

CLINICAL PROFILE

Alka Sishodia, PT, DPT, Cert. DN, CMT, CYT

Years of Clinical Experience: 19+



Alka Sishodia is a dedicated professional who is committed to providing superior clinical care in a supportive and encouraging environment. Education is at the forefront of her practice; both learning and teaching are of paramount importance to her. Alka's many certifications include dry needling, motor vehicle accident evaluation and treatment, Maitland therapy, cranio-sacral myofascial release and lumbo-pelvic integration. Her expertise extends to the treatment of a broad spectrum of orthopedic surgical conditions after motor vehicle injuries, orthopedic injuries and conditions of the joints and spine, as well as all manner of workers' compensation injuries. With every encounter, Alka believes in educating her patients to help them be empowered to manage their own condition. Her commitment to clinical excellence is evidenced every day.

Education and Certifications

- **Doctor of Physical Therapy**
Arcadia University - 2023
- **Bachelor of Science – Physical Therapy**
JawaharLal Nehru Medical College - 1999
- **Continuing Education** – Motor Vehicle Orthopedic Injuries Evaluation/Treatment; Defensive Documentation; Shoulder Evaluation and Treatment, Foot Mechanics Evaluation and Treatment; Lumbo-Pelvic Health



Alka's Vision... I am entirely focused on providing the latest physical therapy interventions in the field and providing them to help heal my patients.

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

Managed by NovaCare Rehabilitation

1079 Whitehorse Mercerville Road
Hamilton Township, NJ 08610

Office: 609-528-3719

Fax: 609-581-8624

asishodia@novacare.com