

Michelle Laging

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Objective

Provide patient-centered care within a multidisciplinary team of professionals to aid in improving the health and wellness of individuals with injuries, illnesses, and disabilities as a result of eating disorders or disordered eating.

Education

Doctor of Physical Therapy (DPT)
University of Colorado at Denver (Aurora, CO)
June 2005 – May 2008

Post-Baccalaureate Coursework (Physical Therapy Pre-Requisites)
University of Colorado at Denver (Denver, CO)
June 2003 – May 2005

Bachelor of Landscape Architecture (BLA)
Ball State University (Muncie, IN)
August 1992 – May 1997

Professional Experience

Healthbreak Inc., State of Colorado Wellness Center (Denver, CO)
Yoga Instructor
October 2003 - January 2008

24Hour Fitness (Denver, CO)
Group Exercise Instructor
June 2003 – April 2007

Davis Partnership Architects (Denver, CO)
Landscape Architect
June 1997 - May 2005

Denver Health (Denver, CO)
Staff Physical Therapist, Inpatient Rehabilitation Services
November 2008 – May 2016

Eating Recovery Center (Denver, CO)
PRN Physical Therapist
October 2016 – May 2016

ACUTE Center for Eating Disorders by Denver Health (Denver, CO)
Lead ACUTE Physical Therapist
May 2016 – February 2019
PRN Physical Therapist
March 2019 - present

Movement is Medicine Physical Therapy & Wellness, LLC (Denver, CO)

Founder & Physical Therapist

February 2019 – present

Clinical Affiliations

Care by the Children's Hospital (Parker, CO) & Physiotherapy Associates (Golden, CO) – Sports medicine with young athletes and adult population; outpatient orthopedic

March - July 2008 (16 week rotation)

The Medical Center of Aurora (Aurora, CO) – Pediatric through geriatric population; inpatient acute

November 2007 - March 2008 (16 week rotation)

National Jewish Medical & Research Center (Denver, CO) – Pediatric through geriatric population; outpatient pulmonary and orthopedic

April - May 2007 (8 week rotation)

Sterling Regional Medical Center (Sterling, CO) – Pediatric through geriatric population; outpatient orthopedic with exposure to inpatient care

January 2006 (4 week rotation)

Professional Organizations

Academy for Eating Disorders (AED); January 2018

International Association for Eating Disorder Professionals (IAEDP); January 2018 – present

American Physical Therapy Association (APTA); June 2005 – June 2008, January 2016 – January 2018

American Society of Landscape Architects (ASLA); August 1992 - May 2005

Accomplishments

- Guest Instructor – University of Colorado Anschutz Medical Campus; Fall 2013 – present
- Presenter – ACUTE Symposium; February 2014, 2015, and 2017
- Publication – Journal of Acute Care Physical Therapy; January 2017
- Panel Discussion Participant – Denver Health Schwartz Rounds; October 2017
- Credentialed Clinical Instructor – American Physical Therapy Association (APTA); March 2010
- University of Colorado at Denver and Health Sciences Center, student representative to Recruitment Admissions Matriculation (RAM) Committee; August 2005 – August 2008
- Volunteer for PHAMALy's theatre production; July 2007
- Certified ACE Group Exercise Instructor; February 2003
- Certified YogaFit Level 1 Yoga Instructor; August 2003
- Certified YogaFit Level 2 Yoga Instructor; November 2003
- First degree black belt in Kunoichijutsu (martial art); August 2002
- Assistant instructor of Koninjutsu (children's martial art); November 2002
- Cast member in "Over the Rainbow" by Morrison Theater Company; August 1999
- Cast member in "Hollywood & Vine" by Magic Moments; March 1999