

Unstuck, Aligned, Unstoppable



Dr. Jennifer Casey, PT, DPT, CPC

Certified Professional Coach | Movement + Mindset Mentor | Physical Therapist

Empowering Women in the Western Industry from Stuckness to Alignment through movement, mindset and purpose.

Dr. Jennifer Casey is a Doctor of Physical Therapy, Certified Professional Coach, and Breakaway Roping Champion who helps women unlock balance, resilience, and aligned performance through her signature Brain + Body Method™.

After a traumatic horse accident in 1996 left her with unresolved pain and confusion, Jennifer's journey to reclaim her body and identity inspired a lifelong mission to help others heal from the inside out. Now, with over two decades of experience in physical therapy, integrative wellness, and personal development, she teaches high-achieving women how to overcome burnout, regulate their nervous systems, and take aligned action — whether in the arena, the workplace, or the home.

Jennifer's approach combines science and soul, emphasizing nervous system regulation, whole-body awareness, and intentional living. At the heart of her work is the belief that when you build a strong internal foundation, external results follow.

Why It Matters

Jennifer's work is not just about better movement or mindset, it's about integration. Helping women reconnect with their body's signals, quiet the noise of burnout, and shift from survival mode to sustainable action. With lived experience and clinical expertise, she empowers others to build a new foundation, rooted in Grit, Grace, and Gratitude.

Contact + Connection

Visit jenniferlcasey.com to learn more or email her at jennifer@jenniferlcasey.com