

Alexandra Court  
VAPTA Northern District:Director

Bio:

Alexandra lived and worked in Vienna, Virginia before attending The College of William and Mary for her Bachelor's of Science degree in Kinesiology. Deciding to venture out to the midwest she chose Trine University in Fort Wayne, Indiana for her Doctor of Physical Therapy degree. From the moment she left Alexandra missed Northern Virginia and knew she had to come back to work for Virginia Hospital Center and was pleased when they had a position available for a Pelvic Floor therapist. Alexandra earned her Level 1 Pelvic Health Certification through the American Physical Therapy Association in 2019 and is currently working toward obtaining the Women's Health Clinical Specialist Board Certification. Alexandra resides in Arlington, Virginia and when she is not teaching geriatric fitness classes she can be found exploring local wineries or paddleboarding out on the Potomac.

Personal Statement:

~From your perspective, what is the biggest challenge of the profession?

The battle against health insurance companies and their influence on how we choose to practice. I understand that some of their guidelines are to hold providers accountable and promote best practice however in many instances it creates the opposite effect and both professionals and the patient/client are bound by what they dictate.

~Why do you want to serve in the capacity in which you are running for office?

I want to help the professionals in my area connect, create and challenge one another to reach their full potential. As Co-Director I can be a voice and strong representative for our district as well as help develop our board and agenda to reflect the needs of our growing profession.

~What experiences have you had in APTA, APTA Virginia, or other organizations that might help you in your elected position?

I have worked for and with many members of the APTA Virginia organization over the years and already have connected some of them in professional areas. I was a member of the Northeast District of the Indiana Chapter of the APTA and attended all meetings out of the desire to play an active role in the development of my profession. I always had the intention of serving a position on the board however I moved back home to Virginia and plan on staying in this state for the remainder of my career.