



Shannon Vaadeland

PT, DPT, ATC | IRG Physical Therapy — Redmond Ridge

"My goal is to understand and collaborate with the person in front of me so they are empowered in the healing process and can return to what they love to do!"

Shannon grew up in Minnesota and recently moved to beautiful Washington state. Her hobbies include hiking, the beach, watching football & trying local coffee shops. She is passionate about treating & learning on all orthopedic and sports related conditions. Shannon enjoys building meaningful relationships with each patient and discovering what motivates them to succeed!

Education

- Doctorate of Physical Therapy, University of Jamestown
- Bachelor of Applied Science, Athletic Training, University of Minnesota, Duluth

SPECIALIZED TRAINING

- Post-operative Care
- Balance and Falls Prevention
- Gait Analysis
- Athletic Training