

# Meredith DeFranco

PT, DPT

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## EDUCATION:

Doctor of Physical Therapy – Duke University

Bachelor of Science in Exercise Physiology –  
University of Florida

## PROFESSIONAL ORGANIZATIONS:

American Physical Therapy Association (Member since 2009)

Founder of Parkinsonlife Corporation aka “pdLIFE” (Since 2019)

## PROFESSIONAL CERTIFICATIONS:

APTA Credentialed Clinical Instructor

PWR! Certified

Allied Team Training, Parkinson’s Foundation

## MEDIA:

Facebook: parkinsonlife.org

IG: @pdLIFE\_inthebay

<https://parkinsonlife.org/>



## MEET MEREDITH:

Meredith DeFranco received her bachelor’s degree from the University of Florida in Exercise Physiology in 2006. In 2009, she earned her Doctor of Physical Therapy from Duke University. After one year in orthopedic private practice in Jupiter, Florida, she returned to Gainesville to work at UF Health Shands, joining the interdisciplinary team at the Fixel Institute for Neurologic Diseases.



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## MEREDITH CONTINUED:

During her tenure with a team of world class physicians and allied health professionals, she developed a strong passion for caring for people with Parkinson's disease. She has participated in the National Parkinson's Foundation Allied Team Training, Movement Disorder Society meetings, the World Parkinson Congress, and sat on the deep brain stimulation board to assist with the process of screening potential surgical candidates. She has developed an extensive knowledge base in managing patients with movement disorders and neuro degenerative diseases including Parkinson's disease, atypical parkinsonisms, Huntington's disease, ataxia, dystonia, multiple sclerosis, and ALS.



Meredith is also a proponent of student education, outreach, and wellness. She is an APTA credentialed clinical instructor, mentoring students over the past eleven years. Meredith believes in the promotion of wellness for her patients, prescribing exercise like medicine, and advocating for therapy services throughout the spectrum of chronic conditions. She is excited to continue to share her skill set with the Tampa area and excited to manage our growing team that provides services for people with Parkinson's disease.

In addition to clinical care for people impacted by Parkinson's disease, Meredith founded a local 501-3C non-profit organization, The Parkinsonlife Corporation to help unite the PD community of the Bay Area. pdLIFE was founded to help reinvigorate community programs during the Covid 19 pandemic. The organization hosts weekly exercise classes, support groups, educational meetings, and social activities. pdLIFE also facilitates collaboration amongst the PD providers in all the surrounding counties to enhance access to care.

Outside of physical therapy practice and community service, Meredith is a mother to two boys that love to play soccer and is an avid runner, completing the Boston Marathon ten times.



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