

Stephanie Munson, PT, MPT, Recognized By Influential Women For Excellence In Patient-Centered Physical Therapy

TACOMA, WA, UNITED STATES, August 6, 2026 /EINPresswire.com/ -- Senior Physical Therapist Combines Clinical Expertise, Lifelong Learning, and a Passion for Helping Patients Regain Mobility and Independence

Stephanie Munson, PT, MPT, a Senior Physical Therapist based in the Greater Seattle Area, has more than 31 years of experience specializing in outpatient orthopedics, rehabilitation, and individualized patient care. Throughout her career, she has remained committed to helping patients improve their strength, mobility, and quality of life through evidence-based treatment, personal connection, and a dedication to lifelong learning.



Stephanie's journey into physical therapy began from her background as a competitive swimmer, where she initially aspired to pursue a career in athletic training. However, a mentor encouraged her to explore physical therapy through a health careers practicum at a time when opportunities for women in athletic training were still limited. That guidance introduced Stephanie to a field where she could combine her passion for healthcare, rehabilitation, and working directly with patients.

That pivotal experience shaped the direction of Stephanie's professional life, leading her to earn her Bachelor of Science in Interdisciplinary Studies with a focus on Health, Physical Education, and Sciences before completing her Master of Physical Therapy from the University of Puget Sound. Since entering the profession, she has built a career centered on compassionate care, clinical excellence, and meaningful patient relationships.

Over more than three decades in practice, Stephanie has developed extensive expertise in outpatient orthopedic rehabilitation, geriatrics, post-operative recovery, and women's health, with a particular focus on prenatal and postpartum care. She has dedicated much of her career to one-on-one treatment settings, where she values the ability to understand each patient's individual needs and create personalized approaches to recovery.

Throughout her professional journey, Stephanie has remained committed to providing high-quality care while adapting to the evolving healthcare environment. She spent 19 years with one organization before continuing her work following its acquisition, demonstrating her dedication, consistency, and ability to thrive through organizational change. Her leadership experience includes serving as a clinic manager, senior staff therapist, and aquatic therapy instructor, allowing her to contribute not only through direct patient care but also through mentorship and team development.

Stephanie is also a Certified Strength and Conditioning Specialist (CSCS) and continues to expand her clinical knowledge through ongoing education. She is currently pursuing additional training in Myofascial Decompression cupping therapy to further enhance the tools and techniques she brings to patient care.

A longtime advocate for individualized rehabilitation, Stephanie returned to a one-on-one treatment model after experiencing higher-volume clinical environments. This decision reflects her belief that quality care requires time, attention, and a strong therapeutic relationship between clinician and patient. She remains especially passionate about aquatic therapy and finds fulfillment in helping individuals across all stages of life recover from injury, regain independence, and achieve their personal health goals.

Stephanie attributes her success to long-term dedication and consistent hard work. Early encouragement to pursue higher education helped establish the foundation for her academic and professional journey. Throughout her studies, clinical training, and career, she focused on proving herself through discipline, perseverance, and continuous learning.

For Stephanie, success has been built through longevity in the profession and the ability to make a meaningful impact on patients each day. Her commitment to growth, adaptability, and providing compassionate care has remained central to sustaining and expanding her achievements throughout her career.

The best career advice Stephanie received came from a mentor, an athletic trainer, who encouraged her to explore physical therapy during her health careers practicum. At a time when women faced more limited opportunities in athletic training, that guidance opened a new pathway where Stephanie could continue working closely with rehabilitation and patient care.

Stephanie believes mentorship can have a lasting impact by helping individuals discover opportunities they may not have considered. Her own experience reinforces the importance of

encouraging others, creating access to new possibilities, and supporting future generations of healthcare professionals.

Her advice to young women entering the physical therapy field is to remain flexible and adaptable. Stephanie emphasizes that there is no “textbook patient,” and every individual requires a unique approach based on their needs, goals, and circumstances. Physical therapists must be prepared to encounter a wide range of cases, think critically, and adjust their methods to provide the best possible outcomes.

She also encourages women to remain confident, especially in environments where they may find themselves in the minority. Drawing from her own experiences, Stephanie believes women should continue pushing forward despite challenges and actively support opportunities for women across professional fields.

Stephanie identifies one of the biggest challenges in physical therapy as keeping pace with rapidly changing technology, particularly in documentation and healthcare systems. Over her 30-year career, she has witnessed the transition from dictation and transcription to paper documentation, electronic medical records, and now emerging artificial intelligence technologies. Each advancement has required continuous adaptation and a willingness to learn.

Another ongoing concern is the rising cost of education and student debt, which Stephanie believes requires thoughtful consideration from future professionals entering the field. She encourages individuals to carefully evaluate the investment in their education while understanding the long-term opportunities and fulfillment available through a healthcare career.

Beyond her professional responsibilities, Stephanie places great importance on family, health, and maintaining an active lifestyle. She believes in advocating for women in sports and professional environments while encouraging others to pursue opportunities with confidence. Her commitment to staying active extends into her personal life, where she participates in running events and endurance challenges, including completing the OR70.3 half Ironman triathlon at age 52.

Lifelong learning remains one of Stephanie’s core values, allowing her to continue improving as a clinician and providing the highest level of care for her patients. Through adaptability, dedication, and a genuine passion for helping others, Stephanie Munson continues to make a lasting impact in the field of physical therapy and in the lives of the patients she serves.

Learn More about Stephanie Munson:

Through her Influential Women profile, <https://influentialwomen.com/connect/Stephanie-Munson>

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