

## Dalton Gilligan, PT, DPT, a Physical Therapist with SportsMed Physical Therapy

Get to know Physical Therapist Dr. Dalton Gilligan, who serves patients in Wayne, New Jersey.



**New York City, Dec 9, 2020** ([Issuewire.com](http://Issuewire.com)) - Being a motivated physical therapist, Dr. Gilligan specializes in physical treatment to help a patient reduce pain, restore mobility, rehabilitate an injury, or increase movement and overall function. He is in practice with SportsMed Physical Therapy in Wayne,

New Jersey.

“Our mission at SportsMed Physical Therapy is to provide high-quality care to people of all ages. We strive to not only correct a person’s health problems but to educate and enlighten people so that they do not encounter similar problems in the future” as stated on their website.

From recovery following orthopedic surgery, dealing with aches associated with demanding work, to shoulder pain, jaw stiffness, chronic low back pain, and vertigo, Dalton treats a wide array of conditions and works hard to help patients get stronger and move more freely. His treatment approach includes a variety of hands-on techniques, including manually resisted exercises, myofascial release, and proprioceptive neuromuscular control techniques. He also utilizes blood-flow restriction therapy in order to complement his treatments. He appreciates the interconnectivity of the body and addresses multiple joints concurrently to effectively address movement dysfunction. He understands the complexities of pain and helps guide a holistic recovery.

Academically, Dr. Gilligan graduated with his Bachelor of Science degree in Health and Exercise Science from The College of New Jersey in 2009. He then went on to earn his Doctor of Physical Therapy degree from UMDNJ-SHRP & Rutgers–Camden.

With a strong interest in orthopedics and pain sciences, he draws knowledge from multiple out-patient experiences, allowing him to effectively help people with a broad range of conditions. He has worked at Seaview Orthopaedics (Ocean Township), Advanced Physical Medicine & Rehabilitation (Lake Como), Adaptive Home Therapy Inc (Toms River), Ivy Rehab Physical Therapy (Forked River and Freehold), Bodhizone Physical Therapy and Wellness (Manhattan), Coast Rehabilitation NYC, and Encompass Health (Toms River).

Enjoying participating in a variety of athletics, Dr. Gilligan makes regular fitness an important part of his life. In addition to being an ImPACT trained physical therapist, he is certified in vestibular rehabilitation through The American Institute of Balance.

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).

**Learn More about Dr. Dalton Gilligan:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/715205-Dalton-Gilligan-physical-therapist-Asbury-Park-NJ-07712> or through SportsMed Physical Therapy, <https://spineandsportsmed.com/about-us/>

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Source : Dalton Gilligan, PT, DPT

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