

CLINICAL PROFILE

Stephanie Lemmerman, PT, DPT

Years of Clinical Experience: 8



Stephanie Lemmerman is a valued member of the clinical team who enjoys treating a variety of diagnoses and patient populations with both conservative and post-operative management. She enjoys connecting with each of her patients and understanding their unique needs and goals throughout their path to recovery. Seeing each person as more than just the diagnosis, Stephanie specializes in being an advocate and collaborator with all and is devoted to finding the “just right” fit while creating innovative treatments plans that meet the desired goals. With a focus on clinical excellence, she also frequently attends seminars and participates in classes to expand her knowledge of current practices being utilized in the medical community. Her noteworthy successes include the rehabilitation of all joint replacements, post-op rotator cuff repairs and conservative management of rotator cuff pathology, and ankle sprains.

Education and Certifications

- **Doctor of Physical Therapy**
Widener University - 2015
- **Continuing Education** – Instrument Assisted Soft Tissue Mobilization, Evaluation and Treatment of Athletes with Gluteal Pain; Edema Management for Upper Extremity Orthopedic Patients; Evaluation and Reverse Total Shoulder Arthroplasty – Surgical Procedure and Evidence Informed Rehabilitation Strategies



Stephanie’s Vision...As a physical therapist my passion is establishing a trusting rapport with each of my patients and helping them to work towards successfully achieving all their therapy goals.

Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Pre-and Post-Surgical Rehabilitation
- Total Joint Replacement Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injury Rehabilitation
- ACL/Rotator Cuff Repair Protocol
- Blood Flow Restriction Training
- Trained in the Utilization of McKenzie Technique
- Instrument Assisted Soft Tissue Mobilizations (IASTM)
- Negative Pressure Soft Tissue Mobilization (Cupping)
- Myofascial Release
- Crutch Training/Gait Training/Balance Training
- Cervical/Lumbar Instability

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Managed by NovaCare Rehabilitation

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