

# Tara Banick, PT, DPT, OCS

Physical Therapist



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## Profile

Having practiced physical therapy since 2001, Tara thrives on building strong relationships with her patients and customizing her treatment programs to fit each patient's personal goals. She enjoys using her manual therapy training to provide effective hands-on care for pain relief and improved mobility. Her special interests include sports-specific therapy for competitive and recreational athletes, as well as post-operative knee, hip, and shoulder rehab. She is trained in myofascial release, IASTM, the Mulligan Concept, cupping, kinesiotaping, blood flow restriction therapy, Phase IV Rehab, and the Gary Gray Method. As a professional violinist and pianist, Tara is knowledgeable about the issues common to musicians suffering from playing-related injuries, and as a karate-ka, she is familiar with the unique physical demands of the martial arts.

Tara's professional work includes tenures with Lake Forest Hospital (IL) and NewSport Physical Therapy in Corona del Mar, California. She is proficient in conversational and medical Spanish. She also speaks elementary-level Croatian.

In her spare time, Tara is passionate about baking, practicing karate, playing violin and piano as part of the musical group Due Dolci, spending time in Croatia, following Yankees baseball, & reading classic literature. She practices yoga and Pilates. She holds a first degree black belt in Shotokan karate and practices with the Illinois Shotokan Karate Clubs

## Education

- Doctorate in physical therapy from Rosalind Franklin University of Medicine & Science, North Chicago.
- B.S. in physical therapy from Bradley University (IL), magna cum laude, with a minor in Spanish.

## Certifications & Memberships

- Certified Orthopedic Clinical Specialist, APTA
- IBJI Certified Manual Clinician
- Certified Myofascial Cupping Practitioner
- Certified Blood Flow Restriction Practitioner through Owens Recovery Science
- FMT Blades - IASTM Certified Practitioner
- Member, American Physical Therapy Association since 2000
- Advanced Credentialed Clinical Instructor, APTA