



## Leyna Hebert, MS, LAT, ATC, CSCS

### Bio

Leyna is part of the Motorsports team working primarily at the NASCAR team RFK Racing. She has been doing this for OrthoCarolina since September 2021 but has worked in motorsports since 2017 at Joe Gibbs Racing and Chip Ganassi Racing. Before moving to Charlotte in 2016, she worked full-time for the United States Olympic and Paralympic Committee Sports Medicine at the Chula Vista Olympic Training Center. Since then, she has continued to support and travel with various national teams including USA Diving, US Soccer, and USA Track & Field. Before the Olympic Committee, she worked as an athletic trainer at various universities, primarily working with soccer, track & field, and volleyball teams. She is also a strength and conditioning coach and has trained professional BMX, motocross, mountain bike, and sprint cycling athletes. She loves being able to travel the country and the world as part of her profession. Leyna loves being active outdoors, especially running, playing pickleball, hiking, cycling, cross-country skiing, disc golfing, and coaching soccer in her free time.

### LOCATIONS

- Concord Physical & Hand Therapy

### CLINICAL SPECIALTIES

### Education

- Ohio State University, BS in Allied Health Professions
- Athletic Training University of Kentucky, MS in Athletic Training

### Practice

- Sports rehabilitation
- Dry needling
- Manual therapy

### Team

RFK (Roush Fenway Keselowski) Racing