

# Who's Who in Health & Wellness



## Dr. Kate Coffman

### Expertise in Musculoskeletal and Pelvic Health Care

As a standout provider in the region's health and wellness landscape, Team Rehabilitation Physical Therapy – Lake Barrington is redefining what comprehensive musculoskeletal and pelvic health care can offer. Under the leadership of Barrington native Dr. Kate Coffman, the clinic is one of the area's premier destinations for patients seeking expert, evidence-based physical therapy delivered with compassion, expertise, and a whole-person approach.

Many individuals silently struggle with bladder leakage, pelvic pain, postpartum discomfort, constipation, or surgical recovery—symptoms often dismissed or misunderstood. Dr. Coffman and her team emphasize that these challenges are common, treatable, and something people should not have to endure.

After earning her Doctorate in Physical Therapy from Marquette University, Dr. Coffman returned to Barrington with a mission to bring world-class and innovative pelvic health and orthopedic rehabilitation to her community. Her clinic is known for its advanced pelvic floor services and for its high level of medical collaboration, with referrals from top specialists across the country—even physicians at Mayo Clinic. She is trusted with complex cases requiring deep clinical skill and nuanced problem-solving.

Dr. Coffman's personal history of navigating fertility challenges has led to a highly specialized and compassionate approach to treating patients with fertility physical therapy, and supporting individuals through pelvic, hormonal, and musculoskeletal factors that may influence conception. Team Rehabilitation Lake Barrington also provides an extensive pregnancy and birth preparation program, helping patients prepare for safer, smoother deliveries. This includes labor mechanics, pelvic mobility optimization, pain-

management strategies, and hands-on education to help partners confidently support the birthing process.

### Specialized and Comprehensive Services

- Postpartum recovery
- Pelvic pain, incontinence, and bowel dysfunction
- Fertility physical therapy
- Pregnancy and birth preparation, including partner training
- Post-prostate surgery rehabilitation
- Orthopedic and spine conditions
- Sports orthopedics and injury rehabilitation, supported by Dr. Coffman's Overhead Throwing Certification
- TMJ dysfunction
- Vestibular disorders and dizziness
- Scoliosis
- Parkinson's disease using LSVT-BIG, with three therapists certified in this gold-standard treatment

Beyond clinical care, Dr. Coffman is the founder of The Pelvic Scholar, a national education platform that mentors pelvic health professionals across the country. She is deeply committed to elevating the field, improving access to quality care, and shaping the next generation of clinicians.

Born and raised in Barrington and a graduate of Barrington High School—where she also excelled as a varsity soccer captain and earned All-Conference and All-Area honors—Dr. Coffman is proud to care for the community that shaped her. Her mission is simple: to ensure every patient feels heard, supported, and empowered throughout their healing journey.

"My mission is to ensure every patient feels heard, supported, and empowered throughout their healing journey." — **Dr. Kate Coffman**

### Team Rehabilitation Physical Therapy

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