles. Her personal involvement in cycling, running, yoga, Pilates, and strength training enhances her understanding of biomechanics and injury prevention, informing her patient-centered exercise progressions.

Private Practise MSK Experience

MB does not yet have experience working in private practice, as many physical therapy clinics in the United States operate under larger healthcare organizations. Her professional work and clinical rotations have taken place in outpatient hospital-based clinics, specialized outpatient departments, and inpatient hospital environments, allowing her to develop a strong foundation across several areas of practice.

Hospital Experience

MB gained eight months of part-time hospital experience, working one to two shifts per month while managing a diverse caseload of post-operative and medically complex patients. In this role, she completed comprehensive evaluations and reassessments, developed individualized treatment plans alongside interdisciplinary teams, and delivered evidence-based interventions including therapeutic exercises, gait and balance training, neuromuscular re-education, and functional mobility training. She provided education to patients and caregivers, contributed to discharge planning during team rounds, and maintained high standards of documentation, infection control, fall prevention, and safety. She also participated in professional development activities and collaborated on quality initiatives. As a student, MB further expanded her hospital experience internationally through clinical rotations in Milan and Umbertide, Italy, where she assisted with patient treatment under the supervision of local providers.

CPD Courses

- Foundations of Evidence Based Practice, 2023
- Upper Extremity Nerve Entrapments & Neurodynamics, 2023
- Balance & Vertigo in the Deconditioned Patient - Fundamentals of Screening & Management, 2023
- Introduction to Pain Science, 2023
- ReVital - Introduction to Cancer-Related Cognitive Decline, 2023
- Anabolic Resistance: What Happens When We Get Injured, Sick & Older?, 2023
- Movement System Impairment Syndromes of the Hip, 2023
- Introduction to Dementia, 2023
- Amputee virtual clinic (Zoom attended at work), 2024
- Physical Therapy Interventions and Treatment Strategies for Patients Post Stroke, 2024
- Fundamentals of Pelvic Health for the Orthopedic Therapist, 2024
- Female Pelvic Girdle Pain Pregnancy/Postpartum, 2024
- ReVital - Cancer Rehab in Action, 2024
- Movement System Impairment Syndromes of the Lumbar Spine, 2025
- The Why's and What's of Effective Pain Management, 2025
- Supporting Your Immune System Through Nutrition: Food First Advice for Your Patients, 2025
- Illinois Cultural Competence Series, 2025
- Achilles Tendinopathy and Rupture: Same Tendon, Different Rehab Strategy, 2025
- Bone Health Across the Lifespan, 2025
- Classification of Non-Specific Low Back Pain with a Concentration on those at High Risk for Chronic Pain, 2025
- Cognitive Functional Therapy: Pathway to Self-Management for People with Chronic Low Back Pain, 2025
- Evaluation and Treatment of the Runner with Anterior Knee Pain, 2025
- Illinois Ethics, Laws and Regulations for Physical Therapists, 2025
- Low Back Clinical Practice Guidelines: Incorporating into Clinical Practice, 2025
- The Influence of Sleep, Nutrition, and Mindset on Injury Risk and Rehabilitation, 2025

Who am I?

MB was born and raised in small-town Illinois before relocating to St. Louis in 2020, where she completed her Doctor of Physical Therapy degree in May 2023. Since graduating, she has been working with SSM Health, primarily treating patients with neurological conditions such as stroke, traumatic brain injuries, spinal cord injuries, Parkinson's disease, amputations, and various complex presentations. MB finds deep purpose in her work as a physical therapist. She strongly believes in addressing root causes and supporting patients in building recovery from the ground up, rather than focusing solely on symptom management. She values that physical therapy encourages prevention, functional improvement, and long-term lifestyle changes, providing a meaningful complement to traditional top-down medical models. Her approach is grounded in evidence-based practice, patient-centered care, and restoring functional independence.

Outside of work, MB maintains a balanced and active lifestyle. Family is very important to MB and she enjoys spending time with them. She also enjoys cycling outdoors, taking spin classes, practicing hot yoga, participating in barre and Pilates, and regularly lifting weights. In 2024, she added running to her routine and completed her first half marathon in Washington, D.C., which she describes as an incredibly rewarding milestone shared with a close friend from PT school. MB is also an animal lover and enjoys pet sitting and dog walking, which provides both fulfillment and a secondary income source. She spends several Fridays each month working at a local natural soap shop, where she contributes to the creation of vegan, plant-based, sustainably sourced products.

Quotes from References

MB was always puctual, organised and timely, which was impressive as she was still a student at the time. She is thorough and effecient in her note writing and managing her workload.

MB is intellectually curious individual. SHe has great communication skills with her colleagues and patients. All of our patients felt comfortable with her and enjoyed working with her. She quickly learns new skills and able to assimilate them to future patients in a short amount of time.

She would a positive addition to your workplace. She is an ideal candidate.

