Adrienne Ingalla, PT, DPT

Physical Therapist

Hometown: Glendale, CA

Bachelor's Degree: California Lutheran University - Exercise Science with Emphasis in Health Professions with University Honors, summa cume laude

Graduate Degree: Boston University - Doctorate of Physical Therapy - Cum laude

My journey into physical therapy began after I injured my shoulder playing water polo. That experience introduced me to the incredible impact physical therapy can have—not only in helping people recover, but in getting them back to the activities and moments that matter most to them.

Since earning my Doctorate in Physical Therapy in 2018, I've had the opportunity to work with a wide variety of diagnoses, ages, activity levels, and care settings, from acute rehabilitation to home health. I especially enjoy working with patients in their own environments, where I can provide personalized, one-on-one care and work alongside them to help restore their strength, confidence, and independence. One of my favorite parts of being a physical therapist is getting to know my patients as people. I love hearing about their lives, especially their travels, and finding ways to make therapy meaningful to their individual goals and lifestyles.

I'm incredibly grateful to be part of the Mobile Therapy Specialists team, where we share a passion for providing thoughtful, personalized care and helping each patient achieve their goals. Outside of work, I enjoy Pilates, walking Newport's Back Bay, and traveling with my family.