MEREDITH DAKE, PT, DPT, OCS

Board Certified in Orthopaedics
Children's Hospital Colorado
Orthopedics Institute - Sports Medicine Center

EDUCATION

May 2012 — Regis University School of Physical Therapy — Denver, CO
Doctor of Physical Therapy

May 2009 — Southern Methodist University Meadows School of the Arts — Dallas, TX
B.A. in Psychology
Minor in Dance Performance

EMPLOYMENT

2017 – Present — Children's Hospital Colorado (CHCO) — Highlands Ranch, CO
Orthopedics Institute - Sports Medicine Center
Physical Therapist
Physical Therapy Residency Instructor: Hip Unit, Dance Medicine

2014-2017 — Denver Physical Therapy — Centennial, CO
Physical Therapist

2012 – 2014 — Physiotherapy Associates — Littleton, CO
Physical Therapist

HEALTHCARE PRESENTATIONS

2025 — CHCO Advanced Care of the Young Athlete Symposium
- *Ready or Not? Pointe Readiness and Rehab Progression*

2024 — CHCO Advanced Care of the Young Athlete Symposium
- *Hip Instability in the Performing Athlete*

2023 — Pediatric Research in Sports Medicine Annual Meeting
- *That Outside and Backside: Structural vs Non-Structural Issues About the Lateral and Posterior Hip*

2022 — American College of Sports Medicine Annual Meeting
- *Sports Medicine Issues in Performing Artists*

2021 — CHCO Physical Therapy Education Series
- *Pop, Lock & Break (Returning Dancers to Stage Post ACLR)*

2020 — American Physical Therapy Association Combined Sections Meeting
- *Treatment of Adolescent Athletes with FAI and Hip Dysplasia*

- *Reach, Rotate, Stabilize, Tumble: From 25% to 90% In an Adolescent With Significant MDI*

2019 CHCO Advanced Care of the Young Athlete Symposium
- *Rehabilitation of Sport-related Core Injuries*

2019 International Association of Dance Medicine and Science Annual Conference
- *Differential Diagnosis of an Adolescent Dancer with Shoulder Pain and the Impact of Dance on Recovery* (poster)

2019 CHCO Sports Medicine Center Quarterly Rounds
- *Finding Center Through Instability*

2018 CHCO Advanced Care of the Young Athlete Symposium
- *Rehabilitation of the Flexibility Athlete's Hip*

2018 Performing Arts Medical Association Annual Conference
- *Management of Acetabular Labral Pathology in Adolescent Dancers updated* (accepted)

2018 CHCO Sports Medicine Center Quarterly Rounds
- *Scoliosis in Dance: Case study*

2017 Regional Quarterly Hip PT Meeting
- *Adolescent Hip Pathology*

2017 International Association of Dance Medicine and Science Annual Conference
- *Management of Acetabular Labral Pathology in Adolescent Dancers*

2017 Citywide Hip Meeting
- *Management of FAI in Elite Ballet Students*

HOSPITAL COMMITTEES

2025 - Present Professional Practice Council