

## Dawn Thomas, DScPT, a Physical Therapist with Dawn Thomas Physical Therapy

Get to know Physical Therapist Dr. Dawn Thomas, who serves patients in Michigan.



**New York City, New York Jul 29, 2023 ([IssueWire.com](https://www.IssueWire.com))** - Dr. Thomas is a skilled physical therapist who has been engaged in multifaceted patient care since 1995. She is the Owner of Dawn Thomas Physical Therapy, serving the Metro Detroit Area.

Offering mobile physical therapy and wellness services at home or via telehealth, Dr. Thomas helps

active adults suffering with pain and mobility issues eliminate their pain while gaining movement so that they can confidently live the active lifestyle they desire. She is an expert in evaluating and treating musculoskeletal disorders across the lifespan, utilizing her skills as a manual therapist that include neuromuscular re-education, stability training, exercise prescription, manual muscle stretching, joint mobilization, joint manipulation, and patient education.

Earning her Orthopedic Manual Therapy Certification and a Doctor of Science in Physical Therapy in 2016, both from Oakland University, Dr. Thomas became an orthopedic expert in 2000. She has spent years honing her craft of movement mastery through post graduate education, practice, a commitment to lifelong learning, teaching, and providing therapy in acute care, rehab and outpatient environments.

With extensive experience with diverse patients having medical and physical limitations, both orthopedic and neurological, Dr. Thomas enjoys guiding clients through injury recovery and surgery rehab while improving mobility levels. Problem-solving complex cases and applying expertise to orthopedic and neurological conditions are her specialties.

“As a Doctor of Physical Therapy, I am an expert at empowering others at mastering movement and taking control of their personal functional goals. I am an observant and expert movement analyzer. I can identify what dysfunctions and imbalances are causing you to move less efficiently. I can identify what can be done to improve those imbalances: loosen what is stiff, strengthen what is weak, and stabilize through muscle training what is unstable. I can help you to identify the root cause of what is giving you pain or reduced function” expresses Dr. Thomas.

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).

Achieving recognition in her field, Dr. Thomas has been featured in “The World of Wellness 2022” organized by the Alliance of Coalitions for Healthy Communities. She also has a research manuscript published by the Journal of Physical Therapy Education titled “The Relationship Between Completion of Post professional Orthopedic Manual Physical Therapy Education and Core Values of Professionalism.”

With a background as a collegiate athlete in diving, sailing, and gymnastics, and now as an aging athlete in running, open water swimming, and triathlon, Dr. Thomas also possesses decades of teaching experience and a commitment to lifelong learning. This combination gives her a distinct perspective and advantage in guiding clients to achieve their goals.

She credits her success to her unwavering commitment and passion for lifelong learning. Her refusal to settle for anything less than exceptional care for her clients has been pivotal in broadening her skillset and bolstering her ability to bring positive transformations to the lives of those she serves.

When she is not working with patients, Dr. Thomas enjoys camping, hiking, weight lifting, photography, triathlon training, open water swimming, learning new physical skills that require learning, walking her dog, and being a sports mom. Her favorite professional publications include IDEA Health and Fitness Association & Physiopedia.

**Learn More about Dr. Dawn Thomas:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82162908-Dawn-Thomas-Physical-Therapist> or through her website, <https://www.dawnthomaspt.com/therapists>

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Source : Dawn Thomas, DScPT

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