Ashley Bass is a native of Baltimore, Maryland. Ashley earned her doctorate in physical therapy from the University of Maryland, Baltimore School of Medicine in 2014. Prior to that, she earned her bachelor's degree from the University of North Carolina at Greensboro; where she double majored in performance dance and kinesiology.

Ashley is a skilled clinician and has focused her post graduate continuing education in the areas of orthopedics, temporomandibular and cervical spine management, as well as the treatment of performing artists. She dedicates her practice to increasing access to equitable care and minimizing health disparities seen throughout her practice.

Ashley Bass currently serves as the Health Equity and Inclusion Specialist for Sword health. In this role, she is responsible for the development and implementation of a comprehensive strategic plan including efforts to increase accessibility of our services and engaging partners that help our mission of freeing 2 billion people from pain a reality. Ashley also holds an executive leadership position on Sword's internal employee group; the Equity Council. A group designed to create a safe and welcoming community set to drive change and elevate cultural consciousness to impact Sword's employees and ecosystem.