

Tara Mund, DPT

Education

- Bachelors in Psychology with minor in Communication Studies from the University of Montana in 2004.
- Doctorate of Physical Therapy from the University of Montana in 2007.



State Licensed

Montana

Joined Practice

2007

Clinical Interests or Specialty Areas

Women's health physical therapy including treatment of urinary incontinence, pelvic pain, and pre/postnatal care, manual therapy, and Pilates based spine rehabilitation.

Professional Memberships

American Physical Therapy Association (APTA)
Women's Health Section of APTA
Montana Physical Therapy Association

Hobbies and Personal Interests

Gardening, cooking, teaching group fitness classes, reading, spending time with family and keeping up with kids Ali and Jax.

Philosophy of Care

"The quickest road to recovery requires taking an active role in the process."

