

## Logan Vashon, DPT

Logan Vashon is a graduate of Husson University in Bangor, Maine where he received his Doctorate of Physical Therapy (DPT). As a Doctor of Physical Therapy, Logan has received specific training in orthopedic assessment and treatment including therapeutic exercise, neuromuscular re-education, and manual therapy. Logan's education included neurological rehabilitation, cardiopulmonary rehabilitation, vestibular rehabilitation, education in various pathologies, and identifying red flags which require referral to a Physician. He additionally holds his Bachelor's Degree in Kinesiology.

Clinically, Logan is interested in treating a variety of orthopedic conditions including ankle, hip, knee, and spine injuries. Logan enjoys treating both children and seniors and everyone in between. Logan loves to treat active individuals who have the goal to continue to pursue their passions as they age. Logan has worked mostly in outpatient orthopedic physical therapy but also has experience in home health care, assisted living, and skilled nursing. This diverse experience has given Logan the opportunity to treat patients at every phase of rehabilitation. Logan has a passion to educate and inspire people to continue to move with confidence in order to achieve the longevity they never knew was possible.

Logan prioritizes a patient goal-oriented treatment approach. Logan takes pride in his creativity in tailoring an exercise plan to the patients' specific activities and movements. Logan's treatment focuses on therapeutic education, therapeutic exercise, and motor control. Logan utilizes manual therapy to improve range of motion, reduce pain, and improve exercise tolerance and capacity. Logan has a holistic approach to rehabilitation with a focus on not only physical health but also educating his patients on the importance of a biopsychosocial approach. Logan will educate his patients on the importance of nutrition, sleep, and prioritizing mental health.

In his free time, Logan loves to play tennis, golf, ski and snowboard, disc golf, surf, hike, jog, and lift weights. Logan and his Fiancé enjoy travel and weekend adventures.

## RECENT PROFESSIONAL ACTIVITIES

- Telehealth Physical Therapy and Health and wellness training - January 2023 - January 2024 - In Ventura Country CA helping people from Maine to California.
- Seminar instructor: Injury Prevention for Pickleball Players. November 2023. Thousand Oakes, California
- Vendor at Children's Health and Wellness Expo in Ojai California: Focus: educating children and parents on injury prevention with focus on ACL injury prevention - May 2023

## EDUCATION

B.S. in Kinesiology from Husson University, Bangor Maine DPT  
(Doctor of Physical Therapy), Husson University

## POST GRADUATE EDUCATION

### McKENZIE INSTITUTE U.S.A.

*McKenzie Mechanical Dx & Therapy: Part A Lumbar* Joshua Kidd, DPT, OCS, CSCS, SCS, CSCS, Cert. MDT, FAAOMPT 3/8-3/10/2024

### MEDBRIDGE Online Education

<i>The Movement System: Assessment &amp; Treatment of Low Back Pain</i>	Jared Vagy, DPT, OCS, CSCS	11/2023
<i>The Movement System: Assessment &amp; Treatment of Knee Pain</i>	Jared Vagy, DPT, OCS, CSCS	11/2023
<i>The Athlete Movement System: Tennis Biomechanics</i>	Jared Vagy, DPT, OCS, CSCS	12/2023
<i>Treatment Telehealth: Performing a Virtual Objective Exam</i>	Jared Vagy, DPT, OCS, CSCS	1/2023
<i>Telehealth: Conducting a Virtual Subjective Exam</i>	Jared Vagy, DPT, OCS, CSCS	3/2023
<i>Shoulder Instability: Anterior, Posterior, and Multi-directional</i>	Lenny Macrina, MSPT, SCS, CSCS	4/2023

## GRADUATE RESEARCH

- ❖ Aerobic Exercise relationship to motor learning in the post Stroke population.