

CLINICAL PROFILE

Peter Askes, PT, MDT, CST-T

Years of Clinical Experience: 37



Peter Askes is a clinical veteran with more than 37 years of exceptional patient care to his credit. He is an expert in the field of outpatient rehabilitation orthopedics and has advanced training in cranio sacral therapy and mechanical diagnosis and treatment. Peter is proficient in the treatment of spinal disorders including HNP and low back pain, headaches, costochondritis, post-surgical knee and shoulder rehabilitation. At the forefront of his practice, Peter provides manual therapy with the ultimate goal of improving biomechanics, decreasing pain and improving movement. Peter believes that each patient deserves the best care he can provide and he delivers just that with expert and focused attention which assures his patients recuperation and return to activity.

Education and Certifications

- **Bachelor of Science – Physical Therapy**
Academy for Physical Therapy - 1984
- **Certificate in Cranio Sacral Therapy – 2017**
- **McKenzie Certified Clinician – Certificate in Mechanical Diagnosis and Treatment - 2011**
- **Continuing Education** – Muscle Imbalances 1 & 2; Current Protocols for Shoulder and Knee Rehabilitation; Evaluation and Prevention of Musculoskeletal Disorders; CTS Therapy 1 & 2; Visceral Manipulation 1a, 1b and 11; SER 1 & 2, Zero Balancing 1 & 2, McKenzie A, B, C, and D



Peter's Vision... Having practiced in the field for an extensive period of time, my style of treatment has evolved from "no pain-no gain" to a style that is more gently. I believe that listening to the body will result in the best treatment approach for each individual patient. It is my experience that this approach also results in the best treatment outcomes.

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**

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