ROTHMAN ORTHOPAEDICS

CLINICAL PROFILE

Roshan Desai, PT, DPT

Roshan Desai is a welcomed member of the NovaCare clinical team who is experienced in the evaluation and treatment of a myriad of orthopedic conditions and sports related injuries. From neck, low back, and knee, to hip, ankle and foot diagnoses, Roshan's skill are evident. He has likewise seen noteworthy success in the treatment of shoulder pathologies including impingement, adhesive capsulitis, and rotator cuff tendinopathies. At the forefront of his practice, Roshan seeks to empower each of his patients to take an active role in the success of their rehabilitation journey. His dedication to clinical and service excellence is evidenced with every patient encounter.

Education and Certifications

- **Doctor of Physical Therapy**
  DeSales University - 2019
- **Bachelor of Science – Biology**
  The Pennsylvania State University - 2015
- **Continuing Education –** Preventing Falls Across Therapy Settings; Assessment and Outcomes for COVID-19 in the Outpatient Setting; A Comprehensive Intervention Design for Aging Adults

Roshan's Vision…My vision as a physical therapist is to provide individualized treatments with a focus on what a patient needs to function. I do my best work sitting and listening to my patients hopes and desires from physical therapy then creating the best treatments to achieve those goals together.

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
- Assisted Device Training

Rothman Orthopaedic Institute
Managed by NovaCare Rehabilitation
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