

Stephanie Lavoie, MSPT

Physical Therapist



Stephanie Lavoie, MSPT is a physical therapist currently working in our adult rehab setting at Epping Regional Health Center. Stephanie has been working with Exeter Hospital since 2001 as an outpatient orthopedic PT at several of our locations including the Exeter and Raymond satellites. She treats a variety of diagnosis including work related injuries, sports injuries, post-op total joints and prenatal back pain. Her primary focus is on outpatient orthopedics using manual techniques to include instrument assisted soft tissue manipulation (IASTM), joint mobilizations, therapeutic exercises, core strengthening and spine rehab. Outside of work, Stephanie enjoys outdoor activities including hiking the White Mountains, mountain biking, road biking, snowshoeing and spending time with her family.

Education MSPT, University of Massachusetts at Lowell, 1996
 BS Exercise Physiology, University of Massachusetts Lowell, 1994

Specialties Graston Technique Certification
 Spinal Rehabilitation
 Outpatient Orthopedics