Abby Rassat, PT, DPT

Critical Care Physical Therapist

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Dr. Rassat is a Critical Care Physical Therapist and 2013 graduate of the Doctor of Physical Therapy program at St. Catherine University in Minneapolis. She currently practices in the ICU at Mayo Clinic in Jacksonville, Florida, as well as at a Level II Trauma Hospital in Orange Park, Florida. Dr. Rassat now brings her expertise to support the VitalGo team in clinical training.

With over a decade of clinical experience, she began her career in Cardiovascular and Neuro Intensive Care Units in Arizona and later worked as a traveling physical therapist across Arizona, Louisiana, North Carolina, and Florida. This diverse experience has provided her with extensive knowledge in the management of medically complex patients.

Her clinical expertise includes the care of patients with traumatic brain injuries, cerebrovascular accidents, poly-trauma, spinal cord injuries, pre- and post-heart, lung, and liver transplants, as well as patients requiring mechanical circulatory support. Before joining VitalGo Systems, Dr. Rassat used of the Total Lift Bed to optimize early mobility for critically ill patients with complex, multi-system injuries.

Dr. Rassat is passionate about breaking down barriers to early mobility and emphasizing the value of a multidisciplinary approach to improve patient outcomes. Dedicated to advancing acute care physical therapy, she empowers clinicians to advocate for mobility in complex patients while integrating innovative technology with evidence-based practice.

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