

CLINICAL PROFILE

Palak Panchal, PTA



Palak Panchal is a valued member of the clinical team whose goal is to provide a compassionate and informative environment for her patients to best collaborate with them in reaching their rehabilitation goals. She has notable success in the treatment of rotator cuff injuries/repairs, ACL, total knee/hip replacement, all spinal segments of degenerative disc disease, cervical and lumbar dysfunction, Parkinson's disease, and TMJ/TMD. Palak is passionate about helping to reveal the true capabilities of each person and assisting them to overcome discouragement and accomplish great things in physical therapy.

Education and Certifications

- **Associates Degree – Physical Therapist Assistant**
Essex County College - 2014
- **Bachelor of Science**
Rutgers University - 2010
- **Certified – Portable Neuromodulation Stimulator**
- **Continuing Education** – Falls and Balance Disorders; Treating Shoulder Pain; Effective Manual Therapy Techniques for the Cervical, Thoracic and Lumbar Spine; Essentials for Assessing and Treating the Pediatric Orthopedic and Sports Patient

Palak's Vision... My aim is to provide excellent, empathetic and evidence-based care to patients who are looking to optimize their overall quality of life. I seek to provide guidance and be an advocate for my patients in their rehabilitation journey ensuring their trust and ultimately empowering them in their ability to achieve success.

Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries
- McKenzie Technique Certified
- Vestibular/Balance Rehabilitation
- Instrument Assisted Soft Tissue Mobilizations (IASTM)
- Work Injury Prevention & Management
- Manual Therapy/Soft Tissue Mobilization
- Cervical/Lumbar Instability

Rothman Orthopaedic Institute
Managed by NovaCare Rehabilitation
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