

# Carol Freeman, PT, DPT

Physical Therapist



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## Profile

Carol Freeman, PT, DPT, has over twenty years of experience as an orthopedic and sports medicine physical therapist. She has worked for the past eleven years in the Libertyville clinic of Illinois Bone & Joint.

Carol works with a wide variety of patients with vast expertise in post op rehabilitation. Carol works on the whole patient and designs a specialized rehab program to alleviate deficits to help improve proper mechanical technique, decrease joint stress, and prevent further injury to both the injured and non-injured extremity.

Carol became passionate in ACL prevention while watching her children participate in sports and observed the poor technique and resultant injuries to many of the teammates. She has been certified in jump training and the functional movement screen. Carol used this knowledge to work with coaches from Lake Forest College to perform pre season screenings and formulate exercise programs to prevent ACL injuries for the athletes in volleyball, soccer, and basketball.

## Education

- Doctorate of Physical Therapy: Rosalind Franklin University of Medicine and Science
- B.S., Physical Therapy: University of Illinois at Chicago

## Certifications

- FMS- Functional Movement Screen - Gray Cook
- Sportsmetrics ACL prevention and jump training - Cincinnati Sports Medicine & Orthopedic Center