

Deb Dubrow, PT, DPT, CSCS

Physical Therapist



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Profile

Deb Dubrow, PT, DPT, CSCS has been practicing in outpatient orthopedics since 2014. Prior to joining the Wilmette Illinois Bone & Joint Institute team, she worked as a Certified Strength and Conditioning Specialist for 6 years. She enjoys collaborating with different disciplines, including physicians, nurses, athletic trainers, and physician assistants. She has participated in the running clinic, assisted in the medical tent at the Chicago Marathon, and has done presentations on proper body mechanics with lifting.

Deb has a passion for working with sports medicine, including figure skaters, dancers, and athletes recovering from injury or surgery. She especially enjoys working with injuries involving the knee and shoulder. Deb figured skated for 15 years and danced for 6 years, including being a member of the African American Dance Company at Indiana University. Her participation in sports and experience as a certified personal trainer have allowed her to see all different aspects of injury and recovery. In her spare time, she enjoys working out, baking, dancing, and exploring the city.

Education

- BS, Exercise Science, Indiana University
- Doctorate of Physical Therapy, Midwestern University

Certifications

- Certified Strength and Conditioning Specialist, National Strength and Conditioning Association