

Jodie is a physical therapist for Kaia Health. Her role focuses on direct patient care, clinical content creation, and improving the patient experience within the Kaia app. She comes to Kaia with 8+ years of experience working directly with acute and chronic musculoskeletal and neurological conditions. Her passions include working with the aging population, specifically those with osteoarthritis and osteoporosis to improve lifestyle and physical longevity. Jodie believes that the route to recovery stems from creating a level of understanding of the what, the why and the how with physical activity, pain education, and lifestyle modifications. Her focus is to engage in whole body recovery and promote self empowerment and efficacy with her patients.