

Ashlyn Lasso

PT, DPT



EDUCATION:

Doctor of Physical Therapy – University of Florida

Bachelor of Health Science – University of South Florida

PROFESSIONAL ORGANIZATIONS:

American Physical Therapy Association

PROFESSIONAL CERTIFICATIONS:

APTA Credentialed Clinical Instructor

MEET ASHLYN:

Ashlyn grew up in Palm Beach County and moved to the Tampa Bay Area in 2011 for undergrad at the University of South Florida. Ashlyn received her bachelor's degree in Health Science from the University of South Florida in 2015. Then she went on to receive her Doctorate in Physical Therapy from the University of Florida in 2019.

Ashlyn grew up in dance being trained in ballet, jazz, and modern. She has 18 years of dance experience as she trained all the way through her undergraduate schooling. She uses this personal dance experience in her treatment plans to provide personalized care for patients with high activity levels or involvement in the performing arts.

For the past 4 years she has practiced an evidence-based treatment style in multiple areas of orthopedic rehabilitation including: sports injuries, chronic injuries, neurologic rehabilitation, balance, post-surgical rehabilitation, work injuries, overuse injuries, and more musculoskeletal conditions. She has worked with patients of all ages and with a wide variety of activity levels helping individual get back to the quality of lives they deserve.

Ashlyn enjoys spending time with her family, especially her husband and cat Aurelia. In her free time, you can find her rock climbing outdoors or at the rock gym in St. Petersburg, hiking, reading, dancing, and practicing yoga.



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