

## CLINICAL PROFILE

## Armand DeThomas, PT, DPT

### Years of Clinical Experience: 15



**Armand DeThomas** is a valued member of the clinical team with more than 15 years of rehabilitation expertise to his credit. Armand specializes in post-operative orthopedic conditions and sports medicine for the athlete patient population. With a background that includes the rehabilitation of patients at Villanova University Sports Medicine Department and Thomas Jefferson University Hospital, Armand is well acquainted with the pathology of sports injuries and providing the necessary interventions utilizing his training and expertise in the field. On a daily basis, Armand is focused on helping each of his patients understand the reasons why they became injured and how their actions can either correct or perpetuate the issues causing their dysfunction. He is passionate about getting each person back to their pre-injury level of function and is highly-skilled at helping patients achieve their goals.

### Education and Certifications

- **Doctor of Physical Therapy**  
*Temple University - 2006*
- **Bachelor's Degree – Exercise and Sports Sciences**  
*Ursinus College - 2002*
- **Continuing Education** – Current Trends in Rehabilitation of the Shoulder; Instrument Assisted Soft Tissue Mobilization



**Armand's Vision...** I enjoy creating a positive and enjoyable experience for each patient while providing high quality, evidence-based care to maximize patient outcomes. I am passionate about my profession and I believe I convey this to my patients, making them more receptive to the care and education I am providing. I strive to deliver the quality of care that I would expect if I were on the receiving end.

### Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries
- ACL Reconstruction – Return to Play Testing
- Blood Flow Restriction Therapy
- Instrument Assisted Soft Tissue Mobilizations (IASTM)
- Work Injury Prevention & Management
- Manual Therapy/Soft Tissue Mobilization
- Pre and Post-Surgical Rehabilitation

### Rothman Orthopaedic Institute

Managed by NovaCare Rehabilitation

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