



Caitie Paskewich

PT, DPT, SCS, CSCS, CIDN, Board Certified Sports Clinical Specialist | IRG
Physical & Hand Therapy – Edmonds

"To see someone doing what they love, when I know I have helped them to achieve that goal, is the greatest feeling in the world"

Caitie Paskewich has always had a love for outdoor activities. From soccer to hiking, her desire to stay active propelled her to a career in sports medicine. She realizes the importance of living a dynamic, passionate life, and she strives to help everyone achieve their optimal lifestyle.

Education:

- Sports Physical Therapy Residency – Evidence in Motion
- Doctor of Physical Therapy – Armstrong State University
- Bachelor of Science in Kinesiology - Louisiana State University
- University of Innsbruck [Austria]
- Associate Professor LSU Health Sciences Center

SPECIALIZED TRAINING

- Sports Injury Rehabilitation
- Sports Injury Prevention
- Post Operative Rehabilitation
- Instrument Assisted Soft Tissue Mobilization (IASTM)
- Strength and Conditioning Specialist