

Hilary Smith, PT, a Physical Therapist with Texas Physical Therapy Specialists

Get to know Physical Therapist Dr. Hilary Smith, who serves patients in San Antonio, Texas.



New York City, New York May 1, 2023 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Smith, a practicing physical therapist, is the Clinic Director of the San Antonio - Live Oak office of Texas Physical Therapy Specialists.

She has a love for the orthopedic population, ranging from infancy to the elderly population. She has also trained to work with those who experience chronic pain and limitations from breast cancer and

lymphedema.

With 41 convenient locations in Austin, San Antonio & surrounding cities, Texas Physical Therapy Specialists is a private physical therapy practice group encompassing Texas' top rated physical therapy experts. They are dedicated to using the latest techniques and research to help each patient uncover the real issue behind their pain so that they can get back to being themselves again.

Graduating with her Bachelor of Science degree in Exercise Science and a double minor in Psychology and Business from Texas A&M University in 2012, Dr. Smith received her Doctor of Physical Therapy degree from The University of Texas at Southwestern in Dallas in 2014.

Since then, she has completed a one-year orthopedic residency program through Evidence in Motion, is certified in Trigger Point Dry Needling, and has completed an Executive Private Practice Management Certification.

With a special interest in leadership and business management, Dr. Smith is continuously improving her knowledge of the physical therapy profession not only to provide quality services but to also build genuine relationships with clients and colleagues. She is an active member of the American Physical Therapy Association.

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 native South Texan, Dr. Smith has a love for quality time with family, friends, and the great outdoors. She enjoys spending her time out of the clinic with her spouse and rescue dog, Georgie, exploring new sites around town, and soaking up the sun. She also enjoys cycling, shopping, doing projects around the house, and spending weekends at the lake.

Learn More about Dr. Hilary Smith:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1567974-Hilary-Smith-Physical-Therapist> or through Texas Physical Therapy Specialists, https://texpts.com/about/our-team/?_search=hilary

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Source : Hilary Smith, PT

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