

Rachel Outten, PT, DPT

Physical Therapist



9000 Waukegan Road, Suite 100
Morton Grove, IL 60053

T (847) 779-6050

F (847) 929-1167

routten@ibji.com

Profile

Rachel Outten, PT, DPT, graduated from The University of Scranton in Scranton, Pennsylvania in 2018 with a bachelor's degree in Exercise Science with a concentration in Nutrition, and again in 2021 with a Doctor of Physical Therapy degree. Throughout her education Rachel gained experience in acute care, vestibular, and orthopedic physical therapy, as well as volunteering at her school's pro bono clinic. She is LSVT BIG certified, a treatment approach for Parkinson's disease. Rachel's main areas of interests include hip, knee, and concussion rehabilitation.

Rachel, a New Jersey native, recently moved to Illinois to experience all that Chicago has to teach and offer. Despite her relocation, Rachel is an avid Philadelphia sports fan, most passionate about the Eagles and Flyers. Rachel is also a former athlete herself, playing various sports with a strong focus on soccer.

In her spare time Rachel can be found working out, watching Friends, playing with her cat, Finn, and exploring Chicago neighborhoods.

Education

- Bachelors in Exercise Science, Scranton University
- Doctorate in Physical Therapy. Scranton University

Certification

- LSVT BIG certification