

Christopher Arrigo, MS, ATC, PT, Physical Therapist with Advanced Rehabilitation

Get to know Physical Therapist Christopher Arrigo, who serves patients in Tampa, Florida.



New York City, Jan 30, 2020 ([IssueWire.com](http://www.IssueWire.com)) - Mr. Arrigo is a licensed physical therapist and a certified athletic trainer at Advanced Rehabilitation, with three offices located in Tampa, Florida. As the owner of the practice, he continually brings his expert knowledge and robust clinical experience to work by restoring the greatest functional ability available to each and every patient he has the privilege of treating – professional athlete, amateur sportsman, weekend warrior or those who need to get through a day's activity.

World Champions, NCAA Champions, Olympic Gold Medalists, Heisman Trophy Winners, Super Bowl MVPs, World Wrestling Entertainment Superstars, PGA-Masters-US Open Champions, World Champion Professional Boxers, MLB All-Stars, and Hall of Fame Athletes – with over thirty years in his line of work, Chris has cared for and continues to rehabilitate some of the world's elite athletes.

Prior to starting Advanced Rehabilitation, he served as the National Director of Clinical Services for the HealthSouth Corporation in Birmingham, Alabama. While working for HealthSouth, he also directed their clinical automation efforts, spearheading the development of a computerized clinical documentation system. Additionally, he served as the Rehabilitation Coordinator for the Texas Rangers Baseball Club in Arlington, Texas and was the Clinical Coordinator at the HealthSouth Sports Medicine and Rehabilitation Center in Birmingham, working with legendary sports medicine surgeon, Dr. James Andrews.

Pertaining to his educational background, Mr. Arrigo earned his degree in Physical Therapy from Langston University in Langston, Oklahoma. He also holds a Master's degree in Exercise Physiology from the University of Kentucky and a Bachelor's degree in Movement Science and Physical Education with a Specialization in Athletic Training from The Florida State University.

Beginning his sports medicine training as a student at Florida State University, he worked as an athletic trainer in the Atlanta Braves minor league farm system before becoming a Graduate Assistant at the University of Kentucky. After completing his graduate studies, he worked as the Assistant Coordinator of Athletic Training and Sports Medicine at Oklahoma State University in Stillwater, Oklahoma.

In addition to being a member of the American Sports Medicine Fellowship Society, he has completed specialized advanced training in STOTT Pilates.

Physical therapy (PT), also known as physiotherapy, is one of the allied health professions that, by using evidence-based kinesiology, electrotherapy, shockwave modality, exercise prescription, joint mobilization and health education, treats conditions such as chronic or acute pain, soft tissue injuries, cartilage damage, arthritis, gait disorders, and physical impairments typically of musculoskeletal, cardiopulmonary, neurological, and endocrinological origins. Physical therapy is used to improve a patient's physical functions through physical examination, diagnosis, prognosis, physical intervention, rehabilitation, and patient education. It is practiced by physical therapists (known as physiotherapists in many countries).

A noted author, researcher, and guest speaker on various topics in sports rehabilitation and injury management, Mr. Arrigo's research focuses on the rehabilitation of throwing and ACL injuries. He has received professional awards for excellence in research from the Journal of Athletic Training and Sports Physical Therapy Section of the American Physical Therapy Association.

Among his noteworthy achievements, he has served as both Clinical Editor and Associate Editor of the Sports Medicine Update and was named the 1998 Clinician of the Year for HealthSouth Corporation. He has also written or co-authored over 50 textbook chapters and professional journal articles covering

multiple topics in the fields of orthopaedic and sports physical therapy and athletic training.

Learn More about Christopher Arrigo:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2728539-Christopher-Arrigo-Physical-Therapist> or through Advanced Rehabilitation, <https://advancedrehab.us/ourstaff/christopher-arrigo/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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