

Teresa Pajor, MSOT, OTR/L, CHT, GTS

Occupational Therapist



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Profile

Teresa is originally from St. Louis, Missouri. She graduated from undergrad at Truman State University in 2010 where she studied Health Science. She completed her Masters of Science in Occupational Therapy from New York University in January 2013.

Since graduating, she has worked in outpatient orthopedics and home health. She has obtained her CHT, certified hand therapist, credential in May 2017 and her GTS, Graston Technique Specialist, in July 2018. She speaks conversational Spanish.

Teresa enjoys splinting, treating wounds and trauma and treating fractures and flexor tendon repairs. She is a member of ASHT, American Society of Hand Therapists and is a proponent of evidence base practice.

In her free time, she is an avid runner, rock climber, occasional tennis player and new mom to a beautiful baby boy. She enjoys spending weekends with family and going for jogs with the family dog Spencer.

Education

- Bachelor of Health Science Degree, Truman State University
- Masters of Science in Occupational Therapy, New York University

Certifications

- Certified Hand Therapist
- Graston Technique Specialist