

Rob Russo, PTA

Physical Therapist Assistant



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Profile

Robert Russo 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 for 10 years, 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.

More recently, Rob has furthered his education and obtained a license as a Physical Therapist Assistant. Through his professional years, Rob has provided multiple levels of care to a variety of abilities and ages. He comes to IBJI from having worked in a retirement community providing care to its residents. Rob believes in a collaborative care approach to therapy to help maximize his patient's recovery process. Rob is excited to continue his career with IBJI at Highland Park in which he can utilize his 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, weight lifting, and working on his house. While he enjoys an active lifestyle, he mostly enjoys just spending time with his family.

Education

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

Certifications

- Certified Strength and Conditioning Coach