Lynn Tran, MOT, OTR/L

Occupational Therapist

Hometown: Garden Grove, CA

Undergraduate Degree: California State University, Long Beach - Bachelor's in Community Health

Graduate Degree: West Coast University, Los Angeles - Master's in Occupational Therapy

Hi, I'm Lynn Tran, an occupational therapist who has been practicing since 2020. My experience includes home health, skilled nursing, and school-based pediatrics, with most of my work focused on adults and older adults.

My path to OT was shaped by both my professional experiences and my family. Before becoming an OT, I worked in early intervention and several other people-focused roles, which taught me how important connection, communication, and meeting people where they are can be. When my dad went through an invasive heart procedure, I saw firsthand how much rehabilitation can impact someone's ability to regain confidence and return to the things they love. That experience helped me realize that OT was where I wanted to be.

I believe therapy should be meaningful, practical, and connected to everyday life. My goal is to help patients become safer, more independent, and confident in doing the things that matter most to them. I try to treat every patient with the same patience and care I would want for my own family.

Outside of work, I'm happiest when I'm staying active or trying something new. I enjoy golf, pickleball, cycling, Pilates, yoga, weightlifting, snowboarding, rock climbing, camping, cooking, traveling, and—of course—exploring new coffee shops and restaurants. I was born in California and raised in Maryland, so I like to say I'm "Cali bred, Maryland fed." I'm also very family-oriented and enjoy giving back to my community whenever I can.