

Lauren Deems, DPT

Lauren is a graduate of Texas Woman's University where she received her Doctorate of Physical Therapy (DPT). Prior to this, she received her Bachelors of Science in Kinesiology from the University of Arkansas, where she graduated Summa Cum Laude.

Lauren has received specific training in the management of orthopedic injuries and neurologic conditions, as well as differential diagnosis, primary care screening, balance, motor learning and motor control, cardiopulmonary considerations and human pathophysiology. Her clinical experience includes patients of all ages, from infants and children to adults in their 80s, in a variety of both inpatient and outpatient settings.

Most recently, she worked in pediatrics, treating patients with developmental and gross motor delays, neurological conditions, as well as musculoskeletal and sports-related injuries. Prior to pediatrics, she practiced in outpatient orthopedics, where she collaborated closely with nationally renowned orthopedic surgeons in the treatment of spine and extremity conditions. During her clinical training, she also gained experience in return-to-work programs, work hardening, and Functional Capacity Evaluations (FCEs), equipping her to help patients safely return to occupational and daily activities.

She is currently pursuing Certified Strength & Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA) to further expand her ability to support active individuals and athletes. She brings a calm and thoughtful presence to each session, using careful clinical judgment and a flexible approach to adapt treatment based on how her patients are presenting that day. She values collaboration and strives to create individualized treatment plans that build confidence, promote safe progression, and support long-term functional success.

In her free time, she enjoys spending time with her pet cat, practicing yoga, and exploring her creative side through crafting. She is also excited to discover all that Oregon has to offer, from scenic hikes to charming local spots, and enjoys finding balance through both activity and relaxation.

EDUCATION

Doctor of Physical Therapy (DPT), Texas Woman's University - Dallas, TX
Bachelor of Science (B.S.) in Kinesiology from University of Arkansas - Fayetteville, AR

POST GRADUATE EDUCATION

ONLINE CONTINUING EDUCATION

ADULT

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| Evidence-Based Treatment of the Lumbar Spine | <i>Chad Cook, PT, PhD, MBA, FAPTA, FAAOMPT</i> | 5/2023 |
| The Athlete Movement System: Spine | <i>Jared Vagy, DPT, OCS, CSCS</i> | 5/2023 |
| The Athlete Movement System: Lower Quarter | <i>Jared Vagy, DPT, OCS, CSCS</i> | 8/2024 |
| The Movement System: Scapular + Humeral Syndromes of Shoulder | <i>Jared Vagy, DPT, OCS, CSCS</i> | 8/2024 |
| Pain Management for Adults | <i>Susan W Stralka PT, MS, DPT</i> | 8/2024 |
| Clinical Gait Assessment | <i>Jay Dicharry, MPT, SCS</i> | 10/2025 |
| Demystifying Low Back Pain: Practical Approach to Diagnosis and Rehab | <i>Kyle Matsel, DPT, PhD, SCS, CSCS</i> <i>Phil Phill Plisky, PT, DSc, ATC/L, CSCS</i> | 10/2025 |

PEDIATRIC

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| Pediatric Gait Analysis | <i>Dora Gosselin, DPT, PCS, cNDT</i> | 10/2024 |
| Pediatric Pelvic Floor: Basics, Treatment, Considerations for the Neurologically Involved, Advanced Treatment & Adolescent Rehab | <i>Carina Siracusa, DPT, EdD, WCS, OnCS</i> | 9/2025 |
| Congenital Muscular Torticollis: Implementing Evidence into Practice | <i>Tatiana Fernandez, DPT, PCS</i> | 5/2024 |
| An Effective Approach to Toe Walking | <i>Liesa M. Ritchie, DPT, PCS, CKTP</i> | 5/2024 |

Presented Research

Deems, L, Thompson M, Webb J, Rousett K, Martin S. "Career Aspirations of Final Year Doctoral Physical Therapy Students and the Effects of the COVID-19 Pandemic: A Qualitative Study" Presented at the TWU Dallas School of Physical Therapy Research Conference in 2021

PROFESSIONAL AFFILIATIONS

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

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