

## CLINICAL PROFILE

## Alexandra Emmett, PT, DPT



**Alexandra Emmett** is a valued member of the physical therapy team whose goal is to provide a compassionate, and informative environment to all patients to best collaborate with them in reaching their rehabilitation goals. Alexandra has notable success in the treatment of orthopedic conditions and injuries both pre-and post-surgical. At the forefront of her practice, she prides herself on developing an excellent rapport and level of trust with her patients from the very first visit. Alexandra's focus is on treating the whole person, not just the injury or condition and prioritizes patient education and empowerment to achieve current goals and maintain a healthy lifestyle for years to come.

### Education and Certifications

- **Doctor of Physical Therapy**  
*Widener University - 2024*
- **Bachelor of Science – Psychology**  
*Widener University - 2022*

**Alexandra's Vision...**As a physical therapist, I work collaboratively with other healthcare professionals to provide comprehensive care and optimize patient outcomes. I prioritize my patient's goals, preferences and values and encourage them to be active participants in the success of their rehabilitation journey.

### 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**  
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