

## CLINICAL PROFILE

## Alexandra “Ally” Worek, PT, DPT



**Ally Worek** has a passion for her profession that encompasses every aspect of her treatment style. Her background includes rehabilitating patients from pediatric to geriatric with pre and post-surgical conditions including, but not limited to, ACL repair, rotator cuff impairments and repairs, total knee/hip arthroplasty, low back pain and degenerative joint disease. Ally is patient-focused and eager to build on and share her clinical knowledge with her patients as well as to provide them with the power and confidence to live happier and healthier lives. Her competence and enthusiasm is evidenced each day in the one-on-one compassionate care she gives to every patient utilizing her education and clinical proficiency.

### Education and Certifications

- **Doctor of Physical Therapy**  
*Alvernia University - 2020*
- **Bachelor of Science**  
*Stockton University - 2015*



**Ally’s Vision...** I have a passion for physical therapy and I love to help my patients get back to their optimal function. I pride myself on being a caring, compassionate professional who strives to make a difference in each of my patient’s lives.

### Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries
- Return to Play
- ACL Program
- MACI Trained
- Blood Flow Restriction
- Trained in the Utilization of McKenzie Technique
- Vestibular/Balance Rehabilitation
- Instrument Assisted Soft Tissue Mobilizations (IASTM)
- Work Injury Prevention & Management
- Manual Therapy/Soft Tissue Mobilization
- Cervical/Lumbar Instability
- Assistive Device Training

### Rothman Orthopaedic Institute

Managed by NovaCare Rehabilitation

1079 Whitehorse Mercerville Road  
Hamilton Township, NJ 08610

Office: 609-528-3719

Fax: 609-581-8624

[aworek@novacare.com](mailto:aworek@novacare.com)