

Sephra Shoptz, OTR/L

Occupational Therapist



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Profile

Sephra Shoptz, OTR/L, started her journey with Illinois Bone and Joint Institute in Glenview where she was a rehabilitation technician before pursuing her degree in Master in Occupational Therapy. She returned to IBJI to complete her clinical rotation at the Wilmette location. Her passion for occupational therapy began early on in her life and has grown since, especially for hand therapy.

Sephra is excited to be part of the IBJI team because she is able to work closely with patients and their families, physicians, and staff to be able to better assist patients in participating in activities that are meaningful to them.

Outside of the clinic, Sephra enjoys being outside in nature, exploring, baking, crafting, and traveling. She also values spending time with her family.

Education

- Master of Occupational Therapy, University of Texas at El Paso
- Bachelor of Arts in Psychology, Northeastern Illinois University