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Abbey Betlach, Physical Therapist (PT, DPT)

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Education:

- Doctor of Physical Therapy (DPT), A.T. Still University, Mesa, AZ, August 2013
- B.A. in Health Promotion and Exercise Science, University of Iowa, Iowa City, IA, May 2009

Specific Treatment Strategies, Equipment, or Expertise Utilized:

- Aquatic Therapy (when pool is open for use)
- Neurodevelopmental treatment strategies
- Lite Gait harness system for weightbearing and gait training
- Easystand sit to stand system for weightbearing and standing
- Bal-a-vis-x treatment for visual tracking, hand-eye coordination, and brain/body integration
- Exergaming systems (Xbox Kinect and Wii)

Career History:

I started at Lauren's Institute for Education in August 2013 as a physical therapist. I have been at L.I.F.E. for 6 years as a full-time treating physical therapist. I took on the role of supervising a physical therapy assistant in June 2018. For the past 4 years, I have served as a clinical instructor and mentored physical therapy students completing a clinical rotation at L.I.F.E. I also have experience in several different settings, which include outpatient orthopedics, school-based, acute care hospital, and home health.

Personal:

I grew up in Iowa and graduated from the University of Iowa. I am a huge fan of the Hawkeyes and their football team. I moved to Arizona in 2010 for graduate school, and I decided to make this state my home after graduation. In my free time, I enjoy playing soccer, running long distances, reading books, watching football and soccer, and spending time with my family, friends, and two dogs (both boxers).