

## CLINICAL PROFILE

## Rachel Outten, PT, DPT



**Rachel Outten** has a passion for her profession that encompasses every aspect of her treatment style. From the moment a patient walks in the door Rachel is fully engaged in creating an exceptional experience for them. Rachel has notable success in the rehabilitation of pre- and post-surgical conditions including the full spectrum of knee, hip, shoulder and ankle maladies. Always striving for excellence, Rachel is committed to ever enhancing her clinical expertise through continuing education. At the forefront of her practice, Rachel prides herself on developing an excellent rapport and level of trust with every person from the very first visit. Her focus is on providing the best clinical care possible for her patients so they have not only achieved their goals, but have also learned the skills to continue improving their quality of life going forward.

### Education and Certifications

- **Doctor of Physical Therapy**  
*University of Scranton - 2021*
- **Bachelor of Science – Exercise Science**  
*University of Scranton - 2018*
- **Dry Needling – 2023**
- **Blood Flow Restriction Training – 2022**
- **LSVT BIG®** - for the treatment of Parkinson's
- **Continuing Education** – Neuroplasticity After ACL Injury and Optimizing Physical Therapy for Return to Activity; Rehabilitation for the Treatment of Pain Caused by Shoulder Impingement; Advanced Vestibular Rehabilitation

**Rachel's Vision...** I guide and support my patients throughout their rehabilitation experience by maximizing their function, improving their quality of life, and assisting them to achieve their goals through an active treatment approach.

### 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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