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The Health & Quality of Life of "Seasoned" Women

Alaina Provenza graduated with her undergraduate degree in Movement and Sport Sciences from Purdue University in 2007. She completed her graduate studies at George Washington University in 2010 earning her Doctor of Physical Therapy degree. Since then, she has worked in various fields of physical therapy including acute care, assisted living facilities and outpatient clinics in the D.C. and Northern Virginia area. Most recently Alaina has started working in an outpatient PT clinic as the pelvic rehab therapist. Her patient population consists of female and male patients with a wide range of conditions or disorders from incontinence, pelvic floor weakness, constipation and vaginismus. While not working Alaina loves spending time with her husband and 3 year old daughter.