

## CLINICAL PROFILE

## Lisa Sowell, P.T., DPT



**Lisa Sowell** is a Doctor of Physical Therapy and a valued member of the clinical team who treats a broad spectrum of orthopedic injuries and post-surgical interventions. Her clinical affiliations were centered on the treatment of a general orthopedic population including post-operative rehabilitation, CVA, and developmentally disabled children. She is likewise skilled in the treatment of sports injuries, and continues to be an exceptional clinical instructor to a number of students. On a daily basis, Lisa's hallmark is compassionate and comprehensive patient care implementing evidence-based protocol to assure effective and timely treatment plans for each of her patients.

### Education and Certifications

- **Bachelor of Science Degree – American International College**
- **Doctor of Physical Therapy – American International College**
- **Recovery & Reconditioning Specialist**
- **Certified – Select Medical WorkStrategies® FCE's**
- **Certified – Instrument Assisted Soft Tissue Mobilization**
- **Continuing Education –** Concussion/Vestibular Rehabilitation; New Concepts in Shoulder Rehabilitation; Upper Extremity Neuro Dynamics; Sports Medicine Symposium, attendee; Blood Flow Restriction Training; Comprehensive Concussion Management; Treatment of Temporal Mandibular Disorder

**Lisa's Vision...**each patient is unique and I develop a treatment program based on a thorough evaluation, specific impairments, work and recreational activities, and personal goals. I strive to create a fun and challenging environment where all my patients can progress toward their best health and function.

### Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries/Return to Play
- ACL Program
- Gait Training/Crutch Training/Balance Training
- Trained in the Utilization of McKenzie Technique
- Rotator Cuff Repair Protocol
- Negative Pressure Soft Tissue Mobilization (Cupping)
- Myofascial Release
- Total Joint Replacement Rehabilitation
- Blood Flow Restriction Training
- Instrument Assisted Soft Tissue Mobilization (IASTM)
- Pre/Post-Operative Care
- Kinesiotherapy Taping

**Rothman Orthopaedic Institute**  
Managed by NovaCare Rehabilitation  
[lsowell@selectmedical.com](mailto:lsowell@selectmedical.com)