

# Beth Heller, MSPT

Physical Therapist



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## Profile

Elizabeth Heller, MSPT, has been practicing physical therapy in the outpatient orthopedic setting since graduating from the University of Alabama at Birmingham in 1998. Elizabeth has a special interest in treatment of the spine, and is certified in the McKenzie Method of Mechanical Diagnosis and Therapy. She also has extensive interest in and enjoys treating a variety of diagnoses including injuries of the shoulder including rotator cuff, knee and hip injuries, and ankle injuries.

Prior to becoming a physical therapist Elizabeth was a professional orchestra musician, and she has a unique insight into treating musicians and their injuries. In her spare time she plays bassoon in two local orchestras, she freelances, and is a member of the Chicago Bassoon Quartet.

## Education

- University of Alabama at Birmingham, MSPT
- Northwestern University, MMus
- American Conservatory of Music, BMus

## Certifications

- McKenzie Method of Mechanical Diagnosis and Therapy