

PRI Interdisciplinary Studies Summit 2024



Donna Behr, DPT, MS, PRC

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Presentation Title: *Highlights of Clinical Integration Between Postural Restoration® and Integrative Breathing Therapy Treatment Approaches*

Dr. Donna Behr is a Boston-based physical therapist with over 35 years of clinical experience. Following years of work in hospital-based and out-patient settings, in 2014 Donna launched a private practice where she applies her unique combination of skills in PT, PRI, IBT and Pilates. Donna also has served as an adjunct faculty member in the entry-level PT programs at Northeastern University, Simmons College and the Massachusetts General Hospital Institute of Health Professions.

Donna earned her clinical doctorate, and her post-professional master's degrees (with a specialization in orthopedics/manual therapy), from the Massachusetts General Hospital Institute of Health Professions. She had previously received her B.S. degree in physical therapy from Northeastern University in Boston.

Donna is a certified Postural Restoration therapist (PRI), and a Polestar and NCPT Pilates instructor. She most recently completed her Integrative Breathing Therapy certification.

Diving deep into clinical subject areas such as breathing has enhanced Donna's ability to assess and treat the myriad of dysfunctions that limit her clients from returning to their desired levels of performance. Her awareness of thoraco-respiratory issues which are so prevalent in many of her clients began with her PRI work. The more profound insights gained from IBT training have elevated Donna's clinical and personal practices of physical therapy and Pilates.