

Lauren Roman, PT, DPT

Physical Therapist



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Profile

Lauren Roman, PT, DPT graduated from Marquette University's Doctor of Physical Therapy program in May 2012. She has worked for the Illinois Bone and Joint Institute since 2013. She is a participant in the OrthoSync program, which is dedicated to creating personalized post-operative care plans for after total joint replacements. She is also an active member in the performing arts and sports medicine special interest groups.

Lauren is a former competitive figure skater -15 time Regional Competitor, Team USA Synchronized Figure Skater, and US Figure Synchronized National Bronze Medalist. She is a former athlete member of the United States Figure Skating Sports Sciences and Medicine committee. She volunteers her time as an assessor at USFS S.T.A.R.S. combines which promote and enhance athleticism and athletic ability in all young figure skaters and reduce the rate of injury across all figure skating disciplines and competitive levels.

With her figure skating background, Lauren is able to draw from her own experiences as a competitive athlete to help current patients along the road to recovery from an injury back to their optimal performance level.

Education

- B.S. Kinesiology, University of Illinois at Urbana-Champaign
- M.S. in Sport Sciences, Miami University
- Doctorate in Physical Therapy, Marquette University

Memberships

- Past Member of US Figure Skating Sport Sciences and Medicine Committee
- US Figure Skating National Network of Providers