

Megan Foster, DPT

Megan Foster graduated with a Doctorate of Physical Therapy (DPT) degree from the University of St. Augustine in St. Augustine, Florida in 2020. Additionally, Megan holds a B.S degree in Exercise Science from Florida Gulf Coast University and worked as a Rehab Technician in a privately owned clinic for 6 years prior to entering her graduate program. Through her schooling and internships, she gained diverse experience in the areas of wellness, group fitness, cardiac rehab, aquatic therapy, modalities, inpatient/outpatient post-operative rehab, and manual therapy.

Clinically, Megan excels in treating neck/spine, feet, and balance disorders. Additional experience includes treating orthopedic conditions of the extremities, including post-operative rehab, with some experience treating inpatient and stroke patients.

Through her dance background and personal struggle with scoliosis, she discovered a passion for Pilates and the benefits it has for alignment, breathing, mobility, stability, and longevity. As Joseph Pilates famously said, "If your spine is inflexibly stiff at 30, you are old. If it is completely flexible at 60, you are young." After completing 450 hours of training, earlier this year she received her Practitioner of Pilates Rehab certificate.

After being diagnosed with celiac disease and making dietary changes, she realized how we feel and our ability to heal is also largely correlated to what nutrients we eat and our gut health. Megan is currently completing coursework for a Nutritional PT certification, then in 2026, she plans to begin her journey toward a Schroth certification to become a scoliosis specialist. Her ultimate dream is to have her own wellness and rehab space focusing on nutrition, Pilates, and specialized scoliosis treatment plans.

Megan spent her childhood years near Detroit, Michigan prior to moving to Florida for college. She is currently a travel PT and enjoys exploring local tourist attractions, hiking trails, and the beautiful scenery nature has to offer. In her free time, she enjoys trying out new recipes on Pinterest, participating in group fitness classes, listening to podcasts covering topics related to longevity and wellness, and dreaming of the day she can finally get her first puppy!

EDUCATION

AA degree, Florida Southwestern State College, Ft. Myers, FL.

B.S. in Exercise Science, Florida Gulf Coast University, Ft. Myers, FL.

DPT, University of St. Augustine for Health Sciences, St. Augustine, FL.

POST GRADUATE CERTIFICATIONS

Practitioner of Pilates Rehab

*Comprehensive Teacher Training Program
(all apparatus, 450 hrs)*

Polestar Pilates

01/2024 -01/2025