

PRI Interdisciplinary Studies Summit 2024



Heather Carr, DPT, NTP, PRC, OCS, MTC

Alexandria, VA

Presentation Title: *The Intersection of Postural Restoration® and Nutrition: Bridging the Connection Between Chronic Infection, Toxicity and Neuro-Postural Imbalance*

Dr. Heather Carr is the founder and owner of One 2 One Physical Therapy. Through her 22 years of practice, independent study and plethora of continuing education, Heather has developed a holistic framework and approach to physical therapy. She views the human body as a complex, multi-dimensional entity comprised of physical, emotional, mental and energetic elements. These components interact with one another to form your perception of reality and how you move and feel. Heather's vision is to unify your physical elements —your movement, posture, breathing and physiology —with your mind and energy systems to facilitate whole-body healing and transformation.

Heather holds a Doctorate in Physical Therapy (University of St. Augustine, 2008); Master of Science in Physical Therapy (Boston University, 2002); and a Bachelor of Science in Health Studies (Boston University, 2000). She is a Board Certified Orthopaedic Clinical Specialist (OCS, 2008) and holds a Certification in Manual Therapy (MTC, 2007).

Inspired by the principles of the Postural Restoration Institute (PRI), Heather became Postural Restoration Certified (PRC) in 2015. PRI provides the comprehensive foundation for Heather's eclectic training and skills.

Fueled by her strong belief in the importance of proper nutrition in treatment, Heather completed the Nutritional Therapy Practitioner certification program through the Nutritional Therapy Association (NTA, 2015).

In 2016 Heather became certified in Biofield Tuning, a sound healing modality. Through the application of coherent sound, it is possible to facilitate improved health in all dimensions of one's being.