Madison Mounga, PT, DPT

Physical Therapist

Hometown: Fredericksburg, Virginia

Undergraduate Degree: Utah State University - Exercise Science (Bachelor's Degree)

Graduate Degree: Alvernia University - Doctor of Physical Therapy (2019)

My name is Madison Mounga, and I have been a physical therapist since graduating from Alvernia University in 2019. My journey into physical therapy began with my own injuries while playing rugby at Utah State University. Experiencing rehabilitation firsthand sparked my interest in the healing process, human movement, and the important role physical therapy plays in helping people return to the activities they love.This experience inspired me to pursue a degree in Exercise Science and ultimately a career in physical therapy.

My clinical background is primarily in outpatient orthopedics, where I have treated a variety of patients including those recovering from orthopedic surgeries. I also have experience and research involvement related to Parkinson's disease, which has broadened my understanding of the unique challenges patients face throughout their therapy process. I enjoy helping patients regain strength, improve mobility, and build confidence as they work toward returning to their daily activities. I enjoy meeting patients where they are, helping them navigate recovery in the comfort of their own homes, and developing individualized plans of care that support their goals, independence, and quality of life.

Outside of work, my favorite thing to do is spend time with my family. Having 3 kids you can often find me cheering on my son at his football games or enjoying time outdoors with the family. When life slows down a little, I love snowboarding, hiking, attending concerts, and traveling whenever I get the chance!

I enjoy working closely with my patients to help them achieve their goals, celebrate every milestone, and make meaningful progress throughout their rehabilitation journey. I believe every step forward matters, and I am excited to help my patients regain their independence and get back to doing what they love!