

Monica Caine, PT, DPT

Physical Therapist



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Profile

Monica Caine, PT, DPT, has been practicing physical therapy in the outpatient orthopedic setting for over 11 years. Monica graduated with her Doctorate in Physical Therapy from the University of Pittsburgh and her Bachelor of Exercise Science from The Ohio State University.

Monica treats varied diagnoses, but specializes in treating endurance athletes, post surgical, and vestibular patients. She has extensive experience treating the hip, knee, ankle and shoulder - using the most effective and appropriate treatments to facilitate a full recovery.

Monica is very passionate about her job and works to create an individualized treatment plan to get patients back to their everyday lives.

When Monica isn't working she loves to spend time with her family, travel, hike, bike and run. She exercises daily and has run several half marathons (plans to run a few more).

Education

- Bachelors of Science in Exercise Science, The Ohio State University
- Doctorate in Physical Therapy, University of Pittsburgh

Certification

- Graston Technique
- Blood Flow Restriction
- Video Gait Analysis