

# Jori Shea, MPT

Physical Therapist



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## Profile

Jori Shea, MPT has been practicing physical therapy in an outpatient setting since 1998. Jori is currently working at the Lindenhurst Illinois Bone and Joint clinic. She is a certified provider of ASTYM (Augmented Soft Tissue Mobilization). ASTYM is a therapeutic treatment technique that facilitates the regeneration of healthy soft tissues and breaks down unwanted scar tissues that cause pain and movement restrictions. The ASTYM system is effective in the treatment of many common conditions including: Achilles tendonitis, plantar fasciitis, patellar tendonitis, ITB syndrome and other muscle strains and tendonitis of the upper body.

Jori enjoys treating a variety of diagnoses and believes in treating the whole patient to help them return to their prior level of movement. She has participated in a variety of continuing education opportunities providing her with a diverse experience in working with the outpatient population.

When Jori is not working she enjoys doing activities with her family, playing soccer in a women's league, and walking her dogs.

## Education

- B.A. University of Wisconsin Madison
- M.P.T. Physical Therapy at Northwestern University