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Patrick Hansen received a bachelor's degree in Exercise Science from the University of Minnesota Duluth in 2004. In 2006 he graduated from the University of Wisconsin Lacrosse with his Master's in Physical Therapy.

Patrick has worked in a variety of healthcare settings including inpatient, home health, skilled nursing and outpatient clinics. He is certified in the MDT method (McKenzie Method) of evaluating and treating patients. He enjoys applying his background in athletics to break down poor movement patterns and asymmetries in strength or mobility which can affect performance. In addition to being a Physical Therapist, Patrick is a CrossFit coach.