



Michelle Saksa

OTR, OTD, CHT, GTS | IRG Physical & Hand Therapy – Oak Harbor

"I believe that our hands are the most important part of our body and I am passionate about helping my patients regain lost function and achieve their highest potential following an upper extremity injury."

Michelle is a born and raised Texan who married her college sweetheart who commissioned into the United States Air Force. Together they have a son, a daughter, and two dogs. Michelle is an outdoor enthusiast and loves to spend her weekends running, cycling, hiking, or stand up paddle-boarding. Living in the PNW has been her favorite military assignment to date.

Education and Professional Memberships

- Doctorate of Occupational Therapy from The University of Utah
- Master of Occupational Therapy from The University of Texas HSC at San Antonio
- Bachelor of Science in Health Care Sciences from The University of Texas HSC at San Antonio
- Bachelor of Science in Kinesiology from Texas A&M University
- American Society for Hand Therapists (ASHT)
- American Occupational Therapy Association (AOTA)

SPECIALIZED TRAINING

- Hand Therapy
- Custom Splinting
- Upper Extremity Rehabilitation
- Wound Care
- Post Operative Care
- Graston Technique