

Aleksandra Moe, PT, DPT

Physical Therapist



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Profile

Aleksandra Moe, DPT has been a member of the IBJI family since 2007 as a Rehabilitation Technician while finishing her undergraduate studies. She then attended and graduated from Physical Therapy School and returned to IBJI as a full-time therapist. Aleksandra's passion of dance is rooted since childhood and progressed through college with involvement in ballet, hip hop, rhythmic gymnastics and poms. Upon returning to IBJI, Aleksandra was able to quench her zeal for dance by jump starting the Performing Arts Medicine Special Interest Group in order to differentiate the special needs of the dancer, gymnast, figure skater, and musician from traditional sports. Aleksandra also teaches private Equipment Pilates classes for dancers and non-dancers at the Highland Park facility.

Aleksandra immigrated to Chicago from Lithuania as a young girl, growing up in Buffalo Grove and moving back to Buffalo Grove after having her son. In her free time Aleksandra enjoys hanging out with her family and dog as well as visiting with friends downtown Chicago and traveling when time allows. She is fluent in Russian and continues to improve her Spanish speaking skills with friends and through travel.

Education

- B.A Psychology; University of Illinois at Chicago
- Doctorate in Physical Therapy; College of Mount St. Joseph

Certifications

- Certified Stott Reformer Instructor since 2013
- Certified SFMA Level 1

Associations

- International Association for Dance Medicine and Science since 2012