

Jacqueline Alm, PT

Physical Therapist

Hometown: San Clemente, CA

Bachelor's Degree: UCLA - BS Kinesiology, Minor in Dance; Regent Scholar 1985

Graduate Degree: Chapman University - MS Sports Medicine / Exercise Physiologist; Full Academic Scholarship 1987

Post Baccalaureate Degree: California State University, Long Beach - BS Physical Therapy 1989

Jacque is a California girl; born and raised. She was a ballerina for 20 years. Through her years of dance, she studied with ABT, NYC Ballet, Canadian Royal Academy of Dance, Ballet Pacifica, and UCLA. Using her dance background and academics, her idea was to rehabilitate injured dancers. She became a preferred therapist for the Segerstrom Center in Costa Mesa in 1996 and was able to work with visiting performers.

Her career started at Saddleback Memorial Hospital where she worked her way up from staff therapist to outpatient supervisor. She helped plan and implement the idea of outpatient physical therapy in Memorial Care's satellite Urgent Care offices. After 8 years with Saddleback, she spent the next 17 years in outpatient orthopedics, utilizing her knowledge of sports medicine and exercise physiology with rehabilitation. For the last 11 years, Jacque has been an 'outpatient' home care specialist. She enjoys being able to work with her patients one-on-one in their own environment and utilizing the tools that are available to individuals in their home setting. Jacque also designed and developed a successful class for seniors called "A Matter of Balance, Fall Prevention".

Jacque and her husband, Eric have lived in San Clemente for over 30 years, where they raised their 2 children. Her daughter is a Speech Pathologist in Portland and her son is a Media Strategist in Video Production in Boise. The family grew up loving the beach and the mountains. Jacque is an avid skier, loves working out, hiking, traveling the world, going to the beach, and hanging out with friends.

She is now excited to join the MTS Team and continue to help her patients return to their favorite activities and live a pain free healthy life to their fullest ability.