

## CLINICAL PROFILE

## Joseph W. DiScienza, MPT



**Joseph DiScienza** is an accomplished member of the clinical team with more than 26 years of rehabilitation expertise to his credit. Joe spends a great deal of time participating in continuing education classes in order to provide the most updated information and treatment options to his patients. Joe prides himself on developing an excellent rapport and level of trust with every person from the very first visit. He encourages constant feedback from his patients in order to develop the individualized treatment plan that will ensure the best outcomes towards their personal therapy goals. Joe's focus is to return each of his patients to all of their pre-injury function and to provide them with the education and knowledge to prevent any future reoccurrences of their injuries.

### Education and Certifications

- **Master of Physical Therapy**  
*University of the Sciences - 1998*
- **Bachelor of Science – Health Sciences**  
*University of the Sciences - 1998*
- **Bachelor of Science – Finance Degree**  
*St. Joseph's University - 1991*
- **Certified Champion Performance Therapy & Training Specialist**
- **Certification in Instrumented Assisted Soft Tissue Mobilization (IASTM)**
- **Certification in Blood Flow Restriction Training**

**Joe's Vision...** I want my patients to lead their best lives. I not only want to help alleviate their symptoms, but also to correct any unwanted compensations made due to these symptoms. By working together, I hope to optimize patient performance and increase endurance for self-care, home/work responsibilities and recreational activities.

### 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

**Rothman Orthopaedic Institute**  
Managed by NovaCare Rehabilitation  
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