

I am an experienced, passionate, and empathetic Physical Therapist with a 20+ year history of working in private practice orthopedic out-patient settings. I specialize in finding and addressing movement impairments; meaning analyzing and correcting faulty movements to correct pain problems.

I completed a Fellowship focused in Movement System Impairment Syndromes from Washington University in St. Louis to advance my physical therapy degree from SUNY Stony Brook. I use motor control training, manual therapy, specific exercise prescription, Juvenile and Adolescent Idiopathic Schroth Soliosis Treatment, wellness education and sports medicine techniques like cupping, taping, biofeedback, and aquatic therapy to address the movement impairments.

My passion is to create movers out of non-movers: I believe if we want to, we can. Promoting movement awareness and movement confidence will help us prevent future injuries and pain problems. My mission is to educate our community, athletes, coaches, teachers, and trainers on the fundamental techniques required for perfect movement. For it is through perfect movement that perfect execution is possible and injuries are avoided.