

Meet our therapists



Robyn Waugh DPT

Physical Therapist

Robyn was born in Fredericton, NB, Canada but has lived most of her life in southern Maine graduating from University of New England in 2019 with a Doctoral Degree in Physical Therapy.

Robyn chose physical therapy as her career path after her grandfather suffered multiple strokes subsequently requiring him to move to a long-term care facility. In this facility, many residents including her grandfather were chair bound due to safety concerns as well as staffing issues causing them to lose their ability to move independently. This is what inspired Robyn to pursue a career focused on helping people optimize their lives through movement.

Robyn is passionate about improving peoples' lives through evidence-based practice, functional movement and education. Using this treatment philosophy she hopes to empower people to see their own potential and to gain a better understanding of their health. Robyn enjoys working with all populations, but particularly with athletes and returning them back to their sports.

Outside of the clinic, Robyn enjoys spending time outdoors, hiking and camping. She loves playing soccer, going to the gym and supporting the local Portland Rugby team.

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