



Lauren Astrup

PT, DPT, Astym Cert., Cert. VRS | IRG Physical & Hand Therapy - Gateway

"I take pride in getting to know each individual I work with to discover their passions and make a commitment to work as a team in order to provide meaningful, individualized care to maximize each patient's potential and reach their goals."

Lauren was born and raised in Bozeman, MT and has always had a love for the outdoors. Skiing, hiking, running, and recently, mountain biking are some of her favorite ways to spend free time. Anything that gets her outside and is human-powered, count her in! She went to college and physical therapy school in Missoula, Montana where her love of good coffee and craft beer grew. When not outside, you can find her reading, hanging out with friends, or watching Grey's Anatomy. Lauren is always looking for new ways to get out and explore the Pacific Northwest!

SPECIALIZED TRAINING

- Astym™

Education

- Doctor of Physical Therapy, University of Montana School of Physical Therapy and Rehabilitation Science
- Bachelor of Science in Health and Human Performance, University of Montana