

Shayne Welch, PT, MPT, ACE

Health Coach



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Profile

Shayne Welch graduated with a Masters in Physical Therapy from the University of St. Augustine for Health Sciences in 1999 with a focus in Manual Therapy. She practiced at Northwestern Memorial Hospital NMFF Outpatient Clinic and Athletico Bucktown with a focus on general Orthopedics. She received her Bachelor's degree from the University of Florida in Food Science and Human Nutrition and she currently holds her ACE Health Coach Certification.

In addition to her career in the Allied Health Profession, she has coached in the fitness industry at Orange Theory Fitness and instructing Spinning Fitness classes at Spynergy in Winnetka and continues her Health Coaching services at Comprehensive Gastrointestinal Health in Northbrook.

She joined our staff at Illinois Bone and Joint Institute in September 2019 and plans to incorporate all aspects of her education in designing patient treatment with a special focus in Orthopedic Health.

Education

- Bachelor of Science, Food Science & Human Nutrition
- Master's Degree, Physical Therapy