



Department of Physical Therapy and Rehabilitation Science

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Physical Therapist

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EDUCATION

- BS, Biopsychology and Exercise and Health Science, University of California, Santa Barbara, CA, 2009
 - DPT, University of California, San Francisco/San Francisco State University, San Francisco, CA, 2015
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BOARD CERTIFICATIONS

- Physical Therapist ^[2] (PT)
 - Orthopedic Clinical Specialist ^[3] (OCS)
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BIOGRAPHY

Dr. Jett treats primarily at the new UCSF Mt. Zion clinic. She completed an orthopedic residency with Agile PT while working at Palo Alto Medical Foundation. She enjoys rock climbing, beach volleyball, and practicing yoga.

CLINICAL EXPERTISE

Dr. Jett's expertise is in treating a variety of orthopedic and sports related injuries with an emphasis on improving quality of life and returning patients to their desired level of fitness. She believes that the use of manual therapy in conjunction with functional re-training and stabilization is the optimum route to achieve efficient, pain-free movement. Effective communication and education between the provider and the patient is something she values greatly in order to achieve the best outcomes that are tailored to each individual based on their needs in daily life, and to possibly reach even their most ambitious health related goals.

CLINICAL & RESEARCH INTERESTS

- Yoga-based rehabilitation
- Return to sport
- Psychosocial approaches to rehab and chronic pain

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