

CLINICAL PROFILE

Katie Palmer, PT, DPT, Cert. MDT

Years of Clinical Experience: 12



Katie Palmer is an accomplished member of the clinical team with more than 12 years of rehabilitation expertise to her credit. While Katie treats a myriad of orthopedic injuries and conditions, she specializes in the post-operative rehabilitation of total knee and hip arthroplasty as well as rotator cuff repairs and shoulder arthroplasty. On a daily basis, Katie is focused on helping each of her patients understand the reasons why they became injured and how their actions can either correct or perpetuate the issues causing their dysfunction. She 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**
Arcadia University - 2009
- **Bachelor of Health Science – Bio-Behavioral Health**
Penn State University - 2006
- **Certified – Mechanical Diagnosis & Therapy - 2013**
- **Continuing Education –** Manual Therapy, Core Activation and Exercise Progression; Telehealth Ergonomics for Healthcare Professionals; Evidence-Based Strategies for Post-Operative Rehabilitation and Joint Replacement; A Vision-Based Approach to Torticollis



Katie's Vision...As a physical therapist, I believe that a full body approach is what is required for healing to take place. The mental as well as physical stresses related to an injury need to be addressed. I try to create a warm, welcoming atmosphere during therapy and encourage open, frank discussions about goals. I also believe in respecting pain while still pushing a patient to meet goals.

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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