

Rachel Roberts, DPT, CLT

Rachel is a graduate of University of Central Arkansas where she received her Doctoral degree in Physical Therapy (DPT).

As a Doctor of Physical Therapy, Rachel has received specific training in differential diagnosis, primary care screening, pharmacology, radiology and imaging, manual therapy, therapeutic interventions, health care management, prevention and wellness, health promotion, histology, and pathology. During PT school she served as the class representative for her cohort and was the Graduate Assistant for the Program director. Her clinical experience ranges from rural to urban settings, teen to nonagenarian clients, and recreational to collegiate level athletes. It also includes evaluation and treatment in orthopedics, acute care rehabilitation, sports medicine and neurological rehabilitation. She has provided care in Oklahoma, Alabama, Arkansas and Arizona for her clinical education.

Prior to receiving her DPT, she earned a bachelor's degree in Exercise Science from Harding University in Searcy, Arkansas where she ran track and was a 3-year captain of the cross country team. Rachel was also involved in multiple extracurricular clubs and committees on campus.

Rachel's current practice of physical therapy is primarily within the field of orthopedics, where she is passionate about improving her patient's quality of life, in addition to specializing in Lymphedema treatment and oncology rehabilitation. She is Certified Lymphedema Therapist (CLT) and additionally working towards her Board Certification in Orthopedics (OCS) through the APTA Board of PT specialties. Rachel greatly enjoys working with athletes, both recreational and competitive.

In her free time, Rachel enjoys running, yoga, hiking, biking, camping, and kayaking. A recent transplant from Oklahoma, she is excited to explore the Great Outdoors and explore all Eugene has to offer!

EDUCATION

D.P.T. in Physical Therapy, University of Central Arkansas, Conway, Arkansas

B.S. in Exercise Science, Harding University, Searcy, Arkansas

POST GRADUATE EDUCATION

ARKANSAS PHYSICAL THERAPY ASSOCIATION

OPTimize Various Presenters 9/2015

BREAST CANCER / LYMPHEDEMA MANAGEMENT

Norton School of Lymphatic Therapy/ Complete Decongestive Therapy Certification Course John Beckwith, PT, CLT-LANA 7/20 - 7/28/2019
Vickie Parker, OT, CLT-LANA

JONES INSTITUTE

Strain & Counterstrain I Larry Ham, MS, PT, ATC 4/20 - 4/22/2018

INSTITUTE OF PHYSICAL ART

PNF I Mike Baum, PT, CFMT 4/13 - 4/15/2018

McKENZIE INSTITUTE U.S.A.

McKenzie Mechanical Dx & Therapy: Part B Cervical/Thoracic Scott Herbowy, PT, Dip MDT 4/27 - 4/29/2018
McKenzie Mechanical Dx & Therapy: Part A Lumbar Scott Herbowy, PT, Dip MDT 11/17 - 11/19/2017

NATIONAL PHYSICAL THERAPY ASSOCIATION (APTA)

APTA Combined Sections Meeting: San Antonio, TX Various Presenters 2/14-2/18/2017

OSTEOPATHIC / MANIPULATIVE THERAPY

Essentials of Spinal Manipulation (Univ. of Oklahoma) Peter Gibbons, DO, MB, BS, DM-SMed, MHSc 3/7 - 3/9/2019
Phillip Tehan, DO, PT, DipPhysio, MHSc

SLOCUM ORTHOPEDICS

Concussion Conference 2017 Mick Koester, MD, ATC, et al 9/25/2017

PUBLISHED RESEARCH

- Roberts R, Forbush SW, Bandy WD, Garrison, MK, Graves LC, Testing infraspinatus and deltoid muscles with new technique to decrease deltoid activity during testing using EMG analysis.
The International Journal of Sports Physical Therapy. 13:5. 10/2018 pp 896-

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association (APTA) <http://www.apta.org/>
- Oregon Physical Therapy Association (OPTA) <http://www.opta.org/>

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