

Caroline Teets - PT, DPT

Physical Therapist

Hometown: Murrieta, CA

Bachelor's Degree: California State University Long Beach - Kinesiology / Exercise Science - Magna Cum Laude

Graduate Degree: University of St. Augustine, San Marcos - Doctorate of Physical Therapy - High Honors

My name is Caroline Teets. I've been involved in the field of physical therapy since 2012 and have been working as a physical therapist since graduating with my Doctorate in Physical Therapy in 2018.

My interest in physical therapy first began as a student-athlete in high school where I suffered my own injuries while playing water polo. With the help and advice of my physical therapists, not only did I fully recover, but I became very interested in the field of Physical Therapy. This led me to CSULB and then ultimately to University of St. Augustine where I graduated with high honors in a Doctorate of Physical Therapy.

Since graduating, I've immersed myself in patient care, working with patients of all ages and a wide variety of diagnoses. These experiences have not only helped me hone my treatments skills as a clinician, but broadened my understanding of each patient's recovery journey. Looking back to my own experience starting as a patient, then a physical therapy aide, and now a physical therapist, I feel I really have a global understanding of how best to help patients from all walks of life get back to moving and feeling their best. I'm very excited to be involved with the Mobile Therapy Specialists team, as the company vision aligns with my vision of quality care.

In my free time, I enjoy the beach, watching movies, cooking, and spending quality time with my family and friends.