

LYNDSAY PROVENCIO

DOCTOR OF PHYSICAL THERAPY

CONTACT

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strongher-dpt.com

PROFILE

Experienced and self-motivated Doctor of Physical Therapy bringing forth experience in the management and care of athletes and varying musculoskeletal diagnoses. Specializations include care of the female athlete, management of pregnancy and postpartum, pelvic floor health, and strength and conditioning program development. Goal oriented, passionate, and results driven with an internal drive to provide exceptional care.

SPECIALTIES

- FEMALE ATHLETES
- PELVIC FLOOR PHYSICAL THERAPY
- PREGNANCY AND POSTPARTUM CARE
- STRENGTH AND CONDITIONING

EXPERIENCE

StrongHER

January 2023-Present

Park City, UT

StrongHER is a concierge physical therapy service specializing in the care of female athletes, pregnancy and postpartum, pelvic health, and strength and conditioning program design. Offering one on one care that includes a thorough evaluation, assessment, and plan of care to meet and exceed client goals and expectations.

PREHAB

January 2022-Present

Los Angeles, CA

As a writer for PREHAB, I create physical therapy content specific to pregnancy and postpartum care. These blog posts are promoted through an online platform with 900k subscribers and reach individuals internationally.

Portland Athletic Center of Excellence (P.A.C.E)

July 2018-February 2023

Portland, OR

As a Physical Therapist at P.A.C.E, I managed a caseload of 50 clients per week with varying orthopedic and musculoskeletal diagnoses. I specialized in pelvic floor rehabilitation and the care of the female athlete, including pregnancy and postpartum. The clinic's advanced Diers 4D motion analysis system allowed for cutting-edge biomechanical interpretation and gait analysis. This technology further enhanced client care and allowed for complex and progressive interpretation of running gait mechanics with recreational and professional athletes.

EDUCATION

Creighton University

Doctorate of Physical Therapy

2015-2018

Colorado State University

Bachelor of Science in Health and Exercise Science

2011-2015