

Marilyn Miller von Foerster PT practices physical therapy in Salem, Oregon, USA. Her undergraduate work at University of Oregon was in pre-physical therapy and physical education. She was active in dance and sports throughout her school years.

Her postgraduate work included a certificate in Physical Therapy from Duke University Medical School in 1969, and a Master's in Physical Education and Exercise Physiology from San Francisco State University in 1983. Her research on abdominal muscle coordination training for spinal and pelvic stabilization skills was published in the August, 1987 Journal of the American Physical Therapy Association.

Ms. von Foerster has spent her 51 years of practice focused on spinal health and education of healthy movement habits. She taught back health classes in several industries and professional organizations in the San Francisco Bay Area such as Western Airlines and the San Francisco Fire Department. In her private practice she sees all patients within their own environment where she can assess unique movement habits and choreograph individualized movement education specific to their goals and environment.

Since marriage and becoming a mom, she turned her back health focus on school-aged youth and the factors that affect their daily postural and back health habits, such as school chairs and backpacks. She created BackTpack as a solution to the poor posture and poor body mechanics related to daily backpack use which lead to pain and limitation. Her goal is for BackTpack to provide training and strengthening of healthy movement habits, essential for optimal spinal development throughout the growth period.