

Michelle Cooper, MPT, BScEd, is a physical therapist practicing for 28 years in hospital and private practice settings in Canada and the U.S. treating orthopedic, persistent (chronic) pain, and pelvic health patients. Her career has evolved to include working with patients with physical symptoms of depression, anxiety, and stress alongside their mental health provider.

Michelle's background includes a Masters Degree in Physical Therapy and an Education Degree with experience teaching high school chemistry and physics. She is certified in Advanced Pelvic Floor Physical Therapy for Female and Male Pelvic Floor Disorders, Cognitive Behavioral Therapy for Health Professionals, Acupuncture, and Tai Chi & Qi Gong Instruction. Teaching in person to small and large groups plus webinars allows Michelle to utilize all of her skills and share her knowledge.

Michelle's many years of physical therapy experience and advanced training combined with her teaching background result in her making a lasting impact through educating her clients so they fully understand what they are facing and what they can do about it. She works with women and men of all ages as they navigate all of the body's physical and mental changes through life. She truly believes Knowledge is Power.