

BIO

Lisa Owen, MS, OTR/L, CLT, CHT



Prior to beginning her journey into Occupational Therapy (OT), Lisa pursued a different path. After graduating from the University of New Hampshire with a degree in German, Lisa traveled to Germany on a Fulbright Scholarship to teach English as a foreign language utilizing music and theater as teaching tools. This experience proved valuable, but with the encouragement of her mother, she pursued a shadow opportunity at an outpatient hand clinic which summoned Lisa to explore teaching from a therapeutic perspective. Upon return to the USA, Lisa obtained her certification as a Licensed Nursing Assistant and worked as an OT Rehab Aide at a skilled nursing facility while earning prerequisite credits for her entry-level masters program. Lisa earned her master of science in Occupational Therapy from Tufts University in 2009 and has been specializing in upper extremity management ever since.

Lisa saw firsthand the difficulty her mother experienced following surgery for breast cancer including frozen shoulder and a lifelong diagnosis of lymphedema. Fueled by the power of knowledge, she earned her Certification in Lymphedema Therapy (CLT) in 2009 from Klose Training and Consulting, and has spent a significant amount of time treating patients recovering from breast cancer surgery and treatment. Lisa earned her Certification in Hand Therapy (CHT) in 2015 and currently practices at a hospital-based outpatient clinic in southern New Hampshire.

Studying for the CHT exam was an eye-opening experience, and she spent hours creating hands-on anatomical models to compliment her book studies. The experiential learning she gained from using these models was so beneficial that she started developing these models and turned them into a continuing education enterprise: Right Hand Therapy (www.righthandtherapy.com). Since then she has lectured at local universities, is an annual presenter at the NHOTA Conference, and supervises OT students within a busy hand therapy practice. In the fall of 2016, Lisa was asked to join the adjunct faculty at the University of New Hampshire and was a lab assistant in the Human Occupations and Movement lab. Lisa is a mother of 2 young children, a wife, and enjoys weekly hot yoga sessions. She is an avid hiker and biker, and enjoys participating in community musical theater productions annually.