

### **Megan Gretka PT, DPT, OCS Bio**

Megan earned her Doctorate in Physical Therapy from Lynchburg College in 2017. During PT school, she served as Class Secretary, and Co-Chair of the Lynchburg College Community Health Clinic. Megan graduated from Magna Cum Laude from Longwood University with a Bachelor of Science in Kinesiology with a concentration in Exercise Science and a Minor in Biology. She has been a member of the APTA since 2014, and is a credentialed Clinical Instructor. She graduated from The Jackson Clinics Orthopedic Residency in 2018 and is a Board Certified Orthopedic Clinical Specialist. Megan and her husband have recently moved back to the Tidewater Region to be closer to family while they expect the arrival of their son in the fall of 2021. As a heavy advocate for advancing clinical education, she is currently working remotely for The Jackson Clinics Physical Therapy as part of their Clinical Education team, and is treating patients locally for Dominion Physical Therapy and Associates as their Director of Clinical Operations.

Megan has a passion for all things organizational, and has mentored new physical therapists as well as worked with many PT Students throughout her time at The Jackson Clinics Physical Therapy. She has a strong interest in orthopedic injuries and sport specific rehabilitation, as well as injuries of the neck and back. As a former track and field and cross- country runner, Megan has a strong background in competitive running and enjoys working with avid runners looking to return to sport. In addition to running, Megan is a former high school assistant swim coach and enjoys working with swimmers, both on land and in the water.

### **Statement**

One of the biggest issues facing the profession today is the general lack of awareness of the many benefits our profession can provide within the medical system. This lack of awareness stems not only from the general public, but also other healthcare providers. We are highly skilled and are one of the few professions trained to diagnose and treat musculoskeletal injuries in a well-rounded non-invasive approach. Often times, we can see missing links in patient care because we are trained to treat the entire individual, not just the impairment, and spend many hours getting to know our patients on deeper levels. Because of these skills, we are able to provide evidence based high quality care, and have the potential to reduce the downstream costs of care on the entire medical system and individual.

Megan has a strong passion for all things organizational, and has fulfilled this passion since starting PT school at Lynchburg College by taking on the role of Class Secretary as well as Co-Chair for the Lynchburg College Community Health Clinic (LCCHC). She has had the opportunity to facilitate student meetings, as well as create and establish bylaws for the LCCHC. She has had additional experience in class leadership by having the opportunity to be a student/faculty liaison for her cohort. Since graduating from residency in 2018, Megan has taken on additional leadership and organization roles within her company to fulfill her passion for administration and organization. She has served as the Site Coordinator for Clinical Education, mentored new graduate physical therapists, and has created trainings for clinical instructors, students, and new hire physical therapists for The Jackson Clinics.

Megan has been a member of the APTA since 2014, and has been able to be exposed to the amazing impact that the APTA can have on the support and advancement of the profession. She has a strong desire to become more involved in the APTA and assist in advancing the role of Physical Therapists in the

medical system, and believes her talents can be best utilized in service as District Communications Chair/Secretary for the Tidewater Region.