

**Tara Pollak, DPT, CSCS**

*Physical Therapist*

**Hometown:** Laguna Niguel, CA

**Bachelor's Degree:** University of Nevada, Reno. BS Health Science and Minor in Athletic Training 1999

**Graduate Degree:** University of Southern California. Doctorate in Physical Therapy 2003

I was mostly raised in Orange County and attended Dana Hills High School. My love for sports included softball and volleyball, for which I earned a full-ride scholarship for Volleyball to University of Nevada, Reno. I then received my Doctorate in Physical Therapy at USC (Fight on!). I also became a Certified Strength and Conditioning Specialist and a Yoga instructor to round out my interest in human movement, whole-body wellness, and recovery. My career has taken me around the world to travel with Gold medal Olympic athletes to prepare them for competitions. I find such gratitude in all aspects of physical therapy from seeing my patients graduate from an assistive device to standing on a podium earning their medal.

In my spare time, you can catch me running, hiking, enjoying the beach, practicing yoga, and taking spin classes. I love to cook and I am trying to grow my own backyard garden. I have been a volunteer puppy raiser for Canine Companions. I own a released dog who I raised since he was 8 weeks old. He is a certified BARK therapy reading dog and in our free time, we volunteer to read with children at the local libraries. I am very close to my family and we enjoy playing games and watching the Steelers!