

## CLINICAL PROFILE

## Maxine Lis, PT, DPT



**Maxine Lis** is a valued member of the clinical team who has always been interested in health and fitness. Her passion for her profession was sparked years ago in high school when she was injured playing field hockey and went to physical therapy for treatment. Maxine loved what she experienced there. So much so that she obtained a job as a physical therapist aide shortly afterward and there she grew in her love for outpatient orthopedics and solidified her decision to pursue physical therapy as a lifelong career. As a doctor of physical therapy Maxine has honed her skills and has notable success in the rehabilitation of a wide variety of musculoskeletal and post-operative conditions including total joint replacements, rotator cuff impairments, ACL repairs, labral repairs, lower back and cervical impairments and osteoarthritis. She is also proficient in return to sports protocols and is committed to giving clinical and service excellence to all of her patients.

### Education and Certifications

- **Doctor of Physical Therapy**  
*Sacred Heart University - 2015*
- **Bachelor of Science - Biology**  
*The University of Rhode Island - 2012*
- **Continuing Education** – Management of Lumbopelvic Spine Disorders; Principles of Kinesiology Tap and Soft Tissue Mobilization Tools; ACL Rehabilitation Progression and Return to Sports Condition; North American Sports Medicine Institute – Scrape, Tape and Move

**Maxine's Vision...** My vision as a physical therapist is to provide exceptional patient-focused care in order to help each individual achieve all their goals and return to their highest level of function.

### 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**  
Managed by NovaCare Rehabilitation  
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