



Hi, I’m Megan. I am a Board Certified Orthopedic Clinical Specialist with additional training in pelvic floor dysfunction.

I received my Doctor of Physical Therapy from Boston University in 2011. I have been working as a civilian Physical Therapist in the military setting for the past 10 years. I have extensive post-graduate training in injury prevention, management of acute injuries, dry needling, bloodflow restriction training, and manual therapy. In addition to my extensive orthopedic background and injury prevention mindset, I have gone through additional training in pelvic floor dysfunction and obstetrics through the Pelvic Health Section of the APTA.

Since relocating to Virginia Beach, I decided to give up my career in civil service to start Reclaim Function. I have been an athlete my entire life, most recently competing locally in Crossfit and internationally in field hockey. When I became pregnant with my daughter in 2019, I realized that fitness modifications were important for me to eventually return to the sports I love. After navigating pregnancy & postpartum, and the challenges that came with each, I became a strong advocate for rehab of the pregnant & postpartum athletes so that others like me can return to the activities they love.

Whether you are a first time mom navigating your pregnancy, a postpartum mom working on return to fitness or you are potty-training a toddler, you deserve the highest level of care and support possible. I established Reclaim Function with the goal of providing 1:1 high quality, evidence-based care to my clients so their goals can be reached and surpassed.