

CLINICAL PROFILE

Angela Lenzo Donahue, PT, DPT, OCS

Years of Clinical Experience: 6



Angela Donahue pursues clinical excellence with every patient encounter as she treats the full spectrum of orthopedic injuries and conditions both pre and post-operative. She has notable success in the rehabilitation of knee, shoulder, hip and ankle maladies, and specializes in sports medicine and runner injuries. Angela believes that movement is medicine, and to that end, she encourages her patients to move often and move well with the body mechanics in place to make that happen. She is passionate about helping to reveal the true capabilities of each person, while assisting them to overcome discouragement, and accomplish more than they thought possible in their rehabilitation journey. A champion and encourager, Angela inspires her patients with a remarkable level of enthusiasm and perseverance every day.

Education and Certifications

- **Doctor of Physical Therapy**
Thomas Jefferson University - 2015
- **Bachelor of Science – Exercise & Sports Science**
Ursinus College - 2012
- **Orthopedic Clinical Specialist - 2019**
- **Continuing Education** – A Biomechanical approach to lower quarter strengthening – Application to hip, knee and ankle Conditions; Advanced Treatment of the Lower Quarter Applied to Runners; COMT – Evaluation and Treatment of the Cervical Spine; Movement Impairments Systems of the Hip...and more

Angela's Vision...As a physical therapist, I provide individualized programs targeting each patient's specific goals, functional deficits and identified movement impairments. I strive to empower my patients by providing education on their anatomy, quality of movement and self-management techniques to avoid future injury.

Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Hand Therapy
- Treatment of Acute/Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries
- Return to Sports
- Total Joint Replacement Therapy
- Instrument Assisted Soft Tissue Mobilizations (IASTM)
- Work Injury Prevention & Management
- Manual Therapy/Soft Tissue Mobilization
- Pre and Post-Surgical Rehabilitation

Rothman Orthopaedic Institute

Managed by NovaCare Rehabilitation

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