

# Rob Russo, PTA

Physical Therapist Assistant



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## Profile

Rob Russo is the facility manager of IBJI Physical & Occupational Therapy in Des Plaines.

Rob received a Bachelor of Science degree from Northern Illinois University where he studied Kinesiology, with an emphasis in Preventative and Rehabilitative Exercise Science. Rob has been a Certified Strength and Conditioning Specialist since 2005, and continues to be a member of the National Strength and Conditioning Association. For years Rob has worked as a sports performance coach, where he designed and implemented strength, speed, and agility programs for various high school and college athletes.

Through his professional years, Rob has provided multiple levels of care to a variety of abilities and ages. He came to IBJI from having worked in a retirement community providing care to its residents. Rob worked 6 years at our Highland Park location and came to Des Plaines in 2020 where he is excited to continue his career with IBJI. He specializes in a multi faceted approach to PT including joint mobilizations, soft tissue massage, and functional exercise focusing on proper movement patterns.

In his free-time, he likes to stay busy with a variety of activities including snowboarding, exercising, and working on his house. While he enjoys an active lifestyle, he mostly enjoys just spending time with his wife and two boys.

## Education

- B.S. Kinesiology, Northern Illinois University
- Physical Therapist Assistant, Oakton Community College

## Certifications

- Certified Strength and Conditioning Coach