

# Shayne Welch, MPT

Physical Therapist



521 Green Bay Road, Second  
Floor  
Wilmette, IL 60091  
T (847) 724-4864  
F (847) 853-0179

[swelch@ibji.com](mailto:swelch@ibji.com)

## Profile

Shayne Welch graduated with a Masters in Physical Therapy from the University of St. Augustine for Health Sciences in 1999 with a focus in Manual Therapy. She practiced at Northwestern Memorial Hospital NMFF Outpatient Clinic and Athletico Bucktown with a focus on general Orthopedics. She received her Bachelor's degree from the University of Florida in Food Science and Human Nutrition and she currently holds her ACE Health Coach Certification. In addition to her career in the Allied Health Profession, she has coached in the Fitness industry at Orange Theory Fitness and instructing Spinning Fitness classes at Spynergy in Winnetka. She has also provided Health Coaching services at Comprehensive Gastrointestinal Health in Northbrook. She joined our staff at Illinois Bone and Joint this September and plans to incorporate all aspects of her education in designing patient treatment with a special focus in Orthopedic Health.

## Education

- Bachelor Degree in Food Science and Human Nutrition, University of Florida
- Master of Physical Therapy, University of Saint Augustine

## Certifications

- ACE Health Coach