

## CLINICAL PROFILE

## Stanislau Monak, PT, DPT



**Stanislau Monak** is a welcomed member of the NovaCare clinical team who treats a broad spectrum of orthopedic injuries and post-surgical interventions. His clinical affiliations and volunteer work centered on the treatment of a general orthopedic population including a diverse demographic with a vast range of impairments. He has notable success in the evaluation and rehabilitation of musculoskeletal conditions, sports medicine and workers comp injuries. A dedicated professional, Stanislau provides hands-on manual therapy techniques and educates his patients on ergonomics and proper body mechanics for the improvement of their activities of daily living.

### Education and Certifications

- **Doctor of Physical Therapy**  
*Rutgers University - 2022*
- **Bachelor of Science – Exercise Science**  
*The College of New Jersey - 2017*
- **Fluent in Russian**
- **Continuing Education** – APTA Combined Sections Meeting – The Effectiveness of Blood Flow Restriction Training on Function Across Ages and Diagnoses



**Stanislau's Vision...** My greatest reward is to assist my patients to regain optimal function which allows them to experience a physically active and healthy lifestyle.

### Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries
- Return to Play
- ACL Program
- Trained in the Utilization of McKenzie Techniques
- 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

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