

## CLINICAL PROFILE

## Miranda Congleton, PT, DPT



**Miranda Congleton** is a valued member of the team whose goal is to provide a compassionate and informative environment for all patients to best collaborate with them in reaching their rehabilitation goals. Miranda has notable success in the treatment of the full spectrum of orthopedic injuries and conditions including ACL/meniscus, rotator cuff syndrome/labral repair, SIJ dysfunction, lumbar fusion/discectomy, cervical post ACDF and PCDF, as well as hip flexor strain and ITB syndrome. At the forefront of her practice, Miranda creates innovative programs that challenge, strengthen and restore, while empowering her patients to take an active role in the success of their rehabilitation journey. Her dedication to that task is evidenced with every patient encounter.

### Education and Certifications

- **Doctor of Physical Therapy**  
*Ithaca College - 2019*
- **Bachelor of Science – Health Science**  
*Ithaca College - 2017*
- **Continuing Education** – Evaluation and Evidence Supported Interventions of Groin and Hip Related Pain; The Ultimate Return to Sport – A Multidisciplinary Team Approach; Achilles Tendinopathy and Rupture – Same Tendon Different Rehabilitation Strategy

**Miranda's Vision...**As a physical therapist, I see each of my patients as more than just the diagnosis, but as a unique individual. I believe in providing each of my patients with a rehabilitation program that includes comprehensive education about their injury/condition, available treatment options, and customized treatment goals.

### Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Hand Therapy
- Treatment of Acute/Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries
- Return to Sports
- Total Joint Replacement 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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