

CLINICAL PROFILE

Stanislau Monak, PT, DPT



Stanislau Monak is a welcomed member of the NovaCare clinical team who treats a broad spectrum of orthopedic injuries and post-surgical interventions. His clinical affiliations and volunteer work centered on the treatment of a general orthopedic population including a diverse demographic with a vast range of impairments. He has notable success in the evaluation and rehabilitation of musculoskeletal conditions, sports medicine and workers comp injuries. A dedicated professional, Stanislau provides hands-on manual therapy techniques and educates his patients on ergonomics and proper body mechanics for the improvement of their activities of daily living.

Education and Certifications

- **Doctor of Physical Therapy**
Rutgers University - 2022
- **Bachelor of Science – Exercise Science**
The College of New Jersey - 2017
- **Fluent in Russian**
- **Continuing Education** – APTA Combined Sections Meeting – The Effectiveness of Blood Flow Restriction Training on Function Across Ages and Diagnoses

Stanislau's Vision...My greatest reward is to assist my patients to regain optimal function which allows them to experience a physically active and healthy lifestyle.

Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries
- Return to Play
- ACL Program
- Trained in the Utilization of McKenzie Techniques
- 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
SMonak@novacare.com