

## **Clinician Spotlight**

**Amber Brown, PT, DPT, WCS\*, CLT, RYT (Board-Certified Women's Health Clinical Specialist)**



**Dr. Amber Brown is the founder and owner of Root Physical Therapy and Wellness, a safe- space to learn about the root causes of your concerns, as well as Care 4 You First, a community for health and wealth tips and accountability. She is also co-founder of The Pelvic PT Doula. She also served on the Executive Board of the National Association of Black Physical Therapists and is the current DEI Task Force chair for the Texas Physical Therapy Association.**

**Dr. Brown graduated from Washington University in St. Louis with her Bachelor's, Tennessee State University with her Doctorate in Physical Therapy, completed a Women's Health and Pelvic Health residency through Texas Woman's University and Baylor Institute for Rehabilitation, and is currently working on her PhD at Texas Woman's University.**

**As a Doctor of Physical Therapy, Board- Certified Women's Health Clinical Specialist, her primary focuses are pelvic floor dysfunction and Black Maternal Health. She serves several clientele as a birth doula, certified lymphedema therapist, health coach and registered yoga teacher. She contributes to academia as a guest lecturer at various graduate programs.**

**She is also a money mentor, educator, and speaker with a passion for teaching students and professionals how to make, manage, and multiply their money as a certified financial coach.**

**Through her work she creates a lasting impact by shining a light on the importance of creating legacy and generational wealth, knowledge passed down by her parents, while also balancing careers and health, without burnout.**