Dr. Stefanie Bourassa is a Doctor of physical therapy and the site supervisor for the Center for Musculoskeletal Health at Hartford Hospital, as well as the sports medicine clinical program leader. She works with community members recovering from orthopedic and sports medicine injuries as well as prevention of those injuries by providing physical therapy, movement analysis, research and coordination of holistic care with other disciplines.

Stefanie is involved with the American Academy of Sports Physical Therapy’s Diversity, Equity and Inclusion Committee where she and colleagues speak about LGBTQ+ Transgender Athlete Health Disparities; Stefanie is well versed in the difference inclusion positions and policies for all level of athletics within the United States and Canada and has resources for Physical Therapists and Physical Therapist Assistants to assist with management of the Transgender Individual and Athlete. She is also involved with the colleague resource group within Hartford HealthCare.

Stefanie knows that movement is medicine and that keeping the body and mind in motion will help improve quality of life, prevent injuries and keep people active.

Stefanie started at Hartford Hospital Rehabilitation Network in 2012 and quickly revamped the sports medicine program, implementing best practices, community relationships, continuing education and created a highly recognized team service line of physical therapists, athletic trainers, strength and conditioning specials and physicians. Her vision of a holistic care model came to fruition in January of 2017 when she became the site supervisor of the center for musculoskeletal health, located within the Bone & Joint Institute of Hartford Hospital; a lone standing orthopedic hospital. Within the Center for Musculoskeletal health, individuals and groups are screened for orthopedic/sports injuries and conditions, movement analysis, behavioral health and nutritional needs. The team of physical therapists, biomechanists, exercise physiologists, clinical psychologist and registered dietitian, work together to provide avenues for patients to improve their lifestyle, their recovery, and their individual goals through Stefanie’s leadership and guidance. Her team was recognized within the institution as well as by colleagues within the American Physical Therapy Association’s Connecticut State Chapter, as team of the year in 2018. Through her work, she has presented on the national level on orthopedic conditions, but also on the holistic approach to care.

Stefanie is also a certified strength and conditioning specialist, is recognized as a functional movement specialist and is working towards board certification in sports medicine through the APTA. She has been awarded the Gold Medal Manager Award through Hartford Hospital, being recognized for leadership skills and her ability to coach and mentor others. She is also on the Board of Directors for the Connecticut Chapter of the APTA, where she works with public policy and payment.

Stefanie holds a Doctorate degree in Physical Therapy from Russell Sage Colleges in Troy, NY. She also holds a Masters’ in Science degree in Physical Therapy from the University of Hartford as well as a baccalaureate of science in Health Sciences from the same University. She was a member of the women’s soccer team during her undergraduate studies, and was recognized on the All- American Academic team during her 4 year collegiate career.